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Historic skate

Hope Sigfusson, middle, along with her granddaughters, Alexis Sigfusson, left, and Emily Sigfusson were some of the first to skate on the new ice at the Lundar Memorial arena on Nov. 29.

EXPRESS PHOTO BY MICHELE SIGFUSSON

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First public skate in the new Lundar Memorial arena

Staff

The community of Lundar celebrated the opening of the Lundar Memorial sports complex with a public skate on Nov. 29.

The state-of-the-art hub officially opened its doors to approximately 60 community members who came out to be the first to skate on the ice after the Lundar Grettir Coop Inc. received an occupancy permit.

The new building features an upgraded ice rink surrounded by 460 seats that were salvaged from the old Winnipeg Stadium and a walk-

ing track that is open for all to enjoy. On the second floor, there is a fitness centre, a canteen and lounge, and a heated viewing area to the inside and outside facing the pool. The building is also fully accessible and features an elevator to take people to the second floor.

Other upgrades include merging the pool and rink's chemical rooms together and adding a Noventis Credit Union satellite bank.

This past Saturday, the arena was a hub of activity with five games taking place.



EXPRESS PHOTOS BY MICHELE SIGFUSSON

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Interlake Relay for Life Committee to receive visit from Santa

By Patricia Barrett

The Interlake Relay for Life committee will be holding a jolly pancake breakfast with Santa this Saturday morning in Winnipeg Beach.

In addition to a yummy breakfast, kids and parents can enjoy a one-on-one chat with Santa and have their photo taken. Author and poet Jeanne Gougeon will give two readings (9:30 and 10:30) from her short story Noisy Santa, which will give kids an opportunity to provide some acoustic effects.

"The story is about Santa forgetting how to be quiet and relates the

noises Santa makes as he lands on the roof and makes his way down the chimney," said Relay committee member Bill Martin, who will be helping organize the breakfast.

"The children will be asked to ring sleigh bells and use wooden spoons (both provided by Jeanne) and as she reads, will be asked to grunt and groan as Santa works his way down."

The breakfast will be held from 8 a.m. to noon at the Winnipeg Beach Community Centre. Tickets are \$5 for adults and \$3 for kids 10 and under.

Gimli High School students fundraising for education



EXPRESS PHOTOS BY ROGER NEWMAN

Left photo: Gimli High student Samantha Porteous was offering family baking to help finance a GHS student trip to France during the March spring break. Gimli students will visit Paris along with the First and Second World War battlefields of Normandy and Vimy Ridge, repeating an educational trip that has been taken by other Gimli students in recent years. Teacher Ashley Komar will lead this trip. Middle photo: Emma Gray, left, and Indiana Humniski chose popcorn to raise their funds for the student trip to France. Right photo: Club mentor Frances Petrowski, left, Nayeli Toews and Sinead Gibbs chose fresh farm vegetables to fund the annual community project undertaken by the Gimli High Kiwanis Key Club. This year the money raised by club students will help turn the high school tennis courts into a brand new multi-sport court facility.

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Gimli Art Club gears up for half-century celebration

By Roger Newman

The Gimli Art Club staged an early kick-off of its 50th anniversary celebrations last Saturday by holding an open house at its waterfront store and clubhouse.

Gimli's newly recycled mayor Lynn Greenberg stopped by to congratulate artist-president Suzanne Barrow on the many accomplishments of a club that started with three founders in 1969 and has grown to 80 members on the verge of its milestone birthday.

Barrow said there will be a series of events throughout 2019 to mark the club's half-century. The first of these at Saturday's kick-off recognized the club's only remaining founding member, June Valgardson, and the club's five life members: Madeleine Barg, Joyce Jackson, Mabel Tinguely, Lorraine Bohn and Jacqueline Goodman.

They are among the club's distinguished artists, drawers and pottery-makers who have won many regional and provincial awards over the years. Another of the club's major achievements was the 1997 opening of the Gimli seawall gallery on the interior wall of the town wharf. Strollers on the long wharf can now view a collection of more than 60 paintings whose subjects depict life in Gimli, the Inter-



Gimli Mayor Lynn Greenberg dropped by the Gimli Art Club open house to congratulate members on the club's looming 50th anniversary.

lake and Manitoba. The club has also published a popular book devoted to the seawall artists and their subjects. It was a 2009 project when the club celebrated its 40th anniversary under the leadership of president Olive Hnatiuk.

"We are always looking for ways to give back to the community," says Barb Gluck, another past-president of the club.



EXPRESS PHOTOS BY ROGER NEWMAN

Honoured at the open house were club founding member June Valgardson (far right) and life members (from the left) Lorraine Bohn, Mabel Tinguely, Joyce Jackson and Madeleine Barg. Life member Jacqueline Goodman was unable to attend because of another engagement.

Bill for conservation officers stalled again by NDP

Submitted

Conservation officers deserve official recognition for their important contributions.

A private member's bill, the Manitoba Conservation Officers Recognition Day Act, introduced by Selkirk MLA Alan Lagimodiere was stalled again this past Tuesday when the NDP prevented a vote on it during debate on second reading. Bill 201 proposes to designate Oct. 1 every year as Manitoba Conservation Officers Service Recognition Day.

"It's disappointing that the NDP plays politics by holding up this proposed legislation, which would recognize Manitoba's conservation officers and their dedication in their responsibilities for wildlife, fish, natural resources and protected areas," said Lagimodiere. "Conservation officers comprise Manitoba's third-largest law enforcement body and deserve to be honoured for their critical work through the pas-

sage of this bill."

Last June, the NDP members of the Legislative Assembly used the same stalling tactic in 'speaking out' the debate period to keep Lagimodiere's bill from a vote.

The Conservation Officers Act was passed in Manitoba on Oct. 1, 2015, expanding the enforcement responsibilities of the province's natural resources officers. That legislation also brought natural resources officers into the newly established Manitoba Conservation Officers Service and renamed them as conservation officers, with powers of peace officers.

Six conservation officers in Manitoba have died on the job since 1966. The dangerous enforcement work of conservation officers has become more important now that the Progressive Conservative government's Wildlife Amendment Act has passed into law, putting new regulations on night hunting.

Interlake-Eastern
Regional Health Authority



Dr. Katryn Souque

Enhancing care options in Gimli Primary Health Care Centre

As part of planning in anticipation of Dr. R.C. Patel's recent retirement, Interlake-Eastern Regional Health Authority has been actively recruiting a new family physician to Gimli Primary Health Care Centre. There are a total of six physicians now practicing in the community of Gimli. Until a new physician is secured, as an interim measure for December, the clinic will offer additional patient care appointments in Gimli with the services of Dr. Katryn Souque and the expertise of nurse practitioners.

If you live outside of Gimli and are looking for a new primary health care provider, clinics in Arborg, Teulon, Riverton, Hodgson, Fisher Branch

and Stonewall are all accepting new patients. Clinic staff in Gimli would be happy to assist in your transition to a new care provider if these options are convenient for you. For a listing of clinics in Interlake-Eastern Regional Health Authority, visit www.ierha.ca and click on **Care in Your Community / Clinic Listings**.

The **Family Doctor Finder** program can also connect you with the services of a care provider in a location that works for you. To register with this, please call 204-786-7111 or Toll Free: 1-866-690-8260 or connect online at www.manitoba.ca/familydoctorfinder

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The Express Weekly News Classified booking deadline is Monday at 4 p.m. prior to Thursday's publication.

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Anticipated funding cuts has ESD increasing school taxes

By Patricia Barrett

Anticipating another provincial funding cut to education next year, the Evergreen School Division will be raising school taxes in order to maintain its current programming and services.

The division's "status quo" draft budget for 2019-2020 is set at just over \$21.4 million and will, as in previous years, rely on local taxation to offset decreasing provincial revenues.

The education property tax on a dwelling assessed at \$200,000 is expected to increase by \$7.65.

"As no provincial funding announcements have been made at this time, we made a few assumptions in formulating this draft budget. We assumed our provincial funding would be reduced another two per cent as this has been the historical trend for the last three years," said the division's secretary-treasurer Amanda Senkowski to trustees, teachers, principals, members of the parent advisory council and municipal leaders during a presentation Nov. 28 at Gimli High School.

With the expected two per cent decrease, the division estimates it will receive \$12.6 million in provincial funding, which represents 59.04 per cent of its overall revenue. Municipal taxes will comprise 39.9 per cent of that revenue. The remaining revenue will come from other school divisions (0.27 per cent), First Nations (0.47 per cent) and "other sources" (0.33 per cent).

"This budget has a projected increase of 0.32 per cent for our expenditures while taking into account our contractual obligations and uncontrollable costs such as utilities and insurance and taxes," said Senkowski.

Declining funding is ESD's most significant challenge, she said, along with an inability to "influence" taxes at the municipal level and access other viable sources of revenue. The demands on the division to support not only quality education but also its 1,486 students' "mental, physical and emotional well-being" has become more and more expensive.

The division spends 72 per cent of its revenue on regular instruction. Support services such as operations, maintenance, administration and transportation account for 28 per cent of expenditures.

The division has 263 employees and eight schools spread across Winnipeg Beach, Gimli, Riverton and Arborg. It transports 965 students a day by bus over a 2,424-square-kilometre territory.

Supt. Roza Gray said the division offers a number of programs independently of provincial funding and those programs could find themselves "on the block" in the division's quest to find efficiencies.

Junior kindergarten, which currently has an enrollment of 97 students, is one of the programs along with the mature student program, which the division launched last year. It started off with about 12 students and has mushroomed to 35.

"We're proud we've been able to provide an additional opportunity for members of our community to get a high school diploma," said Gray.

Other division-funded programs and initiatives that could be axed or scaled back include smaller class sizes, supplementary investments in the music/band program, one-time school fees for K-8 students, reading recovery, subsidized curricular trips



EXPRESS PHOTOS BY PATRICIA BARRETT
Secretary-treasurer Amanda Senkowski presented a draft 2019-2020 budget that's proposing an increase in municipal school taxes in the face of shrinking provincial funding.

and field trips, School Voice, independent programming in Riverton and Arborg schools and EAGLE (Evergreen Aboriginal Group of Leaders in Education), which educates grades 8-12 students about Indigenous culture and offers leadership opportunities.

"If not for the commitment of the local school board and the commitment of our community to support taxes, we would not have this long list of programs which are specific to us," said Gray. "These things are on the block as to whether we can continue to maintain them."

The provincial government is undertaking a province-wide K-12 review



Supt. Roza Gray said a number of division-funded projects could be scaled back or eliminated if an expected two per cent funding decrease from the province comes to pass next year.

starting sometime next year, she said, and one of things it might consider is the autonomy of local school boards.

"One of the things up for discussion with this provincial government is whether or not local school boards will still be able to have the ability to raise taxes, whether or not there'll be local autonomy and whether or not there's going to be the same level of support for education in terms of provincial expenditures," said Gray.

For more information about the division's proposed draft budget and property tax calculator, visit www.esd.ca.

Beach council approves fireworks bylaw

By Roger Newman

Winnipeg Beach council has passed a fireworks bylaw that permits citizens to light up the sky on three days of the year.

The big bang bylaw — approved at council's Nov. 21 meeting — allows residents and cottagers to set off fireworks on Victoria Day in May, Canada Day in July and on New Year's Eve until 12.30 a.m. The new bylaw amends council's original plan to ban all private fireworks and limit them to celebrations initiated by the town.

Council members have also asked staff to draft proposed regulations permitting beekeepers to have hives in town. Under the regulations, the keepers would be able to put up hives if their applications are approved by council as a conditional use. The proposed regulations are to be considered by council in January and could slightly change the current rule that no agricultural practices are allowed in town.

In other developments, the Winnipeg Beach Rec Centre

has added an extra ice skating session from 10 a.m. to 2 p.m. on Wednesdays. The sessions have been introduced as an opportunity for older folks to strap on the blades and for tots to learn to skate in a safe environment.

The beach council's next public meeting, incidentally, is Wed., Dec. 19 in the town office at 6 p.m.

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EXPRESS PHOTO BY LANA MEIER

The wild turkey is an upland ground bird native to North America and is the heaviest member of the diverse Galliformes. It is the same species as the domestic turkey, which was originally derived from a southern Mexican subspecies of the wild turkey. Wild turkeys don't migrate. In snowier parts of Canada, the birds learn to select large conifer trees where they can fly onto the branches and shelter from the cold.

El Niño could bring mild, snowy winter weather to Interlake region

By Justin Luschinski

A mild and snowy winter could be in the forecast for Interlake region residents, according to Environment Canada.

The Interlake region might get a warmer than average winter from December to January, based on Environment Canada's latest forecast. This is based on an El Niño weather pattern, that will bring slightly higher-than-average temperatures over the next few months.

Amanda Prysizney, a decision support meteorologist with Environment Canada Manitoba, said that their fore-

cast is based on a number of weather trends.

"According to (climate forecasts), there's an 80 per cent chance of an El Niño this year, which will affect the jet stream. There's likely to be more precipitation, higher than the average, with some slightly warmer temperatures," Prysizney said. "It's not a guarantee. That's just the trend we seem to be going in."

El Niño is when the Pacific Ocean warms up, which causes high-pressure weather patterns to travel around the world. Typically, this means higher temperatures and greater precipita-

tion in various regions. One of the strongest El Niño patterns occurred in 2015-16 and gave Canada its second-warmest winter in recorded history.

According to Prysizney, November was slightly warmer, around -4 C, than it normally is in Manitoba, which typically is -8 C. However, there's a low-pressure system moving from Colorado to Ontario, meaning that temperatures will drop back down for the first few weeks of December.

On average, the Interlake gets about 23 centimetres of snow in December, with temperatures averaging around -8 C high to -15 C.

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Fishers have better luck after bad luck on Day 2

Greetings, fellow fishers.

Last Tuesday the trees along the Red River downstream of Selkirk were adorned with a Christmas-like snow fall as Old Red carried me down the road past the monkey trails. Coming off the river ice holding a curious structure of white plastic piping was a chap trudging toward his parked truck.

I turned and nosed up to him, calling out, "What the heck is that gismo?" as I left my truck.

"It's a transducer for the best sonar underwater fish finder on the market," he shouted quickly, his eyes darting about and arms gesturing with energy.

"I'm Arnie. I write a fishing column. Would you have a fishing experience my readers might enjoy?" I asked.

"I can think of one," he shot back, putting his transducer beside its monitor on his truck's tailgate.

"I'm Jeff Laurin from Winnipeg and I remember once when my father-in-law and I went ice fishing on Lake Winnipeg. It turned into a 'one step forward and two steps backward' experience."

They were about to do some tailgate fishing, Jeff continued, and when he took the auger to drill an ice hole, the pin holding the drill to the motor let go just as he broke through to water. The drill just kept on going right to the bottom. They tried to snag it — but no luck. Finally, discouraged, they went home.

The next day they returned to the hole only to realize it was frozen over. Back to town they went and bought a new drill to rescue the lost one. Later at the re-drilled hole, they worked blind making many holes trying to find the old one. It took hours before they snagged and brought it up. As it lay on the ice with Jeff looking at it, he remembered an ad that showed a sonar fish finder that would have displayed the sunken drill. That night at home he searched the internet and now before me as Jeff told his story, he proudly demonstrated his new

very pricey Garmin Live Scope.

"This thing shows by computer resolved sonar in real time the top and bottom of the water and the fish in size and movement in a 30-foot circle. I always wanted one of these things, and if I ever lose another drill ..." his voice trailed off as he cast a humorous grin my way.

Again, a few days later, low grey clouds mixed with snow, mist and fog had turned the trees into a white Christmas-like, hoarfrost-laden wonder world. I was on my way to visit with anglers on the ice off the west shore of Lake Winnipeg when the driver of a truck, about to meet and pass me, had a worried look on his face. I stopped and rolled my window down. He did the same. After a brief hello, he explained their trailer on the ice had gotten a flat. Hoping to help, I told him I would go home to fetch the tools he needed to change the tire if he and his gang would think of a fishing story for us while I was gone. His concerned expression relaxed. I headed home, got the tools and went back to find them on the ice. The three younger guys in the group went to work while a tall, well-built fellow walked up to me, saying he was Mike Whittington and they were from Stonewall. He then dropped into the snow on his stomach under the trailer and with strong bare hands and tools began removing the frozen rusted wheel bolts.

The driver, a soft-spoken chap given to voicing what needed to be done, came up to me and said, "I'm Al Kilgallen and I've thought of a story."

While we watched the guys working in the snow, Al pointed south along the Lake Winnipeg shoreline. He went into a story of a time two winters ago when he and some friends dragged his hard wall ice shack out to the Salimonia. They spotted themselves by the creek mouth and drilled ice holes. As it turned out, Al got a line and their fish finder's cam-



EXPRESS PHOTO BY ARNIE WEIDL
Jeff Laurin of Winnipeg with one of his catches on Lake Winnipeg.

era in the water first. The rest of the group busied themselves putting baited hooks down their holes when Al happened to look at the camera monitor and saw the picture moving in a circle on its own. Puzzled, he turned to his rod. It was gone. He pulled the camera transponder cable out of the water to see his rod and line tangled on it. As he freed his fish line, he felt a trembling. He pulled the rest of the line up and was happily surprised to see a nice big pickerel wiggling on one of his hooks.

Now, to those lucky enough to find a fish finder under the Christmas tree this year, perhaps these by-chance stories about them may have given Santa the hint.

One can only hope! Bye now.

Rise in smoking rates across Canada 'a wake up call'

By Justin Luschinski

The Lung Association of Manitoba says knowledge and prevention is key when it comes combating rising smoking rates across Canada.

"The key is to prevent people from taking up smoking in the first place," said Neil Johnston, president and CEO of the Lung Association of Manitoba. "Usually, people start smoking in their early teens, so you have to start teaching them in Grade 4. We're working on a couple of projects to do just that."

Throughout the month of November, the Lung Association of Manitoba promotes Lung Month, a chance for Canadians to understand the importance of lung health. But a recent Statistics Canada survey revealed that the amount of Canadian smokers has increased, a sign that smoking prevention programs are no longer working.

According to a recent survey by Statistics Canada,

the number of Canadian smokers aged 25 and up hit 16 per cent of the population in 2017, up from 13 per cent two years earlier.

Health Canada recently launched a review of its Federal Tobacco Control Strategy (FTCS). The FTCS spearheaded a number of initiatives between 2001 and 2017, including putting warning labels on cigarette packs and creating a toll-free "quitline" to give information on how to quit smoking.

Johnston says the fight against tobacco smoke isn't over.

"That's a major concern for us. For many years, smoking rates have been dropping, now all of a sudden we have an uptick or a plateau," Johnston said. "This survey is a wake up call that we're not quite done with cigarettes."

Johnston added that the Lung Association is concerned about E-cigarettes and cannabis smoke, as they might be a gateway for non-smokers to

start trying tobacco products. Many vaping products contain nicotine, the same addictive chemical found in cigarettes, and they should only be used by existing smokers to help them quit.

Adrian Powell of Selkirk took up vaping to quit cigarettes and says vaping is a viable alternative to smoking tobacco.

"I think everyone gets that smoking is dangerous, and I wouldn't be surprised if some study came out saying that (vaping) is bad for you," Powell said. "Honestly, everything can be bad for you if you do it too much."

Smoking is the leading cause of premature death in Canada, according to Statistics Canada. Recent studies have estimated that 21 per cent of all deaths over the past decade are due to smoking.

For more information about lung health, visit mb.lung.ca.

Wave electronics unveils snazzy new store; grand re-opening next week

By Patricia Barrett

Gimli's Wave Electronics has been undergoing a store makeover during the past few months and will be holding its grand re-opening celebration next week to mark its status as a Telus dealer.

The store carries all the latest cell phone models and offers a range of Telus packages. It also has everything else you could need, including headphones, Bluetooth devices, cordless home phones, ink cartridges, batteries, keyboards, USB drives, SD cards for cameras and much more.

When you walk into the First Avenue store, you know you're in the land of Telus with its instantly recognizable banners and streamlined décor.

Wave owner Joe Mohan has been through many transformations. His store started off as a Circuit City, then became The Source, then MTS and now Telus. Telus picked Wave to become its dealer, he said, providing an executive summary of the various telecommunications and electronics companies vying for territory.

"We're glad we went with them," said Mohan. "Telus wanted the store renovated because they want people to recognize it as a Telus-branded store. You walk in and it's going to be familiar. Plus they wanted to invest in us as dealers and show us that they picked us for a reason."

Telus completely gutted the space, installing new floors, walls, energy efficiency lighting and comfy sofas for customers.

"They did a really a nice job," said Mohan. "And the design team in Toronto were awesome to work with."

The store's bright, airy ambiance is matched by staff member Jessie Domino, who's been working at Wave for over a year.

"The best thing about working here

is these guys [Joe and his son Dustin] and working with the customers," said Domino. "I like to help customers understand the changing technology."

Domino said Wave gets customers from as far away as Ashern, Fisher Branch and Peguis, and serves nearby towns such as Winnipeg Beach.

The store will be going all out for its grand re-opening on Dec. 15. There will be deals on phones and door prizes.

"There's a lot of little things for door prizes — Bluetooth speakers, some potable charge accessories and we've got one grand prize, but we're not going to say what it is," said Mohan. "It's a good prize and it will make people happy!"

No word as yet on whether the famous Telus umbrellas will be part of the prize giveaways. A few years ago, Telus donated 900 umbrellas for Gimli Beach and all of them went home with a happy beach-goer. Telus also donated umbrellas to the Gimli aquatic park this year.

"They do 'give where you live.' They give back to the community," said Joe's son, Dustin, who helps manage the store and serve customers. "They have all kinds of charities they support."

The annual Ride for Dad, which raises funds for prostate cancer research, is one of Telus' major charities. And with the grand re-opening, Wave will be collecting donations for Evergreen Basic Needs' food bank.

"We've got some little critters coming," said Mohan. "You're going to be able to buy a 'critter' for \$2 and that \$2 will be donated to EBN. We'll also put your name in for a draw to get a phone or get money off on a new phone."

Wave's grand re-opening takes place Saturday, Dec. 15 at 66 First Ave., across the street from the library.



EXPRESS PHOTOS BY PATRICIA BARRETT

Wave Electronics, which has become a Telus dealer, will be holding a grand re-opening celebration Dec. 15 with lots of door prizes and a "top secret" grand prize. From left: owner Joe Mohan, Jessie Domino and Dustin Mohan.



The remodelled store has a modern, streamlined look and carries the latest in mobiles and accessories



The store carries portable Bluetooth speakers that can be attached to a backpack.

School board trustee Alan Campbell named MSBA president

Staff

Alan Campbell has been named the new president of the Manitoba School Boards Association (MSBA).

Campbell brings ample experience to the role since he has served as vice-chair of the MSBA starting in 2016. He was first elected as a trustee for the Interlake School Division in 2010 and has served as the school board chair for the past five years.

"My vision for MSBA is one of an organization that is collaborative, agile and respected as the voice of Manitoba's public school boards,"

he said in a press release.

"I believe that our communities benefit from having local voices and local choices through their ability to elect local school boards. I want to help support the important work of all school boards as they communicate why local voice and local choices remain important today."

Campbell said that he looks forward to working with school boards, association partners and community members in regards to the provincial government's review of public education that will start in January.

Gimli environment students serve guests healthy food

By Roger Newman

Gimli High School's stewards of the environment hosted their 10th annual GHS Enviro Club dinner last Thursday evening in the school cafeteria.

A total of 80 guests dined on a meal designed to improve their health while simultaneously easing stress on the environment. The menu chosen by club members was based on "Eating Lower on the Food Chain," a term used internationally to describe meals composed of natural foods like plants, fruits and vegetables rather than manufactured products like meat.

"The benefits are that people can be healthier and feel better by following this affordable diet," said GHS teacher Heida Arnbjornsson, who leads the Enviro club with the assistance of fellow instructors Melissa Anderson and Ashley Komar. "At the same time, eating lower on the food chain saves water and reduces carbon emissions stemming from manufacturing."

Arnbjornsson and her triumvirate led a club of 15 students that was mentored for many years by recently retired teacher Cheryl Bailey. The lat-

est enviro dinner was MCed by student Mia Gray and included music arranged by band teacher Rob Chrol to entertain an audience that included Evergreen School Supt. Roza Gray, GHS principal Leona Groot and many parents.

The annual dinner is just one of many activities undertaken by the enviro club during the school year. Members also take field trips to places such as Oak Hammock Marsh, compete in inter-school environmental competitions, spread the word about environmental health in Gimli's SSES early school and undertake community projects like cleaning up the town beach and ridding it of cigarette butts and food wrappers after a busy summer. In one year, the club even built an environment friendly pond on the school grounds.

Enviro club student members like Melissa Porteous and Emily Pemkowski get a great deal of satisfaction from making a club plan every year and participating in all the ensuing activity. "We believe the environment is very important," Porteous said.



EXPRESS PHOTO BY ROGER NEWMAN

Gimli High Enviro Club students and their teachers staged an annual dinner to alert the community to healthy eating. Making the preparations last week were (left to right) teacher Melissa Anderson, teacher and club leader Heida Arnbjornsson, and students Melissa Porteous and Emily Pemkowski.

Interlake immigrant portraits collected in book

By Patricia Barrett

A Winnipeg Beach artist who drew 150 (plus one) portraits of Interlake immigrants to help celebrate Canada's 150th birthday has had the portraits photographed and made into a book.

Julia Penny showcased her intricate pen and pencil portraits at the New Iceland Heritage Museum earlier this year and will be launching her book *From All Walks of Life: Stories of Canadian Immigrants* this Saturday in Gimli.

She got a graphic designer from Sandy Hook to help her design and layout the book after someone suggested she make a book.

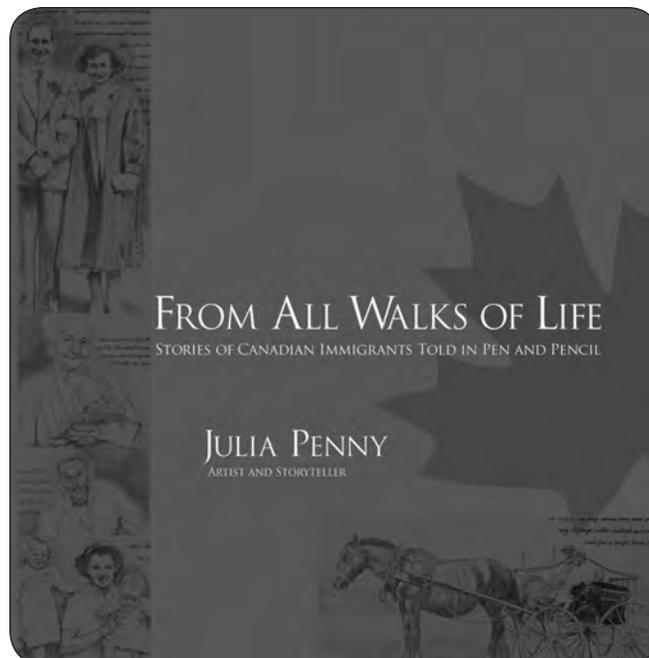
"It's my way of keeping them all together," said Penny. "Some have sold and gone off to their families so the 151 aren't all together in a group anymore. I thought it would be kind of neat if I had a book and they could all stay together. That was sort of the heart of it — to keep them together as a group."

Penny included a thank you section dedicated to everyone who contributed photographs of their relatives for her to draw from, and also found someone to write a forward. She will be self-publishing the work.

After the book launch, the versatile artist wants to return to other mediums.

"I've done a lot of drawing and I want to go back to painting and not pick up a pencil for a while," she said. "But you never know. There might be a sequel, but that will be in future."

Penny is holding the book launch at Tergesen's General Store at 82 First Ave. on Saturday, Dec. 8 from 1 to 3:30 p.m.



BOOK COVER COURTESY OF JULIA PENNY

Julia Penny will be launching her book Dec. 8 at Tergesen's store.

Arborg Primary Health Care Centre ACCEPTING NEW PATIENTS



The Arborg Primary Health Care Centre Team: Back Row L to R - Lisa Wutzke (chronic disease nurse & diabetes educator), and clinic administration Lori-Anne Johnson, Lisa Gislason and Patricia Farmer. Front Row L to R - Dr. Amrinder Mann, Dr. Fadekemi Akinpelu, Dr. Ayoola Komalafe. Missing: Denise Smolinski (dietitian).

Interlake-Eastern Regional Health Authority is pleased to announce that Arborg Primary Health Care Centre has recently added health care professionals to their health care team and is accepting new patients.

If you or someone you know is looking for a family physician closer to home in Arborg, please contact the clinic at 204-376-2781.

Lundar farmers connecting organic farmers and consumers

By Patricia Barrett

A farm operation near Lundar has come up with a way to reduce food waste by connecting organic farmers to consumers wanting to purchase small quantities of Manitoba-grown grains and pulses.

With its emphasis on quantity, large-scale crop production doesn't always work for small farmers like Amy Nikkel, who has been growing organic naked oats on her family-run farm — Adagio Acres — for the past six or so years.

Naked oats are a hullless variety of oat. Nikkel grows her crop without chemical products and sells the oats to restaurants in Winnipeg, specialty food stores and other stores across Manitoba and western Canada.

About three weeks ago, she and her husband launched a Community Supported Agriculture initiative (also known as Community Shared Agriculture) to help organic farmers sell their grain and pulse (peas, beans and lentils) crops.

"We started thinking about the concept a couple of years ago, that this would be really great to do as it would fill a gap in the food system. And three weeks ago, we said, 'Yeah let's do it. We'll just make it happen,'" said Nikkel. "And it's been crazy ever since. We're making phone calls to different farmers and finding out what's available and trying to connect the dots."

CSA is best known as a summertime initiative. Consumers buy shares in a farm and receive a portion of the produce, which can be fruits, vegetables, honey, eggs or meat. But Nikkel wanted to launch a winter CSA.

She's got seven organic grain and pulse farmers on board and is overseeing the selling of shares. Thirty shares have been snapped up so far. Shares are open to individuals, stores, restaurants and whoever else wants to eat organic grains and pulses.

The CSA model can help bridge a production gap that discriminates against organic farmers growing small crops of, say, 1,000 or 2,000 pounds, she said. Farmers generally need a full semi-trailer load of grain (about 40,000 pounds) in order to clean and sell it.

"The way food is generally produced is on such a massive scale that it doesn't match up with what organic farmers are doing," said Nikkel. "A thousand



EXPRESS PHOTO COURTESY OF AMY NIKKEL
Flax cleaning stages.

pounds here, a thousand pounds there feeds a lot of people. And it's really good food and should be valued. It shouldn't only be valued because it's in a full semi truckload and can be sent to Alberta where it's processed."

Crops have to be cleaned when they come off the field because the combine picks up sticks, straw, weeds and other grains. To clean a commodity such as flax seed, Nikkel said farmers need to have about 20,000 pounds. That leaves farmers with only 5,000 or so pounds out in the cold.

"It's essentially just seed that's sitting there and can't be used. It's not worth transporting and seed-cleaning operations don't want to bother with it because they need to change all their machine settings," she said.

A crop yielding a few thousand pounds of perfectly nutritious food can be downgraded as feed for livestock, she said, sit in farmers' storage bins for a year (farmers will sometimes grow the same crop the following year to make up a shortfall) or simply dumped on a hillock for the birds if the farmer has trouble selling it.

"Our own oat mill is a really, really small facility with small equipment, but we keep milling oats and selling to people in Winnipeg," she said. "We keep our machines going about two to three days a week all through the year. That feeds a lot of people here in Manitoba."

Besides reducing food waste, CSA initiatives enable organic farmers to continue experimenting with ways to improve



Amy Nikkel's daughter examines the family's organic naked oats crop.

their soil — all without chemical intervention.

Organic farmers like to experiment, said Nikkel. Maybe they'll grow five acres of a particular crop to see how well it stands up to climatic conditions, rotate crops to build up the soil or grow two different crops together because they may contribute specific nutrients that improve soil fertility.

The organic farmers who've teamed up with the Nikkels have farms near Killarney, Beausejour, Riding Mountain and southwest Manitoba. All are certified organic farms. Most of their product will be cleaned on the Nikkel's farm to bring it up to the "edible stage."

Consumers have the option of purchasing 25 or 50 pounds of organic food. Lentils, flax, yellow peas, naked oats, quinoa, hemp seeds, wild rice, black turtle beans, cold-pressed sunflower oil, buckwheat flour, spelt flour and whole wheat flour are among the foodstuffs that will go into various "grain bundles." A half share costs \$135 and a full share is \$250.

Quantities for next year's CSA sale — should the initiative take off — will vary depending on what farmers have available. Nikkel said one year there

Continued on page 12



As the Holiday season is upon us, we take joy in extending a sincere "THANK YOU" to those who have helped to shape our business in a most significant way. We value our relationship with you and look forward to working with you in the year to come. We wish you a safe and Happy Holiday season along with a New Year filled with peace and prosperity.

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Local farm family receives Breeder of the Year award

By Ligia Braidotti

A local cattle breeder farm was recently honoured with one of the top awards in the industry.

On Nov. 25, the Man-Sask Gelbvieh Association announced that Maple Grove Gelbvieh, known as The Wirgau's, from Narcisse, were the winners of the 2018 Purebred Gelbvieh Breeder of the Year at the Canadian Western Agribition in Regina, Sask.

"This award comes from many years of the Wirgau family's dedication to our great Gelbvieh breed of cattle. Traveling long distances, showing Gelbvieh cattle, organizing shows in Brandon and Regina, being involved in 4-H and Junior shows and the toughest job of all, they have worked long hours on administrative work for the Man-Sask Gelbvieh Association," the Man-Sask Gelbvieh Association wrote on their Facebook page.

Lee Wirgau is one of the owners of the family business Maple Grove Gelbvieh and said he feels honoured in being recognized for the hard work and time they have put into their cattle. The farm was nominated by one of their fellow breeders, but Wirgau is not sure who did it. The award recognizes the farm's accomplishments.

"It's nice to be recognized for all the involvement and hard work that our family has put into promoting and selling, not only our farm but the breed of cattle that we are involved with," he commented.

Gelbvieh is a cattle breed that originated in districts of Bavaria, Germany in the mid-1800s and was introduced in Canada in 1972, Wirgau explained. The word gelbvieh means yellow

cattle in German and alludes to their golden brown colour with dark hooves, strong limbs, and full body pigmentation. According to the Canadian Gelbvieh Association, the meat carries well down the hindquarters of the cattle.

This type of breed was developed to triple their purpose — they are used for milk, meat, and draught, although they are heavily used for beef.

"Gelbvieh producers, both purebred and commercial, strive to exceed consumer expectations for delicious beef products. Gelbvieh has a high rate of gain with one of the best feed efficiencies in the industry and will supply the carcass that today's packers and consumers demand," they state on their website.

Wirgau started breeding Gelbvieh cattle in 1996. When he and his brothers were getting out of high school, they decided to have Gelbvieh cattle because they didn't know anyone that bred it in the area.

"And we never looked back," he commented.

Maple Grove Gelbvieh runs the livestock operation at the farm, markets the cattle, takes care of the day-to-day management, takes care of breeding the animals such as artificial insemination, and more. Wirgau is at the farm every day looking after the feeding and organization of the cattle. Their whole family is involved in the day-to-day operation of the business, and he said they are very honoured to have received the award.

"It was an award for our whole operation and everybody involved."

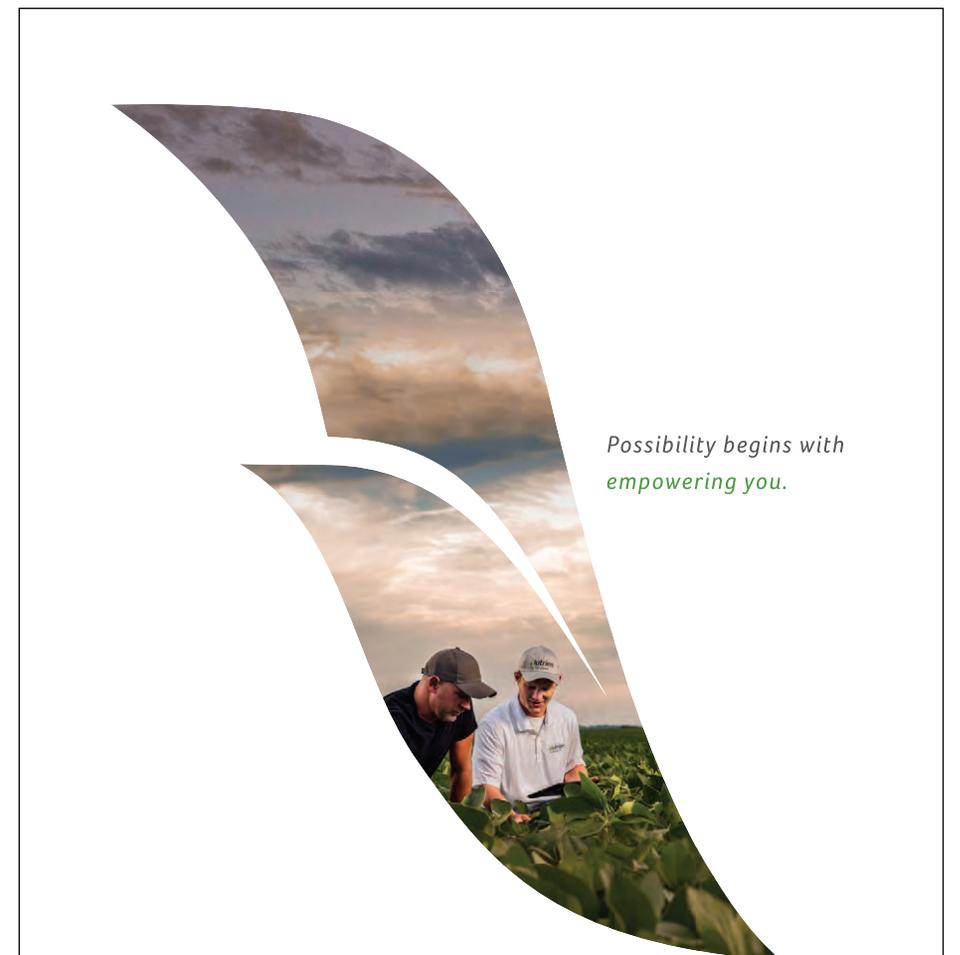


Gelbvieh is a cattle breed that originated in districts of Bavaria, Germany in the mid-1800s and was introduced in Canada in 1972.



EXPRESS PHOTOS SUBMITTED

Maple Grove Gelbvieh of Narcisse, Mb was awarded the Purebred Breeder of the Year award at Agribition. Pictured left to right, Ross Davidson, Dean Hurlburt, Lee, Brooklyn and Cynthia Wirgau.



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Overwhelming vendor interest for Ashern craft sale

By Kal Franchuk

Over 45 crafters, charities and home-based businesses gathered in the Ashern Centennial Hall this past Friday to showcase their wares to crowds of locals.

The annual sale was hosted by the Ashern L.I.F.E. organization to support the community.

Sandra McDougall, event organizer and representative of L.I.F.E., said the sale was sold out and vendors were on waitlists.

"We could fill two halls," she explained.

This enthusiastic participation was reflected in the jam-packed venue. Vendors were lined in tight rows with some even set up on the stage.

Despite it being a Friday, locals and those from surrounding areas poured in throughout the day, many stopping to shop on their lunch break. Shoppers picked up baked goods, hand-crafts, sewing, woodworking, framed photography, direct sales products, knitting and holiday items.

A few fundraisers were at the event as well. The Lakeshore Hospital Guild was raising money with a silent auction. Students from Ashern Central were also present, fundraising for their Grade 11/12 trip to France and Europe, to name a few.

Wool 'N Needles, a group of local women, also had a large selection of knitting available. They knit throughout the year and donate their proceeds to various local organizations.

Increasing interest in their event did cause some growing pains this year. Some vendors arrived to find the tables they booked were not available or there was less space than expected. The event organizers did their best to



Bev Thomas, one of the vendors affected by the shortage of space, made due by setting some of her crafts on a counter.



Mother and daughter Michelle Johnson, left, and Lorraine Elton, right, selling together on Friday.

EXPRESS PHOTOS BY KAL FRANCHUK

accommodate those affected.

"I was disappointed that I couldn't set my display up in the way I had planned," said Bev Thomas, one of the vendors affected. She was given one table instead of the two she had reserved.

Later in the day, notes were passed out to vendors in relation to next year. June Price, a board member, said the logistic issues were unusual and "the worst year they've had yet" when it came to problems.

For 2019, organizers are adjusting their approach. Although they're still working on a complete set of rules and regulations, so far they have announced the following: A limit of two tables per vendor, limits to silent auctions present, payment will be due at the time of registration, and registration will not be opened until it's advertised locally.

The hope for next year is to be as fair as possible. Those interested in par-



Members of the Wool 'N Needles donated their proceeds to local non-profits. Left to right: Maria Ebbers, Allison Noordenbos, June Price and Bernice Ruchotzke.

ticipating in 2019 are encouraged to watch local advertising for sale dates

and registration information.

Arborg & District Christmas Cheer Board

Once again the Arborg & District Christmas Cheer Board is preparing Christmas hampers. To request a Christmas hamper, please contact Wanda at 204-376-3465 or Brenda at 204-376-3585. The deadline for requests is Friday, December 14th and the Christmas hampers will be available for pick up or delivery on Thursday, December 20th.

Monetary donations can be mailed to Box 185 Arborg, MB, R0C 0A0, or may be deposited at the Arborg branches of Noventis Credit Union or CIBC. Non-perishable food items can be dropped off at participating local businesses, churches and schools.

Thank you for your support.

> ORGANIC FARMERS, FROM PG. 10

may be lots of lentils and not that many black beans. Consumers could get one pound of flax in a bundle or three pounds.

"Let's just put the food first," she said. "That will get people to work with the production and put their own food interests second to what food is actually available. By buying a share, they're saying, 'We're going to commit to supporting these farmers and purchasing local organic food.'"

In mid-January the Nikkels will be delivering the grain bundles to two depots: one in Winnipeg and the other in Brandon. The location of the depots are yet to be confirmed. And the food won't be packaged with "a lot of bells and whistles." People are encouraged

to bring their own pails, reusable containers or glass jars to store the food.

"This is food that hasn't gone through the system, hasn't been transported three times from province to province to province, and from processor to distributor to packager and back to retail stores," said Nikkel. "We're cutting all that out."

For every 15 shares purchased, the Nikkels will be donating one share to a low-income or new Canadian family. The Good Food Club, a Winnipeg-based group that provides food security to people in the West Broadway neighbourhood, will be working with the Nikkels to identify recipients.

Visit the Adagio Acres website at www.adagioacres.com and click on



Amy Nikkel's son examines head-high oats grown on the Adagio Acres farm.

the Winter CSA link for more information about the grain bundles or contact Nikkel at 204-762-5892.



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<p>Arborg Home Hardware, 451 Main St, Arborg</p> 	<p>Moosehorn Co-op, 1 Main St, Moosehorn</p> 	<p>Ukrainian Farmers Co-op, 22 Tache St, Fisher Branch</p> 	<p>KC Enterprises, 19 156 Gimli Park Rd, Gimli</p> 
<p>Interlake Co-op, 253 Main St, Arborg</p> 	<p>Ashern Co-op, 53 Main St, Ashern</p> 	<p>Interlake Auto & Tractor Parts, 161 Sunset Blvd, Arborg</p> 	<p>Johnson's Fashion & Footwear, 76 Centre St, Gimli</p> 
<p>HP Tergesen & Sons, 82 1st Ave, Gimli</p>	<p>Gimli Snowmobile Centre, HWY 9, Gimli</p> 	<p>Arborg Pharmacy, 275 Main St, Arborg</p> 	<p>Brennivins Pizza Hus 70 1st Ave, Gimli</p> 

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Crowds re-discover annual Christmas traditions

By Roger Newman

When it was over, Gimli Mayor Lynn Greenberg thanked everybody for their hard work.

The mayor was referring to organizers of all the Gimli Rediscover Christmas events arranged by the town's economic development assistant Britanny Isfeld. He made the remark early Saturday evening after officially lighting Gimli's tall community Christmas tree in front of the bandstand beside the Lakeview resort.

His sentiments were well received

following a day of many different events with a few more still to come. The program began early in the morning with Gimli High School's first ever craft and trade show and ended late with an ugly sweater party at the Viking Inn. Large crowds flocked downtown for everything from carolling to face painting before watching a parade that preceded the tree lighting. The only hitch in a near perfect day was that the sleigh ride contractor cancelled due to an emergency.



Mayor Lynn Greenberg and economic development assistant Britanny Isfeld posed with Robin's mascot Robby after a busy day.



Kaffe Haus owner Shelley Petrowski joined the carollers outside her restaurant.



EXPRESS PHOTOS BY ROGER NEWMAN

The mayor was not the only council member busy during the day. Newly elected councillor Cody Magnusson donned a special suit for reading "Stories with Santa" at the Gimli Library.



Face painter Dee Dee Miyai, left, was busy for hours at the Kaffe Haus restaurant. Here she works on Elliot Mills with the help of his mother Stephanie.



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Interlake Relay for Life Committee to receive visit from Santa

By Patricia Barrett

The Interlake Relay for Life committee will be holding a jolly pancake breakfast with Santa this Saturday morning in Winnipeg Beach.

In addition to a yummy breakfast, kids and parents can enjoy a one-on-one chat with Santa and have their photo taken. Author and poet Jeanne Gougeon will give two readings (9:30 and 10:30) from her short story Noisy Santa, which will give kids an opportunity to provide some acoustic effects.

"The story is about Santa forgetting

how to be quiet and relates the noises Santa makes as he lands on the roof and makes his way down the chimney," said Relay committee member Bill Martin, who will be helping organize the breakfast. "The children will be asked to ring sleigh bells and use wooden spoons (both provided by Jeanne) and as she reads, will be asked to grunt and groan as Santa works his way down."

The breakfast will be held from 8 a.m. to noon at the Winnipeg Beach Community Centre. Tickets are \$5 for adults and \$3 for kids 10 and under.



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New vertical \$10 bank note now in circulation

Submitted

The Bank of Canada issued the new vertical \$10 bank note featuring the portrait of social justice icon Viola Desmond, during a ceremony at the Canadian Museum for Human Rights (CMHR) in Winnipeg on Nov. 19.

The new note made its way into circulation at the Royal Bank of Canada Stonewall Branch last Friday.

Bank of Canada Governor Stephen S. Poloz and Wanda Robson, Viola Desmond's sister, spoke about Desmond's legacy and the ongoing pursuit of human rights and social justice in Canada. They spent the first new bank notes at the CMHR, which itself is featured on the back of the new note.

"Bank notes are not only a secure means of payment that Canadians can use with confidence. They also tell the stories that have shaped our country," said Governor Poloz. "Now, each time this new vertical \$10 bill changes hands, it will remind us of our continued pursuit of human rights and social justice in Canada."

The new \$10 note, Canada's first vertical bank note, features enhanced security features that are easy to check and difficult to counterfeit. These include a colour-shifting eagle feather, which changes from gold to green; detailed metallic images in and around the large transparent window—the Library of Parliament's vaulted dome ceiling, maple leaves, and Canada's flag and coat of arms; raised ink on the portrait, the word "Canada" and the large number at the bottom; and the use of a single piece of smooth polymer with transparent areas for each note.

"In 1946, Viola Desmond took a courageous stand against injustice that helped inspire a movement for equality and social justice in Canada," said Jennifer O'Connell, Parliamentary Secretary to the Minister of Finance, who spoke at the \$10 bank note event.



Canada's first vertical bank note, features enhanced security features that are easy to check and difficult to counterfeit.

"More than 70 years later, we honour her as the first Canadian woman to appear on a bank note, and hope her story inspires the next generation of Canadians to follow in her footsteps."

Desmond, a successful Nova Scotia businesswoman, defiantly refused to leave a whites-only area of a movie theatre in 1946. Her court case was an inspiration for the pursuit of racial equality across Canada. A map of the historic North End of Halifax, where she lived and worked, is also shown on the note.

The back of the note carries Desmond's legacy into the present with several images and symbols. These include the CMHR, the first museum in the world dedicated solely to the evolution, celebration and future of human rights. Its criss-crossing ramps symbolize the history of human rights in Canada and the world—a history of setbacks and contradictions, but built on strength and hope.

The back also features an eagle feather, representing the ongoing journey toward recognizing rights and freedoms for Indigenous peoples in Canada; an excerpt from the Canadian Charter of Rights and Freedoms;



EXPRESS PHOTO BY BRANDEN MEIER

Royal Bank of Canada Stonewall branch employee Haley Cvar proudly displays the new vertical \$10 bank note featuring the portrait of social justice icon Viola Desmond.

and a pattern of laurel leaves, an ancient symbol of justice, which is found in the grand entrance hall of the Supreme Court of Canada.

The new \$10 bank note was rolled out in Canadian financial institutions on Nov. 19. It will gradually replace other \$10 bank notes in circulation, including the Canada 150 commemorative note and the Frontiers series \$10 note, as they wear out.

Quick facts:

Viola Desmond was chosen as the portrait subject following the Bank NOTE-able public consultation campaign, which invited Canadians to nominate an iconic Canadian woman to appear on the next bank note.

With the issuance of this new \$10 note, the Bank of Canada's approach

to issuing bank notes is changing. Rather than issuing all five denominations within a short time frame, a new note will be issued every few years. This will allow the Bank to integrate the latest security features each time a new bank note is issued.

In due course, the Bank will consult Canadians on the design of the next \$5 bank note.

The new vertical \$10 note featuring Viola Desmond is the same size and has the same functionality and the same distinct purple colour as the previous \$10 polymer note.

It has a suite of accessibility features for Canadians who are blind or partially sighted, including its distinct purple colour, tactile features and high-contrast numerals.

Lions collect used glasses and hearing aids

By Jennifer McFee

The Lions have set their sights on helping others both near and far.

Through the Lions' Eyeglasses Recycling Program, children and adults in developing countries have the chance to see clearly thanks to donations of used eyeglasses. In the past decade, the Lions Foundation of Manitoba and Northwestern Ontario has collected more than 330,000 pairs of eye-

glasses.

Closer to home, the Teulon and Area Lions Club continues to accept donations of used eyeglasses on an ongoing basis, and they recently began to accept hearing aids as well.

The donated hearing aids are factory refurbished and then donated back to people in the community through the Lions Foundation Hearing Program.

"Anyone can drop off either hearing

aids or glasses at the medical clinic in Teulon and at the local grocery store," said Rene Bouvier, secretary of the Teulon and Area Lions Club.

"We probably collect somewhere around 150 to 200 pairs of glasses per year. One of our Lions members packages them up and sends them to Winnipeg and then they send them to the processing facility."

From the Canadian Lions Eyeglass-

es Recycling Centre in Calgary, the glasses are then sent to people in developing countries, free of charge.

Anyone who would like more information can contact Bouvier at 204-886-2961 or reneb1961@live.ca.

More information is also available online at www.LionsFoundation.org

Icelandic language thrives both in Gimli and worldwide

By Roger Newman

The Icelandic language is alive and well in Gimli.

Weekly lessons in the Viking mother tongue take place in both fall and winter at the New Iceland Heritage Museum (NIHM) in the heart of the community.

Most students are Canadians with Icelandic backgrounds who enrol in the museum program so they'll be fairly fluent in the language of their forebears when they visit Iceland.

They receive instruction from Svala Thrastardottir, a native Icelander, and Ingrid Roed, an Interlake Icelander. Thrastardottir has a colourful background including stints in Iceland as a dance instructor, firefighter and prison guard. She has led the NIHM program for three years and was joined by last year by Roed, who has dual linguistic skills after a career as a French teacher at Glenlawn Collegiate and Precious Blood School in Winnipeg.

Thrastardottir says there are good reasons for students to learn the modern Icelandic language.

"Many new words for inventions such as helicopters and computers have entered the language since the first Icelandic settlers arrived at Willow Island in 1875," she explains.

Typical students this fall are Richard and Susan Ingmundson who drive all the way from Selkirk for the weekly sessions.

"It is great fun to learn a new skill," says Richard Ingmundson, who is in his second year of attending the museum classes. "I'm not yet fluent in Icelandic but I'm making progress."

Brenda Fjeldsted and Kristine Kowalski, both of Gimli, share the goal of wanting to be fluent when they stroll on Reykjavik's main street — even though most Icelanders also speak English. They, too, are enjoying the classes and believe their proficiency is increasing.

More advanced is Gimli resident Solange Liang, who has developed language skills during two visits to Iceland.

"Icelanders are very courteous people. They'll drive you to the airport at 4 a.m.," says Liang, who is planning a third trip to the Atlantic island.

Also at a recent lesson were Fraserwood brothers Dean Bjornsson, who still lives there, and Kent Bjornsson, who is now a tour guide in Iceland and likely left his business card behind at the Gimli museum.

The fall language lessons will soon end, but there will be a new session in February. Typically, the class meets at 7 p.m. Thursdays in the museum's Lady of the Lake theatre.

Once students have some grasp of the language, there is an online opportunity for them to practise and further increase their fluency. They can join the worldwide Icelandic Online Club which attracts Icelanders, people of Icelandic descent and others interested in the language, who do not live near an Icelandic club.

The club was launched in 2011 by its president Angel Johnson-Nelson, who hails from the pioneer Icelandic settlement of Spanish Fork, Utah. It is one of the few U.S. enclaves of Icelandic emigres who are also prominent



EXPRESS PHOTO BY ROGER NEWMAN

Interlake residents turn out weekly for lessons in Icelandic at Gimli's New Iceland Heritage Museum.

in the states of North Dakota and Washington.

Johnson-Nelson also lived in Florida and California before settling in Austin, Texas, where she graduated from college. With credentials in accounting and marketing, she currently combines administering the club's website with running a retail business, being a home-school mom and volunteering for several organizations.

"Online club members have an opportunity to participate in group chats and monthly projects," Johnson-Nelson says. "They discuss a wide variety of subjects including genealogy, culture, travel, language, books, Icelandic crafts and many other interests."

The online line club, incidentally, is an affiliated chapter of the Icelandic National League of North America (INLNA) and gives members access to a wealth of information and activity. This includes not only the chance to exercise language muscles but also voting rights at the INLNA convention.

"We have members from all parts of the United States, Canada, Iceland and even France," says the club founder. "Our motto is 'It doesn't matter where you are in the world as long as you have Iceland in your heart.'"

More information may be obtained at icelandiconlineclub@hotmail.com.

Westshore Singers to present Christmas carolling concerts

Submitted by Karen Lamb

Westshore Singers and director Karen Lamb invite readers to take a break from the hustle and bustle to join them for a concert of Christmas carols to put you in the spirit of the season.

The choir and featured guest artists will perform in Riverton on Friday, Dec. 7 at 7:30 p.m.; Riverton-Hnausa Lutheran Church and in Gimli on Sunday, Dec. 9, at 2:30 p.m.; and Tuesday, Dec. 11 at 7:30 p.m. at Gimli Lutheran Church.

The concert will include traditional and new carols with featured instrumentalists on some of the piano accompaniments provided by Ginny Parent. Concert-goers will also be treated to performances by local guest artists.

Since 2018 is the 200th birthday of the beloved carol "Silent Night," it is fitting that it is included in the program. The carol will be sung in German, English and signed in American Sign Language by members of the choir. Facts about the composing of the carol will also be shared.

Advance tickets are \$10 and are available at Tergesen's or from choir members. Tickets at the door are \$12. Children under 12 are free.

The Westshore Singers support the Evergreen Basic Needs charity, so please remember to "bring a tin for the bin."



EXPRESS PHOTO BY ANDY BLICQ

The Westshore Singers will be performing a number of concerts of Christmas carols in Gimli and Riverton.

get inspired

> MEAL IDEAS



One Pan Fish Dish

1 pound white fish (such as snapper, grouper, flounder or barramundi)
4 tablespoons olive oil
fresh rosemary sprigs (optional)
In pan over medium heat, heat canola oil about 1 minute.

Add tomatoes, onions and broccoli to pan; cook 5 minutes, uncovered.

Drizzle lemon juice over vegetables and season with salt and pepper, to taste.

Place fish on top of vegetables in center of pan and place two lemon slices on top of fish.

Sprinkle with salt and pepper, to taste.

Cover pan and cook on medium heat 10-12 minutes depending on thickness of fish.

Drizzle olive oil over fish and top with rosemary, if desired, before serving.

Recipe courtesy of Michael-Ann Rowe on behalf of the Seafood Nutrition Partnership

Prep time: 10 minutes

Cook time: 20 minutes

Servings: 4

1/8 cup canola oil

1/4 cup cherry tomatoes, halved

1 medium onion, quartered

2 cups broccoli florets

1 lemon, half sliced and half juiced, divided

kosher salt, to taste

freshly ground pepper, to taste



Quinoa Bowl with Tuna

1-2 tablespoons onion, diced
1 tablespoon lime juice
cilantro

To make Thai Peanut Dressing: In mixing bowl, combine peanut butter, ginger paste, fish sauce, cayenne pepper, apple cider vinegar, soy sauce and sugar.

Add 1 tablespoon water and whisk well. Continue adding water 1 tablespoon at a time until sauce is consistency of heavy cream.

Note: You may not use full 1/4 cup water and could use more depending on preference of thickness.

To make Quinoa Bowls: Heat oven to 400 F.

In medium pot, heat water and quinoa. When it boils, turn heat to low and cover. Cook until water is absorbed and remove from heat.

Drain and dry chickpeas. In bowl, combine chickpeas with olive oil, garlic powder and salt and pepper, to taste.

Spread chickpeas on baking sheet; bake 20 minutes, or until golden brown. Remove from oven and cool.

Spiralize zucchini at medium thickness. Using potato peeler, slice carrot in thin strips. Chop red cabbage. Drain and chunk tuna.

In two bowls, split cooked quinoa evenly. Top with carrots, zucchini, cabbage, roasted chickpeas onions and tuna.

Season with lime juice, cilantro and Thai Peanut Dressing.

Recipe courtesy of Cookie Named Desire on behalf of Bumble Bee

Prep time: 45 minutes

Servings: 2

Thai Peanut Dressing:

1 cup creamy peanut butter

1 teaspoon ginger paste

1/4 teaspoon fish sauce

1/2 teaspoon cayenne pepper

2 tablespoons apple cider vinegar

2 teaspoons soy sauce

1 1/2 tablespoons granulated sugar

1/4 cup water, divided, plus additional (optional)

Quinoa Bowls:

2 cups water

1 cup quinoa

1 can (14 ounces) chickpeas

1-2 tablespoons olive oil

1/2 teaspoon garlic powder

salt, to taste

pepper, to taste

1 medium zucchini

1 carrot

1/2 cup red cabbage

1 can (5 ounces) Bumble Bee Solid White Albacore Tuna in Water



Always Be Aware of Sending the Wrong Message

It may seem a hopeless task to raise a daughter who will not follow the dictated trends, especially when her friends are living in the trance of conformity. The only defense is the building of a strong set of values. We may have to explain to little girls why it is that performers are wearing fewer and fewer clothes. We may have to talk to pre-adolescents about sexuality, and what the way we dress or use make-up says about us.

They need to know that they may be sending out a message different from what they intend. Unfortunately, in the world today, a wrong message could be dangerous. Girls need to be taught to honor themselves and their bodies. Start teaching them now, and then by the time they are eighteen, it will be second nature.

Gwen Randall-Young is an author and award-winning Psychotherapist. For permission to reprint this article, or to obtain books, cds or MP3's, visit www.gwen.ca. Follow Gwen on Facebook for daily inspiration.

What is a parent to do when their pre-teen daughter wants to dress like Ariana Grande? My answer would be that they begin to teach their daughter some important things about being a conscious female.

Ms. Grande is revving up her sex appeal in order to make more money. Girls want to copy the look simply because she is a star. They want to look pretty, much as their grandmothers may have wanted to look like Cinderella, and with so much media exposure, rock stars become the role models. The effect is hypnotic.

My daughters played with Barbies, but never wanted to look like them. However, with the powerful effects of media and marketing, young girls are 'seduced' into becoming sexualized earlier and earlier. If they start dressing provocatively at 11 or 12, is it any surprise that they are having sex at 13 or 14?



Chipotle Tuna and Avocado Salad Sandwich

1 teaspoon red or white wine vinegar
1 teaspoon honey
1/2 teaspoon chopped garlic
1/4 teaspoon chipotle chili powder
1/4 teaspoon kosher salt
4 slices whole-grain bread

In medium bowl, gently toss tuna and avocado until combined.

Add tomatoes, corn and parsley, tossing gently to combine.

In small bowl, whisk lemon juice, vinegar, honey, garlic, chili powder and salt. Drizzle over tuna mixture and toss to coat.

Divide tuna evenly among bread slices to make two sandwiches.

Prep time: 15 minutes

Servings: 2

1 can (5 ounces) Bumble Bee Solid White Albacore Tuna in Water, drained and broken into chunks

1/2 avocado, cut into 1/2-inch cubes

1/2 cup halved grape tomatoes

1/2 cup sweet corn, cooked or thawed from frozen

1 tablespoon roughly chopped parsley

1 1/2 teaspoons lemon juice

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INSIDE > OUTSIDE > UPSIDE DOWN

Bantam Lightning edge Southwest, blast Brandon

By Brian Bowman

It was a great weekend for the Interlake Lightning Bantam "AAA" hockey team.

Interlake won both of its games, defeating the Southwest Cougars 3-2 on Saturday in Stonewall and then blasting the Wheat Kings 10-2 in Brandon Sunday.

Against Brandon, Interlake took a 4-0 lead by the 14:39 mark of the first period and then went ahead 8-1 at 15:43 of the second.

Hayden Wheddon had a fantastic game for the Lightning, scoring four times to go along with two assists.

Karson King added a goal and three assists while Brayden Stevenson and Alexander Kaczorowski each had a goal and two helpers.

Peyton Bateman (two) and Austin Lourenco also scored for the Inter-

lake.

The Lightning power-play was terrific, converting seven of nine opportunities.

Cayden Glover scored both of Brandon's goals, beating Lightning netminder Dawson Cowan. Cowan made 34 saves for the win.

In Saturday's victory, Kaczorowski scored the game-winning goal at 15:24 of the third period.

Stevenson scored twice in the second-period to erase a 1-0 deficit.

Jayce Thompson and Luke Robson scored for Southwest.

Zach Meadows made 28 saves for the win.

Interlake won't play another league game until Dec. 14 when they go up against the Winnipeg Monarchs at the Bell MTS Iceplex.



EXPRESS PHOTO BY LANA MEIER

The Lightning's Alexander Kaczorowski scored the game-winning goal to defeat the Southwest Cougars 3-2 on Saturday in Stonewall.

Female Midget Lightning post first victory this season

By Brian Bowman

After a lot of hard work, the Interlake Lightning Midget female hockey team was finally rewarded with a victory.

Interlake was on the winning side of a 1-0 decision over the Winnipeg Avros in Manitoba Female Midget Hockey League action at the Seven Oaks

Sportsplex on Nov. 28.

All Rakowski scored the game winner in the third period, assisted by Hailey Ross and Denali Sigurdson.

Anya Epp posted the shutout.

Interlake continued to play well defensively in a 2-1 shootout loss to the Central Plains Capitals last Friday in

Stonewall.

Central Plains' Megan Ferg and Interlake's Sarah Dowsett scored second-period goals. Dowsett's goal was assisted by Taylor Kristjanson.

On Sunday, the Lightning lost 6-1 to the Winnipeg Ice at the Bell MTS Iceplex. All seven goals were scored in

the opening period.

Brooke Oxenforth (two), Martina Barclay, Julia Bird, Sandrene Garofalo and Seren Jocelyn scored for the Ice. The Lightning's goal scorer was not known at press time.



EXPRESS PHOTOS BY LANA MEIER

Lightning goaltender Anya Epp keeps her eye on the puck in the 2-1 shootout loss to the Capitals last Friday.



Interlake's Sarah Dowsett (13) scored a second-period goal against Central Plains.

Arborg Ice Dawgs, Lundar Falcons win CRJHL games

By Brian Bowman

The Arborg Ice Dawgs won two of three Capital Region Junior Hockey League games last week.

After winning its first two games of the week, Arborg was defeated 7-2 by the Selkirk Fishermen at the Rec Complex on Saturday.

The two teams were tied at 2-2 in the second period but Selkirk scored the game's final five goals, including four in the third period.

Arborg's Dylan Chartrand scored the game's first goal midway in the opening period but Selkirk responded with goals from Brandon Thomas and Dawson Courchene.

The Ice Dawgs' Ryan Hill tied the score at 2-2 with a shorthanded goal at 6:32 of the middle frame.

Courchene added a shorthanded goal of his own about six minutes later and then Evan Bedard and Dane Derewianchuk each added a pair of goals in the third.

Austin DeBoer made 32 saves for the win while Arborg goaltender Tre Strachan stopped 22 shots.

On Friday, Arborg edged the St. Malo Warriors 7-6 as Karson Collins

and Colton Davies each had a goal and two assists.

Dylan Furgala, Connor Dowhy, Tristan Hudson, Josh Roche and Hill also scored for the Ice Dawgs.

Tyler Cormier, Hayden Hildebrand, Alex Murray, Robert Driedger, Logan Bueckert and Tyrel Bueckert replied for St. Malo.

Gavin Love made 33 saves for the win.

On Nov. 27, Arborg defeated the North Winnipeg Satellites 5-4 in overtime.

Davies scored the game winner in extra time. He finished the game with two goals and an assist while Roche had a goal and a helper.

Cadrick Dueck and Blaze Bezecki scored the Ice Dawgs' other goals.

Nathan Jones, Eli Caparros, Tom Moneyas and Rustyn Lodon replied for North Winnipeg.

Strachan made 42 saves and has a 4-3 record this season with a 3.41 goals-against average and a .912 save percentage.

The Ice Dawgs will host St. Malo on Thursday at 7:45 p.m. and then will battle the Falcons on Sunday (6 p.m.)



EXPRESS PHOTO BY BRETT MITCHELL

Arborg goaltender Tre Strachan stopped 22 shots against the Selkirk Fishermen last Friday.

in Lundar.

Lundar, meanwhile, doubled St. Malo 8-4 on Saturday. The Falcons outscored the Warriors 5-0 in the second period.

Drake Zimmerman had a hat trick for Lundar while Jesse McDonald, Derek Benson, Jayden Allary, Mason Medeiros and Eric Miller also tallied.

Medeiros also had two assists while Dennon Sichewski added four helpers.

Tyrel Bueckert (two), Robert Guimond and Brendan Spencer replied for St. Malo.

Chris Lesage made 41 saves for the win.

The Falcons visited the Satellites this past Tuesday but no score was available at press time.

Lundar's next game is Saturday (8 p.m.) when it hosts North Winnipeg.

Interlake losing streak snapped at nine games

By Brian Bowman

Finally, the Interlake Lightning's losing streak is over.

After nine consecutive losses, Interlake notched a victory with a 4-3 shootout win over the Parkland Rangers in Manitoba AAA Midget Hockey League action Sunday in Dauphin.

Tyler Carvalho and Nicholas Prystupa scored for the Interlake in the shootout while Hunter Glover replied for Parkland.

Parkland's Taron Topham had tied the score at 3-3 at 18:20 of the third period.

Lyle Murdock scored for the Lightning in the first period and then Ethan Johnson and Matthew Vandel tallied in the second.

Glover and Garrett Hrechka scored Parkland's other goals.

Chris Fines made 45 saves for the victory.

On Saturday, Interlake was beaten 9-3 by the Wheat Kings in Brandon.

The Wheat Kings scored five third-period goals to turn a close game into a rout.

Carl Ingalls, William Faraci, and Vandel scored for the Lightning.

Nolan Ritchie, Troy Hamilton, and Colin Cook each scored twice for Brandon while Calder Anderson, Tanner Morrison and Mason Kaspick added singles.

Last Wednesday, the Lightning lost 2-0 to the Winnipeg Thrashers at Gateway Arena.

Connor Roulette scored the game winner while Winnipeg was shorthanded at 9:06 of the third period. He then sealed the win with an empty-net goal with Fines pulled for an extra attacker at 19:36.

Fines finished the game with 42 saves while Thrashers' netminder Cole Plowman made 27 stops.

Interlake, now 4-18-0-1-0 and with nine points to occupy 12th place in the 13-team league, will host the Winnipeg Bruins this Saturday at 7:30 in Teulon.

On Sunday, Interlake will visit the Thrashers at Gateway Arena for a 1 p.m. puck drop.

Tournament champs



EXPRESS PHOTO SUBMITTED

The Arborg Falcons won the 'A' side of the PeeWee C hockey tournament in MacGregor on Nov. 24-25. Pictured back row: Brian Barylski (coach), Roger Burak (assistant coach), Austin Loewen, Cyranno Dueck, Danien Jacobson, Brooke Barylski, Evan Asham, Sawyer Zuk, Brandon Burak, Kendall Asham (safety), and Jason Zuk (coach); Front row: Jaxon Loewen, William Caldiera, Johann Fridfinnson, Ty Plett, Ashton Kornelsen, Matthew Barkman and Josh Bazilewich.

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Classified booking deadline is Monday at 4 p.m. prior to Thursday's publication.

Call 467-5836

The Northern Lights Festival of the Arts, Inc. Held its AGM on Nov. 13th, 2018

The festival committee for 2018-2019 is as follows:

Chairperson - Annette Holowka
Secretary - Lisa Mazur
Treasurer - Krishna Golas

Members at Large: Jessie Plett, Julie Stefanec, Grace Packulak, Rosie Barrett, Bernice Enstrom, Roberta Stocki, Vivian Chaske, Bernice Basaraba, Kelly Barrett, Daphne Flett, Adeline Traverse, Karen Abas and Pauline Barrett.

The festival will be held in Fisher Branch, April 15 to 18, 2019 with the Highlights Concert taking place on April 26, 2019 at 7:00 pm.

A copy of the current syllabus is available at your local school or on the Lakeshore School Division website.

The current entry form is being revised and will be available at the above locations in the new year.

DEADLINE FOR ENTRIES: FEBRUARY 28, 2019.

Any questions or concerns, please contact Annette at bholowka@mymts.net or call/text 641-1760 or speak to any committee member.

This is the 5th year of the festival so help us make it a great celebration!

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REPORTER/PHOTOGRAPHER

The Stonewall Teulon Tribune and Express Weekly News are looking for an outgoing individual to join our news team as a reporter/photographer covering Stonewall, Teulon, St. Laurent, Rockwood, Rosser, Warren, Woodlands, Armstrong and the communities along Highway 6, including Lunder, Eriksdale, Ashern, Grahamdale, Steep Rock, Moosehorn and across to Fisher Branch.

The ideal candidate is someone who is familiar with the goings-on of the region (or willing to get out there and learn), eager to take the initiative in finding compelling stories, has the know-how to take awesome photographs and is able to write clean, engaging copy on deadline.

This is a full-time position. Prior journalism experience is a definite asset. Must be fluent in Adobe Indesign, Photoshop and photo colour correcting. Must have reliable transportation and be willing to work flexible hours, including covering evening and weekend news events.

Submit your detailed resume and samples of writing on or before Nov. 9, 2018 to Lana Meier at news@expressweeklynews.ca

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RURAL MUNICIPALITY OF GIMLI INVITATION TO TENDER 2019 JANITORIAL SERVICES

The Municipality is accepting tenders for Janitorial Services required at the Municipal Building located at 62 2nd Ave in Gimli.

Tender documents complete with specifications are available at www.gimli.ca or at the Municipal office between 9:00 am to 5:00 pm, Monday to Friday. Sealed tenders will be received at the RM Office until noon, Friday December 14, 2018.

Kelly Cosgrove
Assistant CAO
Rural Municipality of Gimli

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

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ANNOUNCEMENT

BIRTHDAY



Happy 80th Birthday

To our amazing Dad, Afi, brother, father-in-law and friend Gunnar Palson!

Please join us on Saturday, December 15, 2018 at the Travelling Inn in Arborg, 273 Sunset Blvd. from 1 - 4 p.m. for a Come and Go Celebration! Visitors of all ages are welcome! The greatest gift you can give is the pleasure of your company as we celebrate this important milestone. Join us for a light lunch and bring your favourite Gunnar stories for all to enjoy!

ANNOUNCEMENT

IN MEMORIAM



Kopys/Pododworny
December 11, 1978
40 years have passed.
Our memories and love for you
Have not faded.
-Forever in our hearts,
Kevin, Paul, Paulette and families

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OBITUARY

Arthur Reginald Pearce

It is with great sadness and heavy hearts that the family of Arthur Reginald Pearce announce the passing of our beloved husband, father, grandfather, brother, uncle and friend on Tuesday, November 27, 2018 at the Gimli Community Health Centre in Gimli, Manitoba.

Arthur is survived by his wife, Frances; their children Cindy, Judy, Jacqueline and Perry as well as grandchildren and great-grandchildren.

He will always be remembered for his kind heart, sense of humour, and most of all his ability to make people laugh. He will be dearly missed and lovingly remembered by his family and friends.

In keeping with his wishes, cremation has taken place and no formal service will be held.

Gilbart Funeral Home, Gimli in care of arrangements
www.gilbartfuneralhome.com



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START DATES: Arborg: Feb. 4, 2019 | Stonewall: Feb. 5, 2019 | Selkirk: March 4, 2019

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