



Interlake

ERIKSDALE LOCATIONS • Grocery • Hardware

ARBORG LOCATIONS • Food Store

• Gas Bar • Card Lock

BULK PETROLEUM 204-376-5201 or 204-376-5245



THE EXPRESS

VOLUME 2 EDITION 52 THURSDAY, DECEMBER 24, 2015

WEEKLY NEWS

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



EXPRESS PHOTO BY PATRICIA BARRETT

Students at Gimli's Sigurbjorg Stefansson Early School performed back-to-back musicals last week for the school's annual Christmas concert. Kindergarten to Grade 4 students entertained about 300 parents, grandparents, siblings and teachers for Monday's afternoon matinee in the gymnasium.

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

RONA

BUILDING CENTRE GIMLI

www.rona.ca

UNIBOARD FLOORING SALE

SAVE 15% - 30% ON UNIBOARD LAMINATE FLOORING

Come see our new colour selection!

Available in 10mm, 12mm and 14mm

1-877-770-7662

HOLIDAY HOURS: DEC. 24TH - CLOSING AT 2 PM • DEC. 25TH, 26TH, 27TH & JAN. 1ST - CLOSED

REGULAR HOURS: OPEN 7 DAYS A WEEK
MON-SAT 9 am - 6 pm • SUN 12 - 4 pm

Feds investigating allegations of election corruption

By Austin Grabish

Federal officials are investigating allegations of corruption, vote-buying, and harassment that's alleged to have happened during Peguis First Nation's historic March election, the *Express* has learned.

Glenn Hudson, former chief of Peguis First Nation, has started an online petition demanding Minister of Indigenous and Northern Affairs Carolyn Bennett take action on an election appeal he filed back in May.

In a sworn affidavit, Hudson alleges numerous voters were harassed and turned away from polls during the March election, which ended with a nail-biting 62-vote difference between him and Peguis's first-ever female chief Cindy Spence.

Hudson alleges there was a "lack of rigour" and oversight with the handling of ballot boxes, "lax security" at polling stations located off-reserve in Winnipeg and Selkirk, and interference by Spence and her scrutineers at polls.

"All of these irregularities and conduct, when combined, raise serious concerns about integrity of the electoral process," he wrote.

Spence has denied any wrongdoing and has vowed to do whatever it takes to fight for her win.

"If I have to defend it, I obviously will," she said.

In the days after the election, Hudson requested a re-count, but the federal government, which is responsible for First Nations elections, has remained tight-lipped on the request.

"They've stated they're aware of the appeal and looking at addressing it very shortly," Hudson said.

"Ultimately, a decision will have to be made on whether to grant a re-election or not. We just want clarity on where in the hell we are in this entire pro-



EXPRESS FILE PHOTOS BY AUSTIN GRABISH

Former Peguis First Nation Chief Glenn Hudson (left) wants the federal government to overturn spring election results amidst allegations of corruption and vote-buying. But the band's new chief, Cindy Spence says she'll defend her nail-biting win and any allegations of wrongdoing.

cess. Either we do have a re-election or we don't, but they just need to make a decision."

Hudson has posted several cellphone videos online, which he alleges shows wrongdoing.

In one video reviewed by the *Express*, a ballot box appears to be removed from a Winnipeg polling station without any security personnel.

Indigenous and Northern Affairs spokeswoman Michelle Perron said her department takes allegations of wrongdoing during an election "very seriously."

She confirmed her department is investigating Hudson's appeal and said an independent third

party is being appointed to investigate the allegations.

Perron said if election rules or "corrupt practice" is found to have happened, the March election may be overturned.

Hudson has filed election appeals with the feds before and, in some cases, has faced off with rival chiefs and councillors.

When Spence was elected chief in March, she ended a nearly eight-year reign he had as leader of the community.

Peguis is Manitoba's largest First Nation.

Winnipeg Beach council calls for Handi-van statistics

By Patricia Barrett

When a request for funding from Eastern Interlake Handi-van was discussed at its last meeting of the year on Dec. 9, Winnipeg Beach council was unanimous in its decision to hold off forwarding payment.

"I asked the question, 'How are the numbers derived from each community?'" said Mayor Tony Pimentel.

Both he and council want to determine whether usage statistics correspond to the annual fee the town pays every year to help keep the service operating.

The town contributed \$3,000 in March. In November, Handi-van sent a letter asking for a further \$1,125.

"I've been trying to determine how these numbers came about," said Pimentel, who sits on the Handi-van board, composed of representatives from most of the communities it serves. "How many [people] from Winnipeg Beach use it?"

Handi-van, a non-profit organization that provides bus service to residents living in Gimli, Winnipeg Beach, Dun-

nottar, RM of St. Andrews and RM of Armstrong (Fraserwood), is funded by provincial grants, bus fares and municipal contributions. People use the service to get to work, go shopping or attend medical appointments in larger towns.

Each of the municipalities pays a certain amount each year. Winnipeg Beach's contribution for 2015 is \$4,125.

"As soon as they increased that fee," said Pimentel, "I asked for the usage data."

Handi-van requested \$12,375 from Gimli, \$1,650 from Dunnottar, \$1,650 from the RM of Armstrong and \$1,650 from the RM of St. Andrews, according to the mayor.

He said Winnipeg Beach has acquiesced to funding increases in the past. But he has also made requests for usage data.

"There was a request [made] by me several times for those numbers," said Pimentel, responding to questions from the media.

"We're paying three times Dunnottar is," said Coun. Daryl Carry.

Coun. Pat Green said the decision to withhold the outstanding balance is pending council's request for information.

"We can't make an informed decision without the numbers," she said. "We paid the \$3,000 in good faith."

Coun. Darlene Shkawritko agreed.

"It's not being unfair to not top-up until we get usage data," she said.

The Town of Winnipeg Beach is the only one of the five communities that hasn't paid its dues in full, said the mayor.

"They have logs on the numbers of pickups in Winnipeg Beach."

Indeed it does.

"I have every sheet from every trip we did this year," said Derek Webber, who manages day-to-day operations and also drives. "I can figure out how many trips I took to Dunnottar [for example]."

Because Handi-van receives government grants, it has to maintain a record of where, when, who and why.

But for the purposes of reporting to the board, he said the organization

doesn't calculate how many trips it makes to each community.

Instead, he organizes the data into categories that reflect reasons for use and whether the service was used by anyone with physical challenges.

While Webber said it is possible to sit down and look through the daily logs to figure out how many trips were made to a particular community, "it's not an easy process."

With only two full-time drivers and two part-time drivers, and weekly service that covers hundreds of kilometres, he said it's a matter of time.

But if the board decided to change the way the service reports its statistics, he would "do whatever they want."

The mayor said he intends to address the matter at the next Handi-van board meeting.

In the meantime, council agreed to have CAO Kerry Lawless send a letter requesting usage statistics for Winnipeg Beach. "We don't mind paying our fair share," said Pimentel, "but let's know what our fair share is."

SSES stages back-to-back musicals for Christmas

By Patricia Barrett

Students at Sigurbjorg Stefansson Early School performed back-to-back musicals last week for the school's annual Christmas concert

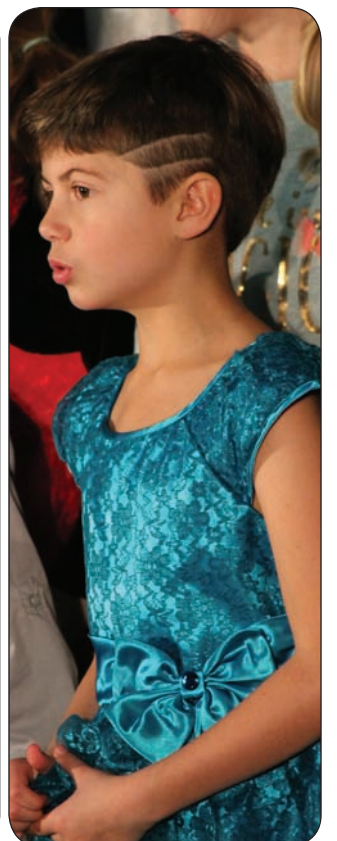
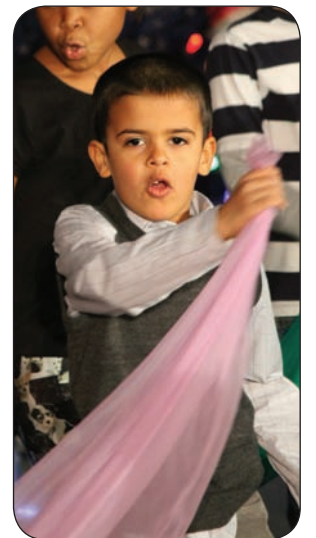
Kindergarten to Grade 4 students entertained about 300 parents, grandparents, siblings and teachers for Monday's afternoon matinee in the gymnasium.

Led by musical director Krystal Isfeld, they acted and sang a number of songs from the musicals *Christmas on Candy Cane Lane* by Hal Leonard and *'Twas the Night Before Christmas* (an 1823 poem titled A Visit from St. Nicholas by Clement Clarke Moore).

Kindergarten students opened the show with an energetic rendition of Rudolph the Red-Nosed Reindeer.

In *Christmas on Candy Cane Lane*, students debated which colour of candy cane is better for Christmas — red or green — and breezed through the show's amusing rhyming lyrics. Students played recorder on the song Jolly Old St. Nicholas, and the grades 3 and 4 choir sang Christmas Dreams in Colour.

'Twas the Night Before Christmas had 28 narrators. The students were back in gym for an evening performance of the two musicals.



Kindergarten students at Sigurbjorg Stefansson Early School on the lookout for Rudolph the Red-Nosed Reindeer.

PHOTOS BY PATRICIA BARRETT
The grades 3 and 4 choir sang Christmas Dreams in Colour from the musical *Christmas on Candy Cane Lane*.

THE **EXPRESS**
WEEKLY NEWS



PUBLISHER
Lana Meier



SALES
Brett Mitchell



SALES
Rick Reimer



SALES
Robin Chestnut



REPORTER/PHOTOGRAPHER
Jeff Ward



REPORTER/PHOTOGRAPHER
Austin Grabish



REPORTER/PHOTOGRAPHER
Patricia Barrett



SPORTS REPORTER
Brian Bowman



PRODUCTION
Nicole Kapusta



DISTRIBUTION
Christy Brown



ADMINISTRATION
Corrie Sargent



ADMINISTRATION
Tracy Farmer



ADMINISTRATION
Allana Sawatzky



ADMINISTRATION
Jo-Anne Procter

getfishing

RED RIVER > CHALET BEACH > LAKE WINNIPEG

> ARNIE WEIDL Portable ice shacks already dotting the Red River

Seasons' Greetings and Happy New Year my friends. This year, I'll be combining my Christmas and New Year's columns into one as we finish off the year with a bang and a week off.

So, dear friends, this little collection of fishing stories will have to do until the first week of January.

I was out on the ice at Breezy Point a few days ago and, believe me, it was like a tent city with portable ice shacks dotting the Red River for miles. Everywhere guys were pulling sleighs that held their fishing gear as they looked for a good fishing spot. Others sat on folding chairs, short rods by their sides, their voices carrying far distances as they called out to other anglers in the still, calm, cloudy morning. I parked my truck on the riverbank like everyone else, and as I walked out to the anglers, I realized some of the guys knew me, so I shouted out, "Has anybody caught anything or have a fishing story?"

One chap in a chair simply and silently raised his hand and pointed to a large portable. I waved "thanks" and approached the tent. Those inside must have heard me because they called out saying they had a story as they asked me in. New friends Trent Adams, with his buddies Kevin Hicks and Sarah Fortier, went right into an experience. When ice fishing at Paterson Lake, Trent saw his rod violently disappear down the hole with a plunk and a splash. It was his favourite rod. Luckily, angling neighbours saw the situation and came over with their underwater camera. It didn't take long to find the rod resting on the bottom, so Trent got busy with his auger. After five or six holes, he snagged his lost pal, and as he was bringing it up, the fish — a small pickerel — slipped the hook and got away.

Not far from Trent's shack I met Brandon Smith and Tyler Weiss. Weiss had just caught and released a giant pickerel, a picture of which he was kind enough to send along for us to admire. Thanks, Tyler.

Brandon said last week he couldn't wait to go ice fishing any longer so he went up to Grand Rapids and on seven to 10 inches of ice, he did some "sight fishing." He cut a 4' square hole in the ice, and with the portable tent over it, he could see 10' down in the clear water as the pickerel and tullibee played or struck his bait.

I was talking to Joan and Frank Thorkelson who live by Shoal Lake, and they said the ice is nine to 12 inches thick there so they are going to pull their shack onto east Shoal



EXPRESS PHOTO SUBMITTED BY ARNIE WEIDL
Tyler Weiss with a Master Angler-sized walleye caught off Breezy Point recently.

this weekend. They also said many anglers who have been going out with sleighs and gear have not been catching much in the last few days.

I drove over to Balsam Bay last week and as I was coming up to the lake, which had open water right up to the pier, I saw a lady in a dark sweatsuit walking a fine-looking Husky. I stopped beside her and introduced myself, asking if she had a fishing story. This fairly tall, fit, gal had a soft oval face that was accented by small eyeglasses. She had a becoming way of looking at her surroundings as she openly exchanged small talk in a gentle lilting voice. She spoke fondly of a time last winter on the ice when her granddaughter, fishing with the family, caught three fish while everyone else came home empty-handed.

Before I close this time, I would like to thank a fantastic person by the name of Mick Walsh who has just become the manager of Canadian Tire in Selkirk. Mick donated a portable fishing shack and discounted an ice auger to the Manitoba Ice Fishing Association for the winter's raffle. Thank you, Mick. You're the best!

Well, good friends, have a great holiday and please stop by in January. Bye for now.

> CONTACT US

Express Weekly News - Interlake Graphics
74 Patterson Drive, Stonewall Industrial Park Phone 467-5836 Fax 467-2679
Letters to the Editor: letters@expressweeklynews.ca
Classified: classifieds@expressweeklynews.ca
Advertising: ads@expressweeklynews.ca
News: news@expressweeklynews.ca



Advertising Deadline: Monday 4:00 pm
prior to Thursday Publication

> CONTACT US

By phone: **204-467-5836**
fax: 204-467-2679

Find us: **74 Patterson Dr.,**
Stonewall, MB R0C 2Z0
Office Hours: Mon. - Thurs.: 8:00am-5pm
Friday: 8:00 a.m. - 4:00 p.m.

TO PLACE AN AD or for COMMERCIAL DESIGN & PRINTING

Robin Chestnut 204-641-4104
ads@expressweeklynews.ca

Stephanie Duncan 204-467-5836
ads@stonewallteulontribune.ca

or call our office at 204-467-5836

OUR EDITORIAL STAFF

Jeff Ward (Highway 6) 204-298-3381
jeff@expressweeklynews.ca

Austin Grabish 204-785-1618
austin@selkirkrecord.ca

Brian Bowman
Sports Reporter
sports@expressweeklynews.ca

TROUBLE WITH PAPER DELIVERY?

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

The Express Weekly News is published Thursdays and distributed through Canada Post to 13,183 homes by BigandColourful Printing and Publishing, a division of Interlake Graphics. 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 will connect our people through stories in the paper to build stronger communities.

Stonewall Teulon
Tribune
The Selkirk Record
The Winkler Morden
Voice

Grahamdale councillor wants Steep Rock residents to find a solution together

By Jeff Ward

Ward 5 Coun. Brad Stabner for the RM of Grahamdale is asking residents of the Steep Rock area to work together to come up with a solution that benefits people on both sides of the controversial cottage road gate.

The gate that separates two Steep Rock subdivisions along cottage road has frustrated Reeve Clifford Halaburda and Stabner as well. According to Stabner, the whole council is frustrated by the situation, and he wants residents living in that area to work together to form a solution and present it to council.

"Personally I'm neither for or against the gate. I don't care whether there is a gate there or not," said Stabner.

"The council before me assured [subdivision one] that that's as far as the road will go. There's also a public reserve at the end of that road, so even if we were to take the gate away, that public reserve land would need to be moved as well because you can't have a road there. That requires having a hearing and people need to be in favour of that."

Stabner explained that the situation is very complex, and council needs to do what's best for all parties. In this situation, he believes that residents for and against the gate should get together and discuss the issues and how to resolve them. Presenting those ideas to council is the best way to get a solid resolution to this problem, Stabner said.

Many residents feel that safety is an issue for those living on the north side of the gate.

Shawn Cameron, whose parents own property north of the gate, feels that it present a huge safety risk in emergency situations and that it's a risk for those in need of an ambulance to have a road obstruction there if the ambulance takes a wrong turn. However, Stabner doesn't feel like that's as big an issue as those residents have made it out to be.

"The drivers of the ambulance need to figure the roads out. There are many dead ends in other areas of the Interlake, like St. Laurent and even in Winnipeg. Knowing the roads is part of the job," said Stabner.

The continued vandalism of the gate has prompted Grahamdale councillors to green light the purchase of surveillance cameras that will be installed to monitor the area for vandals. Stabner mentioned that anyone caught vandalizing RM property and costing taxpayers more money will be charged.

Residents have approached Stabner asking for a vote to be taken on the issue of whether or not the gate should stay, according to him. And while the idea sounds good, what happens if the vote is as close as he thinks?

"What if that vote comes back [49 per cent in favour and 51 per cent against] — what do we do then? Let's say the vote came back 60 per cent in favour of removing the gate, how do we tell 40 per cent that the promise the previous council made to them on this issue is now meaningless?" asked Stabner.

The Ward 6 councillor says that this issue is very complex and that almost any decision

that council makes that makes one side happy will invariably make the other side angry.

Stabner hopes to see that in the new year, residents in these two subdivisions band together to work towards a solution instead of pushing their neighbours away.

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

THE GOOD DINOSAUR

SAT TO WED DEC 26-30

OPEN TUES DEC 29 CLOSED
FRI DEC 25 & THURS DEC 31

Sat at 7:30 PM & 9:30 PM
Sun - Wed at 7:30 PM

Animated, Violence

G

ALVIN AND THE CHIPMUNKS ROAD CHIP

SAT TO THURS JAN 2-7

CLOSED FRI JAN 1 & TUES JAN 5

Sat at 7:30 PM & 9:30 PM
Sun-Mon, Wed-Thurs at 7:30 PM

Animated & Live

G

Facebook group gives up-to-the-minute highway info

By Jeff Ward

Driving on the highway can be a dangerous thing, even during the best possible conditions. And that danger grows when there's snow, water or even black ice on the road. However, there's a Facebook group devoted to keeping drivers safe and updating everyone on current highway conditions.

The Highway #6 Road Conditions group is more than 5,300 strong and presents the most-up-to-date highway conditions available. Users of the page, who use the highway regularly, update road conditions.

The page is active at all hours of the day with users asking about road conditions in certain areas.

"I'm leaving Eriksdale and heading to Fairford, what's the road like?" asks one user. "Conditions perfect between St. Martin and Ashern," posts another. All of this information is helping keep Highway 6 drivers safe as the weather turns those commutes into a more dangerous affair.

"I think the biggest benefit to the group is that it's real-time and immediate. You never have to wait long for an answer," said Shawn Cote, the admin of the page, who says she gets a few hundred requests to join every few days.

"People are getting important information immediately. They tag their friends in statuses to let them know about what they're heading into and it's helping keep people safe on the road. People even post pictures, from the passenger seat of course, of the current conditions so people looking to head out are now able to see exactly what the conditions look like."

In a recent poll on the group page, a vast majority of the users said they use the page once a day or more, and many use it two to three times a week. In the comments on the poll, many stressed the importance of using the group as a tool that keeps them safe. Many of the users travel for work or tend to visit family frequently and use the group to evaluate how much extra time they will need during their commute.

"One of the best parts of the group is that there's no extra nonsense going on in it. I moderate the group so that the only stuff that appears there is the most important information. No one needs to go searching to find what they need," said Cote.

For those wanting to become apart of the Facebook group, all they need to do is search "Highway #6 Road Conditions & The Grader Guys" in their Facebook search bar and hit the join button.

QuickCare CLINIC

BETTER CARE FOR YOUR FAMILY.

SELKIRK CROSSING

(across from Boston Pizza, near Wal-mart)

#3-1020 Manitoba Ave.

Selkirk's QuickCare Clinic will be open during the holidays to address your non-urgent health care needs.

HOLIDAY HOURS

December 24-27	10 a.m. to 5 p.m.
December 28-30	10 a.m. to 8 p.m.
December 31	10 a.m. to 5 p.m.
January 1	10 a.m. to 5 p.m.

Call 204-482-4399 for an appointment.

Phones answered at 9:30 a.m.

Please call first to book a same day/next day appointment. Walk-in appointments may be available but are NOT guaranteed.

Nurse practitioners and primary care nurses are on staff to address non-emergency health care issues like:

- sore throats, earaches, colds and flu, coughs, hay fever
- headaches, back or neck pain
- birth control
- sore eyes, eye redness or infection
- rashes, eczema, infected cuts or minor sores
- minor stomach aches, diarrhea, vomiting or indigestion
- urinary tract infections
- breast health concerns
- stress or anxiety

If you are dealing with a medical emergency, always dial 911.



Interlake-Eastern
Regional Health Authority

They were Hoofin' it at Winnipeg Beach School

By Patricia Barrett

Winnipeg Beach School students took to the performance stage last week, showcasing their musical, vocal and acting talents in the school's annual Christmas concert.

Grades 1 and 2 students sang the Canadian version of the Twelve Days of Christmas, with its amusing "three beaver tails" and "a porcupine in a pine tree" lyrics, while kindergarten students took on Rudolph the Red-Nosed Reindeer.

Students introduced each major piece in the show and told a few jokes.

"Where does a snowman put his money?" asked one MC.

"Where?" asked the other.

"In a snow bank!"

Band students in grades 6 and 7 played a number of pieces, including folk song Peace Like a River and the Ode to Joy from Beethoven's 9th Symphony. A vocal trio and a flute quintet performed Santa Claus is Coming to Town and Jingle Bells respectively.

The second half of the program had grades 3 to 5 students performing North Pole Musical, a feast of sight and sound.

In one scene, Santa's reindeer show up for a dance audition. But there's only room for eight (the traditional number in the 1822 poem A Visit from St. Nicholas by American poet Clement Clarke Moore). That had Rudolph begging for a chance to be included. The other reindeer offered him a role as understudy, before launching into the song We're Hoofin' it Tonight.

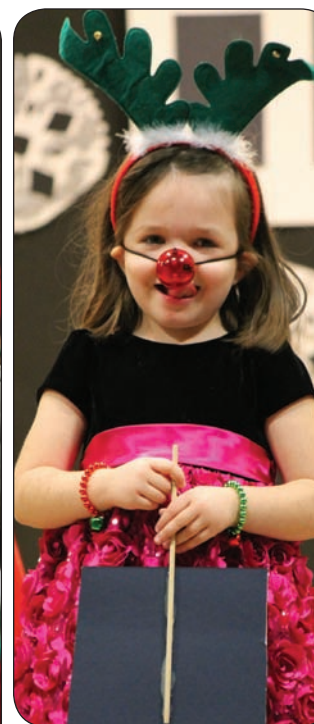
The snowmen and snowwomen sang Chillin' to a funky '70s beat. And selections from Tchaikovsky's Nutcracker Suite had students performing the can-can and elegant waltzes.

Students thanked music and band teacher Janice Arnason for her hard work organizing the program. She, in turn, thanked the students for their dedication.

"How fortunate I have been to work with these wonderful students," said Arnason to about 200 parents, grandparents and teachers in the school's gymnasium before the concert got underway. "They are so passionate about music."

She also thanked school staff for their help and substitute teacher Samantha McDonald for her assistance with choreography and dialogue.

**EXPRESS PHOTOS BY
PATRICIA BARRETT**



GIMLI FORD would like to wish everyone a Merry Christmas & A HAPPY NEW YEAR!

**YEAR-END PRICING
CLEAR-OUT EVENT**

*0% financing for up to 84 mths
*0% leasing for up to 48 mths
*Delivery Allowance up to \$11,500.00
*\$1000 Costco
*\$750 Year end Rebate

GIMLI Ford EST. 1977



**2015 Transit Connect
XLT Wagon**

ONLY 1 LEFT

GIMLI Ford EST. 1977



**2016 Explorer
XLT 4x4**

2 IN STOCK

GIMLI Ford EST. 1977



**2015 F150 Super Cab
XTR 4x4**

ONLY 3 LEFT

GIMLI Ford EST. 1977



**2016 F150 Super Cab
XLT 4x4**

2 IN STOCK

GIMLI Ford EST. 1977



2015 F150 Super Crew's

ONLY 8 LEFT

GIMLI Ford EST. 1977



2016 F150 Super Crew's

15 IN STOCK

GIMLI Ford EST. 1977



2016 F250 CrewCab XLT

1 IN STOCK

GIMLI Ford EST. 1977



2016 Escape's

6 IN STOCK

GIMLI Ford EST. 1977



2015 Focus's

6 IN STOCK

GIMLI Ford EST. 1977



**2015 Fusion Titanium
AWD**

1 IN STOCK

GIMLI Ford EST. 1977



2016 Fusion "SE"

1 IN STOCK

CHRISTMAS HOURS

SALES

Thurs. Dec. 24 9-1
Fri. Dec. 25 Closed
Sat. Dec. 26 Closed
Sun. Dec. 27 Closed
Dec. 28-30 9-6
Thurs. Dec. 31 9-3
Fri. Jan. 1 Closed

SERVICE

Thurs. Dec. 24 8-1
Fri. Dec. 25 Closed
Sat. Dec. 26 Closed
Sun. Dec. 27 Closed
Mon. Dec. 28 Closed
Dec. 29-30 8-5
Thurs. Dec. 31 8-3
Fri. Jan. 1 Closed

All prices are plus taxes and fees. See dealer for details.



GimliFord.ca

Toll Free

1-888-424-4654

Gimli 642-5137

*All purchase prices are after all delivery allowances include all taxes and fees and freight. 96 months @4.99% bi-weekly payments. Lease payments are 48 months. Leases 20,000 km per year plus taxes. OAC. See dealer for details. Cash prices are after all rebates plus taxes and fees. Dealer Permit #5358.

Caring a lot for holiday fun

By Patricia Barrett

The Care-A-Lot for Tots daycare in Fisher Branch threw a holiday party Dec. 12 for area children and their parents.

The daycare hosted a pancake breakfast, children's activities and visits with Santa in the Fisher Branch Early Years School gymnasium, drawing well over 100 people.

Evelyn from LaBroquerie, east of Steinbach, made a long trip north to take part in the festivities with her brother Aime and two granddaughters Kiana, 7 ½, and Nevaeh, 4 ½ months, who are from Fisher Branch.

Every year Evelyn buys her granddaughters holiday dresses. She took the girls to Sears in Winnipeg, where she found the shimmery green velvet gowns with crinolines and bows.

"Kiana found her sister a matching dress," said Evelyn.

The Fisher Branch daycare provides care for pre-school, kindergarten and school-age children up to 12 years old. In addition to Fisher Branch, it serves the communities of Arborg, Poplarfield, Broad Valley, Zbaraz, Morweena, Hodgson and Peguis First Nation.

"We have many connections between our towns," said Tami Karsin, director of Care-a-Lot, who oversaw the two-hour event.

Ray and LaVissa Reimer and their four children drove up from Arborg to take part in the fun. Keaghan, 7, Echo, 3, Essie, 1, and Abbi, 6, visited with Santa and had their photo taken.

The daycare has hosted the annual Breakfast with Santa for about 13 years, she said. Staff and student volunteers organized a number of activities, including decorating gingerbread people and making holiday-themed crafts.

One of the volunteers and her daughter helped parents make Play-



Daycare staff and volunteers — sporting antlers — helped children make holiday ornaments out of Play-Doh and decorate gingerbread people.

Doh ornaments. A teacher and her daughter set to work making candy canes and sparkly stars.

"I've been busy with work," said the teacher. "This is an opportunity to play with my kids."

Another volunteer — student Kristen Rudyk — helped children make Santa faces out of construction paper and cotton balls.

"I do the summer program with [Care-a-Lot]," said Rudyk, who's from Fisher Branch but has been living in Winnipeg to pursue an education degree at the University of Winnipeg.

Local families and businesses, such as Noventis Credit Union and CIBC, provided the gifts for the silent auction.



EXPRESS PHOTOS BY PATRICIA BARRETT

Ray and LaVissa Reimer from Arborg brought their four children Keaghan, 7, Echo, 3, Essie, 1, and Abbi, 6, to see Santa in Fisher Branch.



Evelyn from LaBroquerie joined her brother Aime and granddaughters Nevaeh (4 ½ months) and Kiana (7 ½ years old) for the Care-a-Lot for Tots annual Santa breakfast.

Manitoba Ice Fishing Association
2015/2016
RAFFLE
ESKIMO Portable Ice Shack & Auger
 • ESKIMO Fishing Tent 94" x 167" • ESKIMO 8" Ice Auger - 33cc
Draw: March 20, 2016 at Smitty's in Selkirk
 Tickets are \$2.00 available at: • Jad's (Arnes) • Zan's (Arborg) • Fry Days (Teulon)
 • Ford's Store (Winnipeg Beach) • Matlock Store • Lockport Store • Garson Store
 • Tru Hardware (Gimli) • Petersfield Hotel, Store & Garage • Gimli Snowmobile Centre
 • #9 Roadhouse (Winnipeg Beach) • Smoke n' Fish (Selkirk) • Shop Easy (Riverton)
 • Belair Store • Westside Honda (Selkirk) • Wavers (Scatterbury) • Big Dollar (Selkirk)
 • Powerhouse Sports (Lac du Bonnet) • Sherwood Groceries (Gull Lake/Stead)
 • Domo (Winnipeg Beach) • Gimli Small Engines • J&J Fraserwood Store
 • Clandeboye Store • Hwy 17 Inwood Service
For Info Call: 204-641-6110 or 204-641-2210
 City of Selkirk Lottery License #63-15

ADAM BEACH

Community of Care
 WE ARE ALL RELATED

Join Our Community of Care and become a Kinship or Foster family.

allrelated.org

Fisher Branch students celebrate the spirit of giving

By Jeff Ward

A competition that pitted classrooms against each other at Fisher Branch Collegiate had students scrambling to collect as many Christmas hamper donations as possible in hopes of winning a pizza party.

It's a refreshing take on the school's usual Christmas hamper donation boxes. The contest had students collecting items for hampers in themed weeks.

During the first week in December, students collected food items for dinner including pastas and soups. Week 2 had students collecting daily life items like mittens, scarves, toothpaste, shampoo, feminine products and razors. The final week of the competition, which took place the last week of school from Dec. 14 to 18, had students collecting dessert items such as canned fruit, pudding and Jell-O.

At the end of each week, students tallied the number of items donated and ranked each classroom based on number of items.

The highest total at the end of all three weeks wins a pizza party when school is back in 2016.

"This is a very competitive school, and from the talk I've heard from other staff, students have been much more engaged in donating this year," said Alicia Perry, one of the organizers of the program.

Perry worked with three students from the Social Justice program at the school who've taken the reins and done the majority of the work.

"I think that doing the collections like this freshens up the idea, which had become kind of stale. We've definitely noticed more students getting involved and really pushing each other into collecting as much as possible. They all want to win," said Perry.

Students have already collected an estimated 150 items at the time of writing this article, and all donations will be packed into hampers and sent to families in the area who are in need.



EXPRESS PHOTO BY ALICIA PERRY

Students from Fisher Branch Collegiate were able to collect 1,000 items for their annual Christmas hamper drive. The Grade 7 class from middle years and the Grade 10 class from senior years collected 188 and 185 items respectively and will receive a pizza party when school returns in January. Students from the Social Justice Committee, (from left to right) Hailey, Kelsey and Cassidy organized the drive and stand proudly with their teacher, Alicia Perry (far right), who helped set things in motion.

Winter driving fun has begun



EXPRESS PHOTO BY PATRICIA BARRETT

Provincial Highway 8, north of Gimli, had drivers on high alert during the province's first real snowfall on Dec. 16.

Staff

Highways in the Interlake disappeared under ice and snow when the province experienced its first real blast of wintry weather last Wednesday.

Snow-covered roads, ice buildup and reduced visibility on Highway 8 north of Gimli made for a slow journey and some white-knuckled episodes when passing semis and plows caused whiteouts.

BOXING WEEK

BLOWOUT

WOW

40% off

Palliser Reclining Sectional

2 colours in stock.

Regular \$2549 **Sale \$1599**

AXE THE TAX

ON ALL MATTRESS SETS

EXTENDED 1 MORE WEEK!

Quarry

FURNISHINGS

"ROCK SOLID SAVINGS"

All in stock

Palliser Recliners

on sale up to

30% off

380 Main St., Stonewall (204) 467-7283

or email us at jwenterprises@mymts.net

Tues-Wed 11-6 • Thurs-Fri 11-7 • Sat 11-5 • Sun-Mon Closed

Province rejects disaster financial assistance claim

By Patricia Barrett

The province denied the Town of Winnipeg Beach's claim for disaster assistance for the 2015 May long-weekend storm that downed trees, caused power outages and damaged the boardwalk and sidewalks.

The town had put in a claim for \$41,225 to cover the damages it sustained and to recover costs associated with emergency services.

The province denied the claim "because we're getting assistance on the boardwalk," said Mayor Tony Pimentel during council's regular meeting Dec 9. The province is reconstructing the seawall and boardwalk.

"But it doesn't address damages beyond the front streets," said the mayor.

"We were required to fix [sidewalks] immediately due to safety concerns," said CAO Kerry Lawless by email after the meeting. "That cost was \$36,100."

Council had also sought reimbursement for firefighter call-outs both during and after the storm to deal with downed power lines. That amounted about \$5,125.

The disaster financial assistance (DFA) program, administered by the Manitoba Emergency Measures Organization, covers a number of disaster-related expenses, including structural damages and cleanup and debris removal.

The town had put in the claim prior to the province's seawall funding announcement in August.

"It's one of the biggest storm events for Winnipeg Beach," said Coun. Daryl Carry. "This is most disappointing."

Because it's a Manitoba provincial park, the town really has "no MLA to talk to," he said.



Winnipeg Beach CAO
Kerry Lawless

"It's worth sending a letter to express our disappointment," said Coun. Ryan Reykdal.

Council said it will respond to the denial letter and ensure Interlake MLA and Minister of Conservation and Water Stewardship Tom Nevakshonoff, is informed.

The town had also paid \$362,615.45 to Eddie's Gravel for cleanup work after a 2014 storm event. It had submitted a DFA claim. That claim is pending approval.

Other council briefs:

Council had scheduled a public hearing for 9:30 to review an amendment (No. 14-2015) to the Zoning Bylaw of 2012, but no parties appeared.

The amendment had received first reading in October. After second and third reading, council adopted it.

The changes include:

- Construction of garages to a maximum 1,200 square feet. The former bylaw allowed for a maximum of 800 square feet.

- Residential units permitted on the first floor of commercial buildings.

- Multiple-family dwellings or row house developments in commercial zones along the highway.

- The installation of bathrooms in



EXPRESS PHOTOS COURTESY OF KERRY LAWLESS

The town is considering the installation of an extended sidewalk near Main Street for a one-year trial. It would look similar to this one.

garages and sinks in workshops.

Reykdal briefed council on a public works committee report. He said the committee brought the new foreman, Harry Albreg, up to speed on various projects required by the town.

"He has a lot of jobs ahead of him," said Reykdal.

One of those has to do with drainage and the potential for problems that could arise when the province carries out spring repairs.

"When Highways replace culverts on Highway 9 this spring, what sort of bottleneck will there be for us?"

He said he thinks the culverts under the railway tracks at Kernstead Road might be an issue.

Dust control and gravelling was another concern the committee brought to the foreman's attention. "We need to gravel the entire town," said Reykdal.

And the railing at Prospect bridge needs repairing.

Pimentel asked that the foreman be advised of a problem with the interior lights on the bandstand stage that go on and off. He said it could be a bulb that needs replacing.

Upon approval of the province's highway department, the town will be installing an extended sidewalk along the first block of Main Street to improve mobility for those who use wheelchairs and other assistive devices, reported Carry.

The sidewalk will be constructed from the boardwalk's wooden planks and will be in place for about a year to determine its effectiveness. It will jut

into the road, extending about 30 feet.

The names of donors embedded in the wooden boardwalk — which will be removed and replaced with a brick walkway — will be engraved onto bricks. A company in Rapid City, Man., will be providing council with a quote for the engraving work.

After second and third readings, council passed Noise Bylaw (No. 16-2015) dealing with construction work on Sundays. Cottagers will now be permitted to undertake work from 9 a.m. to 9 p.m. that day.

After some debate, council also passed a smoking bylaw (No. 17-2015). Smokers will be restricted from lighting up within 25 feet of all public buildings, which include the community centre, curling club and banks.

Carry opposed the bylaw because he said he felt council was moving too quickly. "We shouldn't have a bylaw unless we address enforcement."

The mayor said that job falls to the town's bylaw officer.

Carry also cited safety concerns if smokers at the community centre and curling club are forced onto the road when they want to smoke; there is no other place to go.

"They won't cross the road and [climb] snow banks," he said.

"The health of the public should take precedence," said Coun. Pat Green.

Coun. Darlene Shkawritko said, "All the butts ... there [are] absolutely disgusting. It's inconsiderate of them to be doing it at a community centre with children around."

ERIKSDALE INN BEER VENDOR

HEADSHOP: GLASSWARE & BARWARE

Located in the Eriksdale Inn Villa (Tempo Gas) on highway #6
Open 7 days a week till midnight 1-204-739-2027

- New selection of glassware, e-pens & juice flavours
- *Break the habit, save money, stop smelling like an ashtray – we will help advise you today!*
- New selection of hats, touques, & trapper/aviator winter hats
- Health Canada approved medical cannabis devices, glass cleaners, butane, torches & more

Now carrying beer bongz & drinking games

CHRISTMAS PROMOTIONS

- **FREE SCREENS** with any bongware purchase
- **FREE GLASS CLEANER** with any bongware purchase over \$75
- Christmas promotion **10% OFF EVERYTHING** till Dec. 15th 2015

Custom order stock catalogues available.

Arborg-Bifrost Fire & Emergency Department has a new acting fire chief



"IF SOMEONE DIALS 911 — AND LET'S SAY THE FIRE IS IN ARBORG — THE ARBORG DEPARTMENT HAS TWO MINUTES TO RESPOND."

**EXPRESS FILE
PHOTO BY PATRICIA
BARRETT**

Operational Deputy Chief Leroy Loewen took part in the burning house demonstration at the Arborg-Bifrost fire department's Open House in October.

By Patricia Barrett

The Arborg-Bifrost Fire & Emergency Department has a new acting fire chief as of mid-December.

Operational Deputy Chief Leroy Loewen, who has been with the fire services for 10 years, assumed the position of acting fire chief. He's taking over for Chief George Chyzy, who, according to the mayor of Arborg, is on a leave of absence.

"He has not quit," said Randy Sigurdson, who was reached by phone Dec 17.

As to one rumour making the rounds in town that the fire department is no more, Sigurdson said, "We have a fire department and we're joined with Riverton, too. And there's mutual aid."

Mutual aid is a back-up fire and emergency system whereby fire departments in other towns either respond to or assist with emergencies.

"Mutual Aid is activated when the fire or emergency is beyond the capability of the responding fire department, or there are more fire calls or emergencies than the local fire department can respond to," according to the Manitoba Office of the Fire Commissioner.

The reason for the chief's leave of absence — whether it was family or medical-related — is unknown, but councillors from both the Town of

Arborg and the RM Bifrost-Riverton have met to discuss the situation.

"We're in meetings right now," said Town of Arborg Coun. Susan Bauernhuber, "and we'll be meeting in a few days."

Bauernhuber, who had served as a volunteer firefighter for many years, could not add anything further at this time as discussions are ongoing.

The RM's Reeve Harold Foster said the leave had "created a bit of a problem for us," but that the department is in good hands.

"Leroy is a true believer in fire services," said Foster. He added that Loewen will be acting chief until Jan. 1, 2016.

Foster also said there's no need to worry about service: "There will always be fire service."

He cited the benefit of the mutual aid system.

"If someone dials 911 — and let's say the fire is in Arborg — the Arborg department has two minutes to respond," said the reeve. "If it doesn't, the call [automatically] goes to Riverton then Gimli."

When reached by phone, Loewen said the fire department "is in communication with the town and RM about best practices going forward."



5 tips for protecting your dog

-Advertorial, Gimli/Arborg Vet Services

The holiday season can bring many stresses to your home. Don't let a sick pet be another one by following these tips.

Keep decorations out of your pet's reach.

Decorating with candles, trees, and plants can bring new sights, smells and tastes to tempt your pet with. They might want to test the decorations out of curiosity and damage the decorations or cause harm to themselves.

Block decorations that cannot be out of reach.

Dogs, mainly puppies tend to check things out with their mouth, eyes and nose. Many decorations have chewy textures and tastes. They might not like these decorations, they are just curious. Chewing on electrical cords, a glass ornament, or tree or plant could cause a trip to the veterinarian. Make sure you unplug cords and block off dangerous items that might be tempting to chew on. Take special care with electrical cords and seasonal plants.

Beware holiday treats.

We may enjoy all the treats and sweets that come with the holiday season, but they are not to share with our pets. Dogs are not concerned about what they eat and cookies and candies are very appealing. Chocolate is potentially toxic to dogs, mainly dark and rich cocoas that we often use during the holidays. It is best to avoid holiday treats and candies and never

give them as a treat or reward to your pet. Keep them out of reach.

Consider gift wrapping to be hazardous.

Gift wraps and ribbons can be the best part of the holidays for your pet. Chewing and tearing paper, playing with bags and boxes and ribbons can cause accidents to happen. You must remember that if these products are harmful if swallowed, they can cause stomach upset or even a blockage. This is a main concern with strings and ribbons therefore they should be avoided if your dog shows celebratory inclinations.

When prepping food, know what is safe.

At the preparation of the meal and the feast itself your pet will want to be eating whatever you are preparing. Butcher's strings, paper, plastic ties and bags can all be appetizing to your pet. Be sure to secure these items in a closed container. It is not fun cleaning up after a sick dog on the holidays. If your pet is used to getting food off the table you can still give a small amount of cooked meat cut into small pieces, you can also give them carrots or a small amount of mashed potatoes so everyone can celebrate together.

You must think of your pet as a toddler that is curious, excited and could get into trouble with the goodies that are not harmful to us but they are to them. Have a great Christmas and Happy New Year!

WOOF N HOOF RANCH

**Dog grooming and kenneling
for hairy family members**
Call (204) 376-2734, ask for Carol!
Arborg, MB

Ruff House

Boarding 204-206-0098
SMART Dogs 204-793-3575
Do it Again Agility 204-801-1632

Gimli Arborg VETERINARY SERVICES

Gimli 204-642-8398
Arborg 204-376-2797
www.gimliveterinaryservices.com

Crazy Jumpers
Dog School & Boarding

(204) 641-4663
www.crazyjumpers.info

- **Puppy Kindergarten**
- **Agility, Obedience**
- **Private lessons**
- **Quality dog-boarding**

Please call or visit our homepage for more information.

Quarry PETS

Supplies & More
For all of your pet's needs...
from nutrition to play & everything in between

Bath, Brush & Tidy
By Ashley Peltz
NOW AVAILABLE CALL FOR APPOINTMENT
317 Main St., Stonewall
(204) 467-5924

CANVASBACK PET SUPPLIES

**Now offering
Doggie Day Care & Grooming**
1 Wellink Drive, Lockport
Phone: (204) 757-2701
Out of Town: 1-800-889-6191
www.canvasbackpets.com

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Arborg, Lundar lose on Dec. 15

By Brian Bowman

Both the Arborg Ice Dawgs and Lundar Falcons suffered losses on Dec. 15.

Arborg was edged 3-2 in a shootout by the North Winnipeg Satellites while Lundar lost 7-0 to the Selkirk Fishermen.

In the Ice Dawgs' game, North Winnipeg's Glen Paupanekis was the lone player in six attempts to score in the shootout.

Arborg trailed 2-0 midway in the third period when Ryan Pochailo and Cory Kuldys scored just 2:40 apart. Kuldys also assisted on Pochailo's goal.

Sean Murray scored for the Satellites in the first period while Jesse McIntosh tallied in the second.

Arborg's Jon Narverud made 45 saves in the game.

The Falcons' contest saw Corbin Pasternak and Milan Horanski each score twice to lead Selkirk to the lopsided victory over Lundar at the Selkirk Rec Complex.

Selkirk took a 2-0 first-period lead

on goals from Drayton Mendrun and Pasternak.

The Fishermen increased their lead to 3-0 after 40 minutes as Jeremy Thomas tallied and then broke the game wide open with four goals in the third.

Karl Fey, Pasternak and Horanski each scored power-play goals and then Horanski tallied with just a second left on the clock.

Griffin Steeves finished the game with three assists while Michael Smiley and Auzzie Loewen each had two helpers.

Selkirk outshot Lundar 53-20 as Jordan Liske posted the shutout.

Arborg visited St. Malo last Saturday while Lundar hosted North Winnipeg last Friday. No scores from either game were available due to the Express' Dec. 17 press deadline.

Both teams will resume play after the holiday break on Jan. 2 when Arborg hosts Lundar. Game time is 8 p.m.



EXPRESS PHOTO BY LANA MEIER

The Ice Dawgs' Derric Gulay races for the puck during Arborg's 3-2 shootout loss to the North Winnipeg Satellites on Dec. 15.

Kelvin Clippers' Keyara Lea named MHSAA Athlete of the Week



Keyara Lea

Staff

Keyara Lea, the Kelvin Clippers' power forward is on a hot streak. She scored six goals and 10 assists in eight games in November.

Lea currently leads the CTV Division in points, goals and assists in the Winnipeg Women's High School Hockey League.

"Keyara is a real competitor," says Clippers' head coach Sam Tougas.

"She has obvious talents with great hands and great vision on the ice, and she works hard every shift. Keyara also shows off ice leadership. Always positive on the bench, she keeps spirits high with her light-hearted nature."

Lea is formerly of Riverton and played with the Interlake Lightning AAA Bantam team during the 2014-15 hockey season.

Midgets bring home gold



EXPRESS PHOTO BY BOYD ROZECKI

The Teulon/Arborg Tigers won gold medals after defeating Mitchell 4-2 in the final game at the Morris Midget hockey tournament earlier this month. The Tigers fell to Steinbach 6-3 in the first game of the tournament but went on to defeat St. Boniface 6-2, Ste. Rose 8-1 and Gimli 3-1 before winning the championship game.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Kristjanson leading the Midget Lightning

By Brian Bowman

Every hockey team wants their captain to lead by example and show leadership both on and off the ice.

And the Interlake Lightning Midget team certainly has that in their talented captain, Jordan Kristjanson, this season.

Kristjanson was outstanding for the Lightning in the first half of their Manitoba AAA Midget Hockey League season. The talented 17-year-old centre from Arborg leads the Lightning in scoring with 11 goals and 19 points through 24 games.

He is also the leader on the team with six power-play goals.

"Personally, the season has been good for me," said the 6-foot-1, 240-pound Kristjanson. "I think I've been having a good year and I hope to continue that throughout the year to give the team some more 'Ws.'"

Kristjanson is in his third season of Midget hockey. He played one year with the City Midgets and now is in his second season with the Lightning Midget Provincial team. He was also a captain with the City Midget Lightning and he embraces the role as a leader.

"It was definitely good to get the 'C' this year," Kristjanson said. "Braden Groot wore the 'C' last year and he was a vocal guy and a good captain. I'm just trying to lead by example and get the guys going."

The game is starting to slow down for Kristjanson.

"I've developed as a better player from last year to this year," he explained. "Going up from City Midget to Midget last year was a big transi-

tion in the speed of the game and everything.

"The past few years have been good to me and I've learned a lot."

Kristjanson's teammates have certainly noticed his improved play.

"He stepped up his game a lot from last year," said Riley Vautour, a Lightning assistant captain. "He's getting a lot more points and he's been consistent with his goals this year and that's been helping us out."

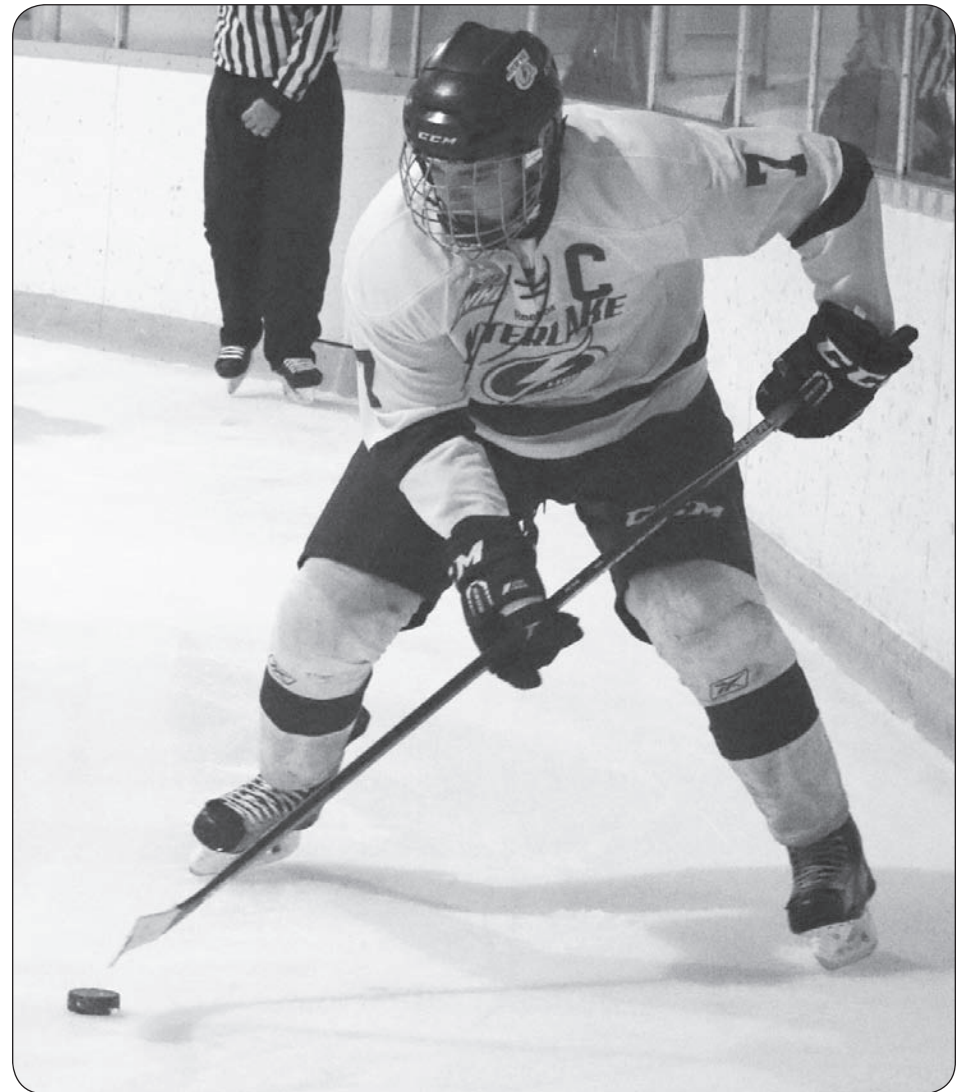
Kristjanson is a player with good puck sense and a great scoring touch. That skill — combined with his imposing size — is a rare combination in a player.

"I try to throw my weight around," said Kristjanson, whose MJHL rights are held by Swan Valley. "My dad is always trying to tell me to be more physical, so I try to finish all of my checks and be as physical as I can."

The Lightning has had a so-so start to the season with a 7-15 record that has the club in the bottom half of the league standings. Interlake thought that they had the talent to be an above .500 team this season but a lengthy losing streak has made their record look sub-par.

That losing streak was tough to handle, obviously, but the team did gain some much-needed confidence after a recent weekend split against the Thistles in Kenora.

After a tough first-half schedule, the Lightning will play several teams with records around the .500 mark in the first couple of weeks of January. That will be an important stretch for the Lightning if they want to reach their goal of making the playoffs.



EXPRESS PHOTO BY LANA MEIER

Lightning captain Jordan Kristjanson of Arborg leads his team in scoring with 11 goals and 19 points through 24 games in the Manitoba 'AAA' Midget Hockey League.

"We're definitely not where we want to be but we fell in a hole (with the lengthy losing streak)," Kristjanson

said. "But after Christmas, we want to start winning some games and make the playoffs this year."

Lightning teams lose close games

By Brian Bowman

The Interlake Lightning City Midget hockey team had a real good effort in a 5-3 loss to the Sharks on Dec. 6 in Warren.

Ethan Daniels, Jonathan Karsin, and Layne Blight scored for the Lightning, which trailed 4-3 before the Sharks' Codey Behun scored with 6:35 left in the third period.

Brandon Abraham had a strong

game for the Lightning with three assists.

Lewis Negrich, Nolan Koop, Curtis Rebeck and Noah Couch also scored for the Sharks.

Earlier this month, Interlake lost 6-1 to the Sharks and 5-1 to the Selects.

Jordan Rogers scored for the Lightning against the Sharks while Erik Aselin tallied versus the Selects.

Interlake hosted the Warriors last

Sunday but no score was posted on the league website at press time.

The Lightning is back in action tonight (7:15 p.m.) when they play the Monarchs at the MTS Iceplex.

On Saturday, Interlake will host the Sharks in Stonewall. Game time is 5:15 p.m. The Lightning Bantam team, meanwhile, lost 3-0 to the Central Plains Capitals in Portage la Prairie last Sunday.

It was the Lightning's third game in just four days.

Last Thursday, Interlake was defeated 6-1 by the Winnipeg Warriors in Stonewall. Nick Prystupa scored an unassisted goal in the first period for the Lightning.

The next night, Interlake was beaten 11-1 by the Brandon Wheat Kings. Riley Wirgau scored a second-period goal for the Lightning, assisted by Jagger Bonkowski.

Interlake will wrap up its schedule before the holiday break with a game against the Norman Wolves this Sunday in Stonewall. Game time is 10 a.m.

204-482-5252 • 204-481-2070

get inspired

> MEAL IDEAS

Merry Marshmallow Sticks



Ingredients
White, Red, Green and Dark Cocoa
Candy Melts candy
Large Marshmallows
Holiday Confetti, Nonpareils and
Colored Sugars
Preparation

In Disposable Dipping Container or bowl, melt Candy Melts candy separately following package instructions. Dip marshmallows in melted candy and place on cooling grid positioned over parchment-lined cookie sheet. If desired, sprinkle with sugars and sprinkles. Chill 5 to 10 minutes or until set.

Using candy decorating bag or disposable decorating bag, drizzle melted candy or pipe outlines, if desired; immediately sprinkle with sugars or nonpareils. Attach confetti with dots of melted candy. Chill 2 to 3 minutes or until set.

With point of sharp knife, carefully cut through candy on the marshmallow where stick will be inserted. Insert three marshmallows onto each Colored Lollipop Stick, securing with melted candy.

Source
Wilton Enterprises

The Skill: Decoding Restaurant Menus



Dining at restaurants means you need to be your own food sleuth. As a starting point, read the menu carefully. You can automatically rule out anything described as "crusted" or "crispy" which usually means fried or even deep-fried. The same holds true of fare that's sautéed, since restaurants typically use more oil or butter than you'd use at home. Also, watch out for dishes that are described with words such as buttered, creamed, battered, breaded, rich, smothered, or au gratin, as all these words are a red flag for extra fat, cream, cheese-and calories.

In general, you're better off ordering something baked, broiled, grilled, poached, roasted, or steamed. When ordering meat, select leaner cuts such as round steak, filet mignon, or center-cut pork or lamb chops, and ask to have the skin removed from poultry before it's cooked. Look for freshly made entrée salads that offer a balanced meal in one dish-a variety of greens topped with chopped veggies; bits of egg, chicken, or seafood; and perhaps some nuts. You can also ask

for low-fat dressing on the side, and skip the croutons.

Of course, menus that indicate nutritious or "heart-healthy" choices take the guesswork out of the ordering process. The same is true if the menu indicates the calorie content of the dishes. (Most fast-food chains have nutrition information; if it's not posted, you just need to ask for it.) In fact, researches at Yale University found that when people were presented with menus that had calorie counts, they ordered items with fewer calories and consumed fewer calories during the meal than those who received the same menu without the calorie info; this effect is enhanced when the menus also mention the recommended daily calorie intake for adults. The trouble with just cutting calories is that you may be left hungry and eat more later on. But if you trade up the overall nutritional quality of your choices, they will help give you a lasting feeling of fullness on fewer calories.

Disease-Proof: "The Remarkable Truth About What Makes Us Well" by David L. Katz, MD, MPH, FACPM, FACP

Brenda Stafford - Juice Plus - Team Pursuit - find us on FACEBOOK

Sweet Snowmen Cookies



Ingredients
White, Red, Green, Black and
Orange Candy Melts Candy
Peanut butter sandwich cookies
Holiday Confetti, Holiday and
Snowflake Mix Sprinkles
Cinnamon Drops
Black Sugar Pearls
Silver Pearlized Sugar
Preparation
Melt white Candy Melts candy following package instructions. Place cookies on cooling grid positioned over parchment-lined cookie sheet.

Spoon melted candy over top surface of cookie; chill 5 to 10 minutes or until set. Turn cookies over, candy side down, on cooling grid. Completely cover cookies with melted candy; chill 5 to 10 minutes or until set. Repeat, if needed, to completely cover cookie.

To decorate snowmen, melt Candy Melts candy following package instructions as needed. Using red, green and white candy in candy or disposable decorating bag, pipe hats, ear muff band and scarves, adding colored sugar trim to candy before it sets. For ball cap, cut a Candy Melt candy wafer in half; attach with melted candy. Attach sprinkles for buttons, ear muffs and decorative accents using dots of melted candy. Using melted black candy and decorating bag, pipe facial features. Using melted orange candy and decorating bag, pipe nose.

Source Wilton Enterprises

Fast and Festive Christmas Cookies



Ingredients
Green, Red, White, Light and Dark
Cocoa Candy Melts Candy
Assorted purchased ready-to-eat
cookies
Holiday Confetti, Nonpareils, Holly
Mix, Colored Sugars and Sprinkles
Preparation
In Disposable Dipping Container or bowl, melt Candy Melts candy

separately following package instructions. Partially or completely dip cookies in melted candy. Place cookies on cooling grid positioned over parchment-lined cookie sheet. If desired, sprinkle with sugars and sprinkles. Chill 5 to 10 minutes or until set.

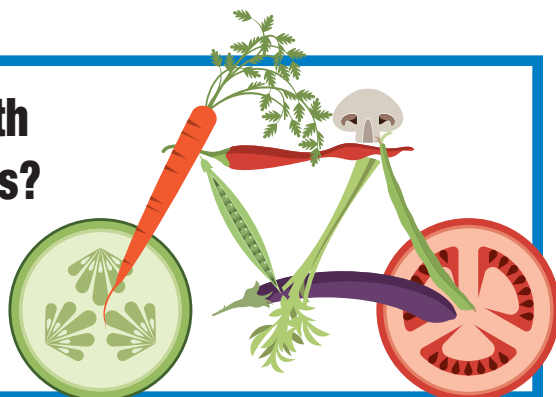
Notes, Tips & Suggestions
Additional decorating ideas:
Drizzle with melted candy in a contrasting color. Chill 3 to 5 minutes or until set.

Attach sprinkles with dots of melted candy. Chill 3 to 5 minutes or until set.

Pipe melted candy bows and other decorations.

Do you have a Health or Wellness Business?

**Call Robin
at 204-641-4104
to advertise**



ISAGENIX
Weightloss • Energy & Performance • Healthy Aging

Allana Sawatzky
isaallana@hotmail.com

Janice Karaim
jkaraim@myrmt.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*

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

7 Pce Solid Wood Dining Set **NOW**
Reg. \$1899 **SAVE 40% \$1199**

Swivel Glider Sage Green Fabric
Reg. \$699 **1/2 PRICE NOW \$349**

Dimplex Bookcase /Fireplace
- 3 only Reg. \$799 **NOW \$399**

Ashley Buffet & Hutch **1/2 PRICE NOW \$849**
Reg \$1699 - 1 only

Ashley Sofa & Loveseat **NOW \$699**
40% OFF Fabric Reg. \$1178

Palliser Sofa & Loveseat **CLEARANCE \$1599**
leather/vinyl Reg. \$2288

All Accessories 1/3 OFF

All Display Furniture **20% OFF**
Cash & Carry
*extra charge for delivery

BIG PRICE CUTS! **MORE SPECIALS**

40% off Springwall Queen Size Mattress & Boxspring Sets
Reg. \$999

CLEAR OUT \$699

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.

\$200 OFF

18 cu ft, Frost Free Refrigerator

Reg. \$899

Stock only

NOW \$699

EVEN THE EXTREME VALUE ROOM HAS BOXING DAY SPECIALS...

TAKE AN ADDITIONAL 10% OFF DISPLAY FURNITURE

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 FAX: 376-5577

TOLL FREE: 1-800-361-4156

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



HOURS		
Thursday	Dec 24	9-12
Friday	Dec 25	CLOSED
Saturday	Dec 26	12-4
Sun & Mon	Dec 27/28	CLOSED
Tues & Wed	Dec 29/30	9-6
Thursday	Dec 31	9-12
Friday	Jan 1	Closed