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VOLUME 2 EDITION 51 THURSDAY, DECEMBER 17, 2015

WEEKLY NEWS

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Merry Christmas

EXPRESS PHOTO BY SHAWN COTE OF BLUE RAVEN DESIGN

Audrica Lute poses for a picture with Santa Clause before telling him what she would like for Christmas. The photo op was part of the 2nd annual Santa Clause is Coming to Town in Ashern, hosted by the Ashern Chamber of Commerce last weekend. The event is a chance for families to have their photos taken with the big jolly elf dressed in red while creating lasting memories.

news > sports > opinion > community > people > entertainment > events > classifieds > careers > everything you need to know

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Ashern's Christmas toy drive a huge success

By Jeff Ward

Grade 8 student Korissa Gasper from Ashern Central School has exceeded her own expectations with the success of her community toy drive, benefiting underprivileged kids in Ashern.

Gasper has dozens of toys, sitting in a classroom at Ashern Central School along with more at home waiting to be wrapped, and donations still coming in. Inspired during We Day last month by the incredible story of Spencer West, a man who lost both of his legs from the pelvis down at the age of five. Gasper was empowered to start a toy drive for underprivileged kids in her area. The idea came to her on the bus ride home from We Day and since that day, Gasper has been working on the toy drive, collecting as many items as she can get her hands on.

She challenged her classmates and her community to donate as many toys as possible. After penning a letter requesting donations, the toys started flooding in.

"It took about two days and then stuff just started getting donated and it hasn't stopped," said Gasper, who now has a long day of wrapping presents ahead of her.

"I don't even know how many I have because I never have time to count. People even give me money — a student I don't even know gave me \$20 to buy presents. I have about \$70 right now, plus all of the toys."

Gasper said she'd use whatever money gets donated to buy more gifts. Gasper's teacher, Dana Emilson isn't surprised that Gasper has been so successful, and mentioned that she's very proud of the young student who's done all the work on her own.

Other than having her Emilson read over the letter, Gasper has done all of the footwork on this project herself. According to Emilson, Gasper has been using almost every second of her free time to making sure things are going smoothly.

As for future projects, Gasper has quite a few ambitious ideas floating around. She's thinking about organizing a bake sale and donating the money to the resource centre. And is also entertaining the idea of raising money on behalf of CancerCare Manitoba to buy an iPad for kids battling cancer.

Gasper plans to donate the gifts to the resource centre on Dec. 18.



EXPRESS PHOTO BY JEFF WARD

Ashern Central School teacher Dana Emilson (left) is proud of Grade 8 student Korissa Gasper who organized dozens of toys to be donated to the Lakeshore Women's Resource Centre for underprivileged kids.

Gimli to host moms and tots reading circle Dec. 17

By Patricia Barrett

The Gimli branch of the Evergreen Regional Library is holding a free reading circle for pre-school children and their parents/caregivers Dec. 17 at 10 a.m.

"It will last for about an hour," said Melanie Dryden, who staffs the circulation desk and looks after patron needs. "Or for however long they can sit still!"

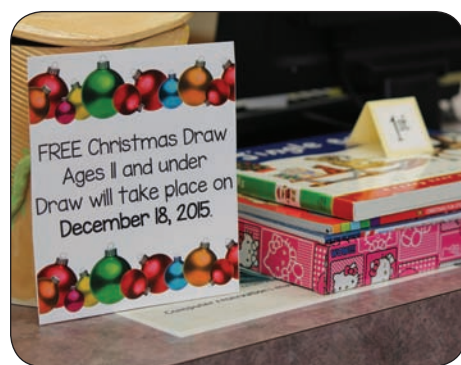
Caroline Woytowich, who is part of a local moms and tots group, will be hosting the reading program.

"She had a well-behaved crew for the first one," said Dryden. "I think there will be another pile of kids coming."

The pre-schoolers who participated in the first reading program heard Woytowich read *The Mitten* by Jan Brett. They also got their own library card.

The library is also getting into the holiday spirit by offering six prize draws.

Children 11 and under can enter a draw for one of three prizes, includ-



ing a dot art book, a teddy bear sing-along book, holiday-themed puzzles, a *Where's Waldo* Santa Spectacular and a card-making craft set. The draw takes place Dec 18.

Not forgetting the adults, the library has three prizes up for grabs, which include the book, *The Riverton Rifle* by Reggie Leach, a "Thumb Thing" (a plastic doohickey you slip on your thumb that keeps your book open), a foldable magnifying glass, a Christmas cakes kit (cookie cutters, cupcake wrappers) and an origami kit. That draw also takes place Dec. 18.

The library will be closed from Dec. 24 to Jan. 1.



EXPRESS PHOTOS BY PATRICIA BARRETT

Melanie Dryden of Evergreen Regional Library in Gimli invites pre-schoolers and their caregivers to a reading circle Dec 17. And all patrons can enter a draw for one of six prizes.

Winnipeg Beach students deliver food and toys to those less fortunate

By Patricia Barrett

Students in Michelle Lachuta's Grades 1 and 2 class have been adding to the mound of non-perishable food items outside the principal's office that they're going to donate this week to Evergreen Basic Needs in Gimli.

They want to ensure the food bank is well stocked and able to help those in need over the holiday season and over the course of the new year.

"We're collecting this for all the people who are poor and don't have money," said Maddie, who's in Grade 1. "I brought peanut butter, mushroom soup and spaghetti."

The school's food and toy drive started Nov 1 and wrapped up December 11. Students in all grades have been bringing in items such as juice, beans, cereal, rice, canned meat, Kraft Dinner, spaghetti sauce and fruit cups.

"We want to make enough money for poor families in need," said Brandon, referring to some people who have made a monetary donation in place of food or toys.

A Grade 3 student on her way to class stopped by and said she also helped out.

"I brought Kraft Dinner," said Zoey. Teacher Michelle Lachuta said the school also helps out by occasionally purchasing school-related items from Evergreen's Respun Threads store. Proceeds from the store help supply the food bank.



EXPRESS PHOTO BY PATRICIA BARRETT

Winnipeg Beach School students left to right, Brandon (Grade 2), Matteo (Grade 2), Siggi (Grade 2) and Maddie (Grade 1) helped with the school's food and toy drive for Evergreen Basic Needs in Gimli.

"It's a way to help give back," said Lachuta.


All the students have been to Evergreen Basic Needs either with their class or with their families, she said.

The school has also collected a number of toys, including a Barbie playset, puzzles and books, and a pair of

Bauer skates.

"We want to help make a better

Christmas for families," said Siggi, who's in Grade 2.



Blessings

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Relief, then more grief for Tina Fontaine's family

By Austin Grabish

Thelma Favel's emotions couldn't have been running any higher last Friday.

Her 17-year-old grandson was stabbed during the early morning hours near McLean Avenue and Main Street in Selkirk. Police say the boy sustained serious injuries from the stabbing.

Then, just several hours later, she got a call from a Winnipeg police detective who informed her officers had taken the man believed to be responsible for killing her great niece, Tina Fontaine into custody.

"It's still surreal," Favel said during an interview with the *Express* on Monday. "It's just the idea of him being cap-



PHOTOS COURTESY OF WINNIPEG POLICE SERVICE AND FACEBOOK

LEFT: Tina Fontaine's body was found wrapped in plastic after it was dumped in the Red River in Winnipeg last summer. RIGHT: Raymond Joseph Cormier, 53, who's been charged in relation to Tina's death.

tured and in jail where he belongs."

Winnipeg police have charged Raymond Joseph Cormier, 53, with second-degree murder in relation to Fontaine's death.

Favel said news of an arrest brought about a spur of mixed motions.

"I'm just so happy that it's almost to an end, but it's going to take a while before we can get it to court," she said. "I guess you can call it bittersweet, because I was so happy that they found the person that did this to Tina, but then I started thinking of the other women, all the other families that are still waiting for answers and still not getting anything."

Favel had raised Tina since she was four years old and she cherishes memories she has of her late great niece.

"I can't just pick one favourite memory of her, because everything about her was my favourite," she said. "She was awesome with kids."

"She loved to babysit, to bake especially at Christmas time her blueberry muffins and homemade gravy."

On Monday, Favel said her grandson had been released from hospital, and was back home in Selkirk.

"He's doing a lot better," she said. "He did have surgery and that was just to repair the wound on his arm."

Tina's murder galvanized the country after her body was found wrapped in plastic after it was dumped in the Red River in Winnipeg last summer.

The slain teen quickly became a symbol for all missing and murdered indigenous Canadian women during a national outcry over her murder.

Then there was anger when details emerged that Fontaine, who had gone missing from the care of child and family services, made contact with Winnipeg police the last day she was seen alive.

RCMP spokesman Sgt. Bert Paquet says no charges have been laid in relation to last Friday's stabbing in Selkirk.

He said the two youth involved in the incident are both being investigated for assault.

Cormier was arrested last Friday by police in Vancouver, and has since been detained by Winnipeg police.

He was due in court on Tuesday.

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Coldwell Reeve excited for better cell reception in Lundar

By Jeff Ward

Residents of Lundar can now finally make calls on their cell phones without having to leave their town, after a new cell tower and booster were installed last month.

The 40 foot high tower and signal booster has been a long time coming, and Coldwell Reeve Brian Sigfusson is happy to see it finally up and working. The tower went up in November but Sigfusson said that a delay with MTS engineers put the project on hold.

The tower is located on the MTS property on 4th Street in Lundar, and extends the cell phone signal roughly four miles in every direction according to Sigfusson. However, some areas will have better reception than others depending on where they are located

geographically.

"I'm very happy it's complete and people can make calls in town because that's very important these days," said Sigfusson.

The tower cost the RM of Coldwell \$97,000 according to Sigfusson, which was half of the cost shared with MTS.

Sigfusson said he's been getting very good feedback from residents on the improved cell phone service in the area. The town of Lundar sits in a small valley, that's almost impossible to notice unless viewing on a topographical map of the area. This valley is what makes connections to the nearest cell tower unreliable, Sigfusson says. The booster helps pull in the signal from surrounding cell towers that would normally pass over Lundar.

"The service will continually get better I'm told. Over the next few months MTS will come out and see if the tower needs to go higher and they'll test the signal strength. They've set it at this height now and they'll check back later to see how it's doing," said Sigfusson.

In this day and age the cell phone has become ubiquitous. They're in the hands of nearly everyone. And if a town doesn't have good cell reception, that could be a deterrent for anyone wanting to move to that area, or it could be a reason for someone to move away. Sigfusson said that's one of the primary reasons he's fought so hard for the cell tower is to combat this problem.

Sigfusson said he's been talking

about completing this project for almost five years, and is happy to have it finally complete.

"I'M VERY HAPPY IT'S COMPLETE AND PEOPLE CAN MAKE CALLS IN TOWN BECAUSE THAT'S VERY IMPORTANT THESE DAYS."

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Wishing you and yours a happy & healthy holiday season!



Interlake-Eastern
Regional Health Authority

Ashern Medical Clinic Holiday Hours

Dec. 24 8:30 a.m. - Noon
Dec. 25 Closed
Dec. 28 Closed
Dec. 29-31 9:00 a.m. - 4:30 p.m.
Jan. 1 Closed

Regular hours resume January 4
9:00 a.m. - 4:30 p.m.

Wishing you and yours a happy & healthy holiday season!



Interlake-Eastern
Regional Health Authority

HOLIDAY HOURS Eriksdale Medical Clinic

Dec. 24 8:30 - Noon
Dec. 25 Closed
Dec. 28 Closed
Dec. 29-30 9:00 - 5:00 p.m.
Dec. 31 9:00 - 3:00 p.m.
Jan. 1 Closed

Please call **204-739-2672** for an appointment.
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Wishing you and yours a happy & healthy holiday season!



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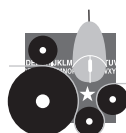
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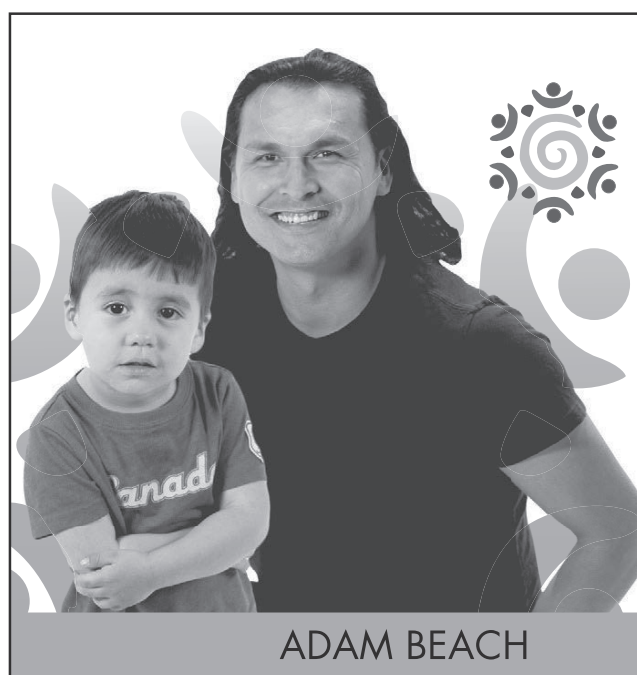
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THE **EXPRESS**
WEEKLY NEWS



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getfishing

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> ARNIE WEIDL Anglers are anxious to get on to the ice

Hi gang. A couple of weeks ago I had to run a family member into the Gimli Hospital on a bit of an emergency and while waiting I went to the cafeteria for coffee.

Across from my table I noticed a large fellow sitting with two ladies. His shoulders were wide on a slim body, graying hair escaped from a worn "Jets" cap and his face slightly pale had chiseled features with dark prominent eyebrows. He spoke quietly with sentences that ran into each other. As he talked to the girls I distinctly heard the words "Shoal Lake". That was enough for me, with a half finished cup of coffee in hand I rose, walked over and introduced myself asking if he had fished there.

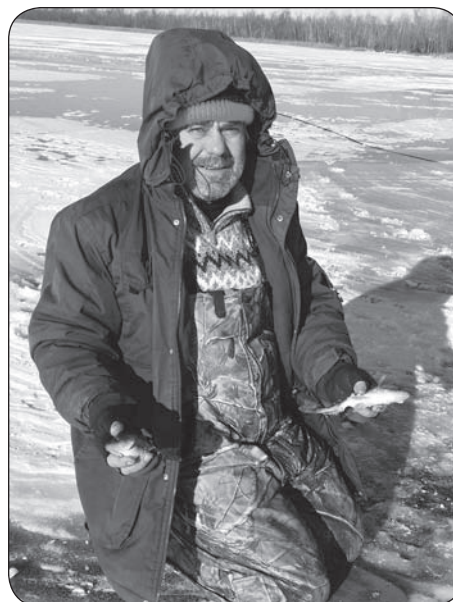
He nodded up and down and with a modest expression invited me to sit with him saying he had a story about Shoal Lake.

"I've lived on the southeast side of Shoal all my life", new friend Brian McCulley said.

Now retired and living in Siglavik he recounted how years ago there were few fish in Shoal then gradually locals began noticing suckers, then perch, then jackfish in the ditches and later in deeper lake spots. He remembered an "old timer" telling him there were deep holes in the northeast end of the lake where the jacks could survive the winter.

Brian remarked that as the water level of the lake lately has risen the perch and jacks have increased in great numbers and so have the anglers trying to catch them.

I sat silently letting Brian go on, then a smile came over his face as he remembered one time long ago



SUBMITTED PHOTO
Sergeg Reichert with some of his perch catch at Gull Lake

he and his wife were coming home from shopping and as they drove along their road that had wide ditches with shallow water in them, two boys maybe 10 years old with bare feet and rolled up pant legs were splashing along in the ditch in the hot summer sun. One of them had a poplar branch the small end of which he held over his shoulder and on the other end a stub branch had a 3' jackfish hooked by the gills. He was dragging it through the shallow water and grass on the way home.

Brian looked at me saying the sight of that boy has stayed with him all these years as a reminder of the joys of country living.

Brians' mood then became lively exclaiming that he was waiting for the "water to get hard" for ice fishing off

Willow and Crow Islands, which is close to his new home. I mentioned last week that we should be cautious going on the ice to fish but the truth is we're doing it now, so I too was downstream of Sugar Island where anglers sat on upside-down pails bringing little more than their rods and bait to fish with.

Two such buddies were Jessie Delima and Neal Nati from Winnipeg. They were catching lots of saugers and pickerel through 6" of ice. While I was there I counted maybe 20 or 30 guys and gals nursing holes in the warm overcast afternoon their trucks parked by the shore on Gary Polinuks', Selkirk Airs' property.

As in years past let me thank you again Gary for letting us cross your land to fish. I got over to Gull Lake by Stead last week and as I approached the landing to the ice I saw well out in the middle of the lake two people armed with only pails, rods and a small drill minding their holes. I left my truck and after a fairly long stiff-legged walk over the glare ice I made it to them learning that our new angling friends were Sergeg Reichert and his wife Anna from Steinbach.

In the bright, cool day I asked Sergeg how the perch were biting. He held some up saying he and his wife like to come here early in the winter season because they know this lake freezes up fast and there are always a lot of perch.

Well, after Gull Lake, I think I'm going to go get some strap-on foot picks so I don't fall and crack my head on the ice like I did a few years ago.

Bye for now.

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Local schools help support Evergreen Basic Needs

By Patricia Barrett

Evergreen School Division students are beginning to wrap up their food and toy drives for Evergreen Basic Needs in Gimli.

Last week Sigurbjorg Stefansson Early School in Gimli donated 1,139 pounds of food. EBN went to the school to collect the donations, which students helped carry to the truck.

"We could hardly keep up with them," said Rodney, EBN's building manager, who took his assistant John to the school.

On its website, the school thanked Grades 3 and 4 students in Michelle Poloski's class for organizing the food and toy drive, as well as their families for such generosity.

"We are so proud of these students for taking the initiative to organize this wonderful event for our school," it read. "Once again, the generosity and kindness demonstrated by our SSES families has been overwhelming."

Students at Winnipeg Beach School and Dr. George Johnson Middle School also completed their food and toy drives for EBN this week.

EBN sorted donated toys into age groups and took them to Gimli's Lutheran Church on Tuesday. Rather than try to guess what toy would suit a child, EBN invites parents to come to the church and choose toys.

"When it comes to toys, the community is generous," said Rodney, "because Christmas is for kids."

One child will be receiving a pair of Bauer skates donated by the family of a Winnipeg Beach School student.

EBN, a charitable organization that provides food, clothing, furniture and educational services to individuals and families in need, serves Gimli, the Town of Winnipeg Beach, the Village of Dunnottar and the RM Armstrong.

"We don't turn anybody away," said Director Rhonda Powers, "even if it's outside our catchment area."

The food bank has provided surplus items to Peguis and Fisher River Cree Nation. And it had helped Bloodvein First Nation last year when it experienced an emergency. In Lake St. Martin, it helped a family, who had lost everything, get back on their feet.

"We are more than willing to help," said Powers.

Local businesses and individuals provide much-needed support to EBN. Diageo, for example, collected food for EBN.

"We also have a group of ladies who do yoga and fundraise," said Powers. "They're a tremendous support for us."

EBN will be expanding its youth program into a long-term program for youth. The centre already has a drop-in centre, where children can do arts and crafts and play games two days a week.

Powers said EBN is grateful to its 72 or so volunteers who help raise donations and assist with the programs. She'll be hosting a party to honour them.

"I couldn't do the things I do without them," she said. "And I've got a tremendous board and amazing staff."



PHOTO BY PATRICIA BARRETT

EBN staff left to right: Lorraine, Rhonda Powers (director), John and Rodney (building manager) received over 1,000 pounds of food last week from Sigurbjorg Stefansson Early School.

Lundar care clinic renos to wrap up by fall 2016

Staff

Lundar Health Centre renovations are set to begin this month to make way for more co-ordinated primary health-care services for the community and surrounding areas.

"Modernizing this clinic will help primary health-care providers work together to provide co-ordinated health services," Health Minister Sharon Blady stated in a release on Monday. "This renovation will ensure primary care services in the community remain available so people can access the care they need close to home."

The tender released in October has been awarded to Parkwest Projects Ltd. of Winnipeg, Blady added.

The 33-year-old facility includes a 20-bed personal care home and a 23-suite elderly persons housing complex that will not be affected by the renovations. The primary health care centre will incorporate space

previously used as a dental office to offer three more clinic rooms and two consultation rooms to accommodate a range of services.

The new spaces will offer chronic disease prevention services, mental health care, public health and home care services, with an enhanced focus on promoting good health and preventing disease, Blady said.

"This new clinical environment will benefit patients and staff while improving the delivery of care in Lundar. Improved efficiencies will let care providers accommodate more clients in rooms designed to ensure patient confidentiality," said Ron Van Denakker, chief executive officer, Interlake-Eastern Regional Health Authority. "We are also looking ahead to see where we may need to evolve to enhance our service delivery based on the needs of Lundar residents."

In the future, the Lundar Health

Centre is expected to become part of the My Health Team initiative, which is a team of health-care providers working across primary care offices, the regional health authority and community organizations to provide accessible and co-ordinated primary care.

Blady said renovations are expected to be complete by the fall of 2016.

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The evening will be filled with Christmas Carol singing, live music & storytelling of days gone by in the Inwood area. Coffee & Christmas goodies Hope to see you there!

RM Bifrost-Riverton proposes \$4 million drainage levy

By Patricia Barrett

The RM Bifrost-Riverton is proposing to implement a special tax on farmland to raise \$4 million in order to overhaul drains in the municipality.

At a public hearing on Dec. 7, the RM and a representative from the farmers' group BASIC, Bifrost Agricultural Sustainability Initiative Cooperative – which had petitioned council for the levy – answered farmers' questions about Local Improvement Plan No. 01-2015 and heard arguments for and against it.

"The first thing we need to understand is that the proposed levy will only be assessed on farmland – not on recreational property, commercial property, farm buildings or residential subdivisions," said Eric Fridfinnson who chairs the BASIC board.

A few years ago, BASIC started looking into long-term solutions to chronic flooding in the RM.

Some of those proposed solutions include the construction of two large drains on the northern and southern boundary of the municipality, the improvement of provincial drains, or a combination thereof.

The scheme would see 35 miles of drains per ward (210 miles) upgraded. That would amount to almost half of the RM's 450 miles of ditches that are considered drains, said Fridfinnson. The work would be carried out within an estimated two-to-four years.

The plan is contingent upon receiving funding from both the provincial and federal governments.

"The scope of the work is too great to be paid by only Bifrost-Riverton," said Fridfinnson, who addressed about 100 farmers at the Riverton's Hall.

He put the estimated total cost of the project at \$20 million.

Using crop insurance records, BASIC found damages totalling \$67 million for the years 2005, 2008 and 2009.

When crops take a substantial hit, so do towns.

The farmers' organization estimated that local businesses in Arborg and Riverton, which depend on farmers' success, sustained about \$167.5 million in losses for those three years. A number of businesses closed.

"The erosion control blanket company north of town has often struggled to get enough suitable straw for their needs," said Fridfinnson. "Because of poor crops and wet conditions, they've spent a lot of money bringing straw from other areas like Petersfield."

Not only has the RM experienced millions of dollars in crop losses, but it is also vulnerable to long-term environmental damage because its "clay soils – the type that make up the ma-



PHOTOS BY PATRICIA BARRETT

A group of farmers discuss the RM Bifrost-Riverton's proposed drainage plan that seeks to raise \$4 million dollars from a levy on farmland.

jority of Bifrost – are very susceptible to nutrient loss when saturated," said Fridfinnson.

Blocked drains, according to one resident, are an age-old problem.

"Some of those drains that we had 50 years ago, they haven't seen a backhoe, they haven't seen a dragline," said Menno Friesen, a farmer who lives north of Riverton. "They're full of beavers, brush. We've been begging for 10 years for some drains to get some cleaning done."

Friesen said he's "very much" in favour of the drainage plan.

"...the water sits and can't get to the lake because it's plugged with cattails, seaweeds, that the water can't run."

Assuming the RM uses the entire proposed \$4 million, it would cost \$342,000 a year to service its debt over a period of 20 years. The cost to each farmer would depend on his/her property assessment.

"When we calculated it on a piece of property that I own..., said Fridfinnson, which was the highest assessed piece of land in 2014, "it worked out to about \$1.37 an acre."

Re-assessments could bump it higher, perhaps to about \$1.63 an acre.

"Don't you feel that's a tough hit to take?" said a farmer, who didn't identify himself.

In response, Reeve Harold Foster said "it's significant" but the RM has suffered significant losses.

He said part of the flooding problems stem from third order drains for which the province is responsible.

"Highways is responsible for highway ditches..., said Foster. "We know they don't work."

He said the municipality's drains "all run into those third order drains." Washow Bay is one such drain and Drunken River, another.

Foster said the RM's hands are tied when it comes to provincial drains

unless "we determine that we're going to take our local taxpayers' money and clean [them]."

Coun. Colin Bjarnason said both silting at the mouth of the Icelandic River where it flows into Lake Winnipeg and drains are a concern for Riverton.

"We've brought the dikes up to 724 [feet]", said Bjarnason, referring to flood events.

Jason Urbanski, who served on BASIC's board for four years, said that although he supports the project, he has concerns about council's lack of a firm plan.

"I applaud them on a lot of different things, but my concern is there still is no plan," said Urbanski, addressing the RM's eight councillors. "You're going to drain 35 miles on this ward, that ward. Who's first? Who's second? Who is going to decide where this money should be spent?"

In response, Fridfinnson said the overall plan is to start at the outlets and work backwards. But the project first needs approval. The RM and BASIC would then have to consult with provincial departments, such as MIT and MAFRD – if the project goes forward.

"We need to be careful," said Fridfinnson, "and get good value. Plan twice and spend once."

Derek Johnson, PC MLA candidate for the Interlake, who was reached by phone a few days after the hearing, said he has been to a couple of BASIC meetings and has been shown some fields that retain water.

"With a large rainfall, it doesn't come off...fast enough and drowns the crop," said Johnson, referring to his understanding of the drainage problem. "Pooling areas are being held up by provincial roads."

All levels of government stand to benefit from the proposed drainage plan, he said.



Eric Fridfinnson, chair of BASIC's board, outlined drainage problems in the RM and how the proposed \$4 million tax could affect individual farmers.



Coun. Morley Nordal (Ward 3) explains why drains have to be installed to a certain depth in ditches in order to help waters flowing from as far as 10 miles away.

"My understanding is that what is saved in crop insurance will outweigh the cost of the levy," he said. "It makes sense as long as the data backs everything up."

Nearly five per cent of 100 farmers registered an objection to the proposed levy, said Reeve Foster when contacted later in the week. The RM has approximately 300 farmers. Objections reaching 67 per cent or higher would have spelt an end to the plan.

There is no word as to whether both levels of government will provide funding. But Fridfinnson said BASIC will update farmers as the situation unfolds.

For more information about Local Improvement Plan No. 01-2015, visit rmbifrost.com

get inspired

> MEAL IDEAS

Prosciutto wrapped stuffed dates



Makes 10 servings

Bringing a little taste of Italy and the Middle East to start your holidays off with a delicious twist. These are a great starter or a treat to bring to a holiday party. They are simple to make but very impressive.

Ingredients

- 10 whole Medjool dates
- 2 tbsp (25 mL) soft goat cheese
- 2 tsp (10 mL) fresh rosemary, finely

chopped

3 (1.4 oz / 40 g) paper thin slices of prosciutto (Italian ham)

Directions

Preheat oven to 350° F (180° C).

Cut each date in half, length-wise, for a total of 20 halves. Remove the pit.

In a small bowl mix the goat cheese with the rosemary. Fill each date half with ¼ tsp (1 mL) of the goat cheese mixture.

Cut prosciutto in long thin ribbons, about 1/3 of an inch (1 cm) wide. Wrap 1 ribbon around each date and place in an oven proof dish. Make-ahead: prepared dates can be made 1 day in advance and stored in the fridge. Heat just before serving.

Bake for 20 minutes just to warm. Serve. Use extra fresh rosemary to garnish the plate.

Jamaican Chicken & Couscous



Ingredients

- 2 tablespoons dry Jamaican seasoning
- 1 tablespoon curry powder
- 4 boneless, skinless chicken breast halves
- 3 tablespoons olive oil, divided
- 1 cup canned Dole Pineapple Juice
- 1/4 cup water
- 1 package (5.6 ounces) toasted pine nut couscous mix
- 1 1/2 cups Dole Frozen Mango Chunks, thawed
- 1/3 cup green onion, sliced
- 1 tablespoon lime juice
- 2 teaspoons black sesame seeds

Preparation

Combine Jamaican seasoning and curry powder in small bowl.

Place each chicken breast between 2 sheets of plastic wrap and pound (with meat mallet) to 1/4-inch thickness. Remove wrap. Brush both sides of chicken pieces with 1 tablespoon oil and sprinkle both sides with curry mixture.

Cook chicken in oil over medium-high heat, 3 to 4 minutes per side or until brown and no longer pink in center.

Meanwhile, stir together juice, water and pine nut seasoning mixture from package in medium saucepan; bring to boil. Stir in couscous; remove from heat. Let stand, covered, 5 minutes or until liquid is absorbed. Fluff with fork. Stir in mango chunks, green onions and lime juice.

Cut chicken in 1/2-inch slices and serve over couscous mixture. Sprinkle with sesame seeds.

Serves 4

Taking Your Eating Habits on the Road

Part 4

Snacking Tips:



Many people think that, when it comes to weight management, snacking is a no-no. But snacking can actually be good for you – if it's done right. Not only can it give you an opportunity to sneak extra nutrients into your daily dietary regimen, but it can also serve as a bridge from one meal to the next, which can help you avoid overeating. The key is to plan out your snacks ahead of time, rather than grabbing something spontaneously. The best snacks contain plenty of vitamins, minerals, fiber, and/or phytochemicals, and they consist of a reasonable portion. In other words, they should be measured out and eaten from a bowl or a dish, not from a box or bag. The following snacks can be consumed alone or in combination. Bon appetit!

- Fresh fruit, alone or dipped in

nonfat yogurt or with unsalted peanut butter or low-fat string cheese

- Brown rice cakes spread with nut butter
 - Cut fresh vegetables (baby carrots, celery, snap peas, bell peppers, cucumbers, tomatoes, zucchini) with salsa, hummus, or a nonfat bean dip
 - Whole-grain pretzels or low-salt crackers
 - Cry whole-grain cereal
 - A dried fruit and nut bar (e.g., a KIND bar) or a low-fat, low-sugar granola bar (Kashi makes good ones)
 - Nuts and seeds without added oil or salt
 - Air-popped popcorn
 - Low-fat or nonfat yogurt by itself or with muesli
 - Baked corn chips and salsa
 - Low-fat cottage cheese and fruit
 - A hardboiled egg
- Disease-Proof: "The Remarkable Truth About What Makes Us Well" by David L. Katz, MD, MPH, FACPM, FACP*
Brenda Stafford - Juice Plus - Team Pursuit - find us on FACEBOOK

Cheerios Christmas Trees



Ingredients

- 6 cups Honey Nut Cheerios cereal
- 6 tablespoons butter or margarine
- 4 1/2 cups miniature marshmallows
- Betty Crocker green gel food color
- Betty Crocker red cinnamon decors or sliced gumdrops

Preparation

Line cookie sheet with waxed paper. Pour cereal into 4-quart bowl. Set bowl aside.

Place butter and marshmallows in 3-quart saucepan. Heat over low heat, stirring constantly, until mixture is smooth. Remove saucepan from heat.

Stir in food color until mixture is evenly colored. Pour marshmallow mixture over cereal and stir until cereal is evenly coated.

Lightly spray hands with cooking spray. For each tree, shape about 1/4 cup of cereal mixture into tree shape on cookie sheet.

Press candies into trees to decorate. Refrigerate until firm, about 1 hour. Store trees in loosely covered container.

Note: Personalize trees using decorator icing (from 4.25-ounce tube) and use as place cards. Use icing to add garland.

Preparation Time 45 minutes
Total Time 1 hour, 45 minutes
Serves 18

Description

For more recipes, visit www.generalmills.com.

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- stress or anxiety

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**Interlake-Eastern
Regional Health Authority**

Exhibit created from 800 pieces of residential school history

The Witness Blanket opened Dec. 14 as an exhibition in the Canadian Museum for Human Rights



SUBMITTED PHOTO

A battered shoe. Braids of hair. A hockey trophy. A wooden door. A black-and-white photograph. A piece of stained glass. These

News Release

A battered shoe. Braids of hair. A hockey trophy. A wooden door. A black-and-white photograph. A piece of stained glass.

They are silent witnesses to the Indian residential schools era (1870-1996). Together with 800 other objects collected from 77 sites all across Canada, they have been given a voice in a 12-metre-long artwork created by artist Carey Newman as a national monument to the children.

The Witness Blanket opened today as an exhibition in the Canadian Museum for Human Rights (CMHR), on the eve of the submission in Ottawa of the historic final report by the Truth and Reconciliation Commission (TRC). The Museum hosts the exhibition until the end of June 2016.

"As a national museum devoted to human rights education, we commit to playing a role in reconciliation," CMHR president and CEO John Young said at a news conference held today in the Museum with the artist, survivors and the director of the National Centre for Truth and Reconciliation. "This powerful piece is one of several exhibits and programs in our museum that can educate visitors about the legacy of residential schools in order to facilitate empathy, encourage mutual respect, and foster a desire for reconciliation."

In its summary report, the TRC made specific reference to the CMHR and other national museums as places to promote reconciliation through education (page 300).

Newman, whose father is a residential school survivor, said he made the Witness Blanket for people who want to learn and are ready to work towards a better future together. He and his team spent over a year travelling 200,000 kilometres around the country to gather objects and stories. A documentary film about the project has just been completed. An eight-minute version plays in the CMHR with the exhibition.

"I created this monument to reflect the strength of my people, and it is my hope that everyone who stands in witness of this piece will be affected in some way," said Newman (Ha-Yalth-Kin-Geme), a First Nations artist and master carver from Vancouver Island. "If The Witness Blanket fosters awareness in one person who is just learning about this difficult part of Canadian history, or touches a residential school survivor or one of their family members, it has made a difference."

The art installation consists of a cedar frames supporting hundreds of objects, explained through a unique mobile app that visitors download to their iOS devices (or borrow a loaded device in gallery). A door reclaimed from St. Michaels Residential School in Alert Bay, B.C. is left open, allowing visitors to pass through the display to a multi-media presentation on the other side. The CMHR has also developed a "Reflection Wall" where visitors can share their own thoughts and add them to a word collage that resembles the Blanket, in gallery or online.

A few examples of the objects in the installation are listed in the attachment below.

Christmas Greetings 2015



Lundar School Students help bring joy to the less fortunate

By Jeff Ward

More than 20 students from Lundar School helped unbox, arrange and build a mountain of toys for the Salvation Army Weetmah Centre in Winnipeg last week.

An estimated 15,000 toys flooded into the warehouse at the Weetmah Centre on 324 Logan Ave. for families in need this Christmas. The students involved worked hard to organize toys by age, category and gender. Toy Mountain, as Salvation Army staff refers it to, is about allowing families to come into and experience a toy store atmosphere. Families from Winnipeg are given free reign to pick a gift for their children, all carefully displayed by students from Lundar School.

"It feels really good to be apart of something bigger than yourself," said Grade 11 student Ryan Marshall, who was apart of a small group of students who helped last year as well.

"I'd like to think I don't take Christmas for granted, but doing work like this definitely makes me think about all I have. It feels good to help out. I really like doing this kind of work. What I took away last year was just how much of a difference you can make by doing the smallest things. So I knew I wanted to be apart of that again," said Marshall.

Marshall explained that he hopes students who participated in this year's volunteering effort know just how much of an impact they can have on someone else's life. The Lundar students won't be around when the families come through and select their toys, but Executive Director for the Weetmah Centre Mark Young says it's an incredible experience.

"When they come through and their eyes light up, it's almost impossible to describe. You know that you've made a difference for them and the students that helped us here today have made that possible. One of the things we struggle with getting are volunteers. So to have more than 20 students here today gives us a big boost," noted Young.

Many students took the initiative on their own to make their section look as nice and organized as possible. The students weren't treating their experience as a field trip or a day off of school. But more like an opportunity



EXPRESS PHOTOS BY JEFF WARD

More than 20 students from Lundar School helped unpack and organize 15,000 toys for the Salvation Army in Winnipeg. All of which will be donated to families in need this Christmas.



Theresa Stevenson helps build stuffed toy mountain — the safest of all jobs during the day.

to pay it forward, and to do some good in the world.

Lundar School Principal Jane Dupre said she was very proud of her students and that their hard work at the Weetmah Centre will be appreciated by hundreds of families this Christmas.



Stefanie Lamereoux, Theresa Stevenson, Jayden Maytwayashing, Caitlyn Marshall take a short break from building a mountain of stuffed animals

"IT FEELS REALLY GOOD TO BE APART OF SOMETHING BIGGER THAN YOURSELF."

Christmas Greetings 2015



Gimli High School band rocks the gym

By Patricia Barrett

Gimli High School held its Annual Winter Band Concert Dec. 9 in the gym before an estimated audience of 150 people, including Evergreen School Division Superintendent Roza Gray.

The band covered a range of repertoire, including classical, jazz and folksong.

The Masters of Ceremonies for the event were Grade 11 students Bee Erenberg (bass) and Carley Matkowski (percussion).

"We volunteered," said Erenberg, referring to their hosting duties.

Although both said they were a little nervous a few minutes before the start of the event, they sailed through the entire program like seasoned pros.

The two musicians prepared their own script, which included an introduction to each of the night's seven major performances and some jokes and trivia for the audience.

"We worked on it late last night," said Matkowski.

Logan Becker performed a flute solo by German Baroque composer Georg Telemann. Kael Sauerborn accompanied her on the bass. Becker takes private lessons in addition to her band classes at school.

The band also tackled three movements from Pictures at an Exhibition by Russian composer Modest Mussorgsky, a challenging piece of music even for professionals.

The performers showed superb confidence, owing partly to a few years'



Music teacher Rob Chrol danced to the beat of the Jazz Band's rendition of Duke Ellington's Limbo Jazz.

experience on the stage and regular practice. They start band in Grades 6 and 7 at Dr. George Johnson Middle School.

Part of their confidence was also probably down to the buoyant energy, enthusiasm and leadership of their music teacher Rob Chrol, who boogied while the Jazz Band played classics from pianist and band leader Duke Ellington and saxophonist Eddie Harris.

"One of the things we do," said

Continued on page 13



PHOTOS BY PATRICIA BARRETT

The Gimli High School Annual Winter Band Concert included classical, jazz and folksong.



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Christmas Greetings 2015



Bee Erenberg and Carley Matkowski were the Masters of Ceremonies for Gimli High School's Winter Band Concert.

Continued from page 12

Chrol, who has been with the school for five years, "is teach them that it's okay to make mistakes – we embrace them!"

By learning from mistakes, the hope is students become more confident, said Chrol, who started teaching saxophone when he was 14. He teaches students in Grades 7 to 12.

Dianna Auer, Evergreen School Division Trustee, took to the floor after intermission to pay tribute to the performers.

"It's amazing what you can do in three short months," she said.

Auer also thanked the Gimli band boosters – a group made up of parents, teachers and students – for sup-

porting the band.

"We fundraise to supply instruments to students who may not be able to afford them," said Auer. "We've purchased 120 instruments for our community."

All the money from the silent auction and the 50/50 draw go to the band boosters so that they can continue to provide instruments to students, she said.

The winner of the 50/50 gave back half of the \$278 to the band boosters.



School Trustee Dianna Auer said the Gimli band boosters have purchased about 120 instruments for the students.

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DEC. 25/15	CLOSED	Dec 25/15	CLOSED
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Christmas Greetings 2015



Ashern seniors perform Christmas Cabaret

By Jeff Ward

It was standing room only in the multi-purpose room at Ashern Central School last week as students performed a number of classic Christmas songs for more than 150 friends and family.

The 45 senior level students were divided into 11 separate performances and sang songs, performed live music in a con-

cert band with a few solo performances.

Opening the evening's show was a rendition of 'Twas in the Moon of Wintertime, which according to the program is considered to be Canada's oldest Christmas Carol. The song, from 1642, was performed by the senior wind instrument ensemble and set a strong tone for the classic tunes heard throughout

the night.

Performances by the senior choir, guitar ensemble, garage band ensemble rounded out the bulk of the show. And solo performances by pianist, Noah Monk, vocalist, Courtney Granberg, Saige Klyne-Geisler and a guitar and vocal solo by Madeline Nickel showcased some of Ashern Central School's most talented musicians.



Saige Klyne-Geisler delights the crowd with Last Christmas.



The Ashern senior choir sang Christmas classics such as My Favourite Things from the musical The Sound of Music.



Noah Monk plays a pitch perfect rendition of Prelude No. 1 in C major



The senior winds play a myriad classic Christmas songs. From left to right, Haley Jonsson, Sarah Brown, Shelby Webster, Cassidy Otto

EXPRESS PHOTOS BY JEFF WARD

Christmas Greetings 2015



Norseman awaits Santa

EXPRESS PHOTO BY PATRICIA BARRETT
The Viking statue overlooking Gimli donned a Santa hat to ensure the jolly man visits Christmas Eve. The statue was designed by Gissur Eliasson and sculpted by Giorgio Barone (1914-1992) to recognize the area's Norse heritage and the brave settlers from Iceland who landed on Willow Island in 1875. The Gimli Chamber of Commerce erected the statue, which was unveiled by Asgeir Asgeirsson, President of Iceland, in 1967. Statue information courtesy of Melanie Dryden, Gimli Library.

Merry Christmas

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Christmas Greetings 2015



Arborg and Riverton students hold joint Christmas concert

By Patricia Barrett

Music students from Arborg Collegiate and Riverton Collegiate held a joint Christmas concert Dec. 10 at the Riverton Hall.

Band director Heidi Arnason, who's been leading the program for two years, took the performers through a number of classical and popular works, including a sinfonia by American composer Timothy Broege, the pop song Happy Together by The Turtles and Going Home from Symphony No. 9 by Czech composer Antonin Dvorak.

The male members of the Vocal Jazz Ensemble slipped on grass skirts for the performance of the 1946 song Christmas Island by Lyle Moraine. Arnason accompanied them on ukulele.

The band was tight despite some students being new to their instruments.

"Some have never played the instruments until two months ago," said Arnason, who sings and plays piano and flute. "By the time the instruments are in their hands, it's the end of September."

Arnason teaches the band program in Arborg and choir in Riverton. Students are bussed between the two schools to attend classes.

Students brought a wide selection of desserts for the reception held after the concert. Home Hardware provided the students' transportation.

The Arborg and the Riverton band boosters will be creating two scholarships worth \$500 each that will go towards extracurricular music activities, such as music camps and clinics.



Band director Heidi Arnason.



EXPRESS PHOTOS BY PATRICIA BARRETT

Arborg and Riverton Collegiate music students held their Christmas concert Dec. 10.



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Christmas Greetings 2015

Forty Winks at Fisher Branch Early Years School

By Patricia Barrett

Kindergarten to Grade 4 students at Fisher Branch Early Years School tread the boards Dec 3 with two performances of the musical Forty Winks 'til Christmas.

The cast of young actors, singers

and dancers drew a crowd of about 50 people to the afternoon matinee and about 300 to the evening performance.

Grade 4 students Madison Beck and Shaylene Wilson were the Co-Masters of Ceremony for the performances.



EXPRESS PHOTO COURTESY OF ROGER MCCULLEY

Grade 4 students Madison Beck (left) and Shaylene Wilson were the co-masters of ceremony at the Fisher Branch Early Years School musical Forty Winks 'til Christmas.

Merry Christmas!

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And he whistled, and shouted, and called it by name; **"On, Steiger!"**



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From all of us here, we would like to wish you a very Merry Christmas and a Happy New Year!

Holiday Hours:

Wed., Dec. 23 rd : 8am - 8pm	Tues., Dec. 29 th : 8am - 6pm
Thurs., Dec. 24 th : 8am - 4pm	Wed., Dec. 30 th : 8am - 8pm
Fri., Dec. 25 th : CLOSED	Thurs., Dec. 31 st : 8am - 6pm
Sat., Dec. 26 th : CLOSED	Fri., Jan. 1 st : CLOSED
Sun., Dec. 27 th : CLOSED	Sat., Jan. 2 nd : Resuming Regular Hours
Mon., Dec. 28 th : 8am - 6pm	

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Christmas Greetings 2015



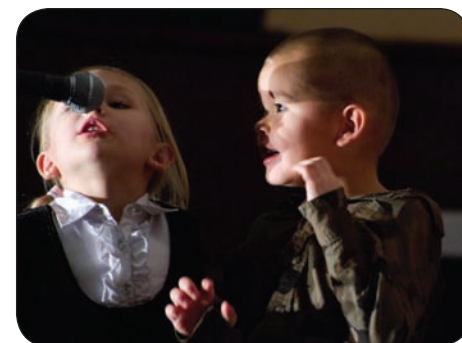
Ashern Early Years students delight parents and family

A night filled with singing, dancing, music and Christmas themed skits were a cute overload, as students from Ashern Early Years School performed in their annual Christmas concert last week.

The concert lasted just over an hour and had students from kindergarten to Grade 4 dress up in costumes, perform choreographed dance routines and sing songs. There were poems written and read by students from

Amberley Scott's Grade 1/2 class. A skit about the meaning of Christmas from June Gagaluk's Grade 3/4 class, and students even played songs on glockenspiels and bells. More than 200 family members packed the Ashern Centennial Hall to view the annual concert.

The concert ended on a strong finale with the Early Years Choir singing *Somewhere Over the Rainbow* and *'O' Christmas Tree*.

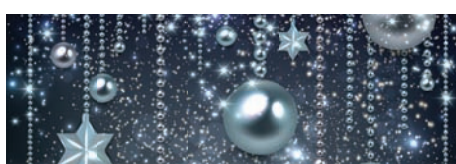


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EXPRESS PHOTOS BY JEFF WARD

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Christmas Stories 2015



Christmas Story 1st Place

The Trouble Maker Elf

By Diego, Age 9, AEMS

All the elves were hard at work in Santa's workshop...all but one, that is. This elf comes rarely to the workshop, but anyways back at the workshop all the elves are working super hard. Sally was painting the doll house. Bobby was putting the wheels on the truck and Kevin was testing the toys.

The workshop was huge. The walls were brick, the floor was very shiny and polished wood planks. There were tills that the toys came from. Santa's workshop was also very pretty with all the decorations like lights, hanging wreaths and pictures of Santa. The place was beautiful.

"Ho! Ho! Ho," said Santa. "Where is that one elf? I never see him here. Elf finders try to find him!"

"Yes sir," said the two elf finders. So on they went to go find that one elf called James.

"We all are worried about James. We're thinking maybe he ran to the normal world or is pulling a huge prank on us because he's great at pulling pranks. Last week he pulled one on Sally and Bobby. They went on a date to a restaurant that was beautiful and great for dates. The whole restaurant was in on the prank. What he did was he went in the vents up top of the restaurant. He took a bucket of paint and the bucket was huge and he dumped it on them. The waiters did not give them their food until he dumped the bucket of paint on them. It was the most funny thing ever. In world history."

"We found him sir," said the two elf finders.

"Where is he then?" said Santa.

"He's heading to Thunder Bay."

"Ho! Ho! Ho! Thunder Bay, you say."

"Yep," one of the elf finders said.

Anyway, back to the elf, he had never seen anything like this. The reason for that was because Santa thought he would get him into too much trouble. He thinks he will wake the kids and see Santa. It would be bad if one kid saw Santa. It would be really bad!

In Thunder Bay there were tons of Christmas lights, Santa blow ups and fake shiny reindeer. It was beautiful for little James.

All of a sudden Santa's sleigh came and was flying over head of James.

He bolted away so they would not find him.

"There he is!" said elf finder #1 "Get him. He's not fast enough."

"Got you! You're coming with us Mr."

"Ho! Ho! Ho! Look who it is. Mr. Trouble maker," Santa said.

"What do you want?" said James.

"All I want is this madness to stop and you to help the other elves. That's all I've ever wanted," said Santa having tears come from his eyes.

"I'm sorry but I just don't fit in because I'm a trouble maker, but fine, I will stop being a trouble maker."

"Thank you," said Santa. "Would you like to come with me on the next Christmas?"

"I would love to and I will stop pranking people," said James.

5 Years Later

"Santa, can you tell James to stop pranking?" said one elf.

"JAMES!"

2nd Place

Holly's Heart

By Alliana Rempel, Age 9, AEMS

All the elves were hard at work in Santa's workshop. All but one that is... her name was Holly. She did not want to be an elf.

"I am always at work or sleeping, and I never get to play. On Christmas morning all the children are opening presents while we're making toys like toy cars, dolls, games, stuffies, and more," she pouted.

"Well yes," agreed Santa, "but Christmas isn't about toys and gifts. It's about love and family. We give them gifts to show we care."

Every day while the other elves made dolls, toy cars, teddy's, books, iPods, iPads, crayons, markers, and sleds, Holly would be outside crying. She just was not happy to be an elf. One day while Bob was painting a wooden doll house, and Sara was wrapping up finished presents, and Clara and Jack were building little furniture for doll houses, Star went around to the back behind the workshop to where they kept Santa's sleigh. There in the back of the sleigh was Holly crying.

"I just want to be human," she cried.

"Holly! What is the matter? It's fun to be an elf. All you need is a little Christmas spirit!" Star told Holly.

"Ok," responded Holly slowly. "I'm just having trouble finding it."

Then they went back inside the workshop.

When it was lunch break Star and Clara sat with Holly.

"How are you doing?" Clara asked Holly.

"A little bit better," answered Holly sadly. "But I just can't seem to find my Christmas spirit."

Then Santa came to the table to tell them that they needed to get back to work because they were running behind on production.

So Holly went back to work. But not for long...Soon Holly had broken five toy cars and ten dolls. She stormed outside as fast as she could. A few minutes later her mom, Hope, came outside.

"Sweetheart, come on inside. You'll get the hang of it soon. It's not much longer until the day is done now. Please come inside," her mom explained, trying to calm her down.

"All right. I'll come inside," Holly grumbled.

After awhile they went home to bed. Another day had passed and Holly still hadn't found her Christmas spirit.

The next day she tried her hardest and made eight dolls, fifteen toy cars, and thirty-five games. But she still wasn't happy.

"Good job every one now get to bed. We have a long days work ahead of us," yelled out Santa.

Every one woke up early the next morning except for Holly. She was still upset and still wanted to be a human. About an hour later Santa came to wake her up.

"Come on. Enjoy the holidays! Be cheerful," exclaimed Santa.

"I don't want to," Holly whined.

Then Santa whispered gently, "Let me tell you a story."

He sat on her bed and began, "Once upon a time there was a very, very rich couple. We'll call them Mr. and Mrs. Jackson." Santa added with a twinkle in his eye.

"The Jackson's had everything money could buy. They had the nicest, latest cars, beautiful jewelry, the biggest fanciest house in town, splendid clothes, golden cufflinks, a grand piano, the largest Christmas tree with thousands of gorgeous ornaments, and a gigantic garden with fresh fruits and veggies. They also owned a huge business. They always gave each other hundreds of fancy presents for Christmas. But they were never really happy because they had no children, and every one they knew had children and loved their children a lot. A week before Christmas Mrs. Jackson still couldn't decide what to get her husband as a

gift because they already had everything money could buy. So one day she decided to go to the mall and give it one last try. On her way there she saw an orphanage. Suddenly she realized what was missing from their home. A CHILD! She went into the orphanage and looked around. It just so happened that there were twins waiting for a family, a girl and a boy. Mrs. Jackson asked the manager if she could get them brought to her house on Christmas morning. Knowing that the Jackson's would give the twins a good home, the manager agreed.

On Christmas morning Mr. Jackson gave his wife a heart shaped, pearl white ornament that said "love" on it in fancy red writing. He said it was a special reminder of what their home needed. Just then the doorbell rang. When they opened the door it was the twins.

"This is your Christmas present," Mrs. Jackson smiled.

"Thank you so much!" declared Mr. Jackson.

After that day they were so happy with their children and they always remembered that love is the true meaning of Christmas."

"So you see Holly," Santa smiled, "It's not about the toys we make. It's about why we make the toys. It's all about giving. Our job is to give love. That's the most important job of all."

Santa pulled something heart shaped out of his pocket.

"Here Holly, I want you to have this ornament as a reminder of true Christmas spirit."

"Oh, thank you!" exclaimed Holly, "It's just like the one in the story!"

"Yes it is," Santa winked.

"Alright. I'll come make toys now," Holly stated with a smile.

Holly went to the workshop and worked hard all day making dolls and other toys. This time she had so much fun. She had never thought she would find her Christmas spirit. That night she wanted to do something to show love to Santa and the other elves. She spent the whole night in the workshop making toys and decorating the room. She wanted everyone to have a day off and to enjoy something beautiful.

Finally, close to morning, she got exhausted. She snuggled up in a corner of the room and looked at all she had done. She was happy with her gift of love for Santa and her family and friends.

"Merry Christmas to all and to all a good night," she yawned.

Then she fell asleep, clutching the special ornament close to her heart.



Honorable Mentions

Christmas Trouble

By Gemma, Age 9, AEMS

All the elves were hard at work in Santa's workshop...all but one that is.

"AAA! Stop! Stop! Holly what are you doing?" said Santa.

"What am I doing wrong?"

"You know," Hope yelled. "You don't do anything right. One day your great, the next day you're terrible. Breaking the ornaments is OK every once in a while," Holly said.

"I love the smashing sound. It is so relaxing," Holly said with a grin.

"Can you wrap a present? Help out?" Santa said.

"Fine," Holly said...or did she?

By this time, it was time to hit the snooze button. 12:34 a.m. Holly woke up.

"EEE," she said. "By this time nobody will see me now." Then she remembered the lazars. She missed all of them.

"Yes," Holly said. "I made it."

Instead of putting wrapping paper in the wrapping machine, she put in duck tape.

"EEE!" she said.

The next morning everybody helped to turn on the wrapping machine and the presents were covered in duck tape.

"Oh no!" Santa said. "It's a mess."

Than Santa had to see Holly.

"HOLLY!" he said, "get over here now. Holly came.

"You are in so much trouble, Missy."

"I know I should not have done it, but it was pretty darn funny!" she said.

"It is not funny!" Santa said. "You will not do it again! OK, Holly"

"I won't."

That was not the end of her shinagins. That night, Holly did another trouble maker night. She put the bows on the roof. Now nobody would get them.

"Oh no! Holly!" Santa yelled. "Get your butt in here now!"

"I'm not sorry, Santa. It was so funny," Holly said.

"Go to your room!"

"OK," Holly said.

As soon as she got up to her room she said, "I got a break!" And she slept.

The next day, Holly said, "I should go back to work."

"Oh hi Holly," Santa said. "What are you doing?" Holly asked.

"Making more presents," Santa said. Holly wanted to make more trouble.

She hid half of the presents.

"Oh no!" Santa said.

"EE!" Holly said and she snuck out. Nobody saw her. She went to her dorm. So she wrote in her making trouble diary. Then Holly decided to go make more trouble but it was lunch break so she snuck into the workshop and made trouble. She put wrapping paper in the bow machine. When everybody was helping she snuck out of her dorm.

Then she decided to go make more trouble. Then she decided she had done enough trouble for the day.

She watched TV then she heard a knock on the door. It was Hope.

"What are you doing here?" Holly said.

"I need a pencil," Hope replied.

"Oh, here you go," Holly said.

So Hope was off. It was 10 o'clock pm.

"I should go to go to sleep," Holly said.

In the morning Holly said, "I hope Santa is still asleep, I want to play a prank."

So she did. She put a smoke bomb on the door so when someone would open it, it would make smoke.

"Holly," Santa said, "what are you doing?"

"Doing a prank," Holly said, shaking.

"What kind of prank?" Santa said.

"A smoke prank," Holly said.

"OK Holly you will not do anymore pranks," Santa said.

"OK I won't. I promise."

And Holly didn't do any more after that. She helped out and that was the end of her shanagins. And they lived happily ever after. The end.

How Jingle Saves Christmas

Ava, Gr. 6, Dr. George Johnson Middle School

All the elves were hard at work in Santa's workshop... All but one, that is... Jingle!

"Get back to work!", Stumpy yelled at Jingle. Jingle was a very clumsy elf, giving him the title of maintenance worker. Jingle's best friend, Joy, is a head elf. Jingle had always wanted to be a head elf like Joy. "Hey Joy, what's up?", Jingle called to his friend.

"Sorry Jingle! I have a meeting with Santa and the other head elves in a moment," Joy shouted, running down the hall. Joy had been getting so many more meeting calls recently. Rumor had it there were not enough believers to power the magic sleigh. Jingle wondered if that's what this meeting was about. He decided to follow her

and hear it for himself.

After following Joy for about ten minutes, they arrived. She was standing in front of a red door with a name plate on it that read "Jolly Meeting Chamber". There was a bright gold light coming from beneath the door. Joy knocked twice. The door opened and she quietly walked in. Holding his breath, Jingle approached the door and put his ear up to it. He felt guilty eavesdropping.

"Dear elves," it was Santa's rough voice talking, "There is a very urgent issue we must discuss."

The head elves mumbled.

"Around one-million children do not believe in Christmas this year. This means that the magic to power my sleigh is insufficient, and I may not deliver the gifts to all the children. But we have hope, and that is a very powerful thing."

Jingle heard footsteps towards the door, and bolted for a plant on the other side of the hall.

Three days after he overheard the meeting, Jingle visited Joy's cubicle.

"Hey Joy."

"What's up?" said Joy.

"I'm sorry. I followed you to your meeting the other night," Jingle admitted.

"I know. I saw you." This was not what he expected. "I heard you and pretended you weren't there for your own sake. Anyways, what brings you here?"

"I have a plan."

"Go on," she said. He explained that they needed an Elfy-Jingle-Hopper, the control room's computers, and one-million letters from Santa. They left Joy's cubicle to go inform Santa of their plan. He wholeheartedly agreed.

"Here are the keys to an Elfy-Jingle-Hopper. Section A3 row 4. And good luck on saving Christmas!" Santa then turned to his desk to begin writing one-million letters.

"Now it's time to get to work," said Jingle. They ran through the halls to the control room.

"Stumpy! We need your help!" Jingle was still sputtering for air after the run to the control room. He checked his watch. Twelve hours until Santa delivers the presents to the children.

"Why would I help you, you clumsy fool!" Stumpy spat.

"Please help us! We are trying to save Christmas and we are running out of time. We need you to pull up the names and addresses of all the non-believers right now." Joy said.

They pulled up the names of the

kids who didn't believe, then visited Santa to get the letters. 8 hours left. They rounded up a squad of elves and got them into Elfy-Jingle-Hoppers. 7 hours. The letters to each individual child, personally written by Santa, were completed and loaded into the Elfy-Jingle-Hoppers. 6 hours. All 15 Elfy-Jingle-Hoppers left to deliver the messages as fast as they could to the unbelieving kids. They had little time to deliver the letters and save Christmas. Now all they had was hope.

After all, hope is a very powerful thing.

The Trouble Maker Elf

By Owen Olson, Age 9, Grade 4, Peonan Point School

On the day before Christmas Eve, all the Elves were hard at work in Santa's workshop. All but one that is. Bob! Instead, he was hiding behind a jack in the box. Another elf tried to pick up the jack in the box to see if it would fit in the stocking. SPROING! "Aaah!!!" He jumped back like he had just seen a tiger's shadow. Bob was laughing so hard he was almost crying!

"What did you do that for!" yelled the elf.

"Just for fun" Bob laughed "ooh!" He gasped excitedly as he saw a remote control car. He picked up the controller, pushed the lever to make it go full speed... right into the line of elves at the workbench. The car knocked over the first elf making them all topple over like dominoes. Bob fell to the floor laughing so hard, and he rolled into a box of candy. Candy spilled out into a huge pile. Lollipops, Hershey Kisses, Starburst, and Smarties. To make things even worse he started eating all of the candy making him even more hyperactive!!!

This was just turning into a total mess. Jack in the boxes constantly going off. BOING! Cars were flying every which way. ZOOM! CRASH! Balls were bouncing all over the place. THUMP! THUMP! THUMP! A toy oven was beeping. BLEEP! BLEEP! BLEEP! Also, there was a mountain of candy wrappers in the corner of the room!

Finally, Bob had a sugar crash and fell sound asleep. Everybody cheered! But then something terrible happened. He started snoring. But this wasn't like a regular person snoring. It was as loud as a chainsaw. "Looks like we got another problem now" said one elf.

"I'll say" said another.

Christmas Stories 2015



The Elf Who Tried To destroy Christmas

By Abby Black, Grade 4, REMS

All the elves were hard at work in Santa's workshop all but one that is one little elf. She got sick of working for Santa and making lame toys for little spoiled kids. So she wanted to destroy Christmas! First she turned off the power in Santa's workshop. The elves did not know what to do but Santa did. He had a plan to capture the bad elf so she could not destroy Christmas. Nobody saw the elf but Santa thought that she went to the New York countdown. Santa was worried because he had to deliver presents to kids for Christmas. He went to New York and found the elf and locked her up. Christmas was safe and everybody forgot about the elf that tried to destroy Christmas.

The Singing Reindeer

By Anne-Drew, Age: 9, Arborg

Once upon a time in Santa's barn for reindeer, one was born. It was a girl reindeer and her parent's named her Catherine. Her parent's were named

Blitzen and Malda. Dear reader, if you are wondering who Malda is . . . well, I'll tell you. Malda is Rudolph's mom's sister. Blitzen ran from the barn to Santa's workshop shouting "Santa, Santa, Santa com quick. Bring Rudolph too."

"Why?" asked Rudolph.

"Because you have a new baby cousin in that's why." Said Blitsin.

"Are you the father?" asked Santa?

"Yes I am," said Blitsin proudly "and the mother is Rudolph's Aunty."

"What?" said Rudolph "My Aunty is like 30 years older then you!" said Rudolph. "No!" said Blitzen, "She is only three years older than me?"

"Ok less talking and more moving" said Santa.

Blitzen, Rudolph and Santa ran to the barn. By the time they got there Catherine was running around the room singing. "Her nose is like mine." Said Rudolph happily.

"What?" asked Blitzen.

"It's a wee one!" said Santa.

"But her nose is pink and glowing." Said Rudolph.

"What?" said Blitzen.

"Look for yourself if you don't believe me" said Rudolph. So Blitzen looked and he was so surprised and angry at the same time but he didn't know

what to think!

"But, but how?" asked Blitsin.

"I don't know" said Malda. Three years past and Catherine grew more beautiful each day. Then she started reindeer school. The flying coach for the boys was Donnor and the coach for the girls was Dancer. Catherine went with Dancer and the five other girls in her class. "First thing we are going to learn is dancing", said Dancer. The other reindeer were not listening to the teacher and they were staring and teasing Catherine. Catherine started to cry. That's when the teacher noticed Catherine. The teacher asked her why she was crying. Catherine was embarrassed so she told a lie to the teacher. She said that her parents had a child but it died. "Oh, I am sorry to hear that" said Dancer, "Ok when you are dancing you need to have perfection. Now would anyone want to try it?" asked Dancer.

"I would" said a girl reindeer with poofy hair in the back. "I am Lily."

"Ok you can go first Lily" said Dancer. She was perfect at dancing. Then the teacher said who would like to go first at singing. Lily and Catherine said "me" at the same time. The teacher told Lily to let Catherine go first because Lily had the first turn.

"Fine," said Lily, "but she won't be better than me." Boy was Lily wrong. Catherine was so good at singing that she was probably the best singer in the world.

It was two weeks until Christmas when Rudolph got sick. Mrs. Claus ran all around Santa's workshop looking for the medicine, but the medicine that could heal Rudolph was gone.

"No, No, No!" said Mrs. Claus "I can't get one of the other reindeer to get it because it's a two week trip and Christmas is in two weeks. What will I do?"

"I'll do it" said Blitzen.

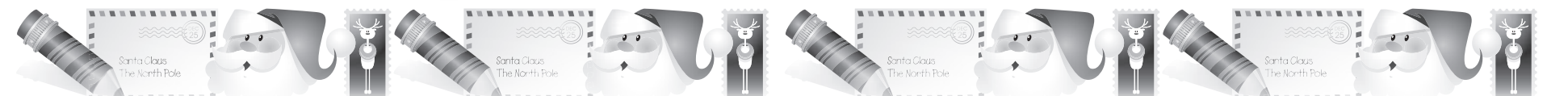
"No you can't it's too close to Christmas"

"But Catherine can go in my place" said Blitzen.

"Ok" said Mrs. Claus. So Catherine went in the sea of swirly gum drops and in the forest of candy canes. She came to the north pole she gave the medicine and Rudolph got better. They all lived happily ever after and Catherine the pink nosed reindeer flew with Santa on Christmas Eve singing Christmas carols.

The End is just the beginning.

Letters to Santa 2015



Dear Santa,

Can I please have a game any kind of game. Bead's couse I do a lot of beading. A cute Doll couse I always play with them. Big Box of Skittles and life savers and I mean the candy kind. and nice shose and yummy smarties. Bath and Body sets gift wrap and clear tape and a nice set of new beding. Hello ther my new freind thank you very much.

Carla, Age 8

Dear Santa,

How are the reindeer? How you Santa? I would like shopkins for Christmas

Your Friend, Shakira, Age 6

Dear Santa,

How are you Santa, are you fine? I am doing fine. I am listening to my mom and dad. I want a finger board. Your Friend, Simon, Age 7

Dear Santa,

How are the reindeer, like Rudolph? How are thee? What kind of cookies do you like? I want a remote control for Christmas. I also want a sled.

Your Friend, Kris, Age 6

Dear Santa,

How are the reindeer? How are you Santa and how is Mrs. Claus? I like you. You are the best. I want a toy T-Rex and my brother wants a trans-former T-Rex.

Your Friend, Oliver, Age 6

Dear Santa,

How is the North Pole? How are you feeling? How are the elves doing so far? I want an Ipod for Christmas with an owl case. I am doing fine. I would like to visit you some time. Good luck! Your friend, Maggie, Age 7

Dear Santa,

I love you Santa. How are you doing? The elves doing good? I am doing good. I am being a good listener. For Christmas I want a Barbie.

From Petra, Age 6

Dear Santa,

How are you? Are the elves doing good? I am being a good listener at school. For Christmas I want an American Girl doll.

Your friend, Brianna, Age 7

Dear Santa,

Are the Reindeer ready for Christmas? What are your favorite cookies? How is Mrs. Clause? Oh let me tell you about myself. I like soccer. I would like a soccer ball and Santa I would like a puppy and a kitty. Thank you

From, Olivia, Age 7

Dear Santa,

How are you? I've been a good boy this year. For Christmas I'd like the new movie Jerasic World, a new xbox, one video game called Forza 6 and a few surprise.

Your friend, Tristan, Age 7



Dear Santa,
I love you Santa. What will you give me. I want a shopkins for Christmas. Santa you love me.
Miley, Age 6

Dear Santa,
How are the reindeers? How is Mrs Claus? How are you Santa?
How are the elves? I am doing good at school my brother is fine is name is Jayce. My name is Jake and my sister is fine too!
From Jake, Age 7

Dear Santa,
How are the reindeer? I am good. How are you? I want shopkins for Christmas.
Love Ashley, Age 7

Dear Santa,
How are you? I am fine. I want a owl. I am listening to my mom and dad. I love Santa.
Love Payton, Age 7

Dear Santa,
How are you how is Mrs. Claus? What cind of cookies do you like? I want a toy Elsa and Anna to. I want roller skates. I want a Bike. I want t toy Barbie.
From Ava, Age 7

Dear Santa,
My name is Ashlynn. I am in grade 1 and the school I am in is called Riverton Early Middle School. I was a good girl this year. These are some questions I want to ask you. How are the elves doing? How are you doing? Also, how is Mrs. Claus? Last year I appreciated the presents you gave me and this year I would like some more. I would like a big doll house with lots of clothes for the dolls to play with. I would like a robo dog to play with, it's like a real dog. I would like a bed for robo dog 2 dog, dishes for robo dog, and a couch for robo dog. I would like a Lego set for me to play with. I would also like a stuffed dinosaur to cuddle with.
And that's all for now until next Christmas.
From your friend, Ashlynn

Dear Santa,
I appreciate all the presents you got me last year. My name is Ava. I am 5 years old and I'm in grade 1. I go to Riverton Early Middle School. I like to skip with a skipping rope. I would like to ask you some questions. How are you and Mrs. Claus doing? How are

the reindeers doing? I would like new Lego because I like to build towers. I would also like a new scooter with only 2 wheels because I don't like using my old fashioned scooter. I really want a new toy bear because I like to play with bears. Please say hello to the elves for me.
From, Ava

Dear Santa,
I am 6 years old and I go to Riverton Early Middle School (R.E.M.S). I am in grade 1 and I like school. I want a Remote controlled car, a green new sled that goes fast a, star wars book, an Xbox one and an Lego spaceship with Lego guy. My favorite part of Christmas is the presents and getting together with my family. That's all I want for Christmas.
P.S. How is Rudolph doing? How many elves do you have?
Merry Christmas and a Happy New Year!!!
Love, Brock

Dear Santa
Hi. I'm Brycen. I am from Riverton Early Middle School. I am in grade 1. I appreciate the presents you gave me last year. I want a dinosaur toy. I want a skateboard for Christmas because I want to go skateboarding. I want a surprise present. I am good at hockey. How is Mrs. Claus doing? How are the elves doing? Happy holidays and Merry Christmas!
FromBrycen

Dear Santa,
Hi Santa, I'm in grade 1. I'm also 6 years old and I go to Riverton Early Middle School. Thank you for the presents last year. This year I would like Barbies, I like Barbies because they are fun. How is Mrs. Claus? Mer-ry Christmas!
From, Kiersten

Dear Santa,
Hi Santa! I am in grade 1 from Riverton Early Middle School. How are you, Mrs. Claus, the elves and the reindeer? I would like a play rabbit for Christmas. I want a play rabbit because I want to play with it in my house. I would also like a doll, I want this doll because I like dolls and they are fun to play with. Could you get me a real dog? I really want to play with my dog and pet him. I like to go skating, and I am a really good skater.
Merry Christmas!
From, Kiesha

Dear Santa
I go to Riverton Early Middle School. I am in grade 1 and my name is Levi. I like school and I really like playing hockey. I want a combiner Spider-man because I want to make a different Spiderman. I would also like a transformer costume that transforms because I really like transformers. I really want a transformer that rides a transformer dinosaur. Santa how are the elves doing and Mrs. Claus? How are the reindeer doing? Merry Christmas
From, Levi

Dear Santa,
Hi Santa, I'm Marcus. I am 6 years old and I go to Riverton Early Middle School. I am in grade 1. I like to draw. I was wondering how your elves are? I was also wondering how your reindeer are? I would like to say thank you for all of the presents you got me last year, I had lots of fun with them! For Christmas I would like an iPad, and a semi-truck. I would also like a monster truck because I like to play with them. I hope you have a very nice Christmas!!
Love your Friend, Marcus

Dear Santa,
Hi, my name is Caitie. I am 7 and I am in grade 2. I go to Riverton Early Middle School. I love my pets. Thank you for the presents last year. This year I would like new shoes because I need them, my old ones are getting too small. How many kids are in the world that you have to deliver to? I would also like an American Girl Doll. How big are elves? I would also like American Girl Doll clothes please. I would also like some Bennie Boos because they have big eyes and I think they are cute. How is Mrs. Claus doing this year? The last thing that I would like is a hamster because they are fat and cute!
From,
Caitie

Dear Santa,
My name is Jake and I go to Riverton Early Middle School. I am in Grade 2 and am 7 years old. I play hockey for the Riverton Eagles Novice team. Thank you for the presents from last year. I enjoyed playing with them. This year I would like a new iPod because mine is damaged. I would also like to get 2 new PS4 controllers because the one we have is broken. I also would like an Iron Golom stuffy

from Minecraft. I like getting some surprise toys too. What games do you play with your elves and reindeer? You are the best man in the world besides my dad.
Your friend, Jake

Dear Santa,
I am in grade 2 in Riverton Early Middle School. I like playing soccer and watching the movie Scream. Thank you for the presents you gave me last year. How is Mrs. Claus doing, and how are the elves doing? How are you doing Santa? I would like Call of Duty Modern Warfare three so that I can do missions. I would also like Call of Duty Advanced Warfare, so that I can play multiplayer. I would also like Assassin Creed Black Flag so that I can do missions, take out enemies and I can unlock new suits.
Your Friend, Kaeden

Dear Santa,
Hi, I'm Landon. I am in grade 2 at Riverton Early Middle School. I really like to play
outside with my brother. Thank you for the present last year. This Christmas I want
lego because I can build anything. I will also like an iPad because I can play games.
I really want to know what you are doing? What do the elves spend their time doing?
How is Mrs. Claus doing?
Your friend, Landon

Dear Santa,
Hi, my name is Madden. I am in grade 2 at Riverton Early Middle School. Thank you for the presents last year I really enjoyed playing with them. May I please get a tablet because I want to download lots of cool games. I also would like a rubix mirror cube. Can you please send me a couple of surprises too? How are the elves doing? How is Mrs. Clause doing? How is Rudolph doing?
Your Friend, Madden

Dear Santa,
My name Sabrina. I'm in grade 2 at Riverton Early Middle School. I like to read. I appreciate the presents you got for me last year. How is Icy doing? How are you doing Santa? Also how is Rudolph? How does Rudolph's nose glow? I would like a new iPod 6 for Christmas because mine broke. I would also like a Plushy pig or a bunny. A few surprises would be great.
Love, Sabrina

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Arborg iced by Fishermen's late goal

By Brian Bowman

The Arborg Ice Dawgs lost a tough one on Sunday.

After Arborg's Colton Davies had tied the score at 5-5 with 3:35 remaining in the third period, Selkirk's Harley Hoydalo scored the game-winning goal with just eight seconds left in regulation time to give the Fishermen a 6-5 win.

Davies, Derric Gulay, Clint Torfason, and Travis Kilbrei scored Arborg's other goals.

Scott Thomas led Selkirk with a goal and two assists while Jeremy Pachowsky, Corbin Pasternak, Dylan Painchaud-Niemi, and Milan Horanski also tallied.

On Dec. 9, the Ice Dawgs blasted the Fisher River Hawks 9-3.

Arborg, which held period leads of 3-0 and 8-2, received three goals from Spencer Kilbrei and singles from Byron Gard, Joshua Boone, Kyle Barkman, Ryan Pochailo, Carter Comeau, and Clint Torfason.

Boone also had two assists while Travis Kilbrei and Connor Jonasson each finished the game with three assists.

Johnny Bealieu (two) and Keenan Mason replied for Fisher River.

Travis Schalk made 45 saves for the victory.

Arborg played at North Winnipeg on Tuesday but no score was available. The Ice Dawgs will then visit St. Malo on Saturday.

The Lundar Falcons, meanwhile,

were edged 5-4 at home by St. Malo last Friday.

St. Malo's Dustin Wiebe scored the game-winning goal with just 29 seconds left in the third period.

Trent Laycock led Lundar with a goal and an assist while Aldyn Gray, Bryce Horning, and Jason Nikkel also scored for the Falcons.

Wiebe (two), Brett Jocelyn, Jared Magne, and Brandon Stratton scored for St. Malo.

Lundar played Selkirk this past Tuesday and then will host North Winnipeg on Friday. Game time is 8 p.m.

The Peguis Juniors were also in action last weekend, doubling Cross Lake 12-6 last Saturday and then knocking off the North Winnipeg Satellites 5-3 the next day.

Shaquille Houle and Waylon Neault each scored twice in the win over North Winnipeg while Dylan Stevenson also tallied.

Against Cross Lake, Jesse Flett, Keeven Daniels-Webb, Neault, and Tyler Woodhouse each scored twice for Peguis. Keesin Richard, Dylan Stevenson, Donovan Tanner and Jared Tobacco also scored for the Juniors.

Fisher River also had a chance to play some wide-open hockey with Cross Lake on Sunday, losing 11-7.

Darryl Thaddeaus (three), Jared Thickfoot, Ty Stevens, Evan Thickfoot, and Johnny Bealieu scored for Fisher River.



EXPRESS PHOTO BY LANA MEIER

The Ice Dawgs' Clint Torfason scored against the Fisher River Hawks and Selkirk Fishermen in KJHL action on Dec. 9.

Men's curling championship returning to Selkirk

By Brandon Logan

Manitoba's best curlers will be in Selkirk in the new year for the Viterra Provincial Men's Championship from Feb. 10 to 14.

While only four teams have qualified for the 32-team tournament, they are big names not only in Manitoba's curling scene, but nationally as well.

Reid Carruthers' foursome, who were the provincial champs last year, will be joined by Mike McEwen's rink, which has been in the provincial final five of the last six years, only to lose to the eventual champion.

"They've got some great followers behind them, so that's great," said

Garry Dola, chairman for the tournament.

Joining those two veteran teams is Stonewall's Jared Kolomaya and Daley Peters.

As for the other 28 open spots, the remainder of the teams will qualify through regional playdowns later this month, Dola noted.

The last time the provincial men's championship was in Selkirk was in 2009. That year Charleswood Curling Club's Jeff Stoughton won his first of three straight championships.

Dola said Selkirk's support for the championship was immense that year and was a big factor in why the pro-

vincial tournament is returning in 2016.

"We've got a really good response from the rural areas," he said. "Being out here in the country, people are looking forward to an event like this."

The response to requests for volunteers has been strong too, Dola added. However, there's still a need for more.

"We need maybe another 15 more volunteers to assist in some of the other events (throughout the week)," he said.

As for tickets, they are just beginning to go on sale to the public. Among some of the options available are full week passes and single day passes.

He said there is one group in Selkirk that will have first dibs on tickets in hopes of growing the sport in future years.

"We're going to make them very available for all the junior curlers in Selkirk," Dola said, noting that includes both junior high and high school athletes. "We want them to come and see what curling's all about. These will be our curlers of the future."

For more information on ticket availability, prices and more visit selkirk-curlingclub.com or call 1-204-785-8300.

Wolves collared by Flyers in weekend action

By Brian Bowman

The Gimli Wolves had a tough 10-minute stretch in the third period against the Stonewall Flyers last Friday evening – and it resulted in their first loss of the season.

Stonewall scored four goals during that span on their way to a 6-5 comeback victory in Manitoba Senior Hockey League play.

Gimli looked good early, however, taking a 4-1 lead by the 15:27 mark of the opening period.

Chris de la Lande scored twice for the Wolves while Ryan Seekings and Jared Morris also tallied.

Matt Varnes scored a power-play goal for the Flyers in that first period and then Dale McClintock tallied with the man advantage in the middle frame.

Connor Appleyard and Ryan Elliot, with two goals in just 16 seconds, gave Stonewall a 5-4 lead early in the third period.

After Trent Genyk tied the score at 7:59 of the period, Elliot completed his third-period hat trick with the eventual game winner at 12:04.

Gimli, now 4-1, will host the Lakeside Phantoms this Friday at 8 p.m.

Lakeside was also in action last weekend, losing 13-1 to the Beausejour Beavers.

Wyatt Lavallee scored Lakeside's lone goal at 15:25 of the third period, assisted by Mike Shannon and Orrin Hogue.

Chris Stelmack was a one-man show for Beausejour, scoring a league-record 10 goals while adding two assists.

Cody Waterman had two goals and four assists while Justin Lussier chipped in with a goal and three assists for the Beavers.

Besides their game against Gimli, Lakeside will also visit Stonewall this Saturday. Game time is 8 p.m.



EXPRESS PHOTO BY LANA MEIER

Wolves' goaltender Tyler Oswald makes a save against the Stonewall Flyers Friday evening.

Midget Lightning lose pair last weekend

By Brian Bowman

The Interlake Lightning will be looking to play the role of Grinch this weekend.

Interlake will wrap up its schedule for December with a road game against the Central Plains Capitals this Friday (8 p.m.) in Portage la Prairie and then the Lightning will host the Winnipeg Thrashers on Saturday (1 p.m.).

The Lightning has struggled recently with just one win in its last 11 games. Last weekend, Interlake lost games to two very good teams in Manitoba AAA Midget Hockey League action.

The Lightning started the weekend with a real solid effort in a 5-3 loss to the first-place Eastman Selects.

Tied at 3-3 in the third period, Eastman snapped the tie with a pair of goals 5:07 apart late in the game.

Jackson Kicenko and Sean Loutit scored first-period goals for the Lightning while Jordan Woytowich tallied late in the second. Two of those goals came with the man advantage.

Garrett Armistead, Matt Osadick, Vaughn Dupre, Kolten Kanaski, and Brad Goethals scored for Eastman. Goethals leads the league in scoring with 27 goals and 43 points through 26 games.

On Sunday, the Interlake was toppled 9-1 by the Winnipeg Thrashers.

Kicenko scored the Lightning's lone goal unassisted just 4:35 into the contest.

Dylan Burton had a hat trick for the winners while St. Andrews' Carter Barley scored twice and had two assists. Dawson McKenzie, who also had four assists, Kyle Wiltshire, Eric Lavoie, and Nate Hooper added singles.



EXPRESS PHOTO BY LANA MEIER

The Lightning's Jackson Kicenko scored his team's lone goal against the Winnipeg Thrashers Sunday afternoon.

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COMING EVENTS

Manitoba Riding for the Disabled Association 17th Annual Super Flea Market 2016, February 6th & 7th at Assiniboia Downs-Winnipeg. Vendor spots available - 80 vendors in the show! www.mrda.cc

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DISPOSAL OF CHRISTMAS TREES

Christmas Trees can be dropped off at the Rural Municipality of Gimli E-waste Site located at 292 Anson St. in the Gimli Industrial Park until January 11, 2016.

Thank you to Northwel Enterprises Ltd. for providing free Christmas tree chipping service to the residents of the Rural Municipality of Gimli.

The tree chips will be used in public parks and public gardens.



RM of Gimli Council
December 11, 2015

ECONOMIC DEVELOPMENT OFFICER

The R. M. of Woodlands has an opening for the full-time position of Economic Development Officer.



The Economic Development Officer will work closely with the Board of Directors of the Woodlands Community Development Corporation (CDC) to develop an economic development strategy, to attract and facilitate development of new industries, business and services in the R. M. of Woodlands for the purpose of expanding the economy of the community and provide local employment opportunities.

Duties and Responsibilities:

1. Economic Development

- Develop a CDC/Community strategic plan and undertake the resulting economic development initiatives
- Ensure development readiness for the R. M. of Woodlands
- Develop strategy for retention and expansion of existing businesses and industry
- Identify and promote new business and/or industrial opportunities and assist with the development of job creation strategies

2. Research

- Maintain a detailed community profile and other demographic information
- Prepare and disseminate information regarding the availability of land, buildings and other facilities conducive to the promotion of business and industry
- Identify the needs of the business community and inform the appropriate public sector bodies of these needs
- Conduct sectorial analysis to determine economic opportunities for the R. M. of Woodlands

3. Liaison

- Maintain active contacts with the relevant agencies at all levels of governments
- Participate in other regional economic development activities
- Be familiar with and promote available government programs and assist with grant applications
- Act as a coordinator and facilitator of interactions between governments, other communities, business, industry, and community organizations

4. Administrative Duties

- Prepare monthly and annual activity reports for presentation to the Board of Directors and R. M.
- Attend Local council meetings, as appropriate, to share information, obtain direction, develop ideas and respond to questions
- Bookkeeping, meetings, other administrative duties

The successful candidate should hold a degree or diploma from an economic development program and/or business administration program or demonstrate an equivalent combination of education and experience. Must have strong communication, analytical, and leadership skills. Travel is required and the successful candidate must possess and maintain a valid Class 5 Manitoba Driver's License and be prepared for some evening and weekend work.

Salary will be based on the level of experience and qualifications. A comprehensive benefits package will be available. A detailed job description is available upon request.

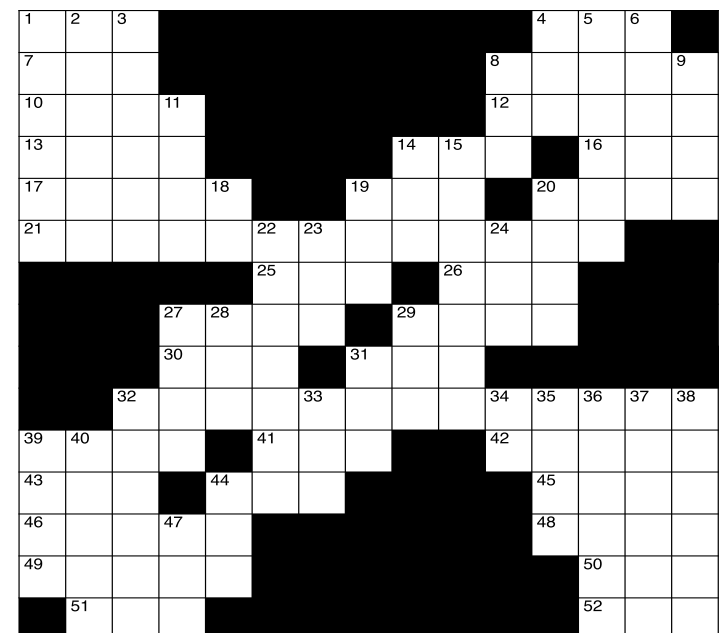
Send a resume, cover letter and a minimum of three references to the attention of Adam Turner, R. M. of Woodlands Chief Administrative Officer at P.O. Box 10 Woodlands, Manitoba R0C 3H0 or email to rmwldls1@mymts.net on or before **Friday, January 15, 2016 at 4:00 pm.**



CROSSWORD

CLUES ACROSS

- Teletype (Computers)
- Loose-fitting sleeveless garment
- They
- Extinct Turkish caucasian language
- Tall N Zealand timber tree
- Piedmont city on the River Gesso
- Burl, storyteller
- Made up of 50 states
- Not or
- Given a monetary penalty
- Unnilpentium
- ISU town
- Equality for everyone
- A lyric poem with complex stanza forms
- Actress Farrow
- Scottish caps
- Gobblers
- Lilly, drug company
- Process an animal hide
- Describe in perfect detail
- 1000 calories
- American National Bank (abbr.)
- MN 55121
- Everyone
- Substitute
- Rubber, marching or head
- Dance Latin rhythm
- Inside of
- A way to let know
- Morning moisture
- Point midway between S and SE
- Sales messages



CLUES DOWN

- Duty
- Whatchamacallit
- A citizen of Yemen
- Dhabi, Arabian capital
- Nickname
- One seeded fruit (alt. sp.)
- Fiddler crabs
- Troughs of bricks
- Exploiter
- Atomic #104
- Italian ice-cream
- Algerian dinar
- Consume
- Macaws
- Insignificantly small
- Tooth caregiver
- Direct toward
- Bluish green
- Caliph
- Faucet
- The bill in a restaurant
- Capital of Tocantins, Brazil
- Explosive
- The most abundant of the rare-earth group
- Japanese sock
- Kampala is the capital
- Raged
- Provides with property
- Miniature racing vehicle
- Signs
- Express pleasure
- Bridge-building degree

Announcements



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OBITUARY



Gudny (Gene) Maria Palsson

Gene passed away peacefully on December 12, 2015 at the age 87.

She was born on August 5, 1928 at Arborg, Mb. On June 25, 1954 Gene married Wilhelm (Bill) Palsson of Geysir. Bill passed away on October 31, 1988. Left to mourn and cherish her memory is her daughter Kathy, son-in-law Grant Thorsteinson and their children Corey (Kim), Krista (Richard) and Blair (Kristen). Gene also leaves her two precious great-granddaughters Leah and Signy.

Gene was an incredibly generous person and her grandchildren and great-grandchildren were truly blessed to have such a gracious Amma. Gene is lovingly remembered by her sister Alma Riordan, and brother Gordon (Helen) and sister-in-law Svava Sigmar. Gene was predeceased by her parents Gudjon and Lauga; brothers Baldur, Ingimar, Norman and Gudjon. Father-in-law Wilhelm

Palsson; mother-in-law Asta; sisters-in-law Inga Danielson, Elleane Danielson, and June Siggs; brothers-in-law John Riordan, Alvin Siggs, and Eric Sigmar.

Gene was a strong Christian who led a selfless life. Her smile and hugs will also be missed by many. Coffee time was a treat at the farm with her melt in your mouth homemade stone ground Icelandic brown bread, vinetarta, and ponukokur. She devoted her time to caring for others and the last few years were difficult as she would have preferred to remain independent.

The family wishes to express gratitude and special thanks to the doctors and nurses who cared for her as well as the staff of the Arborg Personal Care Home for their professional and compassionate care.

A Memorial Service will be held on Monday, December 21, 2015 at the Arborg Christian Fellowship Church, 624 River Road, Arborg, Manitoba at 2:00 P.M.

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OBITUARY



William Phillip Peltz (Bill)

It is with great sadness we announce the sudden passing of William Phillip Peltz (Bill).

Bill was born in Winnipeg, MB on February 20, 1963; the second son of Ed and Mina Peltz. Bill was raised in Warren, MB along with his brothers Mark and Robert and sister Nicole. Bill lost his brother and dear friend Robert in 1983. Bill attended Warren Collegiate and graduated in 1981 and began working for MB Hydro shortly after graduation. Bill continued with Hydro for 13 years and then ventured out on his own to start up a top soil and landscaping business. Bill married the love of his life Tracey Watson in 1986 and had two beautiful children, Ashley and Keegan who were the love of his life. In 2006 Bill and family moved to Crooked Creek, Ab where they resided for eight years. In 2013 Bill and Tracey packed up their belongings and with the children out on their own they headed west, to warmer weather. Bill loved White Rock and its mild temperatures and found solitude in being by the ocean. Bill became a very proud grandpa of Lachlan Kace Anderson (son of Ashley and Derek) on February 16, 2014. Bill was someone who loved life and brought joy to those around him. He had the gift of the gab and was always there to put a smile on the faces of people he knew. Bill will be dearly missed but the memories will never fade.

Bill leaves behind his wife Tracey; daughter Ashley (Derek), son Keegan (Ashley), grandson Lachlan Kace, beloved son of Ed and Mina, brother Mark (Lisa), nephews Jason and Ryan, sister Nicole (Ben), niece Robyn and nephews Ray, Wayne and Rylan. Bill's in-laws, George and Pat Watson, brothers-in-law Rob (Laura), niece Chloe and nephew Calum, Geordie (Fil), nephew Jordan and brother-in-law Jason, aunts, uncles and cousins. Last not but least Bill's loyal companions Sadie, Copper, Diesel, and Hughie.

A Celebration of Life will take place at Warren Memorial Hall in Warren, MB on Saturday, December 19, 2015 at 2:00 p.m.

In lieu of flowers donations can be made to the Interlake Eastern Regional Health Authority/Crisis Stabilization Unit, 233A Main St, Selkirk, MB, R1A 1S1.

SUDOKU

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

Level: Intermediate

Fun By The Numbers

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Here's How It Works:

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take a break > GAMES

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

Sudoku Answer

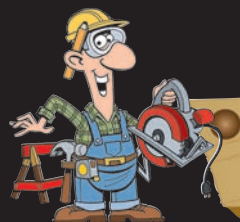
S	D	V				E	S	S
M	E	D				H	C	E
O	T	N	I			V	M	R
D	N	V	B			T	L	A
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Moosehorn Coop, Moosehorn

Moosehorn Coop, Ashern
Bumper to Bumper, Ashern
Shop Easy Foods, Eriksdale
Healing in Style, Eriksdale
Brennivin's Pizza Hus, Gimli
One Stop, Fisher Branch
Ukrainian Farmer's Coop,
Fisher Branch

Arborg Pharmacy, Arborg
Gimli Snowmobile*, Gimli
Interlake Tractor
and Auto Parts, Arborg
McMunn & Yates*, Eriksdale
Tergesen's*, Gimli
Mama Bear's Quilt Shoppe,
Ashern

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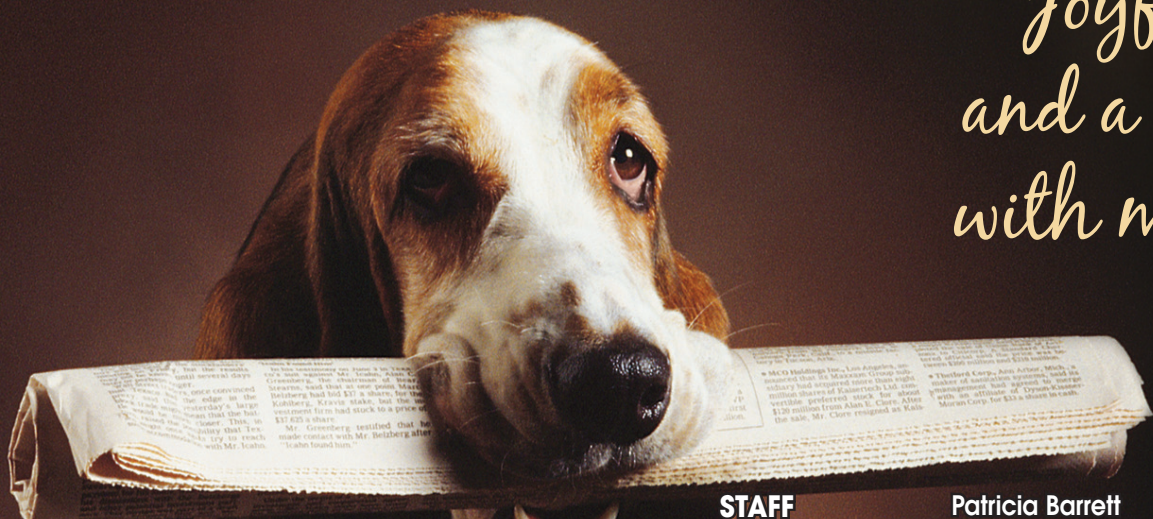
SWAN VALLEY
TRAVEL
Arborg, MB

Dear loyal readers,

We work very hard throughout the year to keep you informed with the news that matters most to you. Local information is of significant importance because it concerns the various subjects that affect you as well as the projects of the people we have elected, our school, town and municipal council, the local economy and the businesses in our area.

As your local newspaper, it is our mission to connect people through stories to build stronger communities. We will keep you informed and we are very proud to be the local resource for news and information in this community. We sincerely thank you for making our newspaper what it is today. Your loyalty means the world to us.

We wish you a
Joyful Christmas
and a New Year filled
with much happiness!



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