

Smitty's

FURNITURE & APPLIANCES

BOXING DAY & WEEK

321 Main Street, Arborg
(204) 376-5242

Blowout Deals!

THE EXPRESS

VOLUME 6 EDITION 51 THURSDAY, DECEMBER 19, 2019

WEEKLY NEWS

Christmas Greetings 2019

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

CHRISTMAS GIFT Ideas

Stihl MS170 Chainsaw

• 30 c.c. • 16" bar • 1 year warranty



Honda CRF50

50 c.c.

1 year warranty



EP2500 Generator

2500 watt • Dual Plug

3 year warranty



Stihl MS291 Chainsaw

56 c.c. 16" bar 1 year warranty



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

Happy Christmas



EXPRESS PHOTO BY LANA MEIER

Jolly Old St. Nicholas has been very busy visiting all the children of the Interlake these last couple of weeks. He has been listening carefully to what each little boy and girl wants and in less than a week he will be down the chimneys stuffing all the stocking full of toys, books, skates and clothing. Santa enjoyed a special moment with this little girl in Arborg on Nov. 29.

> everything you need to know in your locally owned and operated community newspaper

**Countryside
Home**
building centre

Lot 1, Hwy 17 S, Fisher Branch, MB
204-372-8501

May the spirit of the season fill your
home with sweet moments, and may 2020
bring you joy, laughter and love.
We're so thankful for your friendship, support,
kindness and goodwill, we'd like to express
our heartfelt gratitude.

Happy Holidays
From our family to yours

Ashern students perform Forty Winks 'Til Christmas musical

By Evan Matthews

On a night when the snow was falling, Ashern Early Years School added a little bit of magic to the night and set the mood to kick off the holiday season in town.

The school elected to host its musical at the Ashern Centennial Hall, according to principal and teacher Karen Carmichael, as the venue is much larger and has an elevated stage. Roughly 200 locals gathered to take in the show *Forty Winks 'Til Christmas*.

"We're a small community, and events like this bring the community together. We saw people out to watch who don't have children involved in the production," said Carmichael.

"It's a great way to bring people together and a great way to kick off to Christmas and the holiday season. It's a great tradition here," she said.

Forty Winks 'Til Christmas, which is written by John Jacobson and John Higgins, tells the story of toys that come to life after a set of cousins get ready to fall asleep for the night.

The children grab their pajamas and pillows for the holiday family sleepover, but as sleep begins to take over, the toys — including dancing dolls, disco bears, marching soldiers and even a Transformer — have decided it's time to "liven things up," according to the synopsis.

The musical includes a special visit from the "jolly red fella" himself.

"A bunch of cousins decide to have a sleepover and stay up all night to wait for Santa," said teacher Dana Emilson.

"But then they start to get worried he might not show up because some of them have been a bit naughty this year. The toys come to life and begin



Lillian DeFoort and Scarlett Stagg helped to MC the evening's events.

to celebrate the magic of Christmas, all together."

The musical was the first for Ashern Early Years School in at least 16 years, according to Carmichael, and included grades K-4, though the night did start with a preschool program.

The preschoolers recited the poem "I'm a Little Pine Tree" and sang Jingle Bells, followed by the evening moving into the musical production.

"We wanted to try something different ... a bit of a change," said Carmichael, noting years past have seen the various grades compartmentalized into their own productions.

"We always do a Christmas concert, but every class would be doing something different from the next. We thought we'd give a musical a try this year."

While not every cultural background celebrates the same holiday, the focus of "Christmas concerts," so to speak, are not that of religion or belief, ac-



EXPRESS PHOTOS BY EVAN MATTHEWS

(Left to right): Colt Schmidt, David Hummel, Elise Papio and Nicole Graham all played the roles of toys during 40 Winks 'Til Christmas.



Olivia Michaniuk played Santa.



Carter Price, Kashton Lutz and Willow Carpenter bring it home during the musical's finale.

cording to Carmichael.

The focus around the holiday season, at least for many schools, has become more so about community building, inclusivity and sharing the magic of

what is often "the most wonderful time of the year."

The event was planned collaboratively by all the teachers at the school.

www.nctax.ca

INCOME TAX AND BOOKKEEPING

- ✓ Income Tax Preparation
- ✓ Financial Reports Personal, farming, fishing
- ✓ Bookkeeping and small business
- ✓ Tax Planning
- ✓ GST preparation/filing
- ✓ Payroll

Over 20 years experience!!

Continuing to serve the Interlake and beyond!

Now accepting new clients!

Call Maureen Kaprawy or Laura Oddleifson today
204-376-5474

Norstar Consulting

349 Main Street, Arborg MB

NEW to Gimli as of Jan 3

Chiropractic Services

**Fridays - Gimli
Thursdays - Arborg**

Welcome Dr. Stefano Trunzo

~ Massage Gift Certificates Available ~

Gimli Arborg
204.642.5353 204.376.2406
inmotionnetwork.ca

QUARRY
PHYSIOTHERAPY
AN *inMotion* CLINIC

Doc Walker to help keep Brendan's memory alive

By Evan Matthews

An Eriksdale mother works to keep her late baby's memory alive, and this year a Manitoba celebrity will help pay homage to the little one.

Allison Moman, mother to Brendan Robert Henry Moman, has held an annual fundraiser in Eriksdale to honour her baby boy while raising funds for non-profit organizations that were there for her family. Doc Walker, a personal friend of Moman, will play at a concert in Eriksdale in January as a tribute to Brendan.

"This is our fifth year doing this. We've given to Variety (Heart) Winnipeg, Ronald McDonald House, etc. We had very good care during Brendan's hospital stay, and we were helped out a lot. It's why we give back to these organizations," said Moman.

"This year, I've decided to give back to Eriksdale and Ashern hospitals because they give us great care too."

The funds this year are going to a cause that will better patient care locally. Both hospitals have submitted "wish lists" of sorts, and what the hospital ends up with will be dictated by how much is raised.

The fundraiser has raised anywhere from \$1,500 to \$5,500 each of the last



EXPRESS PHOTO SUBMITTED
Brendan Moman lived for 10 short weeks, but his mother carries his memory forward with annual fundraisers and sharing his story.

five years, according to Moman.

"We've also set up a local \$500 scholarship that we deliver every year to a high school student in the area going on to post-secondary education," she said.

The fundraiser always delivers the scholarship in addition to donating to one local non-profit annually.



EXPRESS PHOTO SUBMITTED

With more than 20 Top 10 singles in total, Doc Walker is one of the most recognized Canadian country acts of the past two decades.

Past fundraisers have included bringing in a medium (or psychic), a paint night, a sign painting night and a trivia night, said Moman.

"We do our best to keep it fresh for the community. We hope this year will be the biggest yet."

Doc Walker playing at this year's event is a big addition as the group

is from Westbourne and has won 12 Canadian Country Music Awards, as well as one Juno Award.

As we head into the holiday season, Moman said the \$40 tickets would make for a great gift for anyone in the area.

Doc Walker is scheduled to play on

Continued on page 4

Support Stonewall's 'Save the Kilns'

initiative with your purchase of a Signed Limited Edition 'Stonewall Quarry Sunset' print. All are numbered, signed and framed by photographer Randy Frykas.



Limited edition 150 prints OVER 50% SOLD

16"x 12" Each print will be signed, numbered, matted and framed \$150 each with \$100 being donated to the 'Save the Kilns' campaign

The photo is available for purchase at the Stonewall Teulon Tribune office, Stonewall Quarry Park, Home Hardware, Pizza Den, and online at <http://46fps.com>

2019/2020 **Winter Booking**

— SAVE UP TO —

15%

on all windows and patio doors*

December 2, 2019 to February 2, 2020

*Conditions apply. See store for details.



Arborg Home hardware building centre

ah Here's How.

**451 Main Street, Arborg
204-376-3090**

Eriksdale students set the stage for annual Christmas production

By Evan Matthews

Hands-on and project-based learning continue to be a theme in student's education today, and Eriksdale School is pointing out that its holiday production is no different.

Emma Boyd, a teacher at Eriksdale School, said the school used the annual Christmas concert, — which was *Twas the Storm Before Christmas* this year — as another example of project-based learning. Rather than assign the students tasks, she said the staff let students choose their respective roles within the production.

"Some made promotional posters to hang around town ... while others created a digital trailer of all the students in the school preparing for the concert, which has been used on our school website," said Boyd.

"Some students chose media engagement by writing to the local newspaper, but others chose to emphasize the arts by acting, dancing, singing in the choir or painting the sets. Other students chose a more trade-like approach by manufacturing to design and building the sets."

Project-based learning is an instructional methodology that encourages students to learn and apply knowledge and skills through an engaging experience, according to Lakeshore School Division.

Grade 7 students Bre-Ann Lucier-Windross and Kristina Bishop opted for roles in media engagement/relations, and the pair wrote a press release to the *Express Weekly News* to promote the school's production.

Involving the pertinent information of who, what, where, when, why and how came naturally to the two students and sparked a journalistic interest from the local paper.

"The concert is set up differently this year to promote school community," wrote Lucier-Windross.

"We are building community by having grades K-4 sing, rap, dance and play instruments sure to get you in the Christmas spirit, while grades 5-8 had a choice on what their participation will be," she said, alluding to the aforementioned project-based learning.

Twass the Storm Before Christmas is a collaboration piece centred on the classic holiday tale *Twass the Night Before Christmas*, according to teacher Tess Nesca, who said a grandfather tells the story — with a few new changes — to his young granddaughter and grandson.

Nesca added throughout the production's development, staff have noticed older students putting in real effort to be role models for the younger students, spending time helping and encouraging them.

"The children benefit so much from the collaboration part of the concert and get to develop teamwork skills while being provided the opportunity to shine in something other than just academic



EXPRESS PHOTO BY EMMA BOYD

Kristina Bishop, left, and Bre-Ann Lucier-Windross, Grade 7 students at Eriksdale School, chose media relations as one of their contributions to the school's Christmas musical, as staff encompassed project-based learning to the school's holiday production.

success," said Nesca.

"A concert like this brings the community together. ... It's a great reminder to take a pause from our busy lives and make time for friends and family."

Twass the Storm Before Christmas is set for Dec. 19 at 7 p.m., according to Nesca, who added the dress rehearsal is also open to the public on the same day at 1:45 p.m.



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

Season's Greetings

From Dwayne Smith & Staff at the Eriksdale and Fisher Branch offices.

Holiday Hours:

Dec. 24: Closing @ 12pm.
Dec. 25, 26 & Jan 1: Closed

Regular operating hours on all other days

Fisher Branch: Mon-Fri 9am-6pm

Eriksdale: Mon-Fri 9am-5pm

www.freedomwestinsurance.com

FREEDOM WEST
INSURANCE SOLUTIONS

100 YEARS & BEYOND
SMI
SASKATCHEWAN MUTUAL
INSURANCE COMPANY

> MEMORY ALIVE, FROM PG. 3

Thursday, Jan. 30, 2020, at 7:30 p.m., but doors will open at 6 p.m.

The event will also play host to a silent auction and cash bar.

For tickets or for more information, contact Allison Moman at 204-739-5559.

Brendan Moman

Born on Sept. 17, 2013, Brendan passed away a short 10 weeks later

from a congenital heart defect, which required a heart transplant.

"In his short time here, Brendan endured more tests and procedures than a normal person would in their lifetime," said Moman.

"He showed us what a true fighter was and he will always be our hero for that."

Merry Christmas and Happy New Year!

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

Wishing You Loads of

JOY

at Christmas!

Here's hoping your Christmas season is filled with friendship, love, laughter and many happy surprises!

Rural Municipality of **GRAHAMDALE**
www.Grahamdale.ca

Fisher Branch students spread holiday spirit throughout the community

By Evan Matthews

Though the holidays are typically a time of tradition, students at Fisher Branch Collegiate have switched things up a little bit this year.

Rather than host their annual Christmas concert, which takes up just one night, staff and students elected to spread a little bit of kindness around the community for the entire month.

"I like the acts of kindness better than the concert because, for the concert, we usually sing a song and maybe say a line or two," said Grade 6 student Sebastian Hnatiuk.

"Helping others does a lot more than just one concert."

The idea, according to Fisher Branch Collegiate Grade 7 and 8 teacher Amanda Garton, stemmed from a theme that's been consistent throughout the school year: responsibility.

December is a very busy time of year, she said, and rather than get caught up in the business of the season, the teachers had hopes for the students to connect with community members.

"We created a calendar and we wrote on the calendar, 'Into 2020 with an attitude of gratitude,'" said Garton.

For each day that the students attend school in December, the calendar in-

cludes an act of kindness for the students to participate in on that day.

"On the days students are not in school over the weekends, it's up to the students to decide on an act of kindness for the day," she said.

Though the idea started with grades 5, 6, 7 and 8, grades 9 through 12 are also welcome to join in wherever and whenever they can, according to Garton, since the initiative is school-wide.

Some of the acts on the calendar are as simple as saying "thank you" to somebody you appreciate, whereas other days' activities are more intensive, like doing a chore for somebody else.

"On Dec. 3, the students made Christmas cards addressed to Canadian Armed Forces troops who are stationed overseas. We sent them in the days following," said Garton.

"We did a clothing drive where we donated to the Lakeshore Women's Resource Centre. The students also assembled Christmas baskets to distribute to people around the community."

Community outreach is a big part of the acts of kindness. Garton said each class is going to visit a different "group" within the community.



EXPRESS PHOTO BY AMANDA GARTON

Fisher Branch Grade 5 students made Christmas cards for Canadian troops overseas on Dec. 5. Back row, left to row: Morgan Smith, Chloe Fedyk, Sommer Lafreniere, Alex Bale; front row: Dayton Hamilton, Breanna Stodgell, Lorelai Grocholski, Kylie Heinrichs-Emms, Juls Perez and Alexis Stodgell.

One class will visit the personal care home, while another visits the Chalet, another to the Early Years School, and another to the daycare.

But in the end, Garton said the point is for all classes to find a way to connect with the "group" they're visiting,

through activities.

"We want them to encourage other people, too. It's really the true meaning of the holiday season," Garton said.

"Maybe it will catch on and spread to other places."

Living Room Live classical tour coming to Arborg

By Patricia Barrett

Living Room Live, a Canadian organization that connects classical musicians with communities across the country via a house concert hosted by a local person, announced an upcoming tour stop in Arborg that will feature the violin and piano duo of Gregory Lewis and Paul Williamson.

The artists will perform Ludwig van Beethoven's upbeat Spring Sonata and Igor Stravinsky's traditional-dance-inspired Suite Italienne, plus pieces by Edgar Elgar, Manuel

Ponce and Jules Massenet.

The concerts are intended to provide people with a unique musical experience, allowing them to mingle with classically trained musicians, who will share the history behind the compositions.

The Arborg concert is scheduled for Tuesday, Jan. 7 at 7:30 p.m. As house concerts usually take place in private homes, people interested in attending can connect with the Arborg host via Living Room Live for tickets.

Visit www.livingroomlive.ca/attend and the company will share your RSVP with the host.

Season's Greetings

LEO'S
SALES & SERVICE LTD.

Thanking our customers for their valued support for over 79 years of continuous service

www.leoscaselh.com
Toll Free: 1 866-694-4978
North Perimeter and Sturgeon Road, Winnipeg, Manitoba

Please note our office will be closed for the holidays December 23 - January 3.
We will reopen on Monday, January 6.

Happy Holidays!

THE EXPRESS
WEEKLY NEWS

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

KL
KEN LOEHMER
FUNERAL SERVICES

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

THE Flicks CINEMA

319 First Street E., Stonewall, MB

SHOWTIMES:
Please check individual listings
Due to various picture lengths showtimes vary

204-467-8401
PROGRAM SUBJECT TO CHANGE WITHOUT NOTICE
Cash only

JUMANJI: THE NEXT LEVEL	FRI TO MON DEC 20-21-22-23 CLOSED TUES & WED DEC 24 & 25 OPEN THURSDAY DEC 26 at 8:00 pm Each Night Coarse Language; Violence PG
CATS	FRI TO MON DEC 27-28-29-30 CLOSED TUES & WED DEC 31 & JAN 2 OPEN THURSDAY JAN 2 at 8:00 pm Each Night Musical Subject to Classification Phone theatre
FROZEN 2	FRI-THURS JAN 3-9 CLOSED TUESDAY at 7:30 pm Each Night Animated G
KNIVES OUT	FRI-THURS JAN 10-16 CLOSED TUESDAY at 8:00 pm Each Night Coarse Language PG

THE **EXPRESS**
WEEKLY NEWS



PUBLISHER
Lana Meier



SALES
Brett Mitchell



SPORTS EDITOR
Brian Bowman



SALES
Stephanie Oland Duncan



REPORTER/PHOTOGRAPHER
Evan Matthews



REPORTER
Ligia Braidotti



REPORTER/PHOTOGRAPHER
Patricia Barrett



ADMINISTRATION
Corrie Sargent



PRODUCTION
Debbie Strauss



ADMINISTRATION
Jo-Anne Procter



PRODUCTION
Nicole Kapusta



DISTRIBUTION
Christy Brown



PRINT
Dan Anderson



ADMINISTRATION
Allana Sawatzky

OUR SISTER PUBLICATIONS

Tribune
Stonewall Teulon
Selkirk Record
The **Voice**
Winkler Morden

getheard

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

> Got news?

Call Evan Matthews at 204-990-9871
evan@expressweeklynews.ca



Don't drink and drive, RCMP checkstop program in full-swing

By Evan Matthews

It's something we've discussed before, but in case anybody needs another reason to avoid drinking and driving over the holidays, the RCMP checkstop program is fully underway.

Between Dec. 1-8, RCMP set up 99 different checkstops around the province.

Those checkstops resulted in 26 impaired driving charges, with the highest BAC (blood/alcohol) reading reported at 0.23.

This holiday program is nothing new, but unfortunately, neither is the reality around drinking and driving.

For whatever reason, people continue to do it.

Between Jan. 1 - Dec. 12, 2019, 87 people lost their lives in 78 vehicle collisions in Manitoba, according to RCMP, with alcohol being a factor in 27 of those collisions.

Point blank, that is way too many lives lost in senseless tragedy.

We say "thoughts and prayers" to the families, or we all give our condolences.

Yet we'll still hear people say, "I

know my limits," or, "I'd never get behind the wheel if I was too drunk."

But it's our duty of care as citizens, maybe even more so as family and friends, to do all we can to make sure these instances don't arise.

We can proactively avoid these situations by offering rides, cabs, or even offering for people to stay the night if an extra bed is available.

"The RCMP remains committed to removing impaired drivers off our roads through the annual checkstop program," said Inspector Chris Moore, Officer in Charge of Traffic Services for the Manitoba RCMP.

"We know it works; over the last six checkstop campaigns in Manitoba RCMP jurisdiction, 637 people have been charged with Impaired Driving and 300 alcohol-related suspensions have been issued," he said.

Six-hundred-and-thirty-six people charged over six years, over 100 annually on average, just in December alone.

If the potential of hurting yourself or somebody else isn't enough to scare some people, maybe the law is.

RCMP are out there, and they're actively looking for impaired drivers.

While sounding preachy doesn't usually go over well with most people, this is more of an appeal.

We have an opportunity to get ahead of tragedy—whether it be legal tragedy, or worse—so it feels like common sense to take advantage of that opportunity.

One other point of note, is immediate roadside prohibition was introduced and put into effect on Dec. 16, 2019, meaning police across Manitoba now have a "new and powerful tool" against impaired driving.

It allows police to implement immediate roadside prohibition, taking alleged impaired drivers off the road instantaneously, and getting officers back out on patrol more quickly.

The checkstop program runs until Jan. 1, 2020. If not for the safety of yourself and others—maybe just to save your license and avoid a criminal record—plan proactively, and avoid drinking and driving this holiday season.

Merry Christmas!

Fisher Branch RCMP make arrests in armed robbery

Submitted

On Dec. 7 at approximately 5:30 a.m., RCMP responded to a report of a home invasion in Fisher River Cree Nation.

Three suspects entered a home, threatened the 75-year-old male homeowner with a weapon, and stole cannabis, a machete and a pellet gun.

There were no reported injuries to the victim.

Later that day, officers arrested three youths from Fisher River Cree Nation in relation to

the incident.

A 17-year-old male has been arrested and charged with robbery, possession of a weapon for dangerous purpose and uttering threats.

A 17-year-old male has been arrested and charged with robbery and disguised with intent to commit an offence.

A 15-year-old has been arrested and will be facing charges of robbery.

RCMP continue to investigate.



EXPRESS PHOTO SUBMITTED

Fisher Branch RCMP have arrested and charged three youth from Fisher River Cree Nation.

ADVERTISING OR PRINT CONTACT INFORMATION

Stephanie Duncan 204-461-4771
ads@stonewallteulontribune.ca

PHONE 204-467-5836

OUR EDITORIAL STAFF

Brian Bowman Sports Reporter
sports@expressweeklynews.ca

Evan Matthews - Reporter/photographer
204-990-9871 Email: evan@expressweeklynews.ca

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

ADDRESS

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

> EMAIL US

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

PAPER DELIVERY OR FLYER CONCERNS

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

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

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

Advertising Deadline: Monday 4:00 pm
prior to Thursday Publication
View the Express Weekly News online at
www.expressweeklynews.ca



getinformed

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

Local fisherman reflects on Lake Winnipeg's Ghost Ice

By Ken Kristjanson

Lake Winnipeg, for all its size, does not have a tide. But anyone who has visited the lake can attest to the fact that wind action can drive the water in both basins upwards of six feet, sometimes more.

This phenomenon can be very dangerous for boaters, property owners and, of course, the fishers. South or north currents can move or even destroy the nets. Even duck hunters can attest to the problems they faced with a sudden rise or drop in the lake level.

Commercial fishers who regard the lake as family ask her to settle down and make ice evenly. This allows for a good freeze and easier for the jigger to help set the nets.

This was the case one year when I lived as a preschooler at our fall and winter fishing station on Humbuck Bay. (The charts call it Humbug Bay

or Washoe Bay.) For some reason, the Humbuck name stuck with my family. Icelanders love their "by names" (nicknames). Anyway, that year the bay froze like glass. This caused much excitement as my father and his crew could get an earlier-than-normal start on the winter fishing season.

Then, suddenly, an unusual thing happened. The wind uncharacteristically turned to blow strongly from the south. This continued at gale force for several days, forcing the ice to crack with a sickening loud boom. The south wind forced the water level down as our water moved through the channel and then to the north basin. This caused considerable stress on the frozen ice as there was no support from the water underneath. My Afi said in a low voice, "Ghost ice," meaning the ice was like a ghostly shroud but nothing in the body. As my father

and his crew watched helplessly, a giant crack appeared in the bay as if an unseen force tore open the frozen ice, revealing over a mile of open water.

All the work put into setting the nets was lost. More importantly, this was wartime. Everything was rationed. You could not just call up, if you had a phone, and say, "Send me more gear." Cotton and linen were being used to supply our fighting men and women. Of equal importance, all our supplies came by rail to Riverton and then by Cat train, which needed thick ice to travel on. How to salvage the situation? A desperate plan was formed. The crew hauled a fishing skiff out of storage and securely mounted it to the sleigh. With oars in the boat, the crew would push the sleigh/boat on the ice near shore and then launch the craft into the mist from the open water.

It looked like a ghostly pirate ship to

us kids on shore. But it did the trick. The crew was able to pull some of their nets into the boat where there was open water. Of course, where the nets were under the ice, this was impossible. The back-breaking and dangerous work continued during all the daylight hours. Then, just as quickly, the wind changed to the north. A thin sheet of ice formed. However, with the wind and current, the salvage operation was suspended as the ice did not freeze until well after Christmas, as I wrote in my previously published story "A Cookhouse Christmas." My father and I walked out in the bay some weeks later. With a slight hint of a tear, he pointed out to us kids the costly nets frozen useless in the ice.

He very positively added that we would handle this setback by taking the good with the bad.

Protect your vehicle keys! Nearly 90 per cent of all thefts involve the use of keys

Submitted by MPI

The majority of auto thefts in Manitoba are preventable.

Nearly 90 per cent of stolen vehicles in the province involved the use of keys, according to Manitoba Public Insurance.

With the holiday season and colder temperatures now upon us, many vehicle owners may be tempted to leave their vehicles unattended while warming up or while running in and out of stores while shopping.

"Stolen vehicles are typically driven erratically and dangerously, putting

innocent people at risk," said Satvir Jatana, vice-president of employee and community engagement for MPI.

"The data clearly shows that the majority of auto thefts could be prevented if owners protected their keys. Auto theft is a crime of opportunity. Leaving keys in the ignition is no longer an acceptable practice. A running, unattended vehicle is an open invitation to an auto thief. Take away the opportunity and we can all do our part in reducing crime."

On average, auto theft costs MPI and its ratepayers about \$10 million yearly.

MPI data reported the following between the years 2016 to 2019:

- 70 per cent of stolen vehicles were taken in Winnipeg
- 40 per cent of stolen vehicles had keys in the vehicle (either in the ignition or within the passenger compartment)
- 12 per cent of thefts were attributed to lost or missing keys
- 21 per cent of thefts were attributed to stolen keys stolen (from a residence/jacket/purse)

Treat your car keys the same way you

treat your cell phone or wallet:

- Never leave your vehicle unlocked, unattended or running (even if it's just for five minutes)
- Don't leave your keys in your vehicle
- Always remember to lock your vehicle
- Park your vehicle in a well-lit area
- Avoid hanging your keys by the door — put them in a safe, out-of-sight place

Tough new sanctions to deter impaired driving came into effect on Dec. 16

Submitted

Manitoba's stronger and more timely sanctions for impaired drivers came into effect on Dec. 16, Justice Minister Cliff Cullen announced last week, reminding all motorists to make safe, responsible decisions to prevent collisions, injuries and other serious consequences.

"Immediate roadside prohibition means we will be able to take more impaired drivers off the road sooner," said Cullen.

"The strong sanctions in place are yet another good reason to make the right choice and never drive while

impaired. Manitoba continues to be a leader in dealing with impaired drivers, and together we are saving lives."

The Manitoba government highlighted additional details about immediate roadside prohibition earlier this fall in partnership with law enforcement agencies from across the province.

This approach increases sanctions for drivers who register a "warn" level on an approved screening device and provides an alternative to the more time consuming criminal court process for those who "fail" or refuse a test. The testing device used for immediate roadside prohibitions provides a faster alternative to the breathalyzer, as testing a suspected impaired driver can take as little as six minutes.

The new sanctions include monetary penalties and expanded use of vehicle impoundments and mandatory ignition interlocks. Adding up all the administrative sanctions and monetary penalties, the minimum cost for a "warn" will range from \$700 for a first violation to \$3,420 for a third or subsequent violation.

The minimum cost for a "fail" will be \$3,520, while the minimum cost for refusal of the approved screening device will be \$3,970.

The minister noted law enforcement will continue to have the option to proceed with criminal charges rather than the immediate roadside prohibition approach when they feel it is warranted.

More information about current sanctions and penalties related to impaired driving is available online at www.gov.mb.ca/justice/commsafe/impaired.html. This website will be updated with information when the new law takes effect.

The minister noted law enforcement will continue to have the option to proceed with criminal charges rather than the immediate roadside prohibition approach when they feel it is warranted.

More information about current sanctions and penalties related to impaired driving is available online at www.gov.mb.ca/justice/commsafe/impaired.html. This website will be updated with information when the new law takes effect.

The naughty and not so nice of Christmas tree hunting

By Patricia Barrett

It's much better for the environment to get a real tree for Christmas rather than one of those mass-produced plastic jobbies, so the environmental argument goes.

And that may partly explain why the Municipality of Gimli issued a notice to residents, affectionately dubbed "Christmas Tree Hunters," to refrain from stalking woody areas with chainsaw in hand to obtain the real deal on the cheap as they risk being "prosecuted." And if residents see a perfect specimen along road allowances and ditches, they should keep driving. Ditto for chopping down a tree they spot on private property.

"In past years, there have been people cutting trees from municipal property," said administrative clerk Jennifer Little, and the RM posted the Dec. 11 notice on its website just as a "friendly reminder."

Despite our well-meaning attempts to honour Christ and His promise of eternal life (an eighth-century German saint proclaimed a fir tree a symbol of that promise, legend has it, and 19th-century Victorians became the Christmas tree trend-setters), we may be overlooking the fact that trees are the most superior and cheapest technology our planet possesses for absorbing carbon dioxide and methane.

Greenhouse gas emissions are decimating life on Earth and they'll wipe us out by the end of this century if global temperatures rise 3 C above pre-industrial levels, warns the United Nations. It wants the world to "learn to love forests" because a single tree can sequester up to 150 kilograms of carbon dioxide per year.

Not only do trees outperform man-made technologies for containing greenhouse gases, but they also do it without requesting a paycheque or annual dividends. And some environmental organizations suggest we forgo a tree altogether at Christmas, including artificial ones.

Artificial trees come with built-in toxins and other materials that pollute the environment. Most are made from polyvinyl chloride, a synthetic resin (i.e., a plastic) used in a range of domestic and industrial products from raincoats, window frames and garden hoses to packaging, pipes and water bottles. The manufacturing of fake trees produces carbon emissions, not to mention emissions generated from shipping those trees to retailers around the world.

Plastic trees are not recyclable either. When they hit a landfill, they can leach toxins and break down into thousands of tiny pieces of plastic that

get gobbled up by fish and wildlife and, ultimately, us.

Even if you use your plastic tree for 30 or more consecutive Christmas seasons (if it's vigorous enough to last that long) and think that will somehow offset emissions, you're only fooling yourself: fake trees are destined to pollute the planet once they're thrown out.

And it has to be said that real Christmas trees ending up in a landfill produce methane, a more potent greenhouse gas than carbon dioxide. They can be recycled, of course, but are they?

Do we know what happened to those 1,952,489 fresh-cut Christmas trees that Canada shipped around the world in 2016 to countries such as France, Australia, Thailand, Venezuela and the U.S.?

Statistics Canada data pegged the worth of those trees at \$43.1 million. They were grown by 1,872 "exporting" Christmas-tree farms across British Columbia, Ontario, Quebec, New Brunswick and Nova Scotia.

How much carbon and methane would 1,952,489 trees left in the ground suck up? That depends on terrain, rainfall, number of leaves per tree, etc., but the "rule of thumb," according to carbon-management advice company Carbon Neutral and its tree specialists, is 15 trees per tonne of carbon dioxide.

If you must have a Christmas tree, the David Suzuki Foundation recommends real over artificial because they're "eco-friendlier." But there's a catch: people should buy trees with their roots still intact so that they can be planted indoors or outdoors after the holiday folds.

A Norfolk Island pine, for example, can be planted indoors and kept indoors year-round. And spruce and fir are ideal species for starting an indoor "tree forest." The foundation offers plenty of tips for transplanting trees outdoors.

Winnipeg-based Green Action Centre, on the other hand, has taken a stand on Christmas trees, urging us to get radical and give trees a chance to do what they do best — outside. In other words, don't get one because it's simply "better for the environment."

Last year the environmental organization posted a Top 10 list of sustainable gift ideas on its website. It includes creating a memory, making a loved one his/her favourite meal, re-purposing old furniture and gathering up windfall (where permitted) and decorating it.

There are countless ideas on the internet for smartening up your home



EXPRESS PHOTO BY PATRICIA BARRETT

The RM of Gimli is reminding residents to refrain from cutting down trees on municipal property, including ditches (shown here).

at Christmas without resorting to a tree. People can buy a ceramic tabletop tree, decorate windows with ribbons, drape garlands across furniture and mirrors or transform a wall with ornaments arranged in the shape of a tree.

If the tree-cutting statistics don't stagger you and the carbon-sucking abilities of trees fail to impress, consider the following true-life tale of a Stonewall woman, who's decided to go treeless every Christmas and asked for anonymity because of "sensitivities" surrounding the practice.

All you need is one bad experience with a Christmas tree and days of familial recrimination to "never buy a tree again," said the woman. "Just get a shitty Christmas tree once and your kids won't ever want one again."

After facing enormous pressure one year from her children for a real Christmas tree, and being a working mom with little time to shop around, the woman said she found herself in a barren city parking lot one Christmas Eve, forking over cash to a fly-by-night tree-flogger.

She wound up purchasing a cheapish "frozen tree" (it was either that or cough up \$180 for a "washed" tree from a reputable city greenhouse). Instead of being able to dress the tree straightaway, she had to wait hours for it to thaw.

That's when the "shitshow" (her exact words) really ramped up.

It turned out the tree was "spindly," unable to shoulder the weight of strings of colourful lights, garlands and twinkling baubles.

"I could only string one set of lights

on it," said the woman, her voice tinged with shame. "And I had to prop it up in my living room windows so that the lights would reflect on the glass and make the tree look triple its size."

Not only was it a sickly tree, but it also turned out to be a robust firestarter. Good thing the fire occurred outside after she dragged the tree to her rubbish bins, thinking it would lie there in an inert state until it hit the landfill.

A few seconds later the tree went up with a ferocity equal to the wildfires that rampaged across Australia this year.

"I can't believe how quickly that tree burned," said the woman, explaining how it picked up a spark from a nearby burn barrel in her farmyard. "I will never have a tree in my house again. Christmas lights are not grounded; they're all just connected together. It's a real fire hazard."

With a home that's a no-go-zone for Christmas trees, the woman said she hangs ornamental balls on cherry trees in her yard. Just having "live" trees outside "makes the birds happy" and her cats love climbing the trees and "swatting the balls."

On Christmas Eve, she and her family "spend time together," she said. They go outside in winter-appropriate gear, start a bonfire (not too close to the trees, mind), pull up lawn chairs and swap stories. Then they go for a late night snowmobile or toboggan ride.

Now, isn't that what Christmas is all about? You don't need a tree for that.

getfishing

RED RIVER > CHALET BEACH > LAKE WINNIPEG

> Fish tales?

Call Arnie Weidl at 204-641-2210
sanarn@mymts.net



Punch out your holes before walking out

Welcome, fellow fishers.

It's amazing to me how tenacious anglers can be. Driving along the river roads beside the Red River from Lockport to the blue bridge downstream of Selkirk last week, I could see anglers fishing on every little flat piece of ice available. A bit north of Sugar Island, I came upon an aspiring fisher parked on the side of the road taking his fishing gear out of his car. I pulled over behind him and, getting out of my truck, called out, "Do you know how thick the ice is here?"

"It's over a foot and a half," he said, pointing down the long snow-covered grassy riverbank slope to his ice shack that sat close to others on the ice a couple of car lengths off the bank.

"Because of the weak ice in so many places this winter, there is a lot of talk about the danger of dropping through," I said as I approached, handing him my card.

"Yeah, I have a bar with a narrow chisel-shaped cutting end and I punch ice holes every 20 steps," he said.

"Are you from around here?" I asked.

"No, I'm from Lockport. I'm Thomas Juba," he offered. "I'm fishing here today, but the fishing has been pretty good in the slough off the Red just past Selkirk."

As we stood on the side of the road, our backs to the bitter wind, I listened to Thomas as he spoke of current fishing concerns in a forceful distinct manner, his head nodding forward as he emphasized the points he was trying to make.

"Those guys at Balsam Bay a while back should have known better than to take a big trailer out onto the ice so soon. Sure, winter hit early this year and lots of guys went fishing in the 'Bay,' but they were using sleighs or sleds," he said, looking at me with intensity.

"Yeah, with prevailing fall northwest winds in Manitoba, the ice on the south end of Lake Winnipeg can get pretty fractured and piled up," I said.

While ice fishing on the Red was spotty with few anglers about, the opposite was true as I drove up to the shoreline at the Gimli bay. There was an atmosphere of light-hearted hustle and bustle with dozens of portable hard-wall and old trailer ice shacks scattered all over the ice while more were being towed on continuously. The day was sun-bathed, clear and cold as I urged Old Red onto the ice just north of the Lakeview Hotel. I noticed a trio of anglers tailgating maybe a half "click" out and made my way to them.

"How's the fishing?" I inquired as I pulled up to them opening my truck door.

Clad in snowmobile suits, they were kneeling over their ice holes jigging short fishing rods. Frosty icicles showed on the older chap's moustache.

"We've been here since early morning and

were catching two at a time on pickerel rigs but now we haven't had a bite for hours," said the elder, who I guessed to be the father of the family.

"You guys out of Winnipeg?" I asked.

"Yes, we fish on the ice here in the winter and off the pier in summer. It's our favourite place," the mother pointed out.

"I'm Noli Porce and this is my wife Flora and my son Denny," the man added.

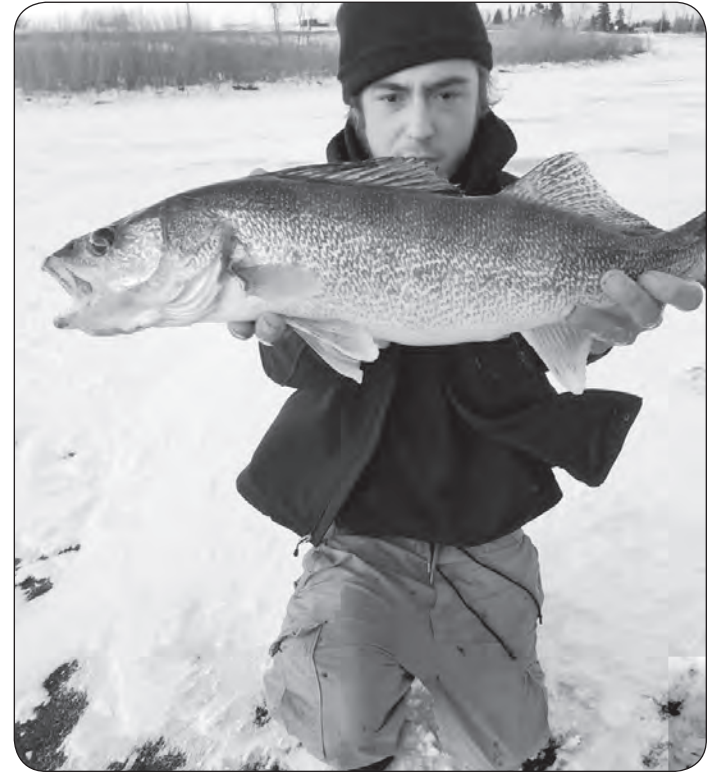
We chatted for a bit. Then I left them and walked over to a hard-wall shack where a very tall, muscular young chap had just set his wet auger on the tailgate of his truck after having made some holes in his shack. He stood out on the ice with me and I asked if he had an interesting fishing story for us. He smiled as if to say, "Yes, I do."

"I'm Daniel Stevens and my grandfather Cliff Stevens and great-grandfather were ship captains on Lake Winnipeg freighters from the time of steam ships to diesel-driven craft. I was a young guy when my grandfather was retired and, like most of us here, we loved to fish every chance we got. At that time, he was a very big man but that didn't stop him from being creative when he took me ice fishing onto first ice," he said.

"Grampa would give me a needle bar and send me ahead of him. He would tell me to chip out a hole, and if the ice was three or four inches thick, he would tell me to walk out another 50 steps and punch out another hole. When we got out to just a little north of where we are now, we would make bigger ice fishing holes, take our stuff out of our pails, turn the pails upside down to sit on and fish side by side all day.

"My gramps was a big man and a kind man. To this day, I can remember like it was yesterday, sitting beside Grampa ice fishing in the open. It was the best time of my life."

Have a safe and wonderful holiday, my fishing friends!



EXPRESS PHOTO BY ARNIE WEIDL

Thomas Juba with a very nice catch out of the slough by Selkirk.

HOLIDAY CLOSURE RAPID ACCESS TO ADDICTIONS MEDICINE (RAAM) CLINIC

Community Health Office
237 Manitoba Avenue, Selkirk

Closed Tuesday, Dec. 24 & 31, 2019

Service resumes: Tuesday, Jan. 7
12:30 – 3:30 p.m.

- Walk-in
- First come first served
- No appointment needed

**For immediate concerns call
Manitoba Addictions Helpline
1-855-662-6605 (8:30-4:30 weekdays)**



ADDICTIONS FOUNDATION
OF MANITOBA



Interlake-Eastern
Regional Health Authority

IS THIS A
**CREDIBLE
SOURCE?**

www.SPOTfakenews.ca

Gimli Dog Advisory Committee gets the ball rolling on proposed dog park

By Patricia Barrett

A volunteer committee that was formed this year has begun fundraising for the creation of a dog park in the town of Gimli.

The Gimli Dog Advisory Committee was formed in the spring for the express purpose of raising funds for the park, which will be located in the northwest corner of the sports park at the north end of town, according to the committee's press release issued last week.

Members of the committee include the Gimli Dogs community group, community members, dog lovers and one council liaison. It will provide council with advice and take the initiative on proposals.

"The intent in forming this committee was to construct an outdoor en-



EXPRESS PHOTO SUBMITTED
Gimli Dog Park logo.

closed [fenced] dog park," said Coun. Thora Palson, who is representing

council on the committee. "Committee chair Brenda Filby did a presentation to council in the spring, saying the committee wants to see this happen. They're willing to do the work and they want to fundraise."

The committee secured council's support for the park, which is on RM-owned land. The RM has agreed to equally split the cost of the park with the committee, said Palson. The committee's goal is to raise \$10,000 and the RM has already set aside \$10,000 in its budget.

"You don't always get people saying, 'We want to do our part [financially],' " said Palson.

The committee will develop rules for use of the park and codes of conduct. If people fail to adhere to the rules, Palson said there will be consequences.

The committee also plans to have re-

ceptacles installed for dog waste.

Palson said the committee will be issuing updates when the actual design of the park is finalized. In the meantime, the committee is looking for volunteers of all ages to help with the initiative.

The Gimli Dogs group has already started the first fundraising initiative. Members are selling 50/50 raffle tickets for \$10 (or three for \$20). The lucky ticket holder could win up to \$3,000. The raffle closes Feb. 2.

The committee will be fundraising throughout the winter and the hope is to have the park up and running in late spring of 2020.

For more information about the committee, email gimlidogs@gmail.com or visit the group Gimli Dogs on Facebook and Instagram.

You can now call

toll-free 1-866-267-5818

**to hear about the availability of a doctor
in your emergency department.**

These schedules are also posted online at www.ierha.ca under "Care in your hospital" and "Emergency department schedules".

WHAT DO YOU DO WHEN A DOCTOR IS NOT AVAILABLE IN YOUR EMERGENCY DEPARTMENT?

1. Nurses are available in emergency departments to assess your condition and to identify your care options.

If you come to an emergency department on suspended service, come inside and speak with a nurse.

2. When an emergency occurs, always call 911 or your local 10 digit number.

Paramedics will care for you and transport you to the care providers you require. Visit www.ierha.ca, "Care in your Community", "Calling for an ambulance" for a listing of 10 digit numbers.



We continue to recruit doctors to our region, however, services in some emergency departments may be temporarily unavailable if a doctor is not onsite.

 **Interlake-Eastern**
Regional Health Authority

Enter now for Jets Town Takeover



Staff

Calling all Winnipeg Jets fans!

You now have the opportunity to enter a contest for a chance to have the Winnipeg Jets take over your community on Tuesday, March 24 as part of the second annual Jets Town Takeover event.

The initiative allows Winnipeg Jets hockey and programming to be accessible for a community that's past the perimeter. The winning community can come together to celebrate the great game of hockey. Last year, Morris won the honour of enjoying the Town Takeover.

To enter, you will need to submit a video explaining why your town deserves to be selected as a Jets Town Takeover finalist. The submission deadline is Sunday, Jan. 5 at midnight and videos must not be longer than 90 seconds. Videos should be recorded in

landscape format (horizontally) and submitted in MP4 or MOV format.

After that, the Top 3 videos will compete in a public vote from Jan. 10 to 21 to determine the winner.

The winning community can look forward to a pizza lunch at a local elementary school and Winnipeg Jets alumni on-ice participation with a local hockey team on March 24. There will also be Project 11 mental wellness programming for local students. That evening, the entire community can join together for a viewing party of the Winnipeg Jets at Nashville Predators game, complete with in-person hosts, an appearance by Mick E. Moose and prize giveaways. The approximate value of the grand prize is \$15,000.

For more information or to submit a video, visit WinnipegJets.com/JetsTownTakeover.

Arborg-Bifrost Fire Department fights carcinogens with new turnout gear



Councillors and staff from the Town of Arborg and the RM of Bifrost-Riverton with volunteer firefighters.

By Patricia Barrett

The Arborg-Bifrost Fire Department was the recipient of new firefighting gear designed to block carcinogens that firefighters are exposed to when battling structural and other types of fires.

The Town of Arborg and RM of Bifrost-Riverton jointly fund the department — 45 and 55 per cent respectively — which provides services to communities and rural areas across the region and also assists neighbouring fire departments.

The two councils funded the cost of two sets of protective gear that reduce the risk of particulate contamination that can lead to cancer.

Fire Chief Leroy Loewen said the new turnout gear can block 99.5 per cent of carcinogens.

"This new gear has a barrier in it that traps 99.5 per cent of the carcinogens that are out there when we're fighting fires," he said. "It's very light material. It will not only provide excellent protection, but it also reduces fatigue. Firefighters can perform their duties more efficiently for a longer period of time, which is important on a fire-fighting scene."

Loewen said the department is very grateful for the support from the two councils and for "placing a high importance on safety."

"We greatly appreciate the support they've offered us over the last year," said the fire chief. "It has been good working with these two councils and it's also been good working with the CAOs of both councils (Lorraine Bardarson and Cindy Stansell) on the administrative side. They've helped us through the transition to the new councils which were elected last year."

Councillors and staff from the town and RM paid tribute to the 15-member department Dec. 9 at the Arborg station.

Bifrost-Riverton Reeve Brian Johnson said safety is always top of mind when providing funding to the fire service.

"Some of their equipment was getting old. The new equipment is lighter and it won't be as hot in the summer. It also has protection from carcinogens," said Johnson. "We're very concerned about that because it's all about safety and lessening the risks for the firefighters."

The department provides a very important service to the community, he said, and he commends anybody who wants to become a firefighter.

"We're fortunate we have a very good fire department and excellent volunteers,"

said Johnson. "They do an excellent job especially in their training program, which is second to none. They work together very well as a team."

Arborg Mayor Peter Dueck said the town is pleased with the fire department's services, its regularly maintained equipment and "exemplary" training program.

"They have many volunteers who are willing to respond to every emer-

"WE'RE FORTUNATE WE HAVE A VERY GOOD FIRE DEPARTMENT."

IS THE PERSPECTIVE BIASED?

www.SPOTfakenews.ca



EXPRESS PHOTOS COURTESY OF LEROY LOEWEN

The Town of Arborg and RM of Bifrost-Riverton funded two new sets of state-of-the-art turnout gear.

gency. Some members have been with the department for up to 20 years and some who have just recently joined," said Dueck. "This speaks to the dedication of our community."

The town also has an excellent rela-

tionship with the RM, he said, sharing the costs of firefighting services.

"We are very proud of our fire department and its members," said Dueck.

Engage **MB**

MOVING MANITOBA FORWARD

Help plan the next provincial budget

Manitoba's Finance Minister, the Honourable Scott Fielding, is hosting a series of meetings across the province to hear what Manitobans have to say about the next provincial budget.

You are invited

Thursday, January 9, 2020

3 to 5 p.m.

New Iceland Heritage Museum

108-94 1st Ave., Gimli, MB

Request accommodations for accessibility by emailing budget2020@gov.mb.ca

Other ways to participate

If you are unable to attend the in-person public meeting, we welcome your feedback by:

- taking the online survey or creating your own budget at EngageMB.ca
- emailing us your ideas and insights to budget2020@gov.mb.ca
- writing the Minister of Finance, Room 103-450 Broadway, Winnipeg, R3C 0V8

Manitoba

Fisher Branch Early Years students travel to the North Pole

By Evan Matthews

In true holiday fashion, the snow was falling and Fisher Branch transformed from a small Manitoba town to Santa's workshop in the north pole.

Approximately 150 friends and family packed the Fisher Branch Early Years gymnasium for the annual Christmas concert. This year's play *Elflandia* — was a musical in which elves ponder the possibility of human existence.

"Our Christmas concerts are really important as they relate to our community culture," said Fisher Branch Early Years principal Roger McCulley.

"It's also a part of our English Language Arts curriculum, in terms of the musical being a form of expression."

Elflandia, written by John Jacobson and John Higgins, tells the story of Santa's elves and how the elves prepare toys for Santa's annual trip.

The elves hear reports about the humans that simply "aren't encouraging," according to the play's synopsis. They find many humans are grumpy and stressed at holiday time; others are even downright sour when they wake up from a holiday nap.

Santa eventually shows up with a real, living human, and the elves begin to discover a little bit more about a species they don't really understand.

The concert was emceed by students Reese Nahaliak and Lucas Caron, who kept the parents entertained in between songs, with jokes that had the whole audience laughing.



Ryelle Brill delivers her line while pondering the existence of humans.



Gabriel Stevenson smiles ear-to-ear after delivering his line to the packed house.

"What is the best thing to give your parents for Christmas?" Nahaliak asked Caron.



Jenifer Thomaskutty and her mom, Sumi, participate in the song "Elfie Selfie," which incorporated the audience.



MCs Reese Nahaliak and Lucas Caron had the crowd laughing with many jokes, including, "What's the first thing elves learn in school? The 'Elf'-abet."



Celebrating the Reason for the Season

As we celebrate the miracle of His birth, May you experience joy, peace, and hope this Christmas season.

Thank you for your hard work and support. We are filled with gratitude for communities like you.

"Wishing you peace and joy.
Merry Christmas from Vidir Solutions"

VIDIR
vertical storage solutions

204.364.2442 storevertical.com



Cody Malenchak does his best Santa impersonation.

"I don't know. What?" he responded. "A list of everything you want," she said, truthfully.

While not every cultural background celebrates the same holiday, the focus of "Christmas concerts" are not that of religion of belief, according to the principal.

The focus around the holiday season, at least for many schools, has become more so about community building, inclusivity and sharing the



Peyton Vandersteen (left) and Amielou Beaudette perform "Snowflakes on the ground" at the beginning of the concert before the *Elflandia* musical began.

magic of what is often "the most wonderful time of the year."

"We have a very multicultural community here in Fisher Branch, and we ensure our holiday season has never been controversial," said McCulley.

"We're very open, and we encourage our students to talk about their customs and cultures. It's such an important part of the season."

The event was planned collaboratively by all the teachers at the school.

Hunters have their game scored in Gunton

Staff

Weather conditions rarely deter avid hunters during hunting season, so it was no surprise that the snow, sleet and rain on Dec. 7 didn't stop the large number of enthusiastic hunters from bringing their deer heads to be scored at the 67th annual Deer Head Competition.

The competition, which has been held at the Gunton Greenwood Memorial Hall since 1953, is now co-sponsored by the Teulon Game and Fish Association.

Hunters from the Interlake brought in a record setting 105 antler sets to be officially scored by members of the Manitoba Big Game Trophy Association.

The 2019 Gunton Deer Head Competition winners are as follows:

- Open category, adult typical - Randy Procter of Stonewall (160 7/8).
- Adult non-typical - Devun Groot of

Gimli (185 2/8).

- The most uniform category - James Rogowsky of East St. Paul (141 less than 2" variation).

In the youth category, typical was won by Colby Lazorak of Poplarfield (157 2/8) while Emily Kilpatrick of Komarno (54 7/8) won the non-typical.

The Teulon Game and Fish Association membership only competition results for 2019 are as follows:

- Adult typical — Tommy Tyluk, Brian Korotash and John Richter all of Teulon.

- Adult non-typical — Rod Campbell of Teulon.

- Youth typical category — Alex Evans of Balmoral, runner-up Logan Mott of Gunton

There were no youth non-typical winners.

The social part of the evening included a late lunch with pulled pork provided by Danny's Whole Hog.



EXPRESS PHOTOS BY TONY BALIANT

Chris Beckman, left, presents Randy Procter with a plaque for winning highest scoring Adult typical deer at the Gunton Deer Head competition held on Dec. 7.



Photos from left, left to right: Murray Ellison presents Devun Groot with the prize for adult non-typical deer; Beckman presents James Rogowsky with the most uniform deer prize; Colby Lazorak receives his prize for the youth typical deer from Beckman; Ellison presents Emily Kilpatrick with her non-typical deer award.

**Seasons Greetings
& A Happy
New Year**

MAYOR, COUNCIL AND STAFF
RURAL MUNICIPALITY
OF GIMLI

*Celebrating the gifts of
friendship & community*

ARBORG

**Town of Arborg
Mayor, Council
& Staff**

Christmas Greetings 2019



MS 170
Gas Chain Saw

Displacement 30.1 cc
Power Output 1.3 kW
Weight 3.9 kg (8.6 lb)*



\$259⁹⁵
MSRP \$289.95
with 16" bar

RECEIVE A FREE WOOD-PRO™ KIT

with the purchase of any eligible STIHL Chain Saw.**

• Woodsman® Carrying Case • OILOMATIC® Chain • STIHL Hat

**Don't miss your chance to get the Wood-Pro™ Kit. Simply purchase any one of the following chain saws and you will receive a STIHL Wood-Pro™ Kit FREE. This kit includes: a Woodsman® Carrying Case, STIHL hat and a replacement loop of OILOMATIC® chain - an \$85 value! Hat may not be exactly as shown. While supplies last. Eligible Models: MS 170, MS 171, MS 180 C-BE, MS 181 C-BE, MS 193 C-E, MS 211, MS 250, MS 251, MS 251 C-BE, MS 261 C-M, MS 271, MS 291 C-BE, MS 362 C-M and MS 391



MS 250

Gas Chain Saw

45.4 cc | 2.3 kW | 4.6 kg (10.1 lb)*



\$449⁹⁵
MSRP \$459.95
with 16" bar

MS 271

Gas Chain Saw

50.2 cc | 2.6 kW | 5.6 kg (12.3 lb)*



\$549⁹⁵
MSRP \$569.95
with 16" bar

BG 50

Gas Handheld Blower

27.2 cc | 0.7 kW | 3.6 kg (7.9 lb)*



\$199⁹⁵
MSRP \$219.95

NEW BGA 57

Battery Blower

36 V Li-Ion 118 Wh | 2.2 kg (4.9 lb)*



\$259⁹⁵
MSRP \$279.95
Lithium-Ion BATTERY-CHARGER INCLUDED

NEW BR 800 C-E

Gas Backpack Blower

79.9 cc | 3.2 kW | 11.7 kg (25.8 lb)*



\$879⁹⁵
MSRP \$899.95
Easy 2 Start™

f t i y p | STIHLCanada www.stihl.ca

STIHL MOTOMIX® - THE ULTIMATE PREMIXED FUEL

AVAILABLE EXCLUSIVELY AT YOUR LOCAL STIHL DEALER!

Dealers may sell for less. Illustrations and descriptions are as accurate as known at the time of publication and are subject to change without notice. STIHL Limited is not responsible for a printing error, the local STIHL Dealer has the final authority to set product pricing. Pricing valid at participating dealers only.

*Weight with powerhead only. †Weight without fuel. ‡Weight without battery.



SHACHTAY
SALES & SERVICE LTD.
www.shachtay.com

204-376-5233

Arborg, Manitoba
Family Owned

Servicing the Interlake for 53 Years!

The Wonderful World of Rudolpha



The North Pole Christmas Extravaganza

Written by Johannie Dufour and Sarah Beauregard
Translated by Cyan Caruso-Comas

There's excitement in the air at the North Pole Auditorium tonight. The annual Christmas Extravaganza is about to start. Sitting in the front row, Santa and Mrs. Claus are excited to watch the show. The lights in the theatre start to flash, indicating that the audience should take their seats. Wearing an emerald green tuxedo, Taiga the elf takes the stage as tonight's host.

"Ladies and gentlemen, welcome to the 675th North Pole Christmas Extravaganza! Are you ready to be entertained?" The audience cheers and claps.

For nearly two hours, the master of ceremonies presents music, dance, comedy and circus acts. And while each is wonderful in its own right, the last three are truly special.

First, Rudolph and his sister Rudolpha the reindeer, teacher at the North Pole Animal Daycare, captivate the audience with a performance of a beautiful song they wrote about Christmases from times past. Their lovely harmonies are paired with touching lyrics that

bring tears to the eyes of everyone in the audience.

Next, the Star Fairy, an electric guitar virtuoso, plays an instrumental piece backed by the children from the daycare. While the fairy plays, the kids accompany her with maracas, bells, triangles and drums. Everyone in the room dances to their music, and the Star Fairy's final solo stuns them all.

For the final act, Jack the elf-of-all-trades and his partner Nougat the chef perform an amazing dance number. Mixing ballet, jazz, salsa, hip hop and tango, the dancers perform a number they'd practised in their living room for months. The audience shows their appreciation with a loud and long standing ovation.

As is tradition, at the end of the show, Santa and Mrs. Claus take the stage to congratulate the performers and to say a few words to the audience.

"Ho, ho, ho! Once again, you've amazed and entertained us," starts Santa, "and my lovely wife has an announcement she'd like to make."

Mrs. Claus smiles as the audience claps for her. "The North Pole is so full of talented individuals that

we've decided it's time to open a performing arts school. It'll open in the spring."

Hundreds of elves and animals clap and cheer. What a perfect way to end an amazing show.



ONE

INSURANCE

looking after families from one generation to the next



Lundar is excited to welcome Jenine Wallach to our team!

We are excited to have Jenine join our Lundar team. She is new to the insurance industry and comes to us with a Bachelor of Commerce. She is excited to serve the area in which she resides in and to assist in our continued efforts to support the community.

Find out more about us online
oneinsurance.ca



ONE

INSURANCE

204-762-5501
Box 724, 17 Main St.
Lundar, MB R0C 1Y0

There they went a-wassailing in Winnipeg Beach

By Patricia Barrett

They all went a-wassailing last Friday night at the Winnipeg Beach Community Centre to celebrate the coming of the winter solstice (Dec. 21) and to bring the community together for a night of music and merry-making. Wassailing is a custom from days of yore when people went from house to house singing carols.

Organized by SCAPE (Stronger Communities through Arts Participation for Everyone) and the Town of Winnipeg Beach, the free

family-friendly event included performances by SCAPE musicians, sing-alongs, dancing, kids' craft-making, wassail punch, hot chocolate and freshly baked cookies.



SCAPE musicians.




EXPRESS PHOTOS COURTESY OF HELMA ROGGE REHDE
Fiddler protege Mitchell Baker accompanies SCAPE musicians and carollers.



Participants, some in their best Christmas sweaters, performed a circle dance.




A holiday village was on display.



Celebrating 25 Years of Holidays in the Interlake

As we wrap up another year, we think about how lucky we are to know good folks like you. Thanks for making us feel so at home here. We sincerely appreciate your patronage and support.

Merry Christmas and Happy New Year from our entire team!



QUARRY PHYSIOTHERAPY

AN *inMotion* CLINIC

Gimli • 204-642-5353
Arborg • 204-376-2406



Merry Christmas and
a Happy New Year
to all our Customers

AM Bruce Drilling
(204) 768-2665



Merry Christmas
& Happy New Year

Eriksdale
Redi-Mix
Concrete
(204) 739-5334
Eriksdale, MB



Best Wishes for a Happy Holiday Season and a Peaceful & Prosperous New Year

Holiday Office Hours:

Dec 24 & 31/19	Arborg, Gimli, Riverton, Selkirk	9am-2pm
Dec 24 & 31/19	Peguis	Closed
Dec 25 & 26/19	All offices	Closed
Dec 28/19	Riverton	Closed
Jan 1/20	All offices	Closed



Interlake
REAL ESTATE
& INSURANCE

Gimli 56 Centre St. 642-8501	Arborg 315 Main St. 376-2679	Riverton 33 Main St. 378-5172	Peguis Peguis Mall 645-4078	Selkirk 184 Main St. 482-5806
------------------------------------	------------------------------------	-------------------------------------	-----------------------------------	-------------------------------------

www.interlake.mb.ca

We know you
have a choice...
Thanks for
choosing us!!

ARE
**OTHER
SOURCES**
REPORTING THE
SAME STORY?

www.SPOTfakenews.ca

happy
holidays

Fisher Branch breakfast with Santa included special guests



EXPRESS PHOTOS SUBMITTED BY TAMI KARSIN

Photos left to right: Jack Bouchard visits with Santa, while the jolly big man takes notes as to what presents to bring to Fisher Branch; Paisley, Stuart and Tessa Woloshyn enjoy their breakfast at the Fisher Branch breakfast with Santa; Big Bird and Elmo were this year's guest characters, as every year a surprise visitor or two show up to the breakfast. Nobody knows who the guests will be until they walk through the door; Emily Mazur and Kristin Stocki volunteered as cooks for the morning, mixing up pancake batter and serving the masses.

By Evan Matthews

For the 19th straight year, Santa took time away from his busy schedule to attend the Fisher Branch Breakfast with Santa.

Tami Karsin, director of Fisher Branch Care-A-Lot For Tots, said over 200 community members packed the gymnasium at the Fisher Branch Early Years School for the event.

"This event gives our community members and families a chance to see people they haven't seen in a really long time. When you look around the room, you see everyone smiling, laughing, talking and hugging one

another, kids are playing, it's a great feeling," said Karsin.

"Everybody just seems to love it so much. We keep on doing it for that reason."

While the event is still a fundraiser for Care-A-Lot For Tots, Karsin said it's turned into more of a community gathering than anything else.

Though, on average, the daycare raises about \$1,500 for its operations through the event. Each year seems to draw more community support in the form of sponsors than the year previous, according to Karsin.

"Of course, we had Santa in atten-

dance, but we even got a surprise visit from Elmo and Big Bird this year," said Karsin, adding that each year draws a surprise "character guest" or two, though organizers never know exactly who it will be until they walk through the doors.

"We'd really like to thank our community sponsors, volunteers, etc. It's really their help and support that

pulls this event together for the community."

Events for the kids this year included balloon animals, cookie decorating, a bead craft, a colouring station and a Christmas decoration craft station, according to Karsin.

Karsin said to put the event in your calendar for next year, too, as it'll mark the event's 20th anniversary.

Warmest wishes to our many best friends at this joyous time of year!

Quarry PETS
Supplies & More

317 Main St., Stonewall 204-467-5924

Tidings of Comfort & Joy
At Christmas time, may the company of loved ones present and the fond memories of those who have passed surround you with happiness and fill your heart with peace.

Gilbart Funeral Home Ltd.
Chapels in Selkirk & Gimli
1-800-230-6482 • 1-204-482-3271
www.gilbartfuneralhome.com

MERRY CHRISTMAS

JAMES BEZAN MP
SELKIRK—INTERLAKE—EASTMAN

OFFICE@JAMESBEZAN.COM
JAMESBEZAN.COM • 204-785-6151

Skating Santa and musical talent makes for a very merry party

By Patricia Barrett

It was no surprise Santa was able to keep up with the kids at the Gimli Recreation Centre last Sunday after they invited the jolly man to take part in an afternoon skate.

He does come from the land of ice and snow, after all.

Dozens of kids, and some parents, got in a few laps around the rink before Santa arrived for the skating party, which included cookie-decorating and a variety of musical performances.

"Santa is late because he has to come from the North Pole," said Will Johannesson, who took to the ice with his sisters Myla and Tori.

The RM of Gimli's recreation programmer Brenna Philp said the event is popular with the kids, and she was expecting about 60-70 kids to attend the two-hour event.

Santa, played by Philp's 81-year-old grandfather Millard Barteaux, was a natural on the ice as he plays hockey

twice a week.

As several kids got to work decorating cookies, performers took to the stage on the second floor. The Ornaments, composed of students Lin Howelko, Tyler Ross and Eric Mckelvey (who are also part of the Nex-Gen Garage Band), rocked the crowd with Christmas standards and other tunes. Johannah Thordarson, Mitchell Baker and singer-pianist Jess Armenti from Selkirk also showcased their talents.

The musical performances were organized by Anders Kuusselka, Mary Gomez and other volunteers from the Wave youth drop-in program. Sobey's and Co-op sponsored the food. The Wave provided refreshments.



EXPRESS PHOTOS BY PATRICIA BARRETT

Santa (Millard Barteaux) and Rudolph (RM rec programmer Brenna Philp) dropped by the Gimli Recreation Centre last Sunday to skate with the kids.



Nora Heminger, with her mom Jess, opted for pink icing and coloured sprinkles at the cookie-decorating table.



Santa hands out candy canes.



Jessa Batenchuk (centre) from Gimli with her Nana and Justice Patrick created an artfully decorated cookie.



Why don't we stretch out a bit?



The Ornaments rocked the Rec Centre. From left: pianist Lin Howelko, drummer Eric Mckelvey and bassist Tyler Ross.



EXPRESS PHOTOS BY PATRICIA BARRETT

Members of the Wave youth program. Musicians from Gimli and Selkirk and Wave volunteers threw a party in the Rec Centre lounge.



From the staff at the
THE EXPRESS
WEEKLY NEWS

Youth centre gets the nod

By Patricia Barrett

Gimli is on track for the establishment of a dedicated youth centre after a majority of Gimli council agreed to lease land to a volunteer organization running the current Wave youth drop-in program.

At its Dec. 11 regular meeting, council (Coun. Richard Petrowski was absent) passed a resolution to provide municipal land to the organization to help it get off the ground.

"I think it's a positive thing. We do need a drop-in centre here for the young folks of the community," said Mayor Lynn Greenberg. "They're [Wave youth program volunteers] getting a building, moving it here and they're going to renovate it."

Retired photography/digital media arts teacher Anders Kuusselka has been overseeing the Wave after-school youth program at Dr. George Johnson Middle School for the past year, along with other volunteers. They provide activities and a super-

vised hang-out space for kids. Kuusselka has also overseen a popular after-school youth music program called the NexGen Garage Band for several years, helping youth build self-confidence through music learning and performance.

The precise location of the new youth centre is yet to be determined.

According to the resolution, council will enter into a long-term lease agreement with the centre and provide an in-kind donation of water and sewer hook-up for the building.

Coun. Thora Palson said Gimli used to have a dedicated youth centre and pool hall near North Colonization Road in the north end of town and she welcomes the proposal.

"I'm willing to support this because in the past Gimli always had a youth centre," said Palson by phone after the meeting. "Right now, there's a gap in our community with not having a dedicated facility for youth. We're certainly wanting to fill that gap in the



EXPRESS PHOTO BY PATRICIA BARRETT

Anders Kuusselka (back row, second from left) with Wave members and youth performers at a Dec. 15 concert at the Gimli Recreation Centre.

community for the activity and engagement of our youth."

Palson said Kuusselka has essentially been hosting the youth program without a permanent home, using

space in a church then moving to the school. An announcement is expected in spring about where the building will be located and when it's expected to open.

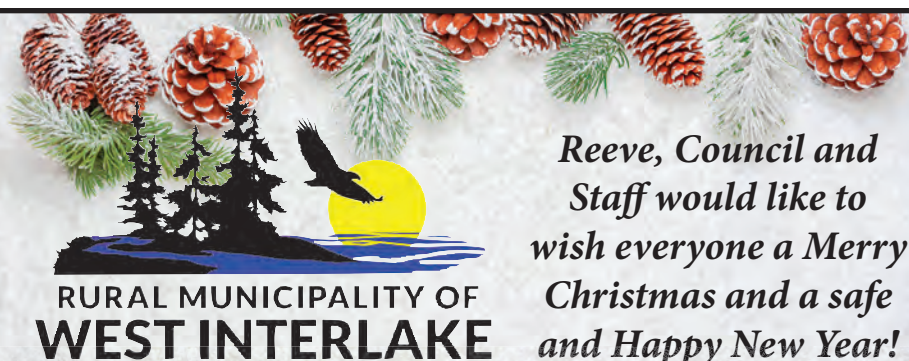
To All Our Members and Friends during the Holidays

We would like to express this Christmas season our sincere gratitude for the opportunity and privilege of serving each and every one of you



Interlake

Bulk Petroleum Hwy 68 & Main St. 204 376 5201	Arborg Food Store 253 Main Street 204 376 5245	Arborg Gas Bar 316 Main Street 204 376 2349	Eriksdale Food Store 24 Railway Avenue 204 739 2116	Eriksdale Hardware 21 Railway Avenue 204 739 2634
---	--	---	---	---



RURAL MUNICIPALITY OF
WEST INTERLAKE

Reeve, Council and Staff would like to wish everyone a Merry Christmas and a safe and Happy New Year!

HOLIDAY HOURS

The Ashern and Eriksdale Offices will be Closed Tuesday, December 24th at 12 noon and will re-open Monday, December 30th at 9:00 am.
Offices will be closed Tuesday, December 31st at 12 noon and will re-open Thursday, January 2nd, 2020 at 9:00 am.

Wishing you and yours a warm and wonderful season.



Please visit
noventis.ca
for a detailed listing of our holiday hours.



Noventis
CREDIT UNION

Westshore Singers Christmas concert sells out

By Patricia Barrett

The Westshore Singers enduring popularity was evident Sunday, Dec. 8 during its matinee concert in Gimli that sold out. The choir also saw a full house during its final performance Dec. 10.

Decked out in red scarves and festive headpieces, the choir performed Christmas standards under the baton of director Karen Lamb.

The choir supports the community through the proceeds generated by its performances. Tickets sales from the Christmas concert will go to Evergreen Basic Needs (food bank), which helps struggling families in Gimli and communities in the vicinity, and to the annual Evergreen Festival of the Arts, which showcases student talent in the performing arts. The choir also collected a “tin for the bin” from concertgoers to support the food bank.



EXPRESS PHOTO BY ANDY BLICO

The Westshore Singers performing at Gimli's Lutheran Church.

*A Wish for You
at the Holidays*



MAZERGROUP 210 St. Phillips Dr., Arborg
"A Proud Past, A Strong Future" 204-376-5600

*Wishing You a
Holiday Wrapped
in Happiness*



PHARMASAVE
45 Centre St., Gimli (204) 642-5504

Best Wishes
in the
Holiday Season!

*We look forward to the
year ahead and new
opportunities to help
create thriving students
and communities!*



**LAKESHORE
SCHOOL DIVISION**

MERRY CHRISTMAS

**We'd like to thank our friends so dear
for choosing us and stopping here.
At Christmastime and all year through,
we owe our success to all of you!**

*We hope your
Christmas holiday
is simply perfect
in every way.
Best wishes!*



RONA Teulon 204.886.3111
Gimli 204.642.9688
Gimli and Rockwood **rona.ca**

Singing Cowboy and Dawn of a New Day draws large crowd



EXPRESS PHOTO BY PATRICIA BARRETT
Dawn and Billy are the duo that make up The Singing Cowboy and Dawn of a New Day. They were performing at Robin's Donuts to a packed house last Wednesday evening.

By Patricia Barrett

It was a full house last Wednesday evening when singing duo Dawn and Billy took to the stage at Robin's Donuts in Gimli. Known collectively as The Singing Cowboy and Dawn of a New Day, guitar-wielding Billy from Fraserwood and bass-wielding Dawn from Gimli have been delighting the crowds at Robin's over the past three years.

With eight gigs to go before Christmas, the duo will be heading to Winnipeg and several Interlake towns, including Ashern, Fisher Branch, Arborg and Stonewall, to entertain the crowds with their renditions of classic country hits.

Games to liven up your gift exchange



Are you tired of the same old holiday gift exchange? If so, here are some fun games to enliven this year's gift giving.

- **Dice.** Every number on the dice comes with an instruction (pass to the left or steal a gift). Take turns rolling the dice until everyone has a present.
- **Hot potato.** This childhood favourite is just as fun to play as an adult. Turn on a holiday song and pass a present from person to person until the music stops. The person left holding the gift is out of the game but keeps the gift.
- **Personal trivia.** Everyone writes a little-known fact about themselves on the gift they contributed. The others must guess who the information is

about in order to win the right to open the present.

- **Cards.** Cut some regular playing cards in half and distribute card halves to all participants. Draw the other card halves from a bowl or hat to determine who gets to choose or steal a gift next.
- **Story.** Rewrite a well-known Christmas story to include the words right, left and across numerous times. To start the game, everyone holds the gift they brought as someone reads the story aloud. Every time an instruction word is said, the presents get passed in that direction.

To make sure that everyone receives a gift they'll enjoy, be sure to decide on a budget and theme beforehand.

Amazing Christmas world records

Do you love Christmas? If so, you're not alone. In fact, every year, the spirit of the season drives holiday enthusiasts to perform impressive feats. Here are some particularly remarkable Guinness World Records that are on theme.

- **Tallest chocolate Santa.** Displayed in a mall in Cantù, Italy in 2011, this giant Santa was five metres tall, 2.5 metres in diameter and weighed just over 1,700 kilograms. That's a lot of chocolate!
- **Most Christmas lights on a home.** In 2014, the Gay family from LaGrangeville, New York, decorated their home with over 600,000 individual lights. The display took two months to build and was set to more than 200 different songs, which passersby could hear when tuned in to a special AM radio station.
- **Largest artificial Christmas tree.** Built by the Arjuna Ranatunga Social Services in Colombo, Sri Lanka, in 2016, this tree measured more than 72 metres high. It was erected during a three-day Christmas carnival and was topped by a six-metre star.
- **Largest Christmas ornament.** In 2018, a Christmas ornament more than 4.5 metres in diameter was displayed in Dubai Mall, Dubai, United Arab Emirates.

If you're hoping to set your own holiday record this year, you better get started. Christmas will be here sooner than you think.



RM of Coldwell
Reeve & Council and staff

Season's Greetings

SEASON'S GREETINGS
We want to wish everyone a Merry Christmas and a Happy New Year

You're at home here.

CO-OP

Ashern, MB
204-768-2546
Moosehorn, MB
204-768-2770

MOOSEHORN COOP CHRISTMAS HOURS

Grocery & Hardware	Dec 24	8 am - 4 pm
Grocery & Hardware	Dec 25 & 26	CLOSED
Grocery & Hardware	Dec 27, 28 & 30	OPEN
Grocery	Dec 31	9 am - 5 pm
Hardware	Dec 31	8 am - 5 pm
Grocery & Hardware	January 1	CLOSED
	January 2	OPEN

ASHERN BRANCH CHRISTMAS HOURS

Dec 24	8 am - 4 pm	Dec 30th	9 am - 7 pm
Dec 25 & 26	CLOSED	Dec 31	9 am - 5 pm
Dec 27	9 am - 7 pm	January 1	CLOSED
Dec 28th	9 am - 6 pm	January 2	OPEN
Dec 29th	10 am - 5 pm		

PRIME
RIDGE STOCK FARMS
SHEPELL FAMILY

CHRIS SHEPELL 1-204-739-8085
MURRAY SHEPELL 1-204-280-0367
FISHER BRANCH, MB

Wishing you a Merry Christmas and Happy New Year

"The bull pen is always open and the coffee is always hot"

THE SHEPELL FAMILY WOULD LIKE TO THANK EVERYONE WHO HAS SUPPORTED OUR ANGUS PROGRAM OVER THE YEARS.

2019 SUPPORTERS:

• Raymond Bazinet- Eriksdale	• Jim Martin- Poplarfield
• Andre Conan- Fisher Branch	• Creg+Lenore Brown Farms Ltd- Moosehorn
• Triple T Diamond Simmentals- Lunder	• Bruce Reznik- Arborg
• Strong Arm Ranch- Arborg	• Dennis Leschshyn- Arborg
• Archie Thompson- Arborg	• Edwin Malenchak- Fisher Branch
• Victor Penner- Arborg	• Lyle and Jordan Zarichney- Fisher Branch
• Washow Bay Livestock Farms- Riverton	• Milton Plett- Arborg
• Vigfusson Farms Ltd- Riverton	• Dale McLenahan- Lenore
• David Romaniuk- Riverton	• Brian Jonasson- Gimli
• Creek Ridge Grain and Livestock- Arborg	• Dean Stanowski- Arborg
• Eagle Ridge Stock Farms Inc- Arborg	• Johnny Lindal- Arborg

We would also thank: Wraz Red Angus, Sask and Flowing Well Finishers Inc, MB for purchasing our bred heifers at the Keystone Classic in Brandon, MB.

We have a great up and coming selection of heifer and cow bulls, as well open angus heifer replacements.

Some NEW SIRE HIGHLIGHTS: Red Brylor Kodiak, Rstd High Capacity, Ghost Rider, Badlands Opportunity, South Dakota, Tour of Duty, HF Kodiak

Viking Cross gives back to Evergreen Basic Needs

Submitted by Hugo van Dun

It was a rainy, miserable day on Oct. 5, but this didn't stop more than 150 riders to race their bicycles over an abandoned moto-cross track in Gimli.

This first edition of the Viking Cross, a cyclo-cross race organized by Woodcock Cycle Works, was born. In five different skill-level races, riders aged two to 99 years old raced through very muddy conditions and delivered an exhibition of sacrifice for the spectators on the hilly course cut out of the Interlake's soil.

Bike racing wasn't all that happened that rainy October day. Three grand prizes — a Cube Cross Race C:62 bicycle, a Thule T2 Classic bicycle hitch rack and a Santa Cruz Chameleon Carbon bicycle frame — were part of a grand prize raffle where the local bike shop raised more than \$2,600. Woodcock Cycle Works reinvested this money to donate 23 kids' bikes to Evergreen Basic Needs' Christmas Hamper.

"With our amazing brands donating such great prizes, I really wanted to find a way to give something back to the community," explained Hugo van Dun, Viking Cross race director and Woodcock Cycle Works salesperson.

"The cycling community really came together for the cause, donating \$2,600 for such a great charity. For me, being able to donate 23 kids' bikes to Evergreen Basic Needs' Christmas Hamper makes the circle round. Hopefully we'll see some of these kids racing their bicycles in the future."



Hugo van Dun unloading a kid's bike.



Don Sawatzky competed in the Viking Cross race Oct. 5.

Multiple employees of Woodcock Cycle Works came together for a volunteer build night to build up all the kids' bikes before deliver to Gimli-based Evergreen Basic Needs. Evergreen Basic Needs is thrilled with the donation. With more than 100 children's hampers to fill, they're always accepting donations.



EXPRESS PHOTOS PHOTO CREDIT ROI JONES AND JON CARSON

From left to right: Elaine Gibbs (Evergreen Basic Needs), Hugo van Dun and Tim Woodcock, both of Woodcock Cycle Works.



Evergreen Basic Needs now has a large assortment of kids' bikes.

Fisher Branch post office to get automated door opener

By Evan Matthews

A heavy door might not be a big deal to some, but for others, it can mean a daily struggle for something that is very important.

James Lindal, a Fisher Branch resident, noticed that despite being host to a wheelchair accessible ramp, the weight of the door at the local Canada Post location could potentially pose problems for disabled and/or elderly people.

When he first made the discovery two weeks ago, he decided to do something about it.

"I opened the door and there was a senior citizen inside. She was standing close to the door. We chatted briefly, and she asked if I could help her open the door because she was having difficulty," said Lindal.

"It occurred to me that we have a ramp but no automatic door for some-

one in a wheelchair or a senior citizen who may have those same difficulties."

The old adage of "power in numbers" is typically true, so Lindal took to the Facebook page "Fisher Branch Community Events" to inform the community he'd be working toward having Canada Post work on installing automatic door openers.

His post garnered over 50 engagements with other community members following suit and calling Canada Post. Even the RM of Fisher made an inquiry to Canada Post.

"We just called to say the RM had heard from a concerned ratepayer. ... Our building is a little bit 'old school' I guess you could say," said Kelly Marykuca, chief administrative officer for the RM of Fisher.

"We relayed the concern. Much of our population is aging, and so we'd

like to see those upgrades happen. We put in a (request)."

Often small, rural communities can be left to feel overlooked, but Canada Post wanted to ensure this time would be different. In an email response from Valérie Chartrand of Canada Post media relations, she said the organization is aware of the situation at the Fisher Branch location.

Despite having installed a new door closer to ease tension on the door and make it easier for all customers to open, Chartrand said Canada Post is going to take it one step further.

"We realize now the main door that is used from the front steps and the wheelchair access ramp is difficult for some customers to open because of its weight," said Chartrand.

"To improve access ... automatic door openers will be installed this coming spring. We apologize to our

customers for the inconvenience has caused."

The Fisher Branch Canada Post building is older, but Lindal conceded there are no issues with the building itself and it does its job.

Though Lindal is pleased that Canada Post will be making changes come the spring, Lindal said it should be the standard, as most other locations are already equipped with automatic openers.

"I'm not sure why Fisher Branch wouldn't already have an automatic door," said Lindal.

"But it's encouraging to know Canada Post has heard our concerns and will be doing something about it."

Canada Post's Chartrand also encouraged customers who have questions about their postal service to call Canada Post Customer Service at 1-800-267-1177.

Lakeshore School Division pairs with Experimental Lakes

By Evan Matthews

Students with an interest in science, specifically biology and chemistry, may want to get ready for an exciting opportunity.

Lakeshore School Division assistant superintendent Don Nikkel said now is the time of year where students can, if they so choose, think about applying to the Experimental Lakes Student Experience (ELSE). The program takes eight students per summer from around the province.

Though the ELSE program has been offered for the past six years, Nikkel said this past summer was the first time Lakeshore School Division was able to send one of its own students.

"Last summer was a bit of a pilot for us ... but it went really well," said Nikkel.

"We're in the process of reaching out to all our schools right now, hoping to get a number of students interested in applying to the program this year."

At the high school level, IISD-ELA offers the two-week ELSE program, a summer field course for eight Grade 11 and 12 students, according to the instructor Dean McLeod.

ELSE gives students a unique perspective into ecological literacy, freshwater research and systems thinking, McLeod said, as students work with their peers, two adult leaders and participating scientists through long days, observing, helping, asking, answering, participating and learning about environmental science, limnology, the "whole-ecosystem" concept, chemistry, ecological interactions, human impacts and more.

"One of the great aspects for the students when they're working on their own experiments is the access to IISD-ELA equipment," said McLeod.

"There is a full-on chemistry lab to

have samples analyzed. They can even do the analysis themselves if the lab can help them with that. There are state-of-the-art microscopes to identify invertebrates, access to trucks and boats if they need rides out to certain places for particular samples."

Located at the International Institute for Sustainable Development (IISD-ELA)'s Experimental Lakes Area, eight students per summer have the opportunity to work alongside professional scientists for two weeks, while conducting experiments of their own.

Last year, Emily Mazur of Fisher Branch Collegiate was one of those students who attended from July 14 to 26.

"The first week was an exploration of all aspects of IISD-ELA, which included field work on the lakes taking samples, data and monitoring experimental enclosures, one-on-one time with scientists and university students in the laboratory, learning basic canoeing skills and interacting with the other students and people at the camp," said Mazur, adding the group went on a three-day, two-night canoe trip. Due to heavy rainfall, she said the trip created an array of difficult portages.

"For my experiment, I observed the effects that gasoline has on water striders over a 24-hour period, so I learned a lot about how to build and conduct an experiment properly and now have a better idea about how to set up my future experiments."

Another great benefit for Mazur, was the ability to ask scientists and university students about their educational backgrounds, which she said has helped her to determine her own. Mazur will pursue a Bachelor of Science upon graduation from high



EXPRESS PHOTO SUBMITTED

IISD Experimental Lakes Area is a natural laboratory comprised of 58 small lakes and their watersheds set aside for scientific research in an area located in a sparsely populated region near Kenora.

school.

"This experience definitely allowed me to explore the possibility of working in a science field," said Mazur.

"Without this once in a lifetime opportunity, I would not have seriously considered a science career. It also was a great chance to discover what aspects of science I gravitate towards and which I do not."

Mazur said she also learned about new studies involving microplastics and diluted bitumen (oil) spills.

"Microplastics are small pieces of plastics and fibres that make their way into the environment and waterways," said Mazur. "They affect all levels of the food chain."

Mazur encouraged all students with potential interest in science-related fields to apply to the ELSE program

this year.

For almost a decade, Lakeshore School Division has chosen ELA as its locale for canoe trips.

The attractive part about ELA from a teaching standpoint is its pristine nature, according to Nikkel. Very few places in North America have been left as untouched as ELA.

"There is restricted motorized access, and it gives you a glimpse as to what things were like before modern times, and the environmental impact humans have had on our world," said Nikkel.

"It's a way for us to rewind and assess our impact on local ecosystems. ... It's a great place to learn about sustainability in a hands-on way."

Riverton Arena just got brighter with Westshore Community Foundation grant

By Patricia Barrett

The Riverton Memorial Arena just had new lighting installed thanks to a grant from the Westshore Community Foundation.

The new LED lights have improved visibility in the facility, which hosts hockey camps, a minor hockey program and public skating.

The Westshore Community Foundation provides annual grants to non-profit organizations in its catchment area of Riverton, Gimli, Fraserwood and Dunnottar, focusing on sports and recreation, culture and heritage, education, the environment and the community.



The Riverton arena received a lighting upgrade thanks to a Westshore Community Foundation grant.



EXPRESS PHOTOS COURTESY OF ERIC STEFANSON
Bifrost-Riverton Coun. Colin Bjarnason, left, and Westshore Foundation board member David Douglas.

get inspired

> MEAL IDEAS



White Chocolate Peppermint Popcorn Bark

1 cup crushed hard candy peppermints
Cover baking pan with foil or wax paper; set aside.
Place popcorn in large bowl; set aside.
In double boiler over barely simmering water, melt chocolate, stirring until smooth.
Stir in crushed peppermints.
Pour chocolate mixture over popcorn and stir to coat.
Spread onto prepared pan; cool completely. When chocolate is cooled and set, break into chunks.

Yield: 1 pound
5 cups popped popcorn
12 ounces white chocolate baking chips



Easy, Elegant Holiday Popcorn

stirring after each heating, until chips are melted and smooth. Drizzle over popcorn.
Place white chocolate chips in separate microwave-safe bowl. Microwave on medium 30 seconds; stir. If necessary, microwave in additional 10-second increments, stirring after each heating, until chips are melted and smooth. Drizzle over popcorn.
Sprinkle desired amount of candy sprinkles over warm chocolate-coated popcorn.
Allow chocolate drizzles to set until firm. Break popcorn into pieces.
Note: Chocolate chips can be replaced with cut up chocolate bars.

Yield: 8 cups
8 cups popped popcorn
1/2 cup milk chocolate chips
1/2 cup white chocolate chips
candy sprinkles
Line baking sheet with wax paper.
Spread popcorn in thin layer on prepared pan.
Place chocolate chips in microwave-safe bowl. Microwave on medium 30 seconds; stir. If necessary, microwave in additional 10-second increments,



Cranberry Popcorn Balls

1/2 cup light corn syrup
1 teaspoon vinegar
1/2 teaspoon salt
5 quarts unsalted, popped popcorn butter

In heavy saucepan, combine sugar, cranberry sauce, grated orange peel, cranberry juice, corn syrup, vinegar and salt.
Bring to boil; lower heat and cook until temperature reaches 250 F on candy thermometer.
Slowly pour cranberry mixture onto hot popcorn; mix until well-coated. Let stand 5 minutes, or until mixture can easily be formed into balls. Butter hands and form into 3-inch balls.

Yield: 18 balls
2 cups sugar
1 cup whole berry cranberry sauce, slightly mashed
1 tablespoon grated orange peel
1/2 cup cranberry juice



*Nothing is permanent.
Nothing is worthy of anger.
Nothing is worthy of dispute.
Nothing.*

From Heart of a Buddha

Life presents opportunities daily for us to get caught up in polarity, negativity and conflict. Whether it be something in our personal lives, our work situation, or a global issue, anger can be triggered. We may justify our anger on the basis of the actions of others.

Individuals, families or groups may find that conflict becomes a central facet of existence. There is always something, or some one, to rage about, either silently or openly. But true joy is impossible in an angry heart, and anger never brings peace.

I remember spending hours building intricate sand castles at the beach. Soon the waves began lapping at the edge of the structure, and eventually washed it away. In the end, the beach was completely smooth, flat and pristine, with no sign of what had once been.

Anger Does Not Create Peace

We are no more permanent than the sand castle. Time laps at the edge of our lives, and will ultimately wash away all signs of our existence. The same, eventually, will happen to our entire species. Of what consequence will be our battles with individuals or nations? What will it all have been for?

As individuals and as a species, we must ask ourselves how well we are utilizing our evolutionary potential. What separates us from other animals is our ability to think, plan and communicate with each other. Whenever we fight, we are at our most primitive.

Yes, there will be problems, disagreements and differing viewpoints in any situation. We must care enough to consider the other's point of view, and work to create respectful relationships where we can work together to find solutions.

The time will come when we are all gone. There may be no memory of our existence on this earth. Somewhere however, our souls will carry the memory of how we lived here, and how we treated one another.

Gwen Randall-Young is an author and award-winning Registered Psychologist practicing in Sherwood Park, Canada. For information on her books, MP3 recordings and resources go to www.gwen.ca. Follow her on Facebook for daily inspiration.



Festive Popcorn Trees

In medium saucepan over medium-low heat, stir marshmallows and butter until marshmallows are melted and mixture is smooth. Remove from heat.

Stir in vanilla extract.
Pour mixture over popcorn in bowl. Toss well to coat popcorn evenly.
Line baking sheet with foil.
Spray hands with nonstick cooking spray then scoop about 1 cup popcorn mixture.

Shape mixture into cone, keeping base flat to form tree.
Sprinkle tree with decorating sugars; place tree on baking sheet.
Make nine additional trees.
Using decorating tip, pipe frosting on trees to make garland then decorate with sprinkles and silver dragees, as desired.

Serving suggestion: Place each tree on sugar cookie and decorate serving tray with shredded coconut to resemble snow.

ISAGENIX
Weightloss • Energy & Performance • Healthy Aging

— Allana Sawatzky —
allana333@hotmail.com

— Janice Gulay —
jkaraim@mymts.net (c) 1-204-648-3836

— Rose Sawatzky —
isa.rose1957@gmail.com (c) 1-204-479-8227

www.isaproduct.com

Learn how to create a safe haven.

We help you radically reduce chemicals in your home

Norwex

Ask me how

Stephanie 204-896-3980

Independent Sales Consultant
cleanwithwater15@gmail.com

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Team Horgan, Lott brothers finish fourth in China

By Ty Dilello

When the dust settled last week at the 2019 Changan Ford International Curling Elite in Xining, China, Team Horgan featuring the Lott brothers of Winnipeg Beach ended up with a fourth-place finish, just short of the medals.

Team Horgan wore Team Canada colours over the course of the event as teams from eight different nations (South Korea, U.S.A., Canada, Sweden, Netherlands, Switzerland, China, Russia) competed at the international event.

The Horgan rink not only battled the other seven countries in China but also some tricky ice conditions, which made precision shooting an adventure to say the least. After a seven-game round robin, Horgan finished with a 4-3 record, which put them into the semifinals where they fell to Rich Ruohonen of the United States. Playing for bronze, Horgan lost again, this time to Chang-Min Kim of South Korea.

"We kind of struggled in the round robin with the ice but still were able to qualify for the playoffs which was nice," said Colton Lott. "In the playoffs we lost a couple of tough games that we'd like to have back but that's just the way that curling goes sometimes."

Being in a foreign country was also quite the experience for the youthful Horgan team.

"It was an interesting time over there in China," relayed second Kyle Doering of East St. Paul. "Being in a foreign country like that everything is totally different. The air wasn't great to breathe. The tap water



EXPRESS PHOTO SUBMITTED

A view of the curling venue in Xining, China, that Team Tanner Horgan of Winnipeg Beach was competing in at the 2019 Changan Ford International Curling Elite.

you couldn't drink without getting sick. I must have had 150 bottles of water in the course of a week and I'm still feeling the effects of the time change, but I wouldn't trade the experience for anything in the world. Anytime you get to represent your country at an international event, it's the highest honour and one that we didn't take lightly. I just wish we could have won another game or two and won the whole tournament."

In other curling news, there were a couple of Interlake teams competing at the Boost National

grand slam event in Conception Bay South, Newfoundland, this past weekend. Gimli's Kerri Einarson finished with a 2-2 record and fell in a tiebreaker Satsuki Fujisawa of Japan. And East St. Paul's Tracy Fleury dominated the round robin with a 4-0 record. After winning their quarterfinal matchup, Fleury lost to St. Vital's Jennifer Jones 10-9 in a wild back-and-forth semi-final. Fleury picked up \$15,000 for their run to the semi-final.

Warren keeps on winning SEMHL games

By Brian Bowman

The Warren Mercs scored four goals in a 10:53 span of the first period on their way to a 6-4 South Eastern Manitoba Hockey League victory over the Royals in Winkler on Sunday.

Reid McLeod scored twice for the Mercs while Wes Pawluk and Chase Faulkner each had a goal and an assist. Kyle Luschinski and Brock Genyk scored Warren's other goals.

Brenden Luschinski finished the game with three assists.

Michael St. Croix (two) and Austin Wiebe scored for Winkler.

Haydon Dola made 28 saves for the win.

Last Friday, the Mercs pounded the Altona Maroons 11-3 in Warren.

Warren, which held period leads of 2-1 and 5-2, blew the game wide open with six goals to start the third.

Mercs' forward Taylor Dickin had seven points with a goal and six assists while Faulner netted a hat trick to go along with an assist.

Braden Groot, Chad Deprez, McLeod, Johnny Lazo, Braydon MacDonald, Brock Genyk and Travis Bobbee also scored for Warren.

Skylar Klassen, Michael Sofillas, and Nolan Martens replied for Altona.

Dola made 28 saves for the victory.

Warren (7-1-1-0), currently in second place with 15 points, will visit the Portage Islanders (4-5-1-0) this Saturday at 7:30 p.m.



EXPRESS PHOTO BY JO-ANNE PROCTER

The Mercs' Chase Faulkner battles for his second goal of the game in Warren's 11-3 home victory over the Altona Maroons last Friday.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Reimer brilliant in shutout win over the Flames

Staff

Carolina Hurricanes' goaltender James Reimer made 32 saves to lead his club to a 4-0 shutout win over the Calgary Flames last Saturday afternoon.

Reimer's last seven starts have come on the road, and all seven of his wins this season have come outside of Carolina. He's given the Hurricanes a solid duo in goal.

"It's nice that we've got this," said Hurricanes' head coach Brind'Amour on the team's website. "You don't have to ride one guy."

Reimer, a Morweena product and former Interlake Lightning, was very

good in stopping 12 Calgary shots in a first period dominated by the Flames.

"They came out hot," Reimer said. "They're a great team over there, and they were buzzing. I just tried to stay sharp and stay on my angles. Luckily, pucks hit me."

Reimer made a highlight-reel save early in the game on Noah Hanifi's rebound opportunity.

Carolina's win snapped Calgary's seven-game winning streak. The Hurricanes, meanwhile, improved to 2-0-1 on their five-game road trip.

Carolina was in Winnipeg this past Tuesday to take on the Jets.



PHOTO BY JEFF MCINTOSH/CANADIAN PRESS

Elias Lindholm of the Flames takes a shot on Morweena's James Reimer, right, of the Hurricanes during Carolina's 4-0 win on Saturday.

Lightning zap Kenora Thistles twice last weekend

By Brian Bowman

The Interlake Lightning U18 hockey team had a lot of fun in Kenora last weekend.

Winning will do that to a team.

Interlake swept the Kenora Thistles — winning 9-1 on Saturday and 6-3 Sunday — in Manitoba U18 AAA Hockey League action.

In Sunday's win, Cameron Jones, Carl Ingalls, Lyle Murdock, Ashton Charison, Cole Emberly and Aiden Bruce scored for the Lightning. Ashton Fisher and Murdock each had two points in the game.

Ben Hackl (two) and Evan Armit netted Kenora's goals.

Dominic Jacobson made 27 saves for the win.

On Saturday, Interlake took over the game in the second period with five goals to build a 7-0 lead.

Karson King had two goals and two assists while Jones scored once and had three helpers.

Liam Foley, Austin Adair, Fisher, Lyle Murdock, Griffin Haight and Ayden Manningway scored for the Lightning.

Fisher and Murdock each had three

points.

Kenora's Cael Anderson ruined Chris Fines' shutout bid with 7:22 remaining in the game.

On Dec. 11, the Lightning lost 7-2 to the Winnipeg Wild at the Bell MTS Iceplex.

It was the Michael Cicek show in the first period as the Wild forward scored a natural hat trick.

Tyson Smith made it 4-0 midway in the second before Interlake got on the board with a goal from Kaydyn McMahon at 17:31 of the middle frame.

Matthew Vandel scored to pull Inter-

lake to within 4-2 midway in the third period but Winnipeg responded with goals from Ryland Hueging, Matthew Wisener and Jackson Klewchuk (shorthanded).

Jacobson made 39 saves in the losing cause.

Interlake (12-15-0-1-0) will play the Eastman Selects (14-10-0-1-1) this Friday at 8 p.m. in Beausejour and then will host the Pembina Valley Hawks (18-4-0-4-0) on Saturday (7:30 p.m.) in Teulon.

Bantam, U17 Prep Lightning lose games

Staff

The Interlake Lightning Bantam boys' hockey team lost a pair of road games last weekend.

On Sunday afternoon, Interlake was defeated 5-2 by the Yellowhead Chiefs in Shoal Lake.

Brandon Burak scored a first-period power-play goal for the Lightning and then Hayden Wheddon sniped a shorthanded marker in the second. Burak finished the game with two points.

Foxx McColl, Jory Kulbacki, Reegan Kominko, Aiden Sotas and Rylan Gage scored for the Chiefs.

Lightning netminder Dawson Cow-

an stopped 46 Yellowhead shots.

On Saturday, Interlake was beaten 7-1 by the Southwest Cougars in Souris.

Brayden Bear gave the Lightning a 1-0 lead just 2:41 into the game.

Josh Fluker, Darren Hunt, Luke Mackenzie, Nate Robson, Kyle O'Connor, Nicholas Cullen and Ashton Cuvelier scored for Southwest.

Interlake goalie Dylan LeClair made 32 saves.

The Lightning will play three more games before the holiday break, beginning Thursday (7:30 p.m.) when they play the Central Plains Capitals in Portage la Prairie.

Interlake will take on the Winnipeg Sharks on Saturday (7:30 p.m.) at the East End Arena and the Wheat Kings in Brandon Sunday (2 p.m.)

The U17 Prep Lightning, meanwhile, were beaten 8-2 by the Wheat Kings on Saturday in Brandon.

Alexander Kaczorowski scored a second-period goal for the Interlake and then Kai Tymchak tallied in the third.

Brandon goals were scored by Braden Clarke (two), Reid Wells, Darrrien Perrault, Kyle Fenwick, Jackson Jacques, Evan Elbrechtsen and Cole Rogers.

Last Thursday, Interlake lost 7-1 to

the Winnipeg Wild.

Stefan Schaible-Schur scored a second-period goal for the Lightning, assisted by Kaczorowski and Evan Calder.

Winnipeg, which held period leads of 3-0 and 6-1, received goals from Noah Houle (two), Guy Rozin (two), Elliott Lewis, Quinn Lyon and Logan Belton.

Interlake goaltender Zack Meadows made 42 saves.

The Lightning will play the Winnipeg Wild on Wednesday (6:30 p.m.) at the Bell MTS Iceplex. Interlake will continue on the road with games against the Eastman Selects on Saturday (1 p.m.) and the Brandon Wheat Kings Sunday (1:45 p.m.).

Thunder announce individual 2019 award winners



Karson Karish was the winner of the Charlie Cooke Leadership Award.



Moosehorn's Chase Riddle accepts his Interlake Thunder Impact Player of the Year Award.



Stonewall's Alex Luke was named the team's Most Outstanding Rookie.



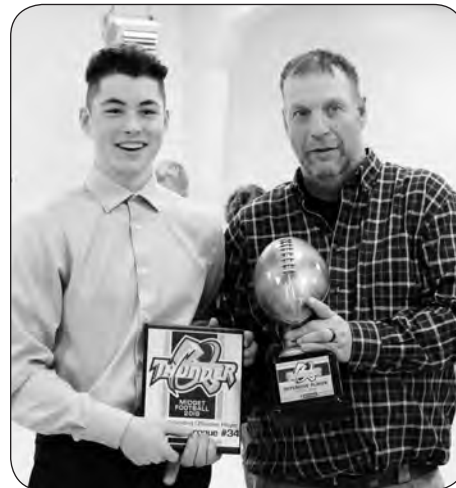
Bryant Case was selected as the Interlake Thunder's Most Outstanding Special Teams player.



Josh Charison was selected as the Thunder's Most Valuable Player.



The team's Offensive Player of the Year was Brady deLaroque.



The Interlake Thunder's Midget Defensive Player of the Year was Tyson Wryha.



Jesse Preteau was named the Thunder's Most Outstanding Lineman.

EXPRESS PHOTOS BY KIM DELAROCUE

Lundar Falcons lose to Fishermen

Staff

The Lundar Falcons fired 40 shots on goal against the Selkirk Fishermen on Saturday evening.

But, unfortunately, they only scored once.

Selkirk cruised to a 6-1 road win in Capital Region Junior Hockey League action.

Nico Morrow-Litke and Jordan Donald scored first-period goals for Selkirk and then the Fishermen went ahead 5-0 with tallies from Reece Tessier, Donald and Josh Poponick.

Donald had a great game, finishing with four points.

Josh Wilkinson scored Lundar's lone goal late in the second period. Selkirk's Braeden Hummel rounded out the scoring in the third.

Two of the Fishermen's goals came

on the power play while another pair were scored while Selkirk was short-handed.

Stony Mountain's Riley Bannerman stopped 39 Lundar shots for the win.

Last Friday, Lundar was defeated 5-1 by the Warriors in St. Malo.

Shayne Desjarlais gave Lundar a 1-0 lead midway in the first period but St. Malo responded with a shorthanded tally from Alex Murray and a power-play marker by Maxime Collette.

After a scoreless second period, Evan Anstett put St. Malo up 3-1 with a power-play goal and then Evan Wuerch tallied at even strength.

Hayden Hildebrand closed out the scoring with a penalty-shot goal late in the third.

Chris Lesage stopped 26 St. Malo shots in the losing cause.

Lundar will play three road games this week, beginning Tuesday (8 p.m.) when they play the North Winnipeg Satellites. The Falcons will visit the Arborg Ice Dawgs on Friday (7:30 p.m.) and St. Malo Saturday (7 p.m.).

Arborg, meanwhile, lost 6-2 to St. Malo on Saturday.

Logan Clarke scored a first-period goal for Arborg (assisted by Josh Roche and Jayden Roche) and then Blaze Bezecki added a power-play tally in the second. Clarke assisted on Bezecki's goal.

Christian Hince (three), Collette (two), and Brayden Jonasson scored for St. Malo. Collette had five points in the game while Hince collected four points.

Tre Strachan made 32 saves in the losing cause.

The Ice Dawgs will host the Satellites this Sunday at 2:30 p.m.

IS THE
STORY
TIMELY?

www.SPOTfakenews.ca

Gimli High School band comes out swinging

By Patricia Barrett

Gimli High School band students gave well-oiled and punchy performances of big-band era songs, classical pieces and jazzed-up Christmas favourites during their winter concert Dec. 11.

You'd swear Glenn Miller had swung by to perform *In the Mood*, his No. 1 hit from 1940, during the year-end concert, which also showcased student talent on well-known pieces such as Brahms' *Hungarian Dance No. 5*, *Beyond the Sea* and the traditional Welsh carol *Deck the Halls*.

Students in grades 9 to 12, many of whom are multi-instrumentalists, had the 200-plus crowd in the high school gym tapping and clapping along to songs they recently learned — a remarkable feat given some had never played an instrument prior to joining the music program.

Band director Rob Chrol doesn't let the mastery of musical challenges go unnoticed. He had several students, including Luke Michaluk, Autumn Ehrich, Lin Howelko, Tyler Ross and Erik Isfeld perform solos or come up with their own improvisations in a number of pieces.

"A big part of jazz is trying things on the fly," said Chrol. "We don't always have it all written out."

Known for his levity during concerts and flashy socks, Chrol invited up a youngster from the audience to help him unwrap an early gift, a 12 Days of Socks Advent Calendar.

Grade 11 student Johannah Thordarson spoke about the importance of high school band students partnering with elementary students to help them learn music.

"In our music leadership program, we partner with SSES [Sigurbjorg Stefansson Early School] and that has helped me and my SSES buddy grow as a person," said Thordarson. "We learn how much music education matters."

The music program at GHS is in high demand, attracting over 100 students.



A member of the Band Boosters thanks Rob Chrol for his passion, community fundraisers and former band student Thea Goodman for a \$1,000 donation.



A young man helps band director Rob Chrol pick out a pair of socks from his 12 Days of Socks Advent Calendar.

They learn to read music and play instruments, as well as master phrasing and timing.

An Evergreen Band Boosters' member thanked Chrol for the "countless" hours he puts into organizing concerts and for his passion helping students learn, along with guitar teacher/band instructor Lindsey Collins.

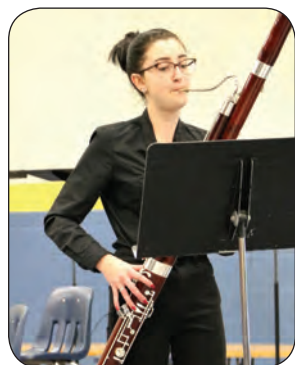


EXPRESS PHOTOS BY PATRICIA BARRETT

Jazz ensemble members Autumn Ehrich and Erik Isfeld, along with band director Rob Chrol, show how improv is done on *Deck the Halls*.



Jazz ensemble members Autumn Ehrich and Erik Isfeld, along with band director Rob Chrol, show how improv is done on *Deck the Halls*.



Woodwind quartet member Malia Berthaudin.



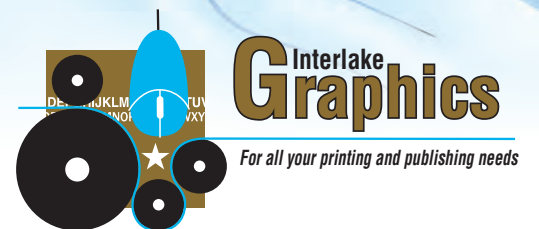
Johannah Thordarson spoke about the importance of music and the music leadership program.





Season's Readings!

As we turn the page to another holiday season, we'd like to take a moment to thank you, our loyal readers, for your trust and support. We hope this Christmas delivers all the good news you've been hoping for and more. Happy Holidays!



Ph. 785-1618 Selkirk



Ph. 467-5836 Stonewall



Ph. 325-6888 Winkler



Ph. 467-5836 Stonewall

Staff:

Allana Sawatzky
Arnie Weidl
Ashleigh Viveiros
Brett Mitchell
Brian Bowman
Christy Brown
Corrie Sargent
Dan Anderson
Debbie Strauss
Evan Matthews
Georgia Campbell

Gwen Keller
Harry Siemens
Jennifer McFee
Jo-Anne Procter
Lana Meier
Ligia Braidotti
Lorne Stelmach
Lucy Kowalchuk
Michelle Balharry
Nicole Kapusta
Patricia Barrett
Peter Cantelon

Rick Hiebert
Rick Reimer
Sam Reimer
Stephanie Oland
Tara Gionet
Katelyn Boulanger

Contract Workers:

Bob Cameron
Glenda Lajoie
Janice Carriere
Joan Kalupar

Kathy Aconley
Klaus Mueller
Lynda Nesbitt
Marie Hrabarchuk
Rita Mueller
Sandra Jackman
Wayde Carriere
Victoria Morse
Al Moskaliuk
Glen Weaver
Hana Clapham
Samantha Place

Classifieds

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

Congregate Meal Co-ordinator Required Monday, Wednesday & Friday

Must have current food handlers certificate or prepared to get one. Duties include menu planing, cooking, budgeting, shopping, preparing/serving meals and cleanup. For inquiries 762-5378.

Send resume to

Lundar Community Resource Council Inc.
Box 430, 35 Main St., Lundar MB R0C 1Y0
CLOSING DATE JANUARY 15, 2020



WE'RE HIRING!

Harm Reduction Network Coordinator

Location: Eriksdale & Ashern

Term: February 17, 2020 - July 16, 2021
(maternity leave)

Hours: 37.5 hrs/week Hourly at \$32.154/hr

Apply by 4pm on January 3

Visit mhrn.ca/jobs for the full job posting

SCRAP METAL

Buying scrap metal, cars, tractors, combines, farm scrap, any metal material, any farm machinery. Ph Lonnie at 204-886-3407 lve. message or cell at 204-861-2031.

SCRAP METAL

Buyer for all farmyard scrap, any autos, appliances. NO ITEM TOO LARGE! Best prices paid, cash in hand. Phone Alf at 204-461-1649.

FOR SALE

For sale, small squares, flax bales. Ph. 204-781-7937.

FOR RENT

1 bdrm. shared accommodations. Komarno area. 45 mins. to Wpg., 15 minutes to lakes. Fully furnished, includes wifi & utilities, available ASAP. Call or text 204-886-8661.

APARTMENT FOR RENT

Tollak Place has 1 & 2 bedroom suites, located at 40 Eveline Street. Spacious suites, with F/S, A/C, storage areas and large balconies; utilities are included, parking is extra. Tollak 2 is a 55 plus bldg., river view apts. with central air, F/S, DW & microwave; large storage area off the kitchen and a balcony; utilities and parking extra. Call the onsite office 204-482-2751 for AVAILABILITY.

MISCELLANEOUS

Sales - Financing - Leasing of trucks, truckbeds, trailers, full repair and safeties. Vehicle parts, tires & wheels, vehicle & trailer parts & batteries. Best products - best prices! Kaldeck Truck & Trailer Inc., Hwy #1 MacGregor, MB. 1-888-685-3127 www.kaldecktrailers.com

The new year is coming! We are now booking ads for January 2020. The classifieds reach over 400,000 Manitoba readers weekly. Get results in 2020! For as little as \$189 + GST, you could book your ad across the province now! Don't miss out! People rely on these classifieds to find what they need in your area and across Manitoba. Catch them looking at your material in our 48 weekly community newspapers. Call 204-467-5836 to book now or email classified@mcna.com for details.

MISCELLANEOUS

Batteries for everything. Automotive, farm, construction, ATV, marine, motorcycle, golf carts, phones, tools, radios, computers etc. Reconditioned, obsolete and hard-to-find batteries. Solar equipment. The Battery Man. Winnipeg. 1-877-775-8271 www.batteryman.ca



RURAL MUNICIPALITY OF GIMLI PUBLIC NOTICE Attention Christmas Tree Hunters

A friendly reminder that the RM of Gimli does not allow the cutting of trees on Municipal Land, inclusive of road allowances and ditches, without the permission of Council.

Any person removing trees from Municipal or Private property without permission is guilty of an offence and can be prosecuted.

Council reminds all Christmas Tree Hunters to respect the rights of private property owners and do not remove trees without the permission of the private property owner.

Persons interested in cutting trees on Municipal Property can request permission from the Municipal Office at 62 2nd Ave, Gimli, Manitoba. Tel: 204-642-6650

Mayor & Council
Rural Municipality of Gimli



Biz Cards
Call 204-467-5836

Stephen's Handyman Service

• Carpentry • Plumbing
• Minor Electrical
Proudly serving
Selkirk and Interlake
Seniors Discounts
204-647-4919

GREEN CONNEX ELECTRIC
Bringing Power to the People
RESIDENTIAL • COMMERCIAL • INDUSTRIAL
Curtis Becker Cell: 204.641.1915
becker.c89@hotmail.com Office: 204.278.3307

GIMLI VETERINARY SERVICES
70 Centre Street Gimli, MB R0C 1B0
204-642-8398 lmvtvet@mts.net

**TO ADVERTISE
IN THIS SPOT**
Call 204-641-4104

Grandmont ANTIQUES
Jack Grandmont
(204)-383-5382
(204)-461-2201
jgrandmont@live.com
www.grandmontantiques.com

pampered chef
INDEPENDENT CONSULTANT
• Cooking Shows • Meal Prep Solutions
• Fundraisers • Individual Orders
204-485-4272 call or text
stoneware444@gmail.com
www.pamperedchef.biz/michellebalharry

INTERLAKE INSULATORS
BALMORAL, MANITOBA
• Spray Foam
• Blow In
Brent Meyers
204-461-4669
interlake_insulators@hotmail.com
SPRAY FOAM SPECIALISTS

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

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

Glass Specialists Construction
• Sealed Units
• Flat Glass
• Mirrors
• Laminated
• Tempered
• Plexi/Lexan
• Windows & Doors
• Siding
• Custom Cladding
• Decks
• Construction/Renovations
Interlake Glass 19046 Ukrainian Park Road
Camp Morton, MB
204 376 5177
204 642 2980
info@glassbymts.net

WE DO IT ALL!
• Window Coverings by HunterDouglas
• Floor Coverings • Countertops
• Cabinetry by Kitchen Craft & More!
Mon-Fri 9am-5pm
Hwy #9 & Colville Dr., Gimli
(204) 642-8585
www.thehomestoregimli.com

KenGro Electric
• Commercial • Residential
• Renovations
Gunton, MB grossdwight@gmail.com
Ken 204-805-5353 Dwight 204-894-3154

Arborg Family Dental
Under new ownership -
Come in and meet Dr. Mohassel Mofrad (Dr. Elle)
Complete dentistry for the whole family
State of the Art Equipment
General Dentistry
Invisalign Orthodontics
Crown & Bridge
Root Canals
Teeth Whitening
Oral Surgery
Cosmetic Dentistry
Easy Payment Plans
Insurance Plans Welcome
www.arborgfamilydental.com
145 Sunset Blvd, Arborg, MB 204-376-2624

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

Announcements



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

PENNER OIL
PUBLISHED BY INTEGRITY

Winter Road Haul 2020
Class 1 Drivers
needed for deliveries in MB & NW Ont.
(800) 665-4302 ext. 251
or e-mail: orderdesk@penneroil.ca

HEALTH

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

CARD OF THANKS

The family of Ian Sewell would like to send their sincere thanks to all those who reached out with condolences and sent donations in Ian's memory. Your thoughtfulness was greatly appreciated.

-Dana and Sally Sewell and family

CARD OF THANKS

Thank you to everyone who purchased bulls and to those who showed interest by coming down and calling. Wishing everyone a Merry Christmas and all the best in 2020!

-KLCC Charolais,
Ken and Linda Cherepak, Arborg
Phone: 204-376-2418

OBITUARY



Heather Joy Hryhorchuk (nee Link)
October 30, 1969 – December 8, 2019

After a forty-eight and a half year battle with diabetes, Heather is finally at peace.

She is survived by her husband Rory; daughter Rebekah (John); mother Joyce (Greg); brothers Eric (Reagan), Edie; Vincent (Darcie), Kaleb and Quintin; and Brenden (Mary), Alexis and Clark; brother-in-law Curtis, Ryan (Tracey), Alaina and Wyatt and Niki (Tanner); niece Kelly (Brandy), Anika and Magnus; nephew Mark (Sarah) and nephew Scott (Hailey) and their mother Verna. She is predeceased by her brother-in-law Anthony.

In keeping with her wishes cremation has taken place and a celebration of her life will be held at a later date.

Donations may be made to Juvenile Diabetes Research Foundation in Heathers memory.

Condolences may be left on her tribute wall at www.gilbartfuneralhome.com

Gilbart Funeral Home, Gimli in care of arrangements.



OBITUARY



Nancy Ellen Thom

It is profound sadness that we announce the passing of Nancy Ellen Thom at home in Gimli, Mb, December 14, 2019.

Nancy was born in Orillia Ont., November 30, 1955 residing there for most of her youth. She was an adventurous soul and eventually ended up in Halifax NS. It was here she would meet a sailor who was the love of her life. The military life carried her across the country to several locations. Being a strong willed and passionate woman, she met all challenges head on, managing the household and family. She loved the prairies and being close to water. Her last posting brought the family to Gimli where retirement would call.

Nancy was a passionate animal person adopting many strays over the years. She always said she would meet them again.

Nancy will be sadly missed but never forgotten by her husband Jim; daughter Brandy Olson (Brad); son Joshua Gemme (Florence);

grandchildren Raina, Austin, Tyler and Brook and cherished friends. May she find eternal peace from the suffering. Our love and memories will carry on.

The family would like to thank Drs Wong, Roma and Fulmore along with the nurses and staff at the Gimli Hospital. A special thank you to the IERHA Palliative Care Nurses and providers. You were all amazing, we couldn't have managed without you.

As per Nancy's wishes, cremation has taken place and no service will be held.



204-949-2200
Gimli 204-642-7124
neilbardalinc.com

BOOK YOUR ANNOUNCEMENT TODAY

THE EXPRESS
WEEKLY NEWS

call 467-5836

OBITUARY



Jeffery Dale Einarson
September 7, 1968 – December 2, 2019

It is with heavy hearts we announce the sudden passing of Jeff in Loveland, Colorado.

Jeff grew up on the family farm in Framnes, MB. He completed high school in Arborg and furthered his education at the U. of M. with a degree in Agriculture. His job took him to many places starting in Manitoba, Alberta and in Loveland, Colorado. He loved his job and in speaking with his co-workers was very good at it. He was really enjoying Colorado and taking bike trips on his Harley.

His passions were woodworking, reading, music and coming home to visit family and his many, many friends.

Jeff was predeceased by his grandma and grandpa Mary and Ralph Kaminski; amma and afi Stella and Barney Einarson; his dad Wally Einarson; uncle Al and nephew Braden Bjornson.

He is survived by his mom Phyllis Einarson (Dave Wabick); his sister Jacquie (Mike) Zagezewski and her family Kaitlyn (Blaine) Magnusson, Kenley, Walker and Nash, Shawnie Bjornson (Trent Foster) Lucas and Emery, Taylor Bjornson (Creyton Thompson). His sister Tracey (Brent) Wright and her family Kara (Dan) Matthews, Brooke and Beckem, Randi Wright (Nathan Wall), Hannah Wright (Teegan Martin). Uncle Carl Kaminski (Liz), cousins Dwayne Kaminski (Gwen), Todd Kaminski (Katrina).

Memorial service will be held on Thursday, December 19, 2019 at the Arborg Community Hall at 2:00 p.m. Honorary pallbearers will be his friends.

Do not stand at my grave and weep;
I am not there. I do not sleep.
I am a thousand winds that blow.
I am the diamond glints on snow.
I am the sunlight on ripened grain.
I am the gentle autumn rain.
When you awaken in the morning's hush
I am the swift uplifting rush
Of quiet birds in circled flight.
I am the soft stars that shine at night.
Do not stand at my grave and cry;
I am not there. I did not die.

Ride with the Angels Jeff,
We Love You and Will Miss You Forever.



204-886-0404

Remember Your Loved Ones
with an Announcement in the

THE EXPRESS
WEEKLY NEWS

Call 467-5836 or
classifieds@expressweeklynews.ca

McSherry Auction
12 Patterson Dr., Stonewall, MB

Seasons Greetings
& All The Best in 2020
From Stuart & Staff
@ McSherry Auction

See you at the 1st Auction of 2020
Estate & Moving
Sat Jan 11th & Sat Jan 18th
@ 10 AM
Yard * Recreation * Tools * Misc
Antiques * Furniture * Household
Consignments Welcome!

(204) 467-1858 or
(204) 886-7027
www.mcsherryauction.com



Need Cash?

- We Loan
- Easy application
- Approval with collateral
- Title Loans
- No Credit Check
- We service ALL of Manitoba

Call Dan Devloo
(204) 526-7093
CAI Financial
Unit K - 2151 Portage Ave.
Winnipeg MB
www.caifinancial.ca

HIP/KNEE Replacement?

Other medical conditions causing trouble Walking or Dressing?

The Disability Tax Credit allows for \$2,500 yearly tax credit and up to \$50,000 Lump sum refund.

Expert Help:
204-453-5372

Integrity Post Frame Buildings

SINCE 2008

Built with Concrete Posts
Barns, Shops, Riding Arenas, Machine Sheds and More

Craig.c@
Integritybuilt.com
1-204-596-8620
www.integritybuilt.com



Power Builder Advertising WORKS!

- GET SEEN by over 400,000 Manitoba Homes!
- Use your LOGO!
- Create instant top of mind awareness
- Showcase your info, business, product, job, announcements or event
- We format it, to make it look great!
- Starting at \$339.00 (includes 45 lines of space)
- The ads blanket the province and run in MCNA's 48 Manitoba community newspapers
- Very cost effective means of getting your message out to the widest possible audience

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

Smitty's BOXING DAY & WEEK SALE

**LOOK
HERE**

OPEN BOXING DAY

NOON TO 4:00 P.M.

SAVE! SAVE! SAVE!

MATTRESS & BOXSPRING SETS:

***25% OFF** Floor Models

***20% OFF** In-stock units

***10% OFF** ordered units

BONUS

½ Price Bedding Accessories
with the purchase of a bed!

* bedframe

* pillows

* sheets

* comforters

* mattress pad

**DeFehr Solid
Maple & Veneer
Bedroom Suite**

7 pce - Dresser, Mirror, Wardrobe, Nite
Table, H/B, F/B, Platform and 4 Drawers

**BLOW \$3,499
OUT** REG \$5,675

**Klic Klac Folding
Sofas** Single or Double Size
Reg \$799 STOCK ONLY

**NOW
\$199** EA

Loveseats only
Choice of Two
Cash & Carry

**YOUR
CHOICE
\$249**

**Palliser Sofa
& Loveseat**
Leather Match Reg \$2,688

**FLOOR MODEL
CLEARANCE
\$1,699**

**A America Flip Top
Dining Table Set - 5 pce**
Table & 4 Stools Reg \$1,295

**ONLY ONLY
CLEARANCE
\$795**

**Palliser Wall Hugger
Recliner**
Sliding Arms & Cupholders
Grey Fabric Reg \$1,179

**ONLY ONLY
NOW
\$799**

Dimplex Fireplaces
1 only - Glass Ember Display
4 only - Log Display Reg \$959

**NOW
\$599**

**Accessory Clearance Wall
UP TO 80% OFF**

**All
Accessories
1/3 OFF**

**BUHLER
Curio Cabinets**

Single Maple - Chocolate Colour Reg \$599 Now \$299

Hospitality Maple - Cherry Mist
Reg \$799 Now \$399

Corner Maple - Autumn
Reg \$779 Now \$389

**Stock
Only**

**All 1/2
Price**

BIG

**PRICE
CUTS!**

**MORE
SPECIALS**

**20% OFF
ALL FLOOR DISPLAY
FURNITURE**

**3 Months
No Interest
No Payments
on Entire Store
- Door
Crashers
Included**

**Yellow Tags are
DOOR CRASHERS
No Further Discounts**

**Many,
many more
PRICE CUTS
will be made
on Xmas
Eve.**

APPLIANCE SUPER SPECIAL

**15 ft³ Chest
Freezer**

Now Only **\$599** Stock Only

**15.5 ft³ Upright
Frost Free Freezer**

Now Only **\$699** Stock Only

Minimum Discounts of **10%** any furniture & in-stock
Appliances only (from reg. price)

Smitty's

FURNITURE & APPLIANCES

"The largest selection of Furniture
& Appliances between the lakes"

321 MAIN ST. - ARBORG

204-376-5242

TOLL FREE: 1-800-361-4156

E-mail: smittysfurniture@mts.net • www.smittysfurniture.net



HOURS

Monday	Dec 23	CLOSED
Tuesday	Dec 24	9-12
Wednesday	Dec 25	CLOSED
Thursday	Dec 26	12-4
Friday	Dec 27	9-6
Saturday	Dec 28	9-6
Sun Dec 29-Jan 1	CLOSED	
Thursday Jan 2	Back to Regular Hours	