



Ella got decked out in a jolly elf outfit and had a very nice visit with Santa at the Interlake Relay for Life 2nd Annual fundraising breakfast on Dec. 8 in Winnipeg Beach.

Moory Christmas

AND HAPPY NEW YEAR

from everyone at FISHER POWERSPORTS

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204-376-5233

Kawasaki

# Gimli High students receive music to their ears

### By Roger Newman

Gimli High School (GHS) students have won the battle of the band room. Evergreen School Division Superintendent Roza Gray announced last Wednesday that the Manitoba Government has given permission for the division to proceed with construction of a long awaited band room.

Gray said the new \$1.2 million band room will be self-funded by the division with already available funds and borrowing through a debenture. She also said construction will start in 2019 on a band room project finally approved after Gimli High students protested delays - first to Gimli MLA and cabinet minister Jeff Wharton and then to Premier Brian Pallister at the Manitoba Legislature.

The superintendent made her announcement at the GHS winter concert which showcased the talents of 100-plus students enrolled in the school's band program. "I've never been more proud of our students as they fought for the band room," Gray told the always packed gymnasium at the winter concert.

Continued on page 3



**EXPRESS PHOTOS BY ROGER NEWMAN** A loud ovation from the audience greeted the news that the band room is going to proceed.

Wishing everyone a happy Wishing everyone a happy



# Baker La corporation

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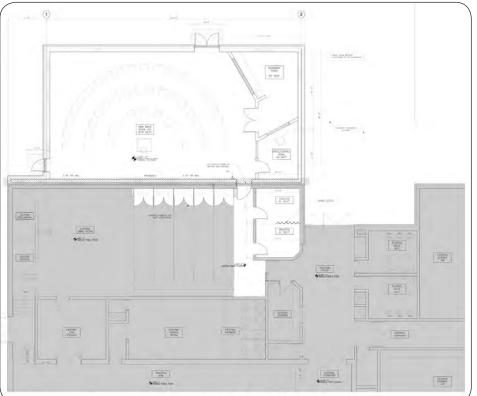
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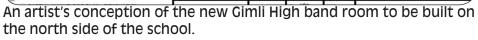
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GHS band teacher Rob Chrol, Evergreen Superintendent Roza Gray and music student Lee LaPierre were all overjoyed that the new band room will be built.





**Cracker Barrel** 

**Red or Green** 

## > MUSIC, FROM PG. 2

Manitoba Municipal Affairs Minister Wharton was present at the concert and said the division got what it asked for in regards to the band room. But that was just partly correct because the division only turned to to self funding the project after being refused direct financial aid from the Manitoba Government. Evergreen would have like some direct provincial money, but was turned down three times in recent years, once by the former NDP Govern-

ment and twice by the present Conservative administration.

Gray's "fantastic news" about the band room approval drew a loud ovation from the audience. Probably the happiest person in the gym was GHS band teacher Rob Chrol who said the better band room will upgrade the musical educations of GHS music students and improve their opportunities in areas like recording.





## 4 The Express Weekly News Thursday, December 20, 2018 Former Gimli mayor gets a little brassy

#### By Patricia Barrett

Who knew one of Gimli's former mayors is a master at blowing his own horn. Bill Barlow, who served as Town of Gimli mayor from 1989 to 2002, was guest performer at the Westshore Singers' Here We Come a Carolling concert on Dec. 11, the choir's final performance of the year.

"It was such a great performance and Bill Barlow's guest appearance playing the E flat alto horn was pretty amazing," said documentary filmmaker Andy Blicq, who attended the two-hour performance at the Gimli Lutheran Church.

The singers, under the baton of Karen Lamb, performed a selection of festive Christmas songs. Stay tuned for information about next year's series of concerts.



The Westshore Singers performed popular Christmas songs during their concert last week.





**EXPRESS PHOTOS BY ANDY BLICQ** Bill Barlow takes fanfare to a new high.

## Best Wishes at Christmastime



Ashern Insurance Agencies Etd All Lines of Insurance





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 Monday, December 24 at 12 noon and will re-open Wednesday, January 2nd, 2019 at 9:00 a.m.

West Interlake

RURAL MUNICIPALITY OF

## The Express Weekly News Thursday, December 20, 2018 5

What You Need · 1 tsp. oil

drained, chopped

Make It

· 1 green onion, sliced

· Heat oven to 350°F.

with cooking spray.

Beautiful.

Sprinkle with green onions.

Hot Artichoke, Caramelized

**Onion and Bacon Dip** 

·1 sweet onion, coarsely chopped

·1 cup Parmesan Grated Cheese ·1 cup Miracle Whip Original Spread

· 4 slices fully cooked bacon, crumbled

Tap or click steps to mark as complete

· Heat oil in small skillet on medium heat. Add sweet onions; cook 12 to 15 min. or until tender and golden brown, stirring occasionally. Remove from heat. Add all remaining ingredients except green onions; mix well. Spoon into shallow ovenproof dish sprayed

· Bake 20 to 25 min. or until hot and bubbly.

Season's Greetings to All Merry. Bright. Blessed. (204) 641-5200

HUBS AUTO DETAIL SHOP

(204) 376-2881

· 1 can (14 fl oz/398 ml) artichoke hearts,

**Christmas** craft show displays local artists talent







EXPRESS PHOTOS BY ROGER NEWMAN

The Gimli New Horizons 55-Plus Centre ended the year on a high note last Thursday with its always popular Christmas craft show. Artists and crafters from a variety of disciplines contributed to the success of the show. Photos from left to right, Photographer Jackie Poloski, Gimli New Horizons 55-Plus Centre past president, displayed pictures of two of her favourite spots - Mexico and Gimli Harbour. Artist Garth Gillespie commanded attention with his watercolours. Quilters Bonnie Dykes and Heather Dankochik made an impression with the quality of their work. Evy Bialek, an Arnes artist and crafter, was timely with her handmade Christmas dolls.

#### Celebrating the gifts of Merry Christmas and iendship & community a Happy New Year to all our Customers Town of Arborg CINEMA Mayor, Council **AM Bruce Drilling** 319 First Street E., Stonewall, MB ARBORG & Staff SHOWTIMES: Please check individual listings (204) 768-2665 Due to various picture lengths showtim 204-467-8401 PROGRAM SUBJECT TO CHANGE WITHOUT NOTICE Cash only **FLY & STAY VACATIONS** FRI-SAT-SUN DEC 21-22-23 Take care of details so they CLOSED MON & TUES DEC 24 & 25 SPIDERMAN: Palm Springs, California Beautiful Victoria, BC. KEN LOEHMER OPEN WED & THURS DEC 26 & 27 INTO THE don't have to. Just ask Ken. April 4-11 March 5-19 SPIDER-VERSE at 7:30 pm Each Nigh anada. and es ity awaits at the Animate Violence PG world to Vic FRI-SAT-SUN DEC 28-29-30 om all vear. CLOSED MON & TUES DEC 31 & JAN 1 Both include roundtrip airfare, transfers OPEN WED & THURS JAN 2 & 3 AQUAMAN accommodations, breakfast & 1 tour. Book by December 31 to guarantee your spot! at 8:00 pm Each Night PG Coarse Language: Violence EMBASSY TOURS 757-9383 1-800-723-8051 Next Week: "Bumblebee" Coarse Language; Violence PG 55 Main St, Teulon Call 204-886-0404 or visit www.klfuneralservices.ca

## Gimli's Wave Electronics celebrates grand re-opening with Telus deals

### **By Patricia Barrett**

Gimli's Wave Electronics store, which is a Telus dealer, was buzzing with customers and good deals on Telus products during its grand reopening celebration Dec. 15.

Gimli Mayor Lynn Greenberg was on hand to help cut the cake. He thanked owner Joe Mohan and Mohan's wife Lorraine and son Dustin for serving the community for 20 years.

"You provide a great service to the area. If you're at someone's house or at a social function and people start talking about their phone ... the first thing someone says is, 'Go see Joe and Dustin,'" said Greenberg. "So you're well known and well appreciated. Thank you for your service to the community."

In addition to the grand re-opening, Mohan and his staff are collecting food and monetary donations for Evergreen Basic Needs' food bank.

Customers who purchase a cuddly be



Telus will donate all proceeds from the sale of its \$2 bunny to Evergreen Basic Needs.

Telus bunny for \$2 will be helping hundreds of Gimli and area families who struggle to get enough to eat. There's also a bin set up by the Christmas tree where people can drop off non-perishable food items.

"One hundred per cent of the proceeds goes towards EBN," said Mohan between customers.

hristmas



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**EXPRESS PHOTOS BY PATRICIA BARRETT** 

Wave Electronics owner Joe Mohan (left) and Gimli Mayor Lynn Greenberg cut the cake to celebrate the grand re-opening of the newly designed store.



Customers browse the selection of accessories during the grand reopening event.

Seasons Greetings & A Happy New Year



Mayor, Council and Staff Rural Municipality of Gimli

# Bumper to Bumper helps with trail signage in Ashern



In the past, snowmobile trails took over the old logging roads, hunting trails, and homestead trails, throughout the Interlake region. Over the years some trails were maintained by Snowman and some were forgotten like the trail that goes to the Manitoba Narrows. This trail winds though a spruce bluff, a farmer's field, and road allowance. Ashern Snowmobile Club president Jay Ruchotzke wanted to keep this trail open but needed some financial help to pay for the maintenance.

Bumper To Bumper owner Lyle and Dianne Hornby of Ashern generously donated the funds to help keep the Narrows Trail open. In return the Ashern Snowmobile Club will recognize Bumper To Bumper Ashern as the sponsor of this trail with signage.



## **PUBLIC NOTICE**



Centra has applied to the Public Utilities Board (Board) for approval of new rates charged to natural gas customers effective August 1, 2019. Centra is seeking changes to the rates that cover Centra's cost of purchasing and transporting natural gas to Manitoba, effective August 1, 2019. Details are outlined in Centra's General Rate Application, available at: www.hydro.mb.ca/regulatory\_affairs/gas/gra\_2019\_2020/

The impact of this Application is a decrease of approximately 6.2% or \$42 on the annual bill for a typical residential customer. Customer bill impacts are provided for Sales Service customer classes for a range of consumption levels in the table below.

2019/20 General Rate Application	Annual Bill Impact
Customer Class	% Change
Small General Service	(4.7%) – (7.7%)
Large General Service	0.5% – 0.8%
High Volume Firm (Sales Service)	0.5% – (13.8%)
Mainline (Sales Service)	(19.7%) – (13.2%)
Interruptible	(3.0%) – (14.3%)

It is Centra's intention to update the Application based on the natural gas market prices in effect just prior to the public hearing that the Public Utilities Board will schedule in 2019. The Board will publish a subsequent Notice indicating the approximate bill impacts for the August 1, 2019 rate change, by customer class, once this information is available.

Further details are available at: www.pubmanitoba.ca

### **HOW DO I SHARE MY VIEWS?**

You can share your views on the proposed rate increases with the Public Utilities Board in three ways:

- Oral presentation If you wish to make an oral presentation to the Board at a Public Hearing, please register with the Public Utilities Board by writing to the Board office at the address listed below, or by sending an email to **publicutilities@gov.mb.ca**. Presentations are limited to a maximum of ten minutes.
- Written comment If you would like to comment in writing on the rate increase, please go to www.pubmanitoba.ca and provide your comment.
- As an approved intervener If you want to actively participate in the public hearing as an Intervener, please go to www.pubmanitoba.ca and register to become an intervener.

Manitoba Public Utilities Board 400-330 Portage Avenue Winnipeg, Manitoba R3C 0C4 Phone: 204 945 2638 Email: publicutilities@gov.mb.ca

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Wheelchair access is available.









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the proposal to council in September, held an open house for residents and provided them with an overview of the homes, prices and site services.

**Council approves mobile home park near Vesturland** 

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

Winkler-based Grandeur Housing will be supplying the homes, which will range from 900 to 1,600 square feet. The Canadian-owned company specializes in custom-built housing, including Ready-to-Move and manufactured homes, townhouses, condominiums and a variety of commercial buildings. The developers noted in previous presentations that the homes will meet and exceed all required building codes.

Further development of the site -10 or 20 years down the road – may include the construction of an apartment building and two-family (de-

tached or semi-detached) dwellings. The single-family housing zone, which is proposed to run along the site's eastern boundary, won't be developed for another 30-plus years.

The land is bordered by bush, trees and a berm on its eastern boundary, by Highway 8 on its western boundary and is close to but not contiguous with PR 231 on its northern boundary. The mobile homes shouldn't be visible to residents living along the western edge of Vesturland (near Sigurbjorg Stefansson Early School) provided the developers maintain natural cover.

Couch told the Express last Friday that council is "very progressive" and

Continued on page 10

## Don't let an auto theft Grinch spoil the holiday season

#### Submitted

By Patricia Barrett

growth of Gimli.

Gimli council gave the go-ahead to

a mobile home park after three public

hearings and much discussion about

how it might contribute to the future

The park received letters of support

from residents living in Gimli and

surrounding areas as well as opposi-

tion from some residents living in the

Vesturland neighbourhood, which

"We gave it conditional approval,"

said Mayor Lynn Greenberg a few

days after council's regular meeting

Dec. 12."Conditions will be put into a

development agreement between the

Bryan Couch of IV Development So-

lutions and his partners had pitched

municipality and the developer."

lies about 1,000 feet east of the site.

The number one cause of auto theft in Manitoba is the use of vehicle keys. Last year in Manitoba, more than 3,100 vehicles were stolen 90 per cent involving the use of keys.

With the arrival of winter weather, Manitoba Public Insurance urges all vehicle owners to avoid running vehicles unattended - whether to warm up or while dropping off holiday packages - unless equipped with a secure remote starting system.

Of all the vehicle thefts reported using vehicle keys last year, nearly 50 per cent involved keys left in the vehicle ignition or stowed somewhere else within the passenger compartment, according to Manitoba Public Insurance data. In other cases, vehicle keys were taken from homes or from purses and coats left in public places.

"Nearly all vehicles in Manitoba are now protected from theft with aftermarket or factory-installed electronic vehicle immobilizers," said Satvir Jatana, vice-president responsible for Communications, Manitoba Public Insurance. "While these devices prevent a vehicle's ignition from being defeated, they are rendered completely ineffective when auto thieves have access to vehicle keys or key fobs. This is why it is so important for vehicle owners to safeguard their vehicle keys at all times."

Vehicle thefts last year cost Manitoba ratepayers about \$17 million. Stolen vehicles are also used in the commission of other criminal offences and represent a significant public safety risk when driven erratically or at high speeds, often through residential neighbourhoods.

Holiday shoppers are also reminded to never leave shopping bags and other valuables in plain view when a vehicle is left unattended. Doing so can result in vehicle break-ins and create unnecessary stress over the holiday season. Valuables should always be removed from unattended vehicles or securely locked in the trunk or cargo area out of plain view.

How to protect your vehicle from theft

Never leave your vehicle running when unattended

Never leave your vehicle keys unattended

Park in well-lit areas

When parking your car, always close the windows and lock the doors Put valuables and packages in

the trunk, where they're out of sight

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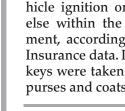
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# Great memories to cherish with friends

Seasons' greetings my friends.

To a young Steve Morovek the tall pines and spruce trees around the shore of Lake Eleanor were mountainous, as were the huge round rock out cropping.

Now, thinking back, he remembered his father"Big Steve" standing beside him along with other boys and their fathers when they went up there to the Winnipeg Transit lodge each year for ice fishing just before Christmas. They stood admiring the sun gleaming off the pure white snow field of the lake when they first arrived then piled into the lodge. The men made a fire in the wood stove and heaters and the boys fought over which bunk would be theirs for their stay. The wood burning in the stove warmed the lodge as the men filled the air with the smell of hamburgers, eggs and toast being cooked. Dishes rattled, and the tables that had stood silent for so long now held mounds of food. Laughter and joking mixed with the sounds of men young and old eating together seemingly brought the old lodge back to life.

Afterwards, at dusk, with the fire in the stove slowly going down and cloaked in the dim soft orange light of lanterns, the men sat talking in hushed tones as the boys lay

## **Notice of Holiday Closures**

Please note that Interlake-Eastern RHA's business offices, community health offices and clinics will be closed on Dec. 25, 26 and Jan. 1. Please call ahead if you are seeking service on Dec 24.

Labs in Whitemouth and Oakbank will be closed all day Dec. 24. Elsewhere in the Interlake-Eastern region, lab services will close at noon on Dec. 24 with the exception of the lab at Selkirk Regional Health Centre that will be open all day. All labs will be closed to the public on Dec. 25, 26 and Jan. 1.

Doctor availability will determine emergency department status. Please visit www.ierha.ca and click on "Care in Your Hospital" and "Emergency department schedules" to see doctor availability in the region's emergency departments or call 1-866-267-5818 to listen to a recorded message.

Due to the holidays, hours will change at the following regional clinics:

Rapid Access to Addictions Medicine (RAAM) Clinic	
237 Manitoba Avenue . Selkirk	

Closed	Alternative open days			
Tuesday, December 25	Friday, December 28, 12:30 to 3:30 p.m.			
Tuesday, January 1	Friday, January 4, 12:30 to 3:30 p.m.			
Regular Tuesday RAAM clinic hours will resume January 8, 12:30 - 3:30 p.m.				
Quick Care Clinic #3-1020 Manitoba Avenue in Selkirk Crossing (across from Boston Pizza)				
Closed	Open			
Tuesday, December 25	Monday, December 24, 10 a.m. to 5:00 p.m.			
	Wednesday, December 26, 10:00 a.m. to 5:00 p.m.			
	Monday, December 31, 10:00 a.m. to 5:00 p.m.			
	Tuesday, January 1, 10:00 a.m. to 5:00 p.m.			
Mobile Clinic				
Closed				
Tuesday, December 25	No clinic in Seymourville			
Wednesday, December 26	No clinic in Gypsumville			
Tuesday, January 1	No clinic in Seymourville			
The mobile clinic will be operating on its regular schedule when not affected by a holiday closure				
We wish you and your family happy holidays and a healthy New Year!				



Steve Morovek with one of his fine catches.

half asleep on the floor. The men put the boys to bed then sat around the stove laughing as they recalled their Christmas experiences here when they were kids.

The boy Steve awoke at dawn and padding across the main room to the windows facing the frozen lake saw his dad not far from shore making holes in the ice with a chisel. He watched his dad raise the dark rod high then plunge it into the ice time after time making ice hole after hole. Then young Steve could hear others rising, making muffled sounds then hustling outdoors dressed only in underwear and heavy boots to find the outhouse.

Soon, the sun rose blazing through the large windows drawing the excited boys eagerly to the ice. They hastily made short work of toast, bacon and eggs, threw on their clothes and ran skipping and screaming carefree across the ice to the holes. It was Steve's joy to show his boy and the others how to work the homemade pop-ups he had built. He could not contain his laughter as one of the pop-ups flag sprung up signifying a fish had been caught and the young lads dashing for it "pounding the heck out of each other" to claim the fish.

This great Christmas fishing story was shared by Steve when I met him a few weeks ago. It's easy to see by his picture holding a fair sized fish that he is just as taken with fishing today as he was so many years ago at the lodge. Thank you Steve.

Last week on the Red ice upstream of Selkirk I ran into a couple of guys tailgate fishing. I pulled up to them and slipping out of "old red" asking them if they had caught anything. They both held up a pickerel with pleased looks on their faces. The younger had a short white beard, dark

**EXPRESS PHOTO BY ARNIE WEIDL** 

eyebrows and a ready smile under a bright yellow touque while the elder had a magnificent moustache that flowed down to the sides of his chin. His eyes seemed serious which proved to be the opposite of his character. When I asked the elder Jules Du Puis of Winnipeg for a fishing story he thought for a minute then broke into a smile saying as he looked at Al Trudeau, his buddy, "yea, remember when a boat took off by itself?"

Apparently, Jules and Al along with twenty other guys went up to Grand Rapids and Cedar Lake and a little too much eating and "coffee" drinking got in the way of fishing the first day out.

The next overcast windy morning they were a little slow in getting moving. They were standing around on the shore talking, pan frying a breakfast of bacon, potatoes and coffee on their portable barbeque when Jules looking out to the water saw one of their boats happily gliding past them with the wind out to open water. Everybody stared at it in silence until an American in the party blurted out, "hey that's my boat!"

He and a buddy ran down shore where the boats were tied up, jumped into one and took off after the escaping craft. The group watched as they sped away after the errant boat. It took a while before they got back with both boats. They tied them up and as they joined the gang they saw all the breakfast food was eaten.

"Couldn't you have saved some for us," they cried out?

"Next time tie your boat up properly," Jules teased them, as he produced two full plates he had been hiding.

Happy holidays, bye for now.

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that he and his partners are looking forward to working with them on establishing a development agreement.

"What a good experience it was dealing with the Eastern Interlake Planning District, the RM administration and the new mayor and council," he said. "Nancy Thom [CAO of EIPD], Joann Murphy [CAO of RM of Gimli] and their teams were so positive to work with and very professional."

The EIPD ensured residents living beyond a 100-metre radius of the land received notice of the hearing last week as a "courtesy" although it was not legally required.

About four Vesturland residents expressed concerns about the development, including increased traffic on Solvin Road, said Greenberg. Couch brought with him mortgage specialist Shelly Stewart of One Link Mortgage to address residents' prior concerns about obtaining mobile home financing, a representative from Grandeur Housing and engineer John Arthur of Arthur Consulting, which will be working on the site design. Increasing the availability of homes will help facilitate growth in the area, said the mayor, giving employees of local businesses an option to get a home. "It will also help with the promotion of our Industrial Park."

In its planning report, the EIPD noted that the municipality is in need of affordable housing for "all age groups," and that a mobile home park may be the answer. It also wrote that the developer is "working with the National Housing Co-Investment Fund through CMHC to aid in the costs associated with this development."

Assistant CAO Kelly Cosgrove said a temporary access road could be built off Highway 8 to accommodate heavy construction, but the main entrance to the site will be determined by council. There will also be a secondary entrance from Centre Avenue West.

The development will require an "engineered drainage plan with lot grades, engineered water and sewer works to be constructed in accordance with RM of Gimli Construction





## Manitoba Hydro 2019/20 Electric Rate Application

Manitoba Hydro has applied to the Public Utilities Board (Board) for a 3.5 per cent increase to all electricity rates on April 1, 2019.

**For a residential customer not on electric heat** (using an average of 1,000 kilowatthours (kWh) per month), the impact of this rate increase is an additional \$3.30 per month.

**For a residential customer that has electric heat** (using an average of 2,000 kilowatt-hours (kWh) per month), the impact of this rate increase is an additional \$6.30 per month.

Further details are available at: www.pubmanitoba.ca

#### **HOW DO I SHARE MY VIEWS?**

You can share your views on the proposed rate increases with the Public Utilities Board in three ways:

- Oral presentation If you wish to make an oral presentation to the Board at a Public Hearing, please register with the Public Utilities Board by writing to the Board office at the address listed below, or by sending an email to publicutilities@gov.mb.ca. Presentations are limited to a maximum of ten minutes.
- Written comment If you would like to comment in writing on the rate increase, please go to www.pubmanitoba.ca and provide your comment.
- As an approved intervener If you want to actively participate in the public hearing as an Intervener, please go to www.pubmanitoba.ca and register to become an intervener.

Manitoba Public Utilities Board 400-330 Portage Avenue Winnipeg, Manitoba R3C 0C4 Phone: 204 945 2638 Email: publicutilities@gov.mb.ca

Available in accessible formats upon request.



Five days notice required. Wheelchair access is available.



Specifications, engineered roads and sidewalk construction, street lighting and public greenspace with a walking/cycle path," said Cosgrove. Couch said IV Development plans to start construction in 2020.

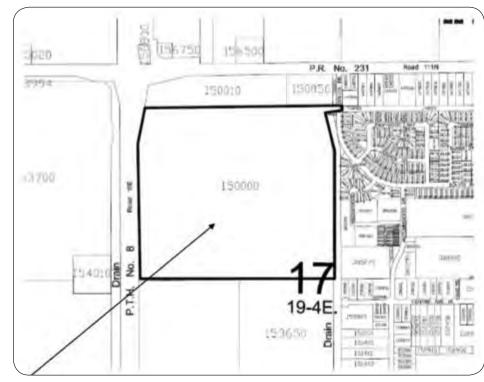


ILLUSTRATION COURTESY OF EASTERN INTERLAKE PLANNING DISTRICT Illustration of mobile home park.



**EXPRESS PHOTO BY PATRICIA BARRETT** 

The mobile home park will be developed in this treed area east of Highway 8 near the junction of PR 231.



## Lopi wear, underwear and fair ware make for a merry craft sale

#### By Patricia Barrett

Why not say farewell to cheap, mass-produced merchandise this holiday season and step into the world of handmade, homemade and fair trade.

From fudge that melts in your mouth (Farmhouse Fudge), pottery with a sgraffito touch (Nicole Combot-Harapiak) and antler-horn jewellery (Sticks & Stones Ink) to re-usable hygiene products (Butterwear), botanical-based makeup (Arbonne) and fair trade certified food, the vendors who set up shop last Saturday at Gimli's Johnson Hall had it all.

Zack Gross, outreach coordinator with the Manitoba Council for International Cooperation, was selling fair trade coffee, chocolate and textiles and helping consumers understand why buying fair trade products can literally make a world of difference.

Fair trade helps disadvantaged farmers and artisans make a better living by ensuring they get fair wages, he said. The Fair trade system also encourages safe working conditions, prohibits child slavery, promotes gender equality and protects the environment.

One brand of fair trade certified chocolate bar Gross was selling comes from Montrealbased Galerie au Chocolat. Galerie imports a velvety Belgian-made chocolate that is sourced from companies committed to protecting their plantation workers. cocoa

Gross said fair trade coffee comes in light, medium, dark and decaf and not all varieties taste the same.

Consumers can identify certified fair trade products by looking for a blue and green seal that depicts a stylized human figure and the words "FAIRTRADE" or "FAIRTRADE EQUITABLE."

Arnes-based Crystal Bantel was celebrating the official launch of her new business called Butterwear. She makes women's everyday underwear with a wide soft band that prevents wedgies, special underwear that won't put pressure on the belly of pregnant women and re-usable cloth incontinence and period pads.

"The maternity panties have a crisscross in front to accommodate a large belly," said Bantel, who makes the custom-order underwear out of her home. "When you're in your last month and you're about to pop, it's so comfortable."

She also makes cloth pads with a water-resistant backing material and wings that fold underneath the gusset and snap together. Commercially produced hygiene products contain chemicals that can cause rashes and are so expensive that many women can't afford them. British MP Danielle Rowley, in fact, called attention to "period poverty" this summer.

Gimli-based Linda Einarson makes fashionable knitwear and accessories out of lopi



Nicole Combot-Harapiak niques such as sgrafitto.

wool, which is sourced from long-haired Icelandic sheep.

"When my daughter was in Iceland, all the girls were wearing these wool flowers and she brought one back," she said. "I've made tons since. You can put them on a lapel or a hat."

Contact information for select participants:

. Manitoba Council for International Cooperation (fair trade information): 204.987.6420 or online at mcic. ca.

Crystal Bantel, But-. terwear: email crystalscreativity@gmail.com or visit Butterwear on Facebook and Instagram

Potter and artist Ni-• cole Combot-Harapiak: nicole.harapiak@gmail.com

Sheila Hiller, Sticks • & Stones Ink: 204.642.4644 or



EXPRESS PHOTOS BY PATRICIA BARRETT makes functional and deco- Zack Gross from the Manitoba Council for International rative pottery using tech- Cooperation promotes fair trade products.



Monica Wood, right, of Farmhouse Fudge makes a variety of flavours such as Rocky Road, Pumpkin Pie, Chocolate Explosion and Heath English Toffee. She also sells at the Arnes Market. Judy (left) bought a variety pack, saying the fudge is "rich and creamy and just the right amount of sweetness in it. You can't beat it."

lakelady56@hotmail. at email com

http://leannecorbett.arbonne.com

Leanne Corbett, Ar-٠ bonne botanical beauty products: 204.407.2842 or online

Cheryl Andrews. ٠ Norwex microfiber cloths: 204-641-4285.



Cheryl Andrews is an Artist Sheila Hillier of company's cloths don't require the buttons and use of detergents.



independent sales con- Sticks & Stones Ink in sultant for Norwex. The Gimli creates one-of-aitems.



microfiber kind artistic pendants, Gimli-based Linda Einarson (right) with Arbonne skincare prodother her sister Gail Syberg, makes knitwear out of Icelandic lopi wool.



Leanne Corbett is regional vice president of dent consultant.



Butterwear makes nonwedgie underwear for women, re-usable pads, ucts and an indepen- pregnancy underwear and children's underwear.

## 12 The Express Weekly News Thursday, December 20, 2018

# Time spent with family is the most valuable gift

#### By Natasha Tersigni

For local entrepreneur Danny Kleinsasser the Christmas season is a time of year when he can focus on two of his life's passion: family and charity.

Kleinsasser, owner and operator of Danny's Barbeque and Smokehouse, uses the Christmas season as a time to reconnect with his family and continue to teach his six children the importance of giving. While business is important to Kleinsasser who has independently run his barbeque operation for over 25 years, Christmas is a time of year that he takes a break for work and focuses what's most important to him.

"For me, my family and my children come first with everything. When it comes to Christmas time and other holidays I always take that opportunity to hang out with them and do things with them," said Kleinsasser.

A tradition that he adopted early in the creation of Danny Whole Hog is closing the business from Dec. 24 to Jan. 3, to ensure that he and his employees have time to spend with family uninterrupted. While this time period is a lucrative time of year for those in the catering business, it is important for Kleinsasser to take that break.

This year Kleinsasser and his family are going to spend their time off at their cottage at the Nar-rows where they will ice fish and then spend a few days skiing in Asessippi. "I want all my employees to spend time with their family so I close the business to give them the same opportunity. Yes, we are giving up sales but that time at Christmas to spend with your family is more important," explained Kleinsasser.

"Whatever money we could have made it doesn't matter at the end of the day."

During the holiday season, Kleinsasser and his wife Jeanette also take time to ensure their children learn the importance of giving to others. While Kleinsasser is involved with charity work throughout the year, at Christmas he undertakes a few additional projects.

"I am trying to teach my children that Christmas is not just about your own family, but it is a giving time of year. I am usually involved in a lot of different charities which teaches my kids the principle of giving back and the importance of putting a smile on someone else face," said Kleinsasser who this year has donated pulled pork meals for over 60 hampers to be donated in the Selkirk area and is also supporting the One Big Day for Christmas event being held at the Garden City Shopping Centre on Dec. 14.

"I want to leave the lesson of giving with my children so when I am not around anymore, they can continue that tradition and care for their families and for other people as well."



TRIBUNE PHOTOS BY NATASHA TERSIGNI

Whether on a beach in Mexico or at their cottage at the Narrows, Manitoba, Danny Kleinsasser's annual holiday tradition is to spend time with his family. Pictured left to right, Danielle, Jeanette, Tirzah, Cassidy, Nehemiah, Ezra, Danny and Isaiah



Isaiah helps his sister Cassidy decorate the family Christmas tree.





The Kleinsasser's family annual holiday tradition is spending time with one another.

# **Moosehorn Christmas light display inspires others**

#### By Kal Franchuk

For five years Dennis Rawluk has been setting up elaborate Christmas light displays at his home in Moosehorn. His creative, handmade scenes have drawn local visitors from the area and encouraged others to do the same.

Each year Rawluk crafts a new themed display and this year, 2018, is a nature scene with silhouettes cut from plywood and painted white in the shape of deer and trees. The scenes are arranged among several bare poplars and cut evergreens. The traditional multi-coloured lights are found just on his house with blue and white illuminating the calm winter scenery.

Rawluk started his display back in October when the weather was warmer. The poplars, which are made from fence posts, had to be pounded into the ground and the cut trees were anchored with rebar.

From there Rawluk added a little bit each day to create the winter scene. "[I] try to control myself so I have something for next year," he said.

The lights went on at the end of November and will stay on through the first week of January. Rawluk welcomes the steady stream of visitors that pass by his home to view the display, including the local handivan.

Some creations from last year are still showcased in his backyard which visitors can walk through. Rawluk owns four lots and his property is frequently used for photos and even his son's wedding.

Rawluk says that his previous experience as a farmer helped to inspire

Rudolph



the use of nature in his displays. It also means that he sources his cut trees from local farms where he can help by cutting the ones causing a nuisance.

The community spirit Rawluk creates is priceless but it's hard to imagine this sort of display comes cheap. Still, Rawluk is not sure how much the display has cost.

A lot of material used was recycled and homemade which helps keep costs down. He also switched the LED lights which not only use less energy but are much brighter.

"I don't even know what my Hydro will be this year," Rawluk chuckled.

Rawluk called his display an "amusement park for the winter," and is pleased to do it for the community. It has sparked others in the area to do the same.

Currently, the R.M. of Grahamdale puts on an annual Christmas light competition which Rawluk's efforts have helped encourage.

There's still time to see this magnificent light display located at 15 Shepherd St. in Moosehorn.





EXPRESS PHOTO SUBMITTED

Dennis Rawluk's yard in Moosehorn has become a tourist attraction for those who love Christmas lights and outdoor nature displays.



## 14 The Express Weekly News Thursday, December 20, 2018 Gimli church collects gifts for domestic violence victims

#### By Roger Newman

Family violence never takes a holiday.

That sad reality motivates the women of Gimli's Bayview Evangelical Free Church to make twice yearly donations of children's toys and feminine products to the Interlake Women's Resource Centre (IWRC).

With the guidance of co-pastor Judy Gilbert, the church women collect the items at a potluck supper and deliver them to the Gimli-based IWRC during the seasons of both Christmas and spring.

That contribution is much appreciated by the women's resource centre which provides services to domestic violence victims living in the vast area between Hecla Island and Stonewall.

"Without the generosity of the Bayview women, we wouldn't be able to do as much as we do for the women and children we

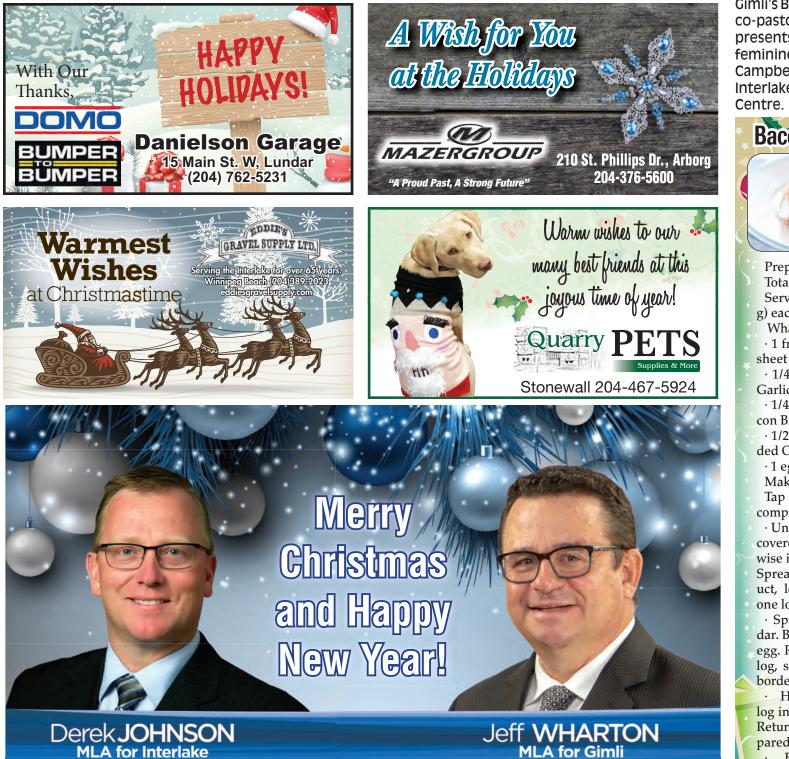
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serve," said IWRC Director Jennifer Campbell Moore as she viewed the latest collection beside the Christmas tree at the Bayview church on South Colonization Rd.

Gilbert and co-pastor Richard Gilbert know something about dealing with hardship because the husband and wife team served across Canada with the Savation Army for 35 years. They settled at Winnipeg Beach five years ago and have been copastors at Bayview Evangelical for the past three years.

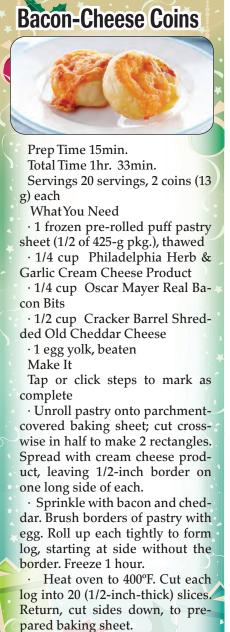
"I have always been a strong advocate for women's rights and for helping people battle addictions," says Judy Gilbert who is originally from Orillia, Ont., north of Toronto. "I hope other churches will become involved in projects like ours because violence against women is a year-round struggle."





gimlica@mymts.net

**EXPRESS PHOTO BY ROGER NEWMAN** Gimli's Bayview Evangelical Church co-pastor Judy Gilbert, right, presents a hamper full of toys and feminine products to Jennifer Campbell Moore, director of the Interlake Women's Resource Centre.



• Bake 16 to 18 min. or until golden brown.



Servicing the Interlake for 52 Years!

# Ringing in the festive season



**EXPRESS PHOTO BY TAMMY EINARSON** Approximatley 70 students from Riverton and Arborg collegiates showed their musical talents during an annual winter concert for the community last Thursday evening at the Riverton Hall.



Christmas Punch

Ingredients • 1 bottle of 7-up or Sprite • 1 bottle of Cranberry Juice Blend • 1 cup of sugar (try to use superfine sugar if you can find it)

• 1 cup frozen lemonade concentrate (thawed) • 1 cup frozen orange juice

concentrate (thawed)

• water (for amount, see below)

• garnishes: lemon slices, cranberries, fresh rosemary sprigs

Instructions

 Combine the7-up or Sprite and the cranberry juice blend. Add the sugar, and stir vigorously until combined.
 Add the thawed concentrates, stir.

3. If you want a strong punch you can leave as is and just add some ice. You may wish to dilute with up to three cups of water (add water to taste) depending on your personal preference. Remember adding ice will also dilute the punch a bit so don't go overboard on both ice and water. 4. Add your garnishes-- a bag of fresh cranberries, lemon slices (wash the lemons well if including the peels), perhaps a sprig of fresh rosemary or two for a fresh kick. 5. \*\* Note: You can also make this ahead of time-- simply add all ingredients EXCEPT the garnishes and bubbly (either champagne or soda). Refrigerate for a few hours and add the remaining ingredients when guests arrive. \*



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# Gimli students celebrate Christmas with music concerts

#### By Roger Newman

Gimli is alive with the sound of music this Christmas.

Two major concerts have already taken place and several more are scheduled before Santa arrives.

Audiences have already been sent home humming by the Gimli High School's annual winter concert and two performances by the Westshore Singers at Gimli Lutheran Church. New touches - in both cases - kept the concerts fresh and interesting for concertgoers who couldn't claim it was the same old, same old.

Gimli High, featured student conductors instead of the usual practice of having a music teacher waving a baton in front of its grade 11-12 concert band. The student conductors were Sigrid Belanger, Braden Yablonski and Jasmine Henry who respectively led their concert band through "Chorale and Canon", "Night" and "Let it Snow". Equally creative was the Grade nine concert band's renditions of "Shenandoah and "Spy Games' plus the Grade 10 band's : "Terezin" accompanied by poetry read by Emma Gray, Hannah Collard and Tommy Pittman.

The variety for audience members also included the GHS vocal ensemble, a brass quintet, a jazz band and a jazz orchestra. Enchanting the experience for the audience were such familiar tunes as "Homeward Bound",



Sigrid Belanger made her debut as a conductor at the concert.

Hogan's Heroes March", "Send in the Clowns" and "O Come All Ye Faithful"

The Westshore Singers concerts also featured well-known carols plus guest performances by alto horn player Bill Barlow and violinist Andrew Morican. Barlow, a retired Gimli High teacher and former town mayor, drew a laugh from the audience when he confided he'd taken up the brass band horn at age eight and had now been playing it for "almost 30 years".

The unofficial Gimli music festival continues this week with concerts at the Early and Middle schools plus the Evergreen music teachers' always well attended concert Fri., Dec. 21 at 7 p.m. in Johnson Hall.



**EXPRESS PHOTOS BY ROGER NEWMAN** The Gimli High School's vocal ensemble was popular with the audience at their recent winter concert. .



Members of the trombone section were prominent at the winter concert.





A lyric from the song is given.

In what song would find the lyric?



## 1. "Round yon virgin mother and child"

a. Jingle Bells

- b. Silent Night
- c. I'll be Home for Christmas
- d. We Three Kings

## 2. "And Heaven and nature sing"

- a. Away in a Manger
- b. Joy to the World
- c. While Shepherds Watched
- c. Deck the Halls
- d. God Rest Ye Merry Gentlemen

## 3. "Tis the season to be jolly"

- a. Jinkle Bells
- b. While Shepherds Watched
- c. Deck the Halls
- d. God RestYe Merry Gentlemen

## 4. "God and sinners reconciled"

- a. O Come O Come Emmanuel b. O come All Ye Faithful c. Hark the Herald Angels
- d. The First Noel

## -5."Disperse the gloomy clouds of night"

a. O Come All Ye Faithful b. O Come O Come Emmanuel c. Hark the Herald Angels d. The First Noel

## 6. "Joyful and triumphant"

- a. O Come All Ye Faithful
- b. Joy to the World
- c. Deck the Halls
- d. Ava Maria

## 7. "Looked down where he lay"

- a. The First Noel
- b. Little Town of Bethlehem
- c. Joy to the World
- d. Away in a Manger

## 8."O tidings of comfort and Joy"

- a. God Rest Ye Merry Gentlemen
- b. The First Noel
- c. Ding Dong Merrily on High
- d. Away in a Manger

## 9."On a cold winter's night that was so deep"

- a. Away in a Manger b. The First Noel
- c. Ave Maria
- d. Deck the Halls

### 10. "Hang a shining star upon the highest bough"

- a. O Come O Come Emmanuel
- b. Have Yourself a Merry Little Christmas
- c. Hark the Herald Angels
- d. Frosty the Snowman **11. "City sidewalk, busy side**walks, dressed in holiday
- walks, dressed in holiday style"
- a. Joy to the World
- b. Deck the Halls
- c. Rudolf the Red Nosed Reindeer
- d. Silver Bells
- 12. "Please have snow and mistletoe and presents under the tree"

- a. Beginning to Look a Lot Like Christmas b. Silent Night
- c. I'll Be Home For Christmas
- d. Jingle Bells

### **13. "Somebody snitched on me"** a. Bill's Christmas Treat b. The First Noel c. Nuttin' For Christmas

d. Deck the Halls

## 14. "Bearing gifts we traverse afar"

- a. Jingle Bells b. Silent Night c. I'll be Home for Christmas d. We Three Kings
- **15. "Come on, it's lovely weather"**a. Deck the Halls
  b. While Shepherds Watched
  c. Jingle Bells
  d. Sleigh Ride



## **Tradition continues with Yule Lads and the Icelandic Christmas Cat**

### By Teresa Carey

For Icelanders, Christmas is a mystical time of year when visitations by folkloric beings can be expected. Icelandic children will most certainly encounter the Yule Lads, called the Jólasveinar in Icelandic. They are Christmas trolls or elves that show up one at a time, for 13 days before Christmas, each staying for 13 days, the last of them leaving on Jan. 6.

"The Jólasveinar aren't bad though. Pranksters, sure. Pests, yeah." said Signy McInnis, an Arborg mother who has kept the lore alive in her household.

"If you pay attention each evening before they come and leave them treats like skyr (an Icelandic dish consisting of curdled milk), or sausages their names tell you what they like chances are they won't play pranks on you. They're just hungry," McInnis said. "For children who leave a shoe in the window, they'll leave a treat or small toy when they pass by."

The Yule Lads each have their own penchants. If you own sheep, beware of Stekkjarstaur (Sheep-Cote Clod), the first Yule Lad to arrive, as he likes to harass them, and when the next, Giljagaur (Gully Gawk) comes, guard the milk in the cow shed or he'll run off with it. Four lads will follow on successive nights: Stúfur (Stubby), Pvörusleikir (Spoon-Licker), Pottaskefill (Pot-Scraper), and Askasleikir (Bowl-Licker). All they will want is the food left on your dishes and utensils.

Hurðaskellir (Door-Slammer), Skyrgámur (Skyr-Gobbler), Bjúgnakrækir (Sausage-Swiper), Gluggagægir (Window-Peeper), Gáttaþefur (Doorway-Sniffer), Ketkrókur (Meat-Hook), Kertasníkir (Candle-Stealer) are the other Yule Lads Icelandic children will be on the lookout for.

While the Jólasveinar are but harmless pranksters, their mother, Gryla, is said to be on the lookout around Christmas for Icelandic children who have misbehaved. The family owns a cat, known as the Icelandic Christmas Cat. It is a fearsome, child-devouring creature who follows along with the Yule Lads.

"The cat doesn't eat children who are bad," McInnis explained. "He eats people who don't get new clothes for Christmas. If a person didn't get new clothes for Christmas, it meant they didn't have anyone who loved them, and those were the ones the cat went for. The ones not loved."

"The cat has been a great way to keep kids excited to get clothes for Christmas," McInnis said. "My daughter Aleesha has taken it upon herself for a few years now to make sure everyone in our family gets some form



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of clothing for Christmas so they don't get eaten by the cat."

"We used to have the Jólasveinar visit our house and leave treats in Aleesha's shoe in the window, but she turned 12, so they stopped visiting us, but they do still visit my 4 year old niece in Gimli," McInnis said.

"This has always been a fun part of Christmas for our family. It's always fun to see the excitement on the kid's faces when they jump out of bed in the mornings to see what treats were left in the shoe. Aleesha says her favourite part of this tradition was checking her shoe in the mornings to see what she got."

#### EXPRESS PHOTO BY SIGNY MCINNIS

Twelve-year-old Aleesha McInnis holds a figurine of the Icelandic Christmas Cat, a fearsome creature thought to devour children who have not received new clothes for Christmas.





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## **Icelandic River Community Foundation funds special programs**

### By Patricia Barrett

The Icelandic River Community Foundation, a charity that supports the overall well-being of residents in the municipality of Bifrost-Riverton, funded three programs this year.

The IRCF donated \$3,444.50 to the Riverdale Place Workshop, which provides job opportunities to adults with disabilities. The money will help the centre pay for a new mobility van it bought earlier this year.

"We're a community-based foundation and we look for ways to help promote wellness and other things in the community," said IRCF chair Donna Gislason. "We thought it would be a very good thing to help Riverdale because they do a lot of good things for the community."

The IRCF was formed in 2010 to improve the lives of those living in Arborg, Riverton and the municipality of Bifrost-Riverton. Funds held by the former Arborg & Districts Health Centre Foundation were transferred into the IRCF and additional startup funds were donated by Noventis Credit Union. The charity has a board of directors consisting of community leaders and is assisted by the Community Foundations of Canada and the Winnipeg Foundation.

The IRCF invests donations in a permanent fund and each year the investment income is used to support the betterment of the community in the areas of health care, education, seniors and children's services, culture and heritage, the environment and recreation.

Riverdale manager Alex Janower said he, the staff and clients are so grateful for the financial assistance.

"The workshop really appreciates the donation," he said. "It will be very helpful."

The foundation also donated funds to the Arborg Personal Care Home, which purchased an examination chair. The special chair has side tables, a step, a foot rest and it fully reclines. Doctors, nurses and lab technologists use the chair for examinations, treatments and other procedures. The foot care nurse also uses it for treatments.

"It has been a great asset for the Arborg Personal Care Home and those it cares for," said spokes-persons Al and Judy Friederici.

The IRCF also donated \$549 to the Arborg-Bifrost Recreation Commission for children's soccer equipment and practice pinnies.

"We're here to support the community," said Gislason. "We focus quite a bit on health care and wellness in the community, but we're starting to do a little bit of recreation."

For more information about the Icelandic River Community Foundation or to donate, call (204) 376-5742 or (204) 641-5112 or visit online at https://www.ircf.ca



On behalf of the Icelandic River Community Foundation, Donna Gislason, Judy Nichol and Lorne Floyd (far left) presented a cheque for \$3,444.50 to Alex Janower and staff and clients at Arborg's Riverdale Place Workshop.



From left treasurer John Sigurdson, chair Donna Gislason, Recreation Commission vice chair Joanne Johnson and soccer players Kiera Chwaliboga, Shannon Bodnarus and Bryce Bodnarus.



**EXPRESS PHOTOS SUBMITTED BY DONNA GISLASON** The IRCF donated funds to the Arborg PCH for a special chair. From left Clinical Team Manager Sheri Brennan, IRCF chair Donna Gislason, Clinical Resource Nurse Linda Oddliefson and IRCF board member Judy Nichol.

	Christmas Tri	via Game	
$\mathbf{\nabla}$	Questions:	Answers	
Ô	Name Santa's reindeer		
2	What magic article of clothing brings Frosty the Snowman to life?		
3.	The Grinch tried to take Christmas away from the residents of what town?		
4.	Ralphie (in A Christmas Story) only wants one thing for Christmas. What is it?		
× <b>5</b> .	What is the name of the main character in Elf?		
6.	Name the three ghosts that come to visit Scrooge.		
Ô	Who is the most known for singing Blue Christmas?		
8.	On the 11th day of Christmas, my true love sent to me		
9.	How many times does Santa check his Naughty & Nice list?		
•	In the song, I Saw Mommy Kissing Santa Claus, where were Mommy & Santa?	Answers on pg 13.	-

## Peguis students first to use Assiniboine's "trades in a box" trailers

Submitted by ACC

Thirty students in Peguis First Nation are the first in the province to use one of three "trades in a box" trailers unveiled by Assiniboine Community College this past fall.

The students are studying to earn an Applied Building Construction certificate. The trailer, located in their community for the length of their program, has all the tools they need to learn by doing.

"This program is giving me more understanding of carpentry tools, materials and jobsite safety. I get the opportunity to work with and learn from others," said student Megan Stevenson.

The 30 students are divided into two groups of 15 each. The first group entered the program directly in September and will graduate in March 2019.

The second group is taking high school courses now to prepare them to begin the carpentry courses in March 2019. Their high school courses are geared towards the certificate. For instance, their math course will emphasize the math skills they need to develop for carpentry. They will graduate in September 2019 with both the Applied Building Construction certificate and a Mature Student High School diploma.

Organizations that have partnered with Assiniboine to offer the program include Peguis First Nation, Peguis Development Corp. and the Post-Secondary Partnership Program of Indigenous Services Canada.

"Capacity building is a priority for Peguis First Nation. It is an essential component when developing new projects and opportunities. It is important to address skill shortages



Assiniboine Community College student Megan Stevenson is learning carpentry skills in the Applied Building Construction certificate program in Peguis First Nation.

and build upon skill development to improve the social well-being of our community members," said Peguis First Nation Chief Glenn Hudson on behalf of the band council.

"Currently, Peguis First Nation has many economic developments underway and forthcoming, both locally and province-wide. The delivery of the Applied Building Construction Program for our community is a pro-active approach to build a highdemand, skilled workforce for the future. Many opportunities await the successful graduates for a bright future and potential advancement into the apprenticeship stream," Chief Hudson said.

"We are witness to much greater success rates in community-based training. Our community strongly



**EXPRESS PHOTOS SUBMITTED** 

Students in Peguis First Nation are learning carpentry skills in the Applied Building Construction certificate program delivered in their community by Assiniboine Community College.

supports all efforts to help community members move forward into careers and the workforce. A key to successful delivery of training is partnerships. We look forward to the continued work ahead on this important educational opportunity and the promotion of apprenticeship trades for our Indigenous community and region!" he said.

Graduating students will be qualified for employment in all aspects of carpentry involved in building construction.

The trailer is one of three unveiled by the college in September. The other two contain tools for the electrical and piping trades. They will be used in other locations in the coming months.

The programs contain a balance of theory and hands-on training and go through the Apprenticeship Manitoba accreditation process each time they are delivered for Level 1 inschool pre-employment training. The trailers were made possible through \$150,000 in funding from Western Economic Diversification (WD), the federal government's regional economic development agency. This funding covered 50 per cent of the total cost for the project. The remaining 50 per cent was paid for by the college.

"The college's Indigenization Strategy calls on us as a college to increase participation rates for First Nations, Métis and Inuit students, both on campus and by extending educational opportunities to regions that don't have permanent post-secondary venues," said Kris Desjarlais, Director of Indigenous Education at Assiniboine.

This past academic year, Assiniboine has offered programming in more than two dozen communities across Manitoba including Residential Framing in Sioux Valley Dakota Nation and Applied Building Construction in Waywayseecappo First Nation.







Prep time: 10 minutes Cook time: 1 hour, 30 minutes Servings: 8 Roasted Leg of Lamb: 3 tablespoons Filippo Berio Olive Oil 2 tablespoons Filippo Berio Raspberry Balsamic Glaze 1 tablespoon chopped fresh rosemary 4 teaspoons grainy mustard 1 bone-in leg of lamb (about 6 pounds) 2 cloves garlic, thinly sliced 1 teaspoon salt 1 teaspoon pepper 3 onions, quartered 1cup water Gravy: 3 tablespoons all-purpose flour 1/2 cup dry red wine 4 cups chicken stock

- 2 tablespoons Filippo Berio Raspberry
- Balsamic Glaze
- 1 sprig fresh rosemary

Prep time: 15 minutes

Cook time: 30 minutes

1 tablespoon, plus 1 teaspoon, olive oil

3/4 pound extra-lean ground turkey

1/2 teaspoon dried thyme leaves

1/2 teaspoon ground black pepper

1 can (15 ounces) READ German Po-

2 cups frozen, thawed or canned mixed

1/2 teaspoon garlic powder

1/2 teaspoon salt (optional)

1/2 cup light sour cream

Servings: 6

breast

tato Salad

## Rosemary and Raspberry Balsamic Roasted Leg of Lamb

1/2 teaspoon salt

1/4 teaspoon pepper

To make Roasted Leg of Lamb: Heat oven to 400 F. In bowl, whisk olive oil, raspberry balsamic glaze, rosemary and mustard; set aside.

Make small incisions in lamb and insert garlic slices. Rub olive oil mixture over lamb. Sprinkle with salt and pepper. Transfer to roasting pan fitted with rack. Add onions; pour water into bottom of pan.

Roast 80-90 minutes, or until internal temperature reaches 145 F for mediumrare, adding water to pan as needed to avoid scorching and onions drying out. Transfer lamb to carving board and

tent with foil.

To make Gravy: Place roasting pan on stovetop over medium-high heat; stir in flour. Whisk in wine; boil 1-2 minutes, or until reduced by half. Whisk in chicken stock and raspberry balsamic glaze. Add rosemary; bring to boil and simmer 8-10 minutes, or until thickened. Season with salt and pepper. Serve with lamb.

## Potato, Turkey and Veggie Casserole

vegetables, drained

nonstick cooking spray

1/2 cup bread crumbs Heat oven to 350 F. In large, nonstick

skillet over medium heat, heat 1 tablespoon oil. Add turkey, thyme, garlic powder, pepper and salt, if desired. Cook 5-7 minutes, until cooked through, stirring occasionally and breaking turkey into large crumbles.

Stir in potato salad and sour cream. Add vegetables; stir to combine. Spray 2-quart casserole dish with nonstick cooking spray. Spoon in casserole mixture.

Toss together bread crumbs and remaining oil. Sprinkle over casserole. Bake 30 minutes, or until bubbly and heated through.

Substitution: Leftover chopped turkey (about 1 1/2 cups) can be cooked 2-3 minutes in skillet in place of ground turkey.

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# Is it possible to rebuild a mar-

riage after trust has been broken? The answer is: sometimes. If the injured party believes the other can be trusted in the future, there is a chance. If the betrayal and the ensuing crisis provide a wake-up call to the one who erred, with an accompanying reassessment of values, rebuilding might be possible.

It is, however, strenuous, difficult and delicate work. There needs to be a full examination of what was happening in the marriage that could have even allowed for the possibility of lying or infidelity.

What was the level of communication between the couple? Were there unresolved issues that undermined the relationship? Problems in the marriage are never a justification for betrayal, but can help us to understand how things evolved as they did.

There needs to be an agreement about complete honesty through the healing process. There has to be disclosure. Intimacy needs to be



Prep time: 10 min

Servings: 4

- 11/2 pounds roasted beets
- 2 cups microgreens4 ounces goat cheese, crumb
- 4 ounces goat cheese, crumbled 1/4 cup chopped toasted hazelnuts
- 2 tablespoons Filippo Berio Clas-

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## Love is Breakable, Learn to Handle with Care

restored, and that cannot happen without openness and honesty.

Are the feelings of love deeper, or at least as deep, as the feelings of hurt and anger? If love is still there, hope is still there. Each partner has to picture the rest of his or her life both with and without the other. If spending the future with this person still feels good and right, then chances are, if the above criteria are met, it could happen. Often, professional help is needed, to help the couple move forward. Just because a couple stays together, does not mean the marriage has been rebuilt.

The good news is that despite the struggles, a marriage can be made strong again, perhaps even better than ever. The bad news is that once a significant other has been hurt through betrayal, he or she may never again feel the same about the partner. Love is 'breakable', and should be handled with care.

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

## Beet Carpaccio Salad with Toasted HazeInuts

sic Balsamic Glaze

1/4 teaspoon flaked sea salt1/4 teaspoon cracked pepper

Heat oven to 400 F.

Using chef's knife or mandoline, thinly slice beets; arrange on platter.

Arrange microgreens over beets; scatter with goat cheese. Sprinkle hazelnuts over top and drizzle with balsamic glaze. Sprinkle with salt and pepper.





# Sportsærecreation INSIDE > OUTSIDE > UPSIDE DOWN Morden, Winkler to host National Women's Under-18 Championship

#### Submitted

The very best young women's players from around the country will converge on Morden and Winkler, next November to compete for gold at the National Women's Under-18 Championship, marking the first time Manitoba will host the tournament.

"Hockey Canada is very excited to bring this event to Morden and Winkler next fall," said Scott Smith, president and COO of Hockey Canada. "Historically, fans have had the opportunity to watch as Canada's future superstars compete for their provinces before competing wearing the Maple Leaf at world championships and the Olympics."

Morden is no stranger to successfully hosting national hockey events, having hosted the 2017 Esso Cup, Canada's National Female Midget Championship, while Winkler will host a Hockey Canada tournament for the first time.

"We welcome the chance to work with Winkler on hosting the National Women's Under-18 Championship," said Morden Mayor Brandon Burley. "Although both communities are capable of hosting large-scale events on their own, we are stronger together. We are excited to have the opportunity to build on the success of the Esso Cup." "Winkler has a history of hosting very successful events including Hockey Day in Canada, the Manitoba Games, the Manitoba Scotties Tournament of Hearts and the Viterra men's provincial curling championship," said Winkler Mayor Martin Harder. "Our community has always rallied around these events thanks to the strength of our volunteers. We look forward to hosting this and future events with our neighbours to the west."

"It's exciting to welcome Hockey Canada back to the region," said Clare Agnew, co-chair of the host organizing committee. "There was such positive energy in the community during the Esso Cup, it makes planning this one even more exciting. The confidence of Hockey Canada and our understanding of its expectations makes for a great partnership."

Historically, the event has netted more than \$1.5 million in economic impact for the host region, and as with all Hockey Canada events, net proceeds will remain locally to support the growth of the game.

"Hockey Manitoba is extremely confident that Morden and Winker will present an exceptional atmosphere in order to guarantee a positive, successful and memorable event," said Bill Whitehead, president of Hockey

# Peguis loses wild one to Cross Lake

#### Staff

There wasn't much defence played between the Peguis Juniors and Cross Lake Islanders on Sunday afternoon.

The two teams combined for 23 goals - and 114 shots - as Cross Lake skated to a wild 15-8 Keystone Junior Hockey League victory.

The Islanders snapped a 7-7 tie in the third period with eights goals in just a 9:51 span.

Tyrome Spence-Bair paced Peguis with three goals and three assists while Travis McPherson

and Ethan Daniels each had two goals and two assists.

Evan Gisler-Klyne scored the Juniors' other goal to go along with two assists.

On Saturday, Cross Lake edged Peguis 6-5 as the Islanders scored five second-period goals.

Keenan McPherson (two), Travis McPherson, Daniels, and Shaydon Mousseau scored for Peguis. With the two losses, the Juniors have a 4-9-0-1 record and nine

have a 4-9-0-1 record and nine points to occupy third place in the four-team league.

Manitoba. "Both communities have a deep history in the promotion and operation of events and are excited about the opportunity to stage the 2019 National Women's Under-18 Championship."

The National Women's Under-18 Championship is held every year (excluding years where the Canada Winter Games take place), and features teams representing provinces and regions across the country. Ontario teams have won each of the 12 gold medals, while the host Manitobans will be looking to add a first national title to their two silver and three bronze medals.

For more information on Hockey Canada and the National Women's Under-18 Championship, please visit HockeyCanada.ca, or follow through social media on Facebook and Twitter.

# Sigurdson wins provincial men's curling berth



**EXPRESS PHOTO SUBMITTED** 

Gimli's Steen Sigurdson rink won a regional berth to represent the Interlake at the Manitoba Men's provincial curling championship in Virden in February. Team members, left to right, Sigurdson, Andrew Hunt, Dillon Bednarek and Mitch Einarson.

#### Staff

Steen Sigurdson of the Gimli Curling Club team will represent the Interlake at the Manitoba Men's provincial curling championship in Virden in February.

Sigurdson's foursome gained entry into the provincials by winning a regional qualifying tournament on the Dec. 15-16 weekend at the Gimli Rec Centre. It was a hard-earned victory as an extra end was required before Sigurdson's squad triumphed over the Justin Reynolds quartet also from the Gimli Curling Club. The winning skip was supported by third Andrew Hunt, second Dillon Bednarek and lead Mitch Einarson. They were in a close battle with Reynolds whose team was composed on third Nolan Bradshaw, second Justin Hoplock and lead Derick Anderson.

Steen Sigurdson, incidentally, is a member of a Gimli family that has excelled in men's curling for four generations. Preceding him in many epic on-ice battles were his great grandfather Bjorn, his grandfather Ray and his father Barrie.

# Lightning drop pair of Midget 'AAA' games

#### By Brian Bowman

The Interlake Lightning are a difficult team to figure out.

Just when you think the team is headed in the right direction, they have a stinker of a game.

That happened on Sunday afternoon when the Lightning lost 7-1 to the Central Plains Capitals in Portage la Prairie.

Central Plains led 4-0 after the first period and then 6-0 after two periods before the Interlake's Shane Bear scored an unassisted power-play goal at 8:15 of the third.

Kian Calder (two), Ryan Botterill, Alex Cattani, Riley Borody, Ryan Robinson, and Stephen Grahn scored for Central Plains.

On Friday, the Lightning gave the Brandon Wheat Kings a good battle before losing 4-3 in overtime in Teulon.

Troy Hamilton scored the game winner in OT.

Interlake's Matthew Vandel had tied the score at 3-3 at 15:06 of the third period.

Drayson Collyer gave Brandon a 1-0 lead with a first-period power-play goal.

Interlake's Ethan Johnson tied the score with a power-play goal of his own and then the Wheat Kings took a 3-1 lead on tallies from Hamilton and Pierce Martin.

The Lightning's Chase Barkley netted a shorthanded goal at 19:07 of the second period to make the score 3-2. Chris Fines made 44 saves in the loss.

Interlake, now 5-20-0-2-0, will host the Pembina Valley Hawks on Friday (8 p.m.) and then will close out its schedule before the holiday break with a road game Saturday (1:15 p.m.) against the Winnipeg Wild.



**EXPRESS PHOTO BY LANA MEIER** The Lightning's Nick Prystupa looks to make a pass against the Brandon Wheat Kings last Friday.

# Fines named Midget AAA player of the week



Chris Fines

#### Staff

The Manitoba AAA Midget Hockey League announced Dec. 11 that Interlake Lightning goaltender Chris Fines was selected as the CCM Hockey Player of the Week.

In two starts for the Lightning, Fines stopped 66 of 68 shots, earning a 1.01 goals-against average and .971 save percentage.

Against the Winnipeg Bruins, Fines turned aside 32 shots as the 12thseeded Lightning fell to the eighthseeded Bruins 3-0.

Fines followed that up the next day with a 34-save performance to earn his first shutout of the season. Fines was instrumental in the game, helping the Lightning upset the secondseeded Winnipeg Thrashers 1-0.

The 16 year old is in his first full season with the Lightning, posting a 3-12 record with a .898 save percentage.

As of last week, he has faced the fifth most shots and has made the third most saves in the league. The Stonewall native is a prospect of the Manitoba Junior Hockey League' Portage Terriers.

Honourable mention for the award went to Pembina Valley's Campbell Ens, Eastman's Matthew Boonstra and the Winnipeg Thrashers' Kale Price.

# Local teams suffer CRJHL losses

#### By Brian Bowman

It was a tough weekend for the two local Capital Region Junior Hockey League teams last weekend.

The Lundar Falcons lost a pair of games while the Arborg Ice Dawgs suffered a lopsided loss to the firstplace Selkirk Fishermen.

Lundar began the weekend with a 5-3 road loss to the St. Malo Warriors on Saturday.

The Falcons were flying to start the second period, scoring shorthanded goals by Romano Paul, Josh Wilkinson and Xavier Hatterman by the 9:50 mark of the frame.

Evan Wuerch and Maxime Collette replied for St. Malo in the second period and then Tyrel Bueckert, Collette and Alex Murray tallied in the third.

Murray's goal came with just a second left in the game and Lundar goaltender Chris Lesage pulled for an extra attacker.

The Falcons also blew a pair of big leads in a 6-5 overtime loss to the Selkirk Fishermen on Sunday evening.

Chad King scored the game winner in OT as the Fishermen battled back from a 4-0 first-period deficit to score five goals in the third.

Selkirk also trailed 5-1 midway

# **Basketball champions**



EXPRESS PHOTO SUBMITTED

The Arborg Collegiate varsity boys' basketball team won their home tournament this past weekend.

Evan Wuerch and Maxime Collette in the third before mounting the enlied for St Malo in the second pe- comeback.

Juliana Garcea and Dawson Courchene each scored once and added an assist for Selkirk.

Ben Kelly, Travis Spratt and Kyle Melo also scored for the Fishermen. Eric Miller led Lundar with two

goals and an assist while Jesse Mc-Donald added a goal and an assist.

Jayden Allary and Josh Wilkinson also scored for the Falcons.

Austin DeBoer made 29 saves for the victory.

Selkirk also defeated Arborg 8-1 on Saturday as Juliano Garcea had a strong game with two goals and two assists.

Dane Derewianchuk added two goals and an assist while Reece Tessier, Evan Bedard, Nico Morrow-Litke, and Travis Spratt also scored for Selkirk.

Colton Davies netted Arborg's lone goal just 50 seconds into the game.

Riley Bannerman stopped 35 Ice Dawgs' shots for the victory.

Selkirk now has 35 points to lead the five-team CRJHL heading into this week's action. St. Malo is second with 28 points, followed by Lundar (23), Arborg (21) and North Winnipeg (14).

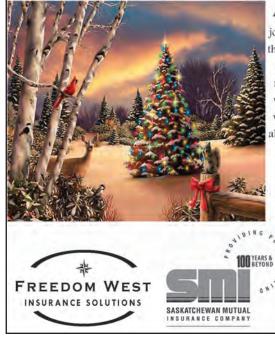
Arborg played at North Winnipeg on Tuesday but no score was available at press time. The Ice Dawgs will host the Fishermen Saturday (7:30 p.m.) and then will battle the Falcons in Lundar on Sunday (8 p.m.).

# **Christmas cards for the Armed Forces troops**



Evergreen School Division Grade 3/4 and 7/8 students wrote Christmas cards and sent them to Canadian Armed Forces troops overseas.





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

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# 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!

Staff: Allana Sawatzky Arnie Weidl Ashleigh Viveiros Branden Meier Brett Mitchell Brian Bowman Cal Franchuk Christy Brown Corrie Sargent Dan Anderson Debbie Strauss Georgia Campbell Gwen Keller Harry Siemens Jennifer McFee Jo-Anne Procter Justin Luschinski Lana Meier Ligia Braidotti Lindsey Enns Lorne Stelmach Lucy Kowalchuk Michelle Balharry Nicole Kapusta Patricia Barrett Peter Cantelon Rick Hiebert Rick Reimer Sam Reimer Stephanie Duncan Tara Gionet Tracy Farmer

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Interlake



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## **RURAL MUNICIPALITY OF GIMLI** DIESEL-HEAVY EQUIPMENT **JOURNEYMAN MECHANIC**

The Rural Municipality of Gimli is accepting applications for the position of Journeyman Mechanic. This position is under the direct supervision of the Manager of Public Works and is responsible for performing various tasks necessary for the repair, maintenance and operation of all municipal equipment. The successful candidate will be required to complete the following duties included, but not limited to:

- Make recommendations regarding the extent of repairs and suggest methods of improvement.
- Repair the equipment in a timely and financially responsible manner. Think logically and keep up with changes in technology.
- Interpret work orders and technical manuals.
- Have a strong awareness and attitude towards workplace health and safety. Be motivated and able to work in a challenging environment with minimal
- supervision. Providing and maintaining a set of tools required to perform required functions;
- Performing other tasks related to his/her classification.
- Keep maintenance reports, inventory and documentation up to date.
- Keep a tidy work place free of any hazards.

Applicants are required to have a Journeyman Mechanic Certification, interprovincial Red Seal is preferred, min 5 years' experience and have a complete set of mechanical tools for use during employment. Experience operating heavy equipment and trucks is also required. Welding experience will also be an asset

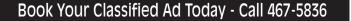
The incumbent will be required to hold a valid class one with air endorsement Manitoba driver's license. The incumbent will be required to work 40 hours per week and to be available for any call out emergencies that may arise from time to time.

Salary range: as per current Union Agreement and dependent upon skills and qualifications.

Resumes complete with a minimum of three references and a copy of related education transcripts will be received at the Municipal Office, 62 2nd Ave, until noon on December 28, 2018.

Darcy Hjelmeland Manager of Public Works & Utility Operations Rural Municipality of Gimli PO Box 1246 Gimli, MB. R0C 1B0 Email: gimli@rmgimli.com

We thank all candidates for their interest, however, only those individuals considered for an interview will be contacted.



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## **REPORTER** PHOTOGRAPHER

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

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

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

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



We thank all applicants for their interest, however, only candidates selected for interviews will be contacted.

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ary 2019. DATED at the City of 204-467-8884 Selkirk, in Manitoba, or e-mail stonewood this 14th day of Deelkranch@mymts.net cember 2018.

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Mary Ann Zubriski (nee Turcan) June 13, 1955 - December 08, 2018

It is with great sadness that the family of Mary Ann Zubriski announces the sudden passing of our beloved Wife, Baba, Sister, Aunty and dear friend after a short battle with cancer. She passed away on the evening of December 08, 2018 surrounded by her family and close friends at the Arborg & District Health Centre at the age of 63.

Mary Ann was predeceased by her father Frank Turcan, mother Helen Turcan, uncle Nick Leskiw, aunty Jean Leskiw, father-inlaw Joseph Zubriski and mother-in-law Olga Zubriski, brotherin-law Steve Chudyk and brother-in-law Larry Zubriski and many other loved ones. She is survived by her loving husband Eugene Zubriski; sons Tyler (Brittany), Brendan (Annie); grandchildren

Peyton, Ashton (Tyler and Brittany), Zoey, Ben and Baby Zubriski (Brendan and Annie) and a long list of family and dear friends.

Mary Ann AKA Mom, Baba, Marion, Nellie and Marushka was born in Gimli, Manitoba and raised on a farm in Malonton with her brothers and sister. In 1974 she met the love of her life Eugene and they settled in a home in Bjarmi an area just north of Arborg and raised their two sons. There summers consisted of slo-pitch games and tournaments and camping with the Gator family. Winters were full of snowmobiling fun and warm up shacks. Nothing brought her greater joy than spending time with her grandkids at the lake, making perogies, and sharing her love of nature with them. She loved them so much and she was so excited to meet her fifth grandchild in February.

In 2014 Mary Ann and Eugene purchased a camping spot at Spruce Sands and this spot was quickly named Baba's Happy Place as she loved spending her summers at the lake going for bike rides, golf cart adventures, relaxing with friends and camping with the grandkids.

Mary Ann will be dearly missed, loved by many and always remembered by her warm smile and kind heart.

We would like to thank Dr. Donnelly and the wonderful nurses and staff at the Arborg & District Health Centre for the excellent care they gave Mary Ann.

Arborg

1-800-467-0024

A private memorial service will be held at a later date.

In lieu of flowers we ask you do an act of kindness and pay it forward. VECHNAYA PAMYAT

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