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VOLUME 7 EDITION 47 THURSDAY, NOVEMBER 26, 2020

WEEKLY NEWS

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Virtual SUCCESS

EXPRESS PHOTO BY ELISA HUNT

Elisa Hunt was happy with the results of her online craft sale after provincial restrictions caused by the COVID-19 pandemic forced her to change her plans. See story on pg. 14.

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Shoppers go local to help businesses survive shutdown

By Patricia Barrett

Residents in Gimli and Arborg are intending to shop locally this Christmas season to help businesses in their communities survive provincial public health orders and keep their economies afloat.

Restrictions under code red (critical) on the province's pandemic response system have resulted in the closure of non-essential businesses, including those that sell giftware and crafts, and in restrictions on what "essential" businesses can sell until Dec. 11 when the order is expected to expire.

Brittany Isfeld, who has multiple people on her Christmas list, said she's sworn off Amazon in order to help support local businesses in Gimli at this critical time.

"No Amazon for this lady," said Isfeld last week. "And it's sometimes easier for people to run to a big box store and get a bunch of things at once, but that's not personal when people get the same thing. There's not as much thought put into that as there is shopping locally."

As to finding everything she needs in Gimli, Isfeld said it "absolutely" can be achieved given the diversity of stores in town, which range from clothing stores, specialty shops and bookstores to hardware stores, a general merchant and pharmacies that carry some merchandise.

"If I go to a store and run out of options, I'll go to a local artisan. We tend to forget them," said Isfeld. "So I'm confident I'll find 100 per cent of what I'm looking for."

The Gimli Art Club has a wide range of art avail-



EXPRESS PHOTO SUBMITTED

One of the personalized stuffed animals available at Little Elska.

able in its showroom that people will be able to browse once provincial orders are lifted, she said. Or people can reach out to artists on their personal websites or Facebook pages.

If you've got people on your list who are especially hard to buy for, Isfeld said purchasing a gift card

from a local business for its merchandise or a card for goods from larger companies might suffice.

"Our grocery stores have a big selection of gift cards, from restaurants and online stores and even a refillable Mastercard or Visa. We can purchase all that stuff here in Gimli," said Isfeld. "If you run out of options to buy for people, there's no need to run to Winnipeg; just get them a gift card or get a gift card for merchandise from a local business."

Purchasing a gift card also helps support the local store selling them because they get a commission, she added.

Shopping locally can not only help business, but it can also help individuals earn some extra income, said Isfeld, who in her spare time makes and sells wood signs with quirky sayings and designs.

"Buying locally has a big spinoff for our economy as a whole," said Isfeld. "That's why we have to keep people shopping in town."

Signy McInnis lives in Arborg and is determined to find all her gifts there or in Gimli, which has more stores than Arborg.

"I would much rather shop locally and support my community where I can," said McInnis, who like Isfeld has lots of people on her Christmas shopping list.

What's been especially difficult at the moment, though, is getting into local stores where she can browse and look for ideas, she said.

"With store closures and the announcement that non-essential items won't be sold over the next couple of weeks, it's definitely making things a lot more

Continued on page 4

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THE EXPRESS
WEEKLY NEWS

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Creative Cocoon celebrates Christmas with take-home kits

By Evan Matthews

While the Creative Cocoon in Arborg has been affected like so many other non-profits, the organization has opted for Christmas rather than COVID.

The organization has been busy adapting to the "new normal," and chair Jenna Stansell and co-chair Lisa Klym have adjusted workshops for participants. In-person classes are not currently allowed, so classes are now being offered in the form of a take-home kit.

"The Christmas Tray Workshop on Nov. 13 sold out fast, and we had very positive feedback with the take-home class," said Klym.

"The next take-home kit workshop we are working on will be a Christmas wreath, which will have a pre-made option as well," she said.

The wreath class has always sold out

in previous years, and given the lack of available activities at the moment, she anticipates much of the same for this year's take-home kit as well.

The take-home kit includes all supplies needed to complete the wreath and was designed by Louise Shactay, a certified horticulturist. The kits are being sold for \$50 per adult, and \$30 per child.

Klym said Shactay was born and raised in Arborg, and she loves to give back to the community.

"We truly enjoy teaming up with her," said Klym. "We all understand the impact of taking part in the arts and

how it can positively affect health and well-being."

Trying times

For the first time in the Creative Cocoon's history, the arts and wellness centre opted to request funds from both the Town of Arborg and the RM of Bifrost-Riverton.

"WE ALL UNDERSTAND THE IMPACT OF TAKING PART IN THE ARTS AND HOW IT CAN POSITIVELY AFFECT HEALTH AND WELL-BEING."



EXPRESS PHOTOS SUBMITTED

The Creative Cocoon is offering take-home kits this holiday season, rather than hosting workshops.

Going back to March, at the beginning of the pandemic, the Creative Cocoon was forced to cancel in-person classes and postpone future plans. With revenue no longer coming in from in-person classes, the organization decided to delay the installation of a kiln, Stansell said.

The hope is with collaboration from one or both of the Town of Arborg and the RM of Bifrost-Riverton, the Creative Cocoon could find a space to

rent, install the kiln, and run pottery classes.

Of course, these classes would take place once restrictions ease, and/or post-COVID, according to Stansell.

Anyone interested in purchasing a take-home kit or donating to The Creative Cocoon can find the organization on Facebook or email info@thecreativecocoon.net.

Pick up takes place on Dec. 4.

GIMLI MANITOBA

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Gimli, Arborg businesses innovate to serve local shoppers

By Patricia Barrett

Businesses in Gimli and Arborg have come up with new ways to continue offering products and services to local shoppers after the provincial government banned in-store shopping in retailers deemed non-essential.

Hair salons, restaurants and jewelry stores were among the businesses forced to close Nov. 12 when the entire province was placed under code red on the COVID-19 pandemic response system. Despite the restrictions, stores are allowed to sell products online or by telephone for pickup or delivery.

Shirley Isfeld and Korrie Kowalski, who own the Head Over Heels Hair and Esthetics salon in the Lakeview Hotel in Gimli, were prepared for the possibility of another shutdown and sprung into action earlier this year to give people the option of continuing

to shop locally rather than running to a big box store.

"This summer we decided we had to try to work on something else after we got closed the first time [in March] and in case we got closed again," said Kowalski. "So we started making handmade body and beauty products and candles to get some revenue to pay the rent and maybe even make some money."

"I'LL BE PRETTY MUCH LIVING IN THE SHOP UNTIL CHRISTMAS BECAUSE I'D LIKE TO BE HERE NEXT CHRISTMAS."

Like gourmet chefs, they experimented with recipes until they found something they liked. They were ready to sell the products a few days after the shutdown,"

said Kowalski.

They created a wide variety of products people can order through the salon's Facebook page or by telephone (204-642-9983) for a pre-arranged, COVID-safe pickup. They're also offering delivery.

Products include foot soaks, lip



EXPRESS PHOTO SUBMITTED

The Diamond Beach-Gimli Florist sells fine jewelry, giftware, clothing and Christmas floral arrangements. It's offering curbside pickup, delivery and a cell-phone photo service for those who wish to browse a particular item.

balms, bamboo-terry scrunchies, hand soaps, Viking-themed bath salts and Icelandic-themed candles that contain a lucky stone or gem that can be worn as pendant.

Isfeld said they received a lot of feedback on their new products, which they're selling as gift sets.

Continued on page 7

> SHOP LOCAL, FROM PG. 2

difficult," said McInnis. "Christmas gifts are often non-essential items. It's causing a lot of thinking outside the box. To some extent, it changes what to buy."

Hardware stores, such as Arborg Home Hardware, are an option for browsing for gift ideas, but non-essential

items may be off limits under present public health orders, she said. And she and her mom wanted to browse at Tergesen's (in Gimli) for gift ideas and books she can't get anywhere else, but had to cancel the trip when the store shut down.

"I like to go into a place and browse,

find something that catches my eye even if I've got an idea ahead of time," said McInnis. "Sometimes you see something and think, 'Oh that would be perfect' for whoever is on your list. And you lose that Christmassy feeling when you can't go in the store and hear the music that helps you get into the mood."

Despite the temporary closures, there are a number of stores in Arborg that people may not necessarily think of when it comes to Christmas gifts, she said. Arborg Livestock, for instance, carries Manitoba Mukluks, pet supplies and an assortment of work wear "for the farmer in your life."

Off the top of her head, McInnis said TDM Sports and Red Apple are options for clothing, Arborg Nic Nacs & Flowers for gifts and flowers, Home Hardware, the Arborg Pharmacy for additional gift items and the hotel for dinner gift certificates. Specialty stores such as the Watering Whole (beer and wine kits) and a nail salon that carries gift certificates are also options. You can get chocolate at Co-op.

And a 10-minute drive down the road from Arborg is the Hnaua Store, which has cool T-shirts emblazoned with designs, she said.

Frustrated by store closures, McInnis said she browses the websites of local businesses for ideas or to order

a product but gets the sense that not all merchandise is posted online. If everything was posted, people may be more inclined to buy locally.

"Little Elska [handmade craft items] in town is offering curbside pickup, but not all of her items are available on her website yet. She's working on that now," said McInnis.

Oftentimes people forget about local craft-makers and consultants selling particular items.

"I do watch the Facebook pages of crafters who are posting things they made that might catch my eye. Consultants selling goods such as Tupperware and so forth are also an option to shopping locally. That will help support stay-at-home moms trying to earn a little extra cash."

McInnis said she uses Amazon to get gift ideas and it's also handy for narrowing down a search to a specific age group. Once she has ideas, she scopes out local businesses that might have the exact or similar item or may even be willing to order it in for her.

"If you find something on Amazon, you can go to your local hardware store or another store and ask them, 'Can you order this through your local supplier for me?'" said McInnis. "It's surprising how you don't need to leave town. You shouldn't need to go to Winnipeg to shop."

**Selkirk COVID-19 Testing Site
has moved to the
former hospital, 100 Easton Dr.**

**New appointment-based system
Walk-ins still welcome**

Our new COVID-19 testing site replaces the drive-thru testing site that was located at 622 Superior Ave. At the new site you will park your car and get tested inside the facility, where all proper cleaning and distancing measures are in place.

Anyone experiencing COVID-19 symptoms should be tested. To book your appointment in Selkirk visit www.is.gd/MBtesting or call 1-855-268-4318.

Drive-thru testing (no appointment needed) is still available in Eriksdale (35 Railway Ave.) and Pine Falls (37 Maple Street).



**Interlake-Eastern
Regional Health Authority**

ESD deals with COVID-19 case; remote learning provisions in place

By Patricia Barrett

A student at Gimli High School attended class about three weeks ago while asymptomatic but infectious with COVID-19, and a number of close contacts were instructed to self-isolate.

The high school was contacted about the positive case on Nov. 13. The division posted a notice on its website on Nov. 20. Addressed to parents and caregivers, the notice dated the same day states that the quarantine and monitoring of those “connected” to the case have ended.

“As you are likely aware, on Friday, November 13th Gimli High School was alerted that a student had tested positive for COVID-19. The student was not symptomatic while infectious and at school on Friday, November 6, 2020. A number of close contacts were identified and told to self-isolate at home until today, November 20, 2020.”

Gray said by email Monday that the student has returned to school, and that the division was “silent” about the case in order to protect the student from being identified by his/her absence from school.

The self-isolation period for all the contacts has ended and they’re allowed to return to school.

A provincial public alert — intended to inform the general public in a timely manner about the potential for exposure to the deadly virus — regarding the confirmed case at Gimli High School had not appeared on the provincial government’s “Possible public exposure to COVID-19” webpage for the Interlake-Eastern region. As of noon Monday (Nov. 23), the site still didn’t have a notification regarding the positive case at Gimli High School.

COVID cases at Fisher Branch Collegiate and Stonewall Collegiate have been posted on the site.

Other division news:

The division is providing laptops or iPads to students who are temporarily unable to attend school and who need access to a device for remote learning. A limited number of devices are available and reserved for those most in need, said Gray by email last week.



SUBMITTED PHOTO
GHS had its first COVID case on Nov. 13.

“Based on the information we have collected from our families, we do not foresee this [limited number of devices] as a challenge for us,” she said.

- For students who have to study at home but don’t have internet service, the division is offering drive-up access at schools in Gimli, Arborg and Riverton.

“To support internet access, we have installed a Wi-Fi booster so that drive-up access to the internet is available at a school in each of our communities,” said Gray. “As required, we have provided alternatives to digital remote learning (resources, books, etc).”

Teaching documents are posted online in a platform called Edsby that students can access.

- The division is encouraging families to send their children to school as they tend to learn better in the company of their teachers and peers, said Gray. For students who can’t attend school for medical or other reasons, the division helps problem-solve on a case-by-case basis.

“Dr. Roussin has stated repeatedly to the public that transmission of COVID-19 in schools is low and that schools continue to be low risk,” said Gray.

This year the division had about 60



EXPRESS FILE PHOTO BY PATRICIA BARRETT
School buses (pictured here at an ESD facility in the Gimli Industrial Park) continue to operate in the Evergreen School Division.

students withdrawn for home schooling

- Last week students and parents had meetings with teachers about scholastic progress. The meetings were held remotely using video-conferencing software or were held by telephone.

“Our families connected from the comfort of their homes and some of our teachers did, too. This provided a wonderful way for teachers, students and parents to see one another and view examples of learning,” said Gray. “In some cases, this provided the first time this school year that masks could be removed and students and teachers were able to see one another’s faces,” said Gray.

- The division sent a survey to families and staff to determine how many are critical service workers and would not be able make accommodations to keep their children (kindergarten to Grade 6) at home should a school need to shut down because of COVID.

“These children will be welcomed at school and will participate in learning with their peers who will connect to the classroom from home,” said Gray.

- A Nov. 15 update from the division addressed errant behaviours in the schools with regard to COVID safety protocols around masks, physical distancing, handwashing and other public health rules to keep students, their peers and the community at large safe. The division asked parents to emphasize to their child(ren) the importance of adhering to safety measures.

“Our students have adjusted really well to the many new public health rules,” said Gray. “So far, we have had only minor concerns about student behaviour, so it has not been necessary to suspend any student from school. In school, consequences and calls to parents have been successful strategies to ensure compliance. We remain vigilant regarding compliance with public health orders.”

- Despite the province being under code red (critical) on the provincial pandemic response system, schools continue to operate under code orange (restricted), and that means school buses can still operate, said Gray.

- Provincial public health has made playground structures off limits to the public. Only students — during the school day — will have access to playgrounds, according to the division’s Nov. 15 update.

- Despite concerns by the public regarding high school students roaming around town in groups or gathering together to smoke, no measures will be taken to prevent them from leaving school at lunchtime.

They will, however, “be encouraged to continue to practice public health measures during this time,” states the update.

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Always consider kindness and compassion

By Evan Matthews

A reader requested a topic for this week's editorial.

The topic: kindness and compassion, and not forgetting to exercise these qualities amidst all the turmoil in our current realities.

We understand now, more than ever, in daily situations we sometimes need empathy to get us through. Understanding where people are coming from isn't always an innate skill, but it can be learned.

Life is hard at the best of times, and with compounding restrictions and hardship at seemingly every turn, it doesn't seem to be getting easier for most people.

Putting ourselves in one another's shoes, realizing there is more going on in people's lives than what we see, is so critical in maintaining the human aspect of this pandemic.

We need to remember the human aspect to community engagement: our local politicians, our community

leaders, our community groups, etc. At the end of the day, we're all human. We all have our respective thoughts, feelings and emotions.

When engaging in debate or discourse on any subject, we shouldn't forget the human aspect.

Why does someone think what they do? How did they arrive at that conclusion? What outside influences has this person dealt with?

We know there is a spectrum of belief in regards to COVID-19 and how people choose to interact with our rapidly changing society. But regardless of where you fall on that spectrum, one thing should remain: respect for others regardless of their beliefs.

So often we hear this conversation in regards to religion or faith. But right now, we're talking about social distancing and mask wearing; respecting others no matter what you believe.

Most people believe at this point mask wearing is a good thing with all that's going on in our society.

We are all entitled to a differing opinion, but we are all entitled to our health, as well.

No matter what you believe, if you come from a place of kindness and compassion, you quickly realize social distancing and mask wearing are small asks.

If we can all accept that these make people feel safer, more comfortable, and feel better protected, regardless of what you believe, making another person feel safe and more comfortable should also make us feel good.

Everyone understands, by now, almost anything can be debated.

But on almost any subject, if we forget about being "right" and shift the focus to being kind and compassionate, debate becomes less important. Being right becomes less important.

Again, things are hard enough at the best of times, so let's choose to help make it easier on one another as opposed to making things more difficult.

letter to the editor Letters to the Editor: letters@expressweeklynews.ca

Have faith in Jesus Christ

We have all heard the term "unprecedented" over the last eight months. Just a short year ago, none of us could have imagined the challenges COVID-19 would cause for our world, our nation, our province and our community. In light of these times, I want to share some encouragement from a young pastor's heart.

The adversities each of us have faced due to COVID-19 vary. Some of us have been directly impacted by the virus. For those who have experienced illness or the loss of a loved one, my heart goes out to you. May you experience care from those around you. All of us have felt the impact of the preventative measures, which are far-reaching as well; this may include fi-

nancial hardship, loneliness and disappointments.

In all this, we as a community must find our way from fear to courage. If we look through the annals of history, we see those who came before us also weathered much hardship, and so our generation is no different. We, too, must meet this moment with strength and courage. It is critical that we see the humanity of those around us and never give in to our worst instincts as we collectively look for a way forward. It is unlikely we will all see the path forward in the same way; still, we must respect one another. Together we can emerge from this season stronger.

As we consider our challenges, I am reminded of the words of Jesus Christ when He says "...in the world ye shall

have tribulation, but be of good cheer, I have overcome the world" (John 16:33). In this passage, Jesus is advising His followers that on this earth there will be difficulties, but He is greater than all this. I want to remind us of this truth as we are experiencing these unprecedented times. Jesus has been from eternity past, will be into eternity future, and presently has all things in His capable hands. As mere mortals, we do well when we recognize this reality. When we place our faith in Jesus Christ and make Him the Lord of our life, we are promised eternal life with Him in Heaven. Having this faith ultimately allows us to move from fear to courage.

Pastor Steven Bartsch
Anchor of Hope Church, Menville

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Interlake-Eastern RHA records 11 COVID deaths in total

Staff

Public health officials advise seven additional deaths due to COVID-19 have been reported Monday including:

- a female in her 90s from the Winnipeg health region, linked to the Maples Long-Term Care Home outbreak;
- a female in her 70s from the Winnipeg health region, linked to the Holy Family Personal Care Home outbreak;
- a male in his 80s from the Southern Health-Santé Sud health region, linked to the Menno Home outbreak;
- a female in her 80s from the Winnipeg health region;
- a male in his 60s from the Winnipeg health region;
- a female in her 80s from the Winnipeg health region; and
- a male in his 70s from the Southern Health-Santé Sud health region.

The current five-day COVID-19 test positivity rate is 14 per cent provincially and 13.8 per cent in Winnipeg, and 546 new cases of the virus have been identified as of 9:30 a.m. This brings the total number of lab-confirmed cases in Manitoba to 14,087.

Monday's data shows:

- 21 cases in the Interlake-Eastern health region;
- 27 cases in the Northern health region;
- 12 cases in the Prairie Mountain Health region;
- 118 cases in the Southern Health-Santé Sud health region; and
- 368 cases in the Winnipeg health region.

The data also shows:

- 8,498 active cases and 5,353 individuals who have recovered from COVID-19;
- there are 296 people in hospital with 52 people in intensive care; and
- the number of deaths due to COVID-19 is 236.

The Interlake-Eastern total case breakdown by district as of Monday, is as follows: A total of 969 cases, up by 301 from last Monday: 521 active cases, 437 recovered, 24 currently in the hospital with eight of those in ICU and 11 deaths.

Arborg/Riverton 12 active cases, 24 recovered; Beausejour 15 active cases, 19 recovered; Eriksdale/Ashern 79 ac-

tive cases, 14 recovered and 4 deaths; Fisher/Peguis 123 active cases and 139 recovered, 2 deaths; Gimli 6 active cases, 2 recovered; Northern Remote 30 active cases, 45 recovered and 1 death; Pinawa/Lac du Bonnet 20 active cases, 9 recovered; Powerview/Pine Falls 6 active case and 12 recovered; Selkirk 20 active cases and 7 recovered; Springfield 44 active cases and 42 recovered; St. Clements 22 active cases and 17 recovered; St. Laurent 2 active cases and 7 recovered; Stonewall/Teulon 45 active cases, 49 recovered and 2 deaths; Unknown District 44 active cases and 19 recovered; Whiteshell 7 active cases, 1 recovered and Winnipeg Beach/St. Andrews 46 active cases and 31 recovered and 1 death.

Laboratory testing numbers show 2,798 tests were completed Sunday, bringing the total number of lab tests completed since early February to 333,694. Case investigations continue and if a public health risk is identified, the public will be notified.

Public health officials have advised that outbreaks have been declared at the Flin Flon Personal Care Home in

Flin Flon and the Charleswood Care Centre in Winnipeg. The sites have been moved to critical (red) on the #RestartMB Pandemic Response System.

The testing location in Selkirk is moving to the old hospital site at 100 Easton Dr. on Wednesday, Nov. 25. The site will provide walk-in services, and will operate from 9 a.m. to 4 p.m. Monday to Saturday. Appointments can be made by phone or online.

The chief provincial public health officer urges Manitobans to only leave their homes for essential purposes. When leaving the house to obtain essentials, be sure to physically distance, wear a mask in indoor public places and avoid crowded spaces. Do not leave the home if you are sick, or when any member of your family is sick. Further, do not socialize with anyone from outside your household.

Public health officials are also advising that anyone who is symptomatic, or has a household member who is symptomatic, the entire household needs to self-isolate pending COVID-19 test results.

> INNOVATION, FROM PG. 4

"I think everybody thinks it's a great idea and they're ready and willing to support us," said Isfeld. "We put the products together in a package for now rather than sell individual items. But we may start selling our candles with gems on the bottom — called Lake Winnipeg Pendant Candles — individually in a few weeks, as well as our foaming hand soap, which people really like."

A few doors down from the salon is Diamond Beach-Gimli Florist, also located in the Lakeview. The speciality shop offers quality items that include diamond rings, pendants, earrings, dresses, seasonal wear, giftware, flowers and a jewelry repair service.

Owner Carmen Kaegi is offering pre-arranged curbside pickup and a delivery service. Because this second provincial lockdown occurred so close to Christmas, Kaegi said she decided to take a "huge risk" and proceed with a mass flyer campaign to give locals and other Interlakings the option of shopping as close to home as possible.

"I appreciate people who shop in local stores because, at the end of the day, it will hurt us all if they don't. And I'm so appreciative when people call me and order items. They can get things online through Amazon, but they don't," said Kaegi.

Although Kaegi has a website and a

Facebook page that feature a variety of stunning floral arrangements and jewelry, she doesn't post a lot of photos of her clothing and giftware lines. However, anyone that calls the shop (204-642-8001) can ask her to take a photo for them.

"If someone asks for a dress, for example, I can take a picture on my cell phone to show them what colours and styles I have available," said Kaegi.

For anyone in Gimli needing jewelry repair, Kaegi said she can pick up the item at their home, take it to her designated repair person and deliver it when it's fixed.

If the provincial shutdown order is lifted after Dec. 11, Kaegi says she's prepared for socially distanced, in-store shopping.

"When they allow us to open again, my store will be fully stocked. I ordered everything already, including my jewelry, clothing and giftware from Germany," she said. "I will be working extended hours because of social distancing; I'll be pretty much living in the shop until Christmas because I'd like to be here next Christmas."

Gimli Chamber of Commerce co-president Cheryl Buhler said the chamber is looking at ways to promote local shopping as many businesses endure the month-long shutdown.

"The buzz word right now is 'pivot' and businesses are trying to do that. They're being adaptable and changing things," she said, "but it's really hard when they've come up with a so-

lution and that solution gets quashed by code red."

A crafters' store, for example, which intended to make the work of Interlake craft-makers easily accessible, had just been launched then had to close its doors, she said, when provincial restrictions were announced.

As the owner of Robin's Donuts, Buhler said she's offering curbside pickup with a few twists: a daily lunch special that comes with delivery service.

"One of my employees came up with the idea," said Buhler. "If people in the Gimli area place an order by 10 a.m., we'll deliver it between 11:30 and 1:30. Just call us to order (204-642-8241)."

In Arborg, business owner Jackie Horvat of Little Elska is taking online to the extreme. She's endeavouring to get her entire stock posted online so that customers can see everything she has and can browse to get ideas.

Horvat makes items such as minky blankets, pillows and stuffed animals that can be personalized, and she also helps support workers by outsourcing embroidery work.

"Over the next week I will be listing everything we have in our store online," Horvat announced on her Facebook site last week.

The province launched a digital #ShopLocalMB campaign last Friday, the same day its heightened restrictions — which ban retail stores that can remain open from selling non-essential items to in-store shoppers — came into effect. The campaign will feature

local businesses and entrepreneurs.

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Province considers extending school holidays

By Evan Matthews

Though not confirmed, school divisions across the province are expecting the Department of Education to extend the holiday break.

A source inside Lakeshore School Division said the final decision is up to the Department of Education, and education employees are hopeful to hear of a decision early during the week of Nov. 23. By press time, the Department of Education hadn't been made its decision.

The source also pointed out the Department of Education hasn't specified whether those additional weeks would be considered a "break" or whether it would be a period of remote learning.

The week of Nov. 16, chief public health officer Brent Roussin said at one of his daily press conferences that public health may extend the school holiday break for two weeks.

Two weeks is said to be a full COVID-19 incubation period and would be a way of combatting the virus after inevitable social gatherings over the holidays, regardless of public health's advisement against such gatherings.

Other provinces across the country have been debating extending the break, too, according to media reports, including B.C. and Quebec.

At present, the Manitoba holiday break is scheduled to begin on Dec. 18, with students returning to school on Jan. 4.

Dr. Roussin has said repeatedly in his daily briefings that he believes educational settings to be relatively safe, and many of the cases in schools have been contracted within the child's community as opposed to an educational environment.

Fanfare postponed for new band room at Gimli High School



EXPRESS PHOTO COURTESY OF EVERGREEN SCHOOL DIVISION
Gimli high school new band room.

By Patricia Barrett

COVID-19 may have put a damper on the long-awaited debut of the new music room at Gimli High School and sharply diminished students' rhapsodic joy of performing for a live audience, but the ballroom-sized space with sky-high windows has proven ideal for socially distanced learning.

Under provincial health orders for schools, wind instruments and indoor choir are banned, according to an Oct. 30 update on the Evergreen School Division's website, but theory contin-

ues. Gimli High School students are passionate about band, which was formerly held in a cramped room with heating, acoustic and accessibility problems. They staged a surprise head-to-head with Premier Brian Pallister at the legislature in 2018, passionately fighting for permission to build the much-needed space.

While the room was under construction earlier this year, students used the cafeteria (pre-COVID) to practise, a step up from practising in the school's infamous closets.

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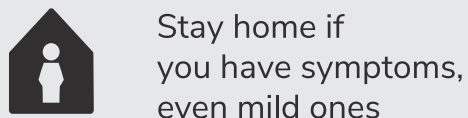
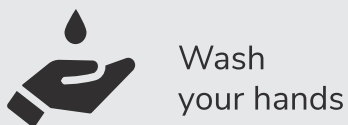
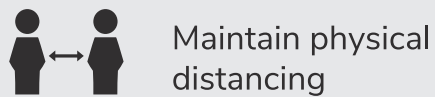
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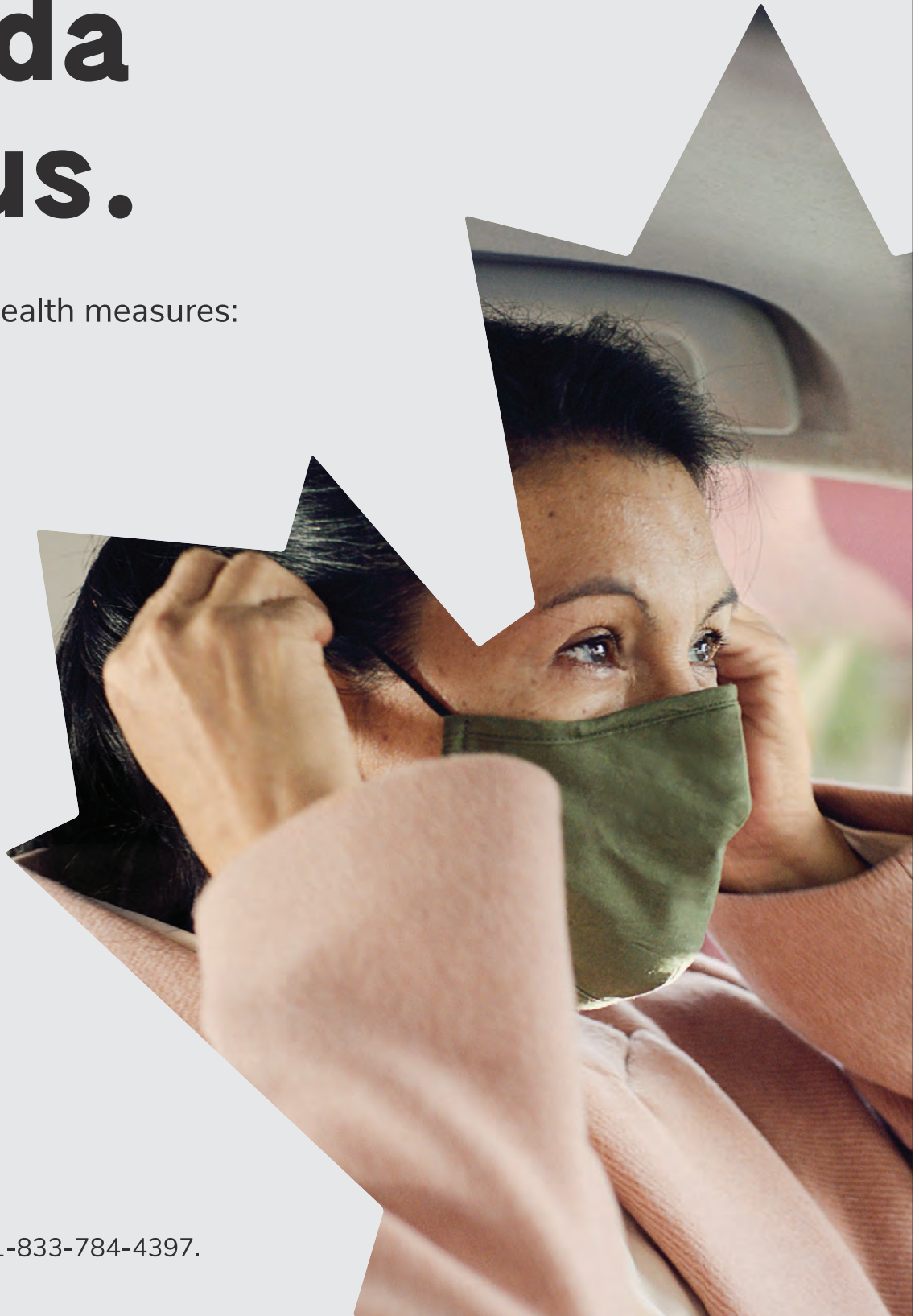


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One province, two friends, five years, 65 statues

Petersfield residents take the ultimate Manitoba statue road trip

By Nicole Buffie

The statues scattered across Manitoba towns and cities may just be esthetically pleasing monuments to some, but for Sandra Pruden and her travel buddy, fellow Petersfield resident Jackie Rimmer, they're a way to explore our province and discover the beauty it has to offer.

One day in 2015, Pruden, visited the mallard statue in her hometown of Petersfield. After posing for a selfie in front of it, an idea came to them.

"I said, 'Wouldn't it be fun to see all the statues in Manitoba?' and we just started to do it."

After buying a provincial map, she and Rimmer hit the road and started to check the locations off their list.

Five years and 65 statues later, they've checked off more monuments than they sought out.

Pruden said while the idea began as a way to see the statues that different areas of the province have to offer, it turned into day and weekend trips that have influenced others to travel in Manitoba as well.

"I know people that have taken day trips to go to a statue that they might not have done had you not put the suggestion in their heads," she said about the reaction to the statue selfies she posts on Facebook. "So it's about staying local and encouraging others to do the same."

While some trips she and Rimmer take in this endeavour are mere day-



The Mallard Duck in Petersfield remains Pruden's favourite Manitoba monument.

time excursions to take a drive and snap a single photo, some are more fruitful.

"When we went to Southwest Manitoba, there was a big belt where we saw 23 statues in three days," she said.

After checking off nearly every item on her list, there was but one statue left that they really wanted to see this year: the miner in Thompson.

After travel restrictions to Northern



EXPRESS PHOTOS SUBMITTED

The Happy Rock in Gladstone was one of Rimmer and Pruden's favourite monuments to visit.

Manitoba were announced at the beginning of the COVID-19 pandemic, Pruden and Rimmer didn't know when they would be able to take the trip up there.

However, in the summer months when case numbers were low and travel restrictions eased up, the two

took the opportunity and packed up their car to hit the road.

"It was a three-day trip for us," she said about the adventure. In addition to Thompson, they made stops in Swan

River, Snow Lake and Flin Flon to check more monuments off their list.

In the dozens of statues she's seen, Pruden has a few favourites: Tommy the Turtle in Boissevain and the Happy Rock in Gladstone. However, her No. 1 remains the massive duck situated in Peterfield's Mallard Park.

"I learned at a very young age about community and I like to give back to my community," she said. "I know the older people in the community and how much they did for us, and I want to keep it going."

As for their next adventure, Pruden and Rimmer aren't sure where their road trips will take them. But, as long as it involves scenic drives and a few selfies along the way, they'll take on whatever falls in their lap.

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THE EXPRESS
WEEKLY NEWS

Anxiety program aims to squash pandemic fears

Six-week course to help with pandemic worries

By Nicole Buffie

Rapid breathing. A tight feeling in your chest. Nausea. Dizziness. Dry mouth.

These are all possible symptoms of anxiety, a feeling many Manitobans have felt over the last eight months during the COVID-19 pandemic.

Due to the additional restrictions placed on residents as the entire province moved to level red (critical) on the pandemic response system, health experts say the need for mental health help will grow.

The Anxiety Disorders Association of Manitoba (ADAM) wants those feeling the psychological effects of lockdowns and isolation to know they are not alone and there are options available for them.

ADAM has been providing a six-week, online Anxiety & Worry Support Program for anyone needing assistance navigating feelings of uncertainty towards the novel coronavirus since the province went into lockdown in March.

Mary Williams, executive director of

ADAM, said the program aims to connect individuals with support workers and other folks feeling similar anxiety surrounding the pandemic.

"One of the complications right now is that we're being told to isolate, and isolation is not a positive thing when it comes to anxiety," she said. "I don't think it's a positive thing for mental health, period."

The no-cost virtual programming focuses on recognizing symptoms of anxiety, where they stem from and how to cope in a safe and healthy way. The course also connects users with one-on-one support workers and larger support groups to further discussions in an open way.

Williams said while ADAM's supports are usually delivered in-person, having the course be strictly online is a more accessible way to provide care to those who need it.

"Thanks to technology, we can provide this service to people as long as they have access to a computer or a telephone," she said. "It doesn't matter where they are in the province; we

can provide this program to them."

The program itself also exceeds pandemic worries. Williams said if a participant mentions having social anxiety or a panic disorder, workers can provide support and programming for their specific needs as well.

As the province moves into new public health orders, Williams said the need for mental health programming is crucial.

"The fact that we keep on experiencing new and unexpected developments creates a high level of anxiety," she said. "And the fact that we're moving into the Christmas and holiday season doesn't help."

She said with the new provincial restrictions limiting social interactions to only that of your household, the feeling of isolation and anxiety becomes magnified, especially for those living alone.

"The importance of a program like

this at this time can't be understated or overstated," she said.

Those looking to sign up for the programming delivered via Zoom or phone can email adam@adam.mb.ca or call 204-925-0600 to be sent a registration form. For those in the Interlake-Eastern region, two outreach workers are available for peer support: Sherry MacVicar in Winnipeg Beach and Wendy Scheirich in Lac du Bonnet.

Williams said of the hundreds of participants to take part in the programming since the onset of COVID-19, many of them have found relief knowing they're not alone in feeling heightened anxiety and worry — a goal Williams sought out when bringing the course to the association.

"People need to know that it's manageable and we can help them," she said. "It's not all doom and gloom."

"ONE OF THE COMPLICATIONS RIGHT NOW IS THAT WE'RE BEING TOLD TO ISOLATE, AND ISOLATION IS NOT A POSITIVE THING."

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Canadian Armed Forces ask for holiday greetings

Submitted by Cathy Coss

Many Canadian Armed Forces (CAF) members deployed abroad will not be home with their families this holiday season, and one official CAF social media account has a simple request.

The popular Canadian Forces in the US Twitter account put out a request for holiday greetings that can be sent to CAF members abroad.

"Many of us will spend the holidays with our families. Many of us will not. It would mean a great deal to us if you sent them a greeting," the message said.

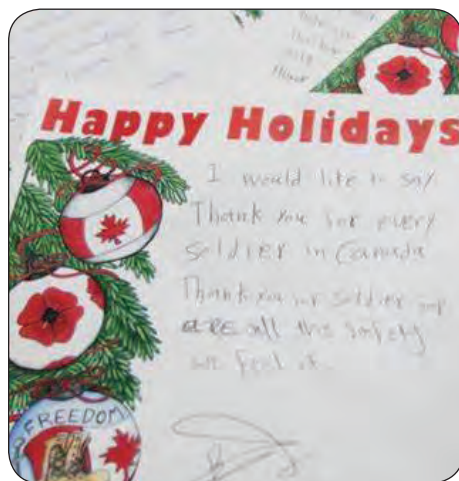
Canada Post is continuing with free delivery of letters and parcels to deployed troops from their family and friends during the 2020 holiday season, but you can also send a greeting card or letter to any CAF member if you wish, though you will require postage in that case.

Simply mail a stamped letter or card to:

Any Canadian Armed Forces Member

PO Box 5004 Stn Forces
Belleville, ON K8N 5W6

These envelopes may only contain correspondence. No other items can



Letters being sent to soldiers must arrive by Dec. 9.

be mailed to the "any CAF member" address. Packages containing anything else will be returned to you at your expense, the government says.

You can also specify a specific mission or region to send your letters or cards.

Schools, groups, businesses and associations may send cards and letters bulked in a parcel to "Any Canadian Armed Forces Member." The parcel is not to contain any other item other than correspondence and requires



EXPRESS PHOTO SUBMITTED

The Canadian Forces are hoping that their troops posted over seas can receive letters to brighten their spirits during the holidays.

postage.

Christmas cards typically need to arrive by Dec. 9 in order to be shipped in time for Christmas, but they will continue to be accepted and mailed afterwards too, and for other holidays,

the CAFinUS told CTV News.

"It really would mean a lot to them," the CAFinUS account added. You can find more information about how and where to send items to CAF members on the government's website.

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Eriksdale-Lundar virtual Christmas market goes online

By **Evan Matthews**

A woman in Eriksdale is getting creative with Christmas, innovative with entrepreneurship, while being open

and optimistic about the future.

Elisa Hunt typically participates in the Eriksdale-Lundar Christmas Craft Sale, as she sells Epicure. Epicure is a B.C.-based company specializing in affordable and efficient kitchenware, inspired by founder Sylvie Rochette's passion to share clean eating solutions she had created for her family.

"With the way things were going, I

knew the 2020 craft sale season would be a bit different. I contacted organizers of local craft sales, who all told me they were cancelled," said Hunt.

"I thought it would be terrible for the local economy and the local people who generate additional income this way.

"I thought, 'Why don't we try to save the craft sale season by doing something online?'" she said.

The process started on Oct. 19 by creating a Facebook page — eventually opening it to the public — in which Hunt announced there would be a three-day "window-shopping" period starting on Nov. 18, with customers contacting vendors about questions and orders.

Eighteen vendors registered, uploaded photos and videos of their product, and page members could scroll through items of interest.

Vendors paid a \$20 vendor fee, and Hunt said she donated the funds raised to the Eriksdale Recreation Centre to help pay its utilities. Vendors also donated one silent auction prize. Hunt expressed thanks to Lundar and Eriksdale businesses and vendors for all donations.

Once the window-shopping period concluded on Nov. 20, customers contacted vendors for purchase and arranged pickup times on Nov. 21 and 22, with Hunt emphasizing the importance of following COVID guidelines and contactless pickup where possible.

Hunt said silent auction prizes were listed, too, including baked goods,



Sherpas, coffee mugs and coasters, shovels and windshield washer fluid, picture frames and Epicure products, just as a few examples.

The Manitoba government is also pushing local, as on Nov. 20, it announced its digital campaign to encourage safe and local shopping, using the hashtag #ShopLocalMB.

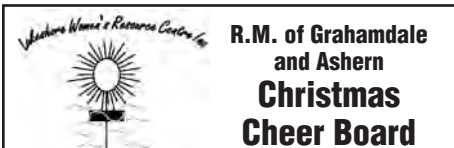
The new #ShopLocalMB campaign has enlisted a local design company to tell the stories of Manitoba businesses, entrepreneurs, makers and creators.

The messages will reinforce reminders of how to shop safely, which includes using delivery, in-store pickup or drive-thru options whenever possible, and following public health fundamentals if in-person shopping is required.

"Businesses are vital to our provincial economy and our government is listening to the feedback and input we've received from the business community on how to support them through the pandemic," said Finance Minister Scott Fielding.

The ministers invited businesses that want to be featured in the #ShopLocalMB campaign, as well as Manitobans who want to nominate a business or creator, to contact csmb@gov.mb.ca.

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70	\$50	257	Emery Gil
80	\$25	92	Sarah Leeson Klym
90	\$25	25	Mike Panteluk
100	\$200	191	Ray Tymchyshyn
110	\$50	274	Frances Petrowski
120	\$50	284	Wayne Lambert
130	\$100	291	Bonnie Franz
140	\$50	70	Derek Hess
150	\$100	9	Nathan Krulicki
160	\$25	23	Carol Andryo
170	\$50	165	Daniel Stanicky
180	\$25	204	Chris Mandela
190	\$50	20	Arnold Shymko
200	\$150	1	Ken Brenda Krulicki
210	\$50	178	Amanda Dan Colburne
220	\$50	298	Corey Kowalski
230	\$100	244	Randy Swanson
240	\$50	114	Kurt Rudney
250	\$100	128	Albert Kehler
260	\$50	277	Fr. Art Seaman
270	\$50	144	Vicky Pawluk
280	\$100	122	Paul Artyshko
290	\$50	106	Shane Lachman
299	BBQ	63	Carla Gill
300	\$1,000	104	Blaine Heapy



The R.M. of Grahamdale and Ashern Christmas Cheer Board are again preparing for the Christmas season. Lakeshore Women's Resource Centre has volunteered to coordinate and distribute Christmas Cheer Board hampers in the area. We are appealing to the community for donations of non-perishable food items, new toys, knit items, home-made baked goods, vegetables or donations of any kind. If you can help in any way or need more information please call Janice at (204) 768-3016.

Please have all donations in by NOON on Wednesday, December 16th, 2020.

Non-perishable food items and new toys are being accepted at Moosehorn and Ashern Co-ops and Ashern Shop Easy. Cash donations can be made at the Noventis Credit Union (Moosehorn and Ashern Branch).

To request a hamper please call Lakeshore Women's Resource Centre at (204) 768-3016.

NOTE: Lakeshore Women's Resource Centre IS THE ONLY OFFICE RECEIVING REQUESTS. NOVEMBER 30TH TO DECEMBER 4TH WILL BE THE ONLY DAYS TO CALL IN TO REQUEST A HAMPER. PLEASE CALL BETWEEN 10:00am and 5:00 pm. Only names registered will be considered (last year's list will not be used).

Respectfully we ask that you only request a hamper for your family, not on behalf of someone else and you MUST reside in the R.M. of Grahamdale or Ashern.

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who remind us of your grace.
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MJHL/Hockey Manitoba release review regarding Wpg Blues, Freeze practise in Warren

From the MJHL/Hockey Manitoba

This review, released on Nov. 18, is in relation to the Winnipeg Blues and Winnipeg Freeze organizations participating in a private training session outside of the Winnipeg Metro Region in Warren on Nov. 9.

Hockey Manitoba is a "Member Organization" under Hockey Canada and as such is the governing body of all amateur hockey within Manitoba, which includes the Manitoba Junior Hockey League.

Hockey Manitoba has been granted the autonomy to sanction on-ice hockey activity which is to permit any on-ice activity under its program. This sanction does provide all the security and protections afforded by Hockey Canada to its registered members and participants.

On Nov. 2, 2020, Hockey Manitoba publicized the directive below:

"For the safety of all members, both hockey teams and individuals (players, officials, and team staff) residing in the Provincial Response Level: Critical (Red) are ineligible to participate in hockey programming beginning Nov. 2 and will be revisited on Nov. 15."

The above restrictions included restricting hockey teams and individuals (players, officials, and team staff) residing in the Winnipeg Metro Region provincial response level: critical (red) from travelling outside of the region to participate in hockey pro-

gramming.

The above Hockey Manitoba directive was communicated to all member organizations within the MJHL and publicly.

With this information, the ownership and management group of the Winnipeg Blues and Winnipeg Freeze made an independent decision to operate privately outside of the Hockey Manitoba restrictions, without the necessary approval, by directing players and staff to travel outside of the Winnipeg Metro Region to participate in private unsanctioned hockey programming.

This decision has been recognized by the ownership and management group of the Blues and Freeze as wrong, that it was made in poor judgment in relation to the difficult situation within the province and that a regretful choice was made, albeit with good intentions during very difficult and unprecedented times, in which they have publicly acknowledged and apologized for while fully co-operating throughout the review process.

It should be noted in our review no evidence was found that the teams were in violation of the public health Orders as written at that time. The group did seek guidance from Public Health prior to the practice being held on the necessary protocols required, specific for the Warren facility, to enable them to participate safely in the training session.

However, the decision to direct players and staff to travel outside of the Winnipeg Metro Region (provincial response level: critical – red) to participate in private hockey programming was in violation of the Hockey Manitoba directive announced and effective Nov. 2.

This decision, in the end, resulted in conduct taking place that was detrimental to the MJHL and Hockey Manitoba. The MJHL and Hockey Manitoba have the authority to implement penalties as a result.

After review of the situation, involving the Blues and Freeze, the following penalties have been assessed:

\$5,000 fine to be paid immediately and in full by the ownership group of the Winnipeg Blues/Winnipeg Freeze to the MJHL. Fine payment will go towards COVID-19 PPE relief for front-line workers across the province.

Each organization will forfeit their first-round draft pick in the upcoming 2021 MJHL Draft.

Each organization will be required to complete a community initiative this season as approved by the MJHL and Hockey Manitoba.

As a rule, disclosing internal disciplinary matters of this nature is not made publicly as it would not be in the public interest to do so. However, in this situation, it has become public and both organizations involved have apologized and have taken ownership for their decision publicly.

The above are severe penalties for an organization participating in a single, non-sanctioned private training session.

It is important to note that the above penalties are a result of the decision of the ownership and management group and not that of the players and/or staff of each organization. Their participation does not merit any sanctions as a result of this unique, unprecedented and difficult set of circumstances.

It is also imperative that the Blues and Freeze organizations, including players, staff, families and supporters should not be further stigmatized due to this decision. These young athletes have seen how unforgiving individuals can be.

Moving forward, the apology has been accepted by the MJHL and Hockey Manitoba with the expectation that each organization has learned from this disappointing mistake and will continue to be positive role models, ambassadors and leaders within their communities, as has been shown repeatedly leading up to this situation.

The MJHL board of governors and Hockey Manitoba, albeit disappointed in this decision, continue to support the Blues and Freeze organizations as valued and positive members. This situation has been very difficult for all those that have been involved and should be considered as a strong lesson learned by everyone.

Former Fishermen players make the transition to assistant coaches

By Brian Bowman

Riley Bannerman led the Selkirk Fishermen to the Capital Region Junior Hockey League final last March in his final season of junior hockey.

Now, he has a different role on the team — as a goalie coach.

"(Chris Poponick) brought me in to help with the goalies and get them familiar with what's goalie on in junior," said Bannerman, who was a goaltender for five seasons with the Fishermen. "I'm more of a goalie coach than an assistant coach."

Bannerman has some previous experience as a goalie coach at the younger ages. He admits it's a totally different experience coaching rather than playing.

"It's quite different not playing," said Bannerman, a Stony Mountain product who also played one regular-

season game with the Manitoba Major Junior Hockey League's Stonewall Jets back in 2015-16.

"(Selkirk) was one of the best teams that I've probably played on since I have been a goalie. I really enjoyed playing there and I wish I could have played for more than five years."

Bannerman had a tremendous career with the Fishermen, winning a lot of hockey games while posting a goals-against average of just over 2.00 in four of his five seasons.

Bannerman, 22, is making the unique adjustment of coaching guys who has played with previously.

"(My age), for sure, helps," Bannerman said. "A lot of these guys I have played with for at least a couple of years so I know the mentality of the room and I kind of know how to talk to the guys to get them to listen a little

more. It helps a lot."

This year, Bannerman has the luxury of having three great goalies — Austin DeBoer, Brendon Hocaluk and Owen Derewianchuk — to work with.

"The three are really good," Bannerman said, noting he has played with all three goalies during his Junior "B" career in Selkirk.

Tyndall Fontaine, meanwhile, is another assistant coach with the Fishermen that enjoyed a lengthy — and very successful — junior career in Selkirk.

Fontaine, a former defenceman, played six seasons in the Keystone Junior Hockey League. He started his career playing one season with the Sagkeeng Hawks before suiting up for five more years with the Fishermen.

"It was pretty long but I liked it," Fontaine said. "My first year, I got to play

back home and play with my friends and then I came to Selkirk the year after and played with some people that I knew from high school. The league was good, they had the Peguis team that pretty much went undefeated ... it was fun and competitive."

His playing career ended in 2016 with a playoff loss to Peguis but he was right back in Selkirk the following year as an assistant coach.

So, why does he coach? And how tough was it for him to go from a long-time junior player to coach

"It's fun and I like to give back," said the 26-year-old. "It keeps me busy. I was already coaching lacrosse back home. The one thing I don't really like and the hardest thing is not being able to go out there (on the ice) and do it."

"You have to tell someone else to do it."

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The Building Inspector is responsible for buildings under Part 9 of the National Building Code (2010). This position consists of flexible hours and may require more time in the busy construction season and less during the winter months when there is a lull in development, half time position. This position also requires a sound knowledge of the National Building Code (2010), National Plumbing Code and Municipal Zoning By-laws and a sound understanding of construction best practices. The incumbent will be required to complete building permit applications, perform all plan examinations to ensure conformance with the applicable Codes and be physically fit to carry out site inspections to ensure compliance. Excellent communication, interpersonal, oral, written, and organizational skills are a prerequisite. Proficient working knowledge of Word, Excel and Adobe Acrobat is considered an asset.

The applicant must have a minimum of 3 years related experience (or educational equivalent) and have completed required building standard courses as offered through Red River College and be certified, or be eligible for certification by The Manitoba Building Officials Association or be willing to enroll in these courses. Applicants must possess a valid class 5 driver's license and have a criminal record check. Company vehicle is provided and cell phone credit.

We thank all applicants for their interest but advise that only those considered for interviews will be contacted.

Please apply in writing to Building Inspector Position, Western Interlake Planning District, Box 269, St. Laurent, MB, R0C 2S0 or email to wipd@mymts.net, or fax to 204-646-4150, giving full particulars as to education, experience and contract expectations. Three references should also be provided. **Applications must be received by 16:30 CST, December 11th, 2020.**

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Therefore take notice that unless default under the mortgage is remedied within one calendar month of this publication, the mortgagee will apply for an order permitting the sale of the land.

J Imbrogno

Deputy District Registrar

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IN THE MATTER OF THE ESTATE OF: DANIEL DECKER, late of Gypsumville, in Manitoba, Deceased. ALL claims against the above estate, duly verified by Statutory Declaration, must be filed with the undersigned at their offices, 72A Centre Street, P.O. Box 6500, Gimli, Manitoba, R0C 1B0 on or before the 28th day of December, 2020. DATED at Gimli, Manitoba, this 25th day of November, 2020. BAKER LAW CORPORATION SOLICITORS FOR THE EXECUTRIX Attention: Grant D. Baker



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*Sincerely, Clarence and Nadine Zdebiak
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CARD OF THANKS

Our heartfelt thanks to our family and friends for your calls, texts, emails, cards, flowers and food sent since the passing of our loving husband, father, and grandfather Joseph Mazur. Thanks also to those who made a donation to the Arborg Hospital Auxiliary in Joe's name. Your thoughts and prayers are so greatly appreciated.

-The family of Joseph Mazur

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IN MEMORIAM



Laura Ledochowski

March 10, 1932 – November 23, 2019

It's been a long and tearful year
Since we had to let you go.
Our lives go on without you,
But life is not the same.
If we could visit heaven, even for a day,
Maybe for a moment, the pain would go away.
The day you left and gained your wings,
Our hearts broke into two;
We wish you could have stayed,
But Heaven, and Roger, needed you.
God broke our hearts to prove to us
He only takes the best.
The best Mom and Grandma,
Blessing us with your everlasting love,
Your legacy will always be there
To light the way for us.

-Forever Loved and Dearly Missed,
George
Craig and Roxane,
Kristen (Kirk), Jennifer,
Wesley (Brenna),
Michelle (John) and Brayden

IN MEMORIAM



Bernice Greenberg

March 1, 1952 – November 28, 2016

Partings come and hearts are broken,
Loved ones go with words unspoken;
Deep in our hearts there's a memory kept,
For a wife and mom we'll never forget.

-Lovingly remembered by
Lynn;
Charlotte and family;
Jackie and family

OBITUARY

Thorsteinn (Steini) Magnusson

On November 14, 2020, after a brief illness, Steini Magnusson passed away in the Arborg Hospital. He was 88. Steini was born on January 5, 1932, in the Geysir district.

He was predeceased by his parents, Grimur and Lara (Bergman) Magnusson, his sister, Thorun, his brother-in-law Henry Ertl, and nephew, Lorne. Steini is survived by his brother John (Anne), nephew Craig, and cousins.

Steini farmed in Geysir for most of his life. He held other jobs as well. Among his employers were North Star Creamery and Glenko-Buchko Enterprises.

Steini was a very sociable man. He knew a lot of people in his area. Steini also had a good sense of humor. Among his interests were playing card games, hunting, fishing, and travel. Steini was very interested in Icelandic culture and he was proud of his Icelandic heritage.

We would like to thank the staff at the Mary Thorarinson Estates, as well as the staff at the Arborg Hospital, who did their best for Steini in his final days.

Cremation has taken place.

Donations in Steini's memory can be made to a charity of your choice.



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OBITUARY

Marie Neumann



Marie Neumann passed peacefully on Thursday, November 12, 2020 at the age of 98 years. Born June 27, 1922 in Sarata, Romania to Johann and Elizabeth Allmendinger. Marie, the youngest of three daughters grew up in a rural setting surrounded by cousins, aunts and uncles. She spoke fondly of family vacations at the Black Sea and the excitement during the grape and fruit harvests.

Marie's education and language skills lead her to a tutoring position in Germany. She met her husband while standing in an immigration line in December, 1950, and they were married in June, 1953. They worked tirelessly together first on their farm in Frobisher, SK, then west of Moosehorn, MB until their retirement in 1983. After their retirement both enjoyed travelling to visit with friends and relatives. Marie was an active member of the Moosehorn Seniors Club. Marie loved nature and people. She enjoyed watching curling and hockey. She was a master gardener and gifted crafts woman.

Marie will be remembered for her gentle nature, sharp wit and commitment to family, community and church. Predeceased by husband Ewald, sisters Hilda and Lisa, granddaughter Megan.

Lovingly remembered by her daughters Krista, Alexandra (Brian), grandson Benjamin (Romie) and by her cousins, nieces and nephews both here in Canada and Germany. She will also be missed by her long time close friends in Moosehorn.

A celebration of Marie's life will take place when it is safe to gather.

OBITUARY

Alice Marie Wawruck (née Bale)



Peacefully with family at her side, Alice passed away at Rosewood Lodge in Stonewall, Manitoba on November 14, 2020, at the age of 90 years.

Mom was predeceased by her husband Walter; parents Emmanuel and Ludivine Bale; her son Michael; son-in-law Paul Brant; and brothers Ernest, Raymond and Emmanuel.

Mom will be sadly missed and lovingly remembered by her daughters Linda Brant, Beverly Meilleur (Réal), and Charlene Boes (Kelly); grandchildren Kim, Teri, Jenny, Ryan, Sarah, Corbin and Carter; and great-grandchildren Peyton, Taylor, Cole, Sarah, Emily, Jayden and Zander. She also leaves behind her sister Bernice Gunderson and numerous nieces and nephews.

Mom was born in Fisher Branch, Manitoba on March 18, 1930.

After growing up on the farm, Mom ventured to Winnipeg and worked at Eaton's in the accounting department. She soon returned to the Interlake where she took a teaching position at the Hayek School, where she met Walter. They were married on December 31, 1955 (almost 50 years) and together, side by side they toiled on both his father's homestead and their own quarter section of land. Somehow between chores, raising their four children and cooking up a feast at every meal they managed to find time for a game of cards, laughs, giggles and spending quality time with family and friends. They moved to Arborg after retiring from the farm. When her health started to deteriorate, Mom moved to Sunrise Lodge in Arborg for a while and then into a personal care home in Stonewall.

Mom will forever be remembered for her legendary cooking, including her signature cinnamon buns, cabbage rolls, perogies and many other recipes that will live on with her children and grandchildren. Most of all, Mom was known for her unconditional love and the selfless support she gave to her family.

In accordance with Mom's wishes, cremation has already taken place. A private family ceremony will be held at a later date.

In lieu of flowers, we ask you to spend quality time with your loved ones, laugh and smile, and create treasured memories. A donation can be made to the Alzheimer Society of Manitoba for those who wish.

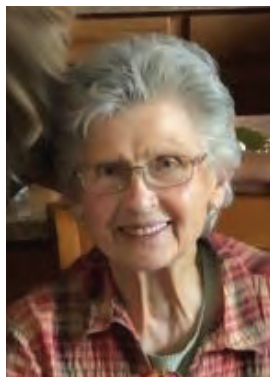
We would like to thank the health care staff during her stay at the Sunrise Lodge in Arborg and to Cindy Genik, who always had a special place in Mom's heart. We also would like to thank the staff of Rosewood Lodge for providing Mom with the wonderful care and compassion she deserved.

Rest in Peace Mom. WE LOVE YOU. Always in our hearts, forever in our memories.

MACKENZIE FUNERAL HOME STONEWALL
(204) 467-2525 • info@mackenziefh.com



OBITUARY



Frances Bochorka

It is with deep sadness that we announce the passing of our beloved mother, Frances Bochorka, on November 18, 2020 at the Gimli Community Health Centre at the age of 91 years.

She was predeceased by her parents, William and Rose Zelenitsky, sister Agnes Bristol, husband Edward, son Barry, brother Allan Zelenitsky and brother-in-law Jack Nichol.

Frances was born September 21, 1929 in Winnipeg Beach. Her father was an ice man and her mother was a homemaker. Mom was as a young girl, still living at home with her parents when she decided to become a teacher with her first placement in Zbruch, Manitoba. Frances married Edward in 1948. Mom and Dad had many struggles together as they started out and one of them was Dad contracting polio when Barry was just two. They persevered and worked hard getting through this. Dad recovered well and didn't stop with his vision so they were fortunate to continue sharing many years together working in the family business and raising their three children in downtown Winnipeg Beach. They started their legacy with a small garage which grew into the Coaster Garage and Laundromat contributing to the history of our beloved town. Life downtown included Mom running the gas station, laundromat and doing the business books while having a kid hanging on her hip. She fed many an employee and packed great lunches for Dad and the boys when they went out to work. In 1980, life shifted when they moved to 1st Avenue and Hwy 9 where Mom worked in that office until after Dad passed. Coaster Garage had blossomed into Eddies Gravel as it stands today.

Unfortunately Dad was gone when Mom had to suffer the tragic passing of their oldest son Barry in 2009. This event broke her heart as she longed for her eldest son always.

Mom was a beautiful lady who's eyes and smile lit up the room. She was a good listener and best friend to many. Mom took pride in her church, Our Lady of the Lake, and was a dedicated Catholic to her religion which she instilled in her family. She took great pride in the Gateway Foundation catering business which was the fundraiser for what is now Isfeld Villa. She enjoyed volunteering and serving the community. The camaraderie that she shared with the women while they worked making perogies and meatballs for community events was a happy time for her and wasn't like work at all.

Mom loved to cook – she was always just a call away if you needed last minute cooking advice or input on a culinary creation. Going to a restaurant was always entertaining, watching her critique and identify the ingredients so she could recreate it for everyone at home.

She was definitely an adventurer, taking several international trips with her family and friends. She wrote poems about these trips telling stories of horseback riding in her 70's and the giggles proved the fun they had. She took great pride telling stories of her day trips around the Interlake to many small towns and lunching at their favorite local diners. We often teased her and Joanne for eating their way around Manitoba.

She spent many afternoons playing scrabble with her close friends Lilian or Joanne and these events usually included a beer or some wine with many laughs.

Mom had a great vanity about her hair and always had any of us checking to make sure that it was just right. She had to have some color too so if the cheeks were pale out came the lipstick with a little smudge here and there and that hair touse which made everything good to go! This we teased her relentlessly with.

She was an avid gardener who loved canning from the produce that she grew. We often gathered at the "pickle palace" for 60 quart events. Mom also enjoyed passing her time by crocheting blankets for her family and over 100 throws which she donated to the Children's Hospital.

We would like to give a special thanks to the doctors, nursing staff, Home Care Coordinator and Home Care staff of Gimli Community Health Centre for giving our mother their care and compassion and helping her pass with dignity.

Mom is survived by her children, Kevin (Roberta), Janis (Perry), Kathy (Barry); grandchildren Jason (Christine), Shawn (Brenda), Clint (Amy), Dustin (Christy), Jamie, Leanne (Todd), Harrison (Rebecca), Mikhael, Pam, Nicole (Jordan); and many great-grandchildren. Her family left to mourn her are sister Alice, brother Leonard (Linda), brother Myles (Cheryl), sister-in-law Elsie and many loving nephews and nieces.

Family gatherings won't be the same without her cooking, her homemade treats (especially her bits n bites), her laugh, and the warmth she brought to every event. She always had a smile.

Her final message to all of us was to do what makes you happy, live like there's no tomorrow and go the extra mile for someone whenever you can. She will forever remain in our hearts.

Bye for now, Mom and your hair is great!

A private family Mass will be held on Friday, November 20 at the Our Lady of the Lake Church, Winnipeg Beach, MB, with interment to follow in the Polish Pioneer Cemetery.

To view the Mass or leave a condolence on her tribute wall go to www.gilbartfuneralhome.com and the link will be on her obituary by November 22.

In lieu of flowers donations in her memory can be made to CancerCare Manitoba or to the Heart and Stroke Foundation of Manitoba.

Gilbart Funeral Home, Gimli in care of arrangements.



OBITUARY



Katherine Abuda Shaw

Peacefully, on Sunday, November 22, 2020, Kay Abuda Shaw passed away at the Arborg Personal Care Home.

Due to COVID restrictions, a private family funeral will be held at a later date.



MACKENZIE FUNERAL HOME ARBORG
(204) 467-0024 • info@mackenziefh.com

Announcements

OBITUARY



Alda Ingibjorg Narfason Mackenzie, R.N.
April 6, 1932 - November 15, 2020

A daughter of the Prairies and the Great Depression, Alda tread lightly on this earth but left a deep impression on all who knew her. She was the fifth child born to Gudrun (Runa) and Erlendur (Elli) Narfason in the same log cabin that welcomed her father on the family's farm outside of Gimli, MB. She was proud that a Registered Nurse delivered her which inspired her chosen profession.

Alda personified a humble spirit. Meek she wasn't, which proved fortunate when she married James (Jim) Robertson Mackenzie in 1957. Jim predeceased her in 2009. They spent a loving and tumultuous 52 years together - they were the yin to each other's yang. Alda was a great listener (good thing), and would politely smile at a joke, but when you got her to laugh – the joy was truly given to the beholder. It was a full belly laugh with tears streaming

down her face.

Alda shared with Jim an adventurous spirit. She trained in nursing at Victoria Hospital in Winnipeg, graduating in 1953, and left for Montreal in 1954 where the pay was supposed to be much higher. Of course, rent was double and the pay was half. She met Jim when he was run over by a car while hitchhiking back to medical school and ended up in her ward. He flirted outrageously with her while in traction, but, ever the professional, Alda remained aloof. She left for a nursing stint in Bermuda and Jim followed her there on "doctor's orders." Some magic occurred and Alda returned to Canada after only six months of a year-long contract. They lived a vagabond life for the first 20 years, moving from Montreal to England, back to Montreal, then Vermont, Hamilton (Dundas), and finally Sarnia where they stayed for over 30 years.

Their love produced four children: Liz, Robin (Lisa), Edith (Pat), and Peggy (Jeff). Twelve grandchildren got the chance to witness the original "Odd Couple": Terilyn, Cathleen, Nathan, Alex, Nicholas, Amelia, Olivia, Robert, Joey, Denise, Ian, and Julia. Seven great-grandchildren made her smile (a real one!): Tiana, Terriefe, Tyson, Taliyah, Darius, Jamie, and Emma. Predeceased by her sister, Emma; and brothers-in-law Jim, Joe, Paul, and Tom. Alda leaves behind siblings Gertha, Oli (Marj), Dilla, and Olan; sister-in-law Jill Edgett; honorary daughter Maria Stanborough; and many cherished nieces and nephews.

Alda was a proud Icelandic Canadian, and a loyal and life-long friend to many. She was generous with her time, compassionate and supportive, charitable, and canvassed for Sarnia Heart and Stroke and Red Cross. She also delivered for Meals on Wheels. Alda had a deep and quiet faith in which she grounded her life. She was an active member of several congregations, and for the past 30 years, St. Andrew's Presbyterian Church, Sarnia.

Alda died peacefully after living with Alzheimer's for several years. The family is grateful to the wonderfully caring staff of Mt. Hope: St. Mary's 5th floor. Special thanks to Gloria for her excellent care and dining partners Patti, Jean, and Rosie for coaxing smiles from Alda.

A private online memorial service has already occurred, and interment will happen at a later date.

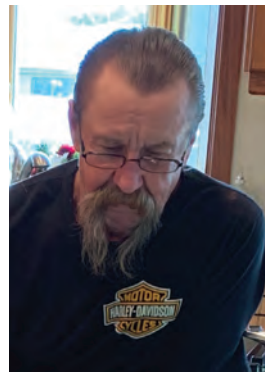
In lieu of flowers please consider donating to Huron House Boys Home (Sarnia), Canadian Red Cross - Sarnia-Lambton Branch, Doctors Without Borders/ Médecins Sans Frontières, or a charity of your choice.

Messages of condolence and memories may be left at www.mckenzieblundy.com

Arrangements entrusted to the

McKENZIE & BLUNDY FUNERAL HOME & CREMATION CENTRE
Sarnia, ON 519-344-3131

OBITUARY



Allan Michael Burak

September 11, 1954 - November 13, 2020

It is with great sadness that we announce the passing of Allan on November 13, 2020.

He will be greatly missed by his closest nephew Jason, his family and friends. He was predeceased by his parents Michael and Stephanie (Stella) Burak; his brother George; and his sisters Patricia Hicks (Ted), and Marie Stawychny (Terry). He is survived by his only daughter Nicole Drake and stepson Kelly Clay; his most precious and caring nephew Jason Stratton; his sisters Emily Stratton and Linda Cymbalisty (Donald); his brother John Burak (Nellie); sister-in-law Shirley and numerous nieces and nephews.

Allan started his life in Sylvan, Manitoba. As a little boy of seven years of age, his father taught him how to weld. Welding was a trade that served him well through the years. Life took him to different jobs in Alberta, British Columbia, Saskatchewan and Ontario. He was a talented, hardworking pipeline welder and diesel mechanic. Allan's final years were spent in Gunn, AB, Edson, AB and with his nephew Jason in Edmonton, AB. At times, life for Allan was trying, challenging and unfair. Jason diligently came to his aid. He loved his Uncle Allan unconditionally, and cared for him without measure. We as Allan's family, thank Jason and Emily very much for their constant love, support, care and presence for our little brother.

Cremation has taken place. Allan will return to Manitoba to be buried with his cherished father, Michael, at a later date.

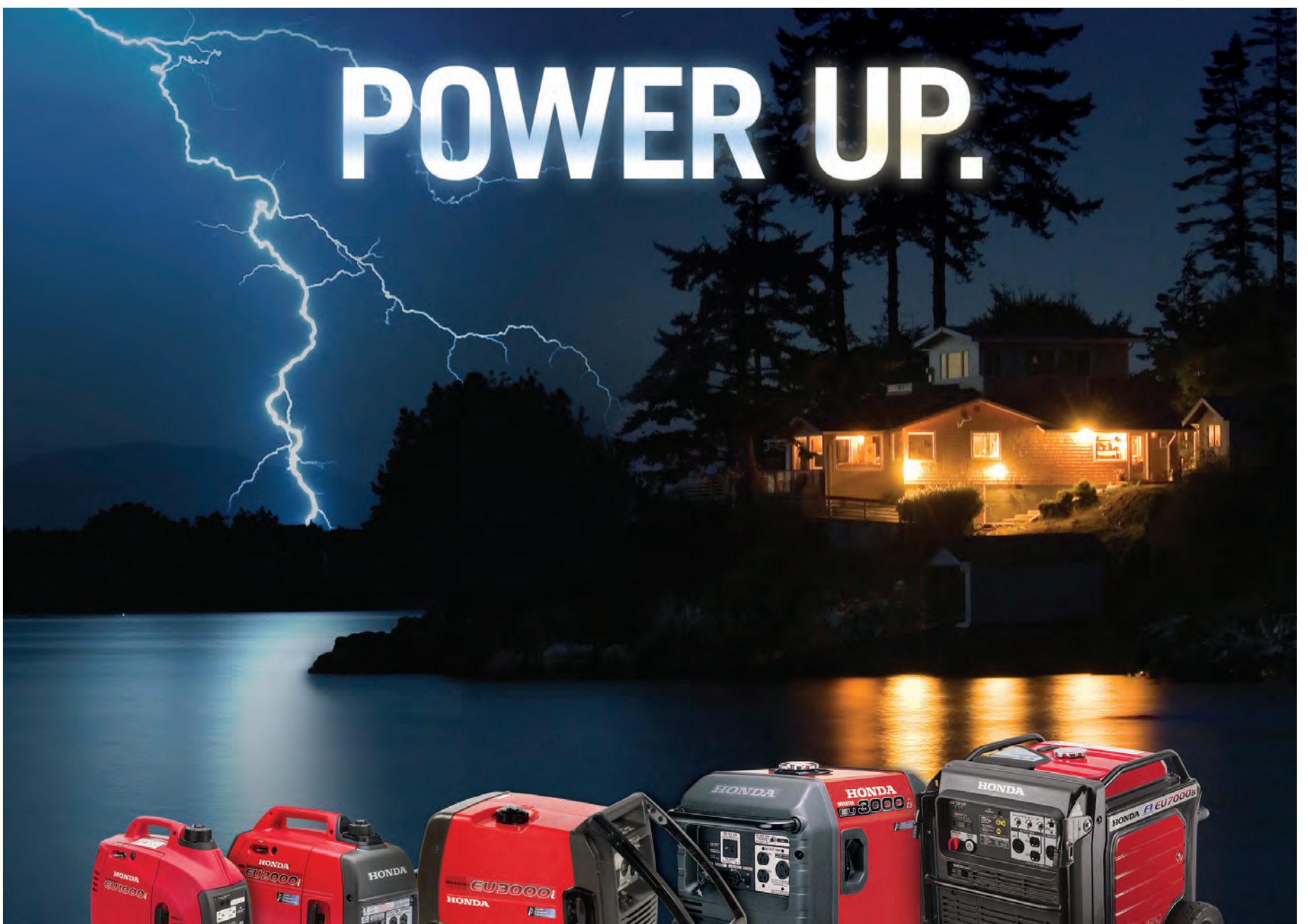
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1ST ANNUAL 2020 HOLIDAY FAVOURITE

Recipes

Thursday, November 26, 2020

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1ST ANNUAL
2020 HOLIDAY FAVOURITE *Recipes*



Appetizers

Devonshire Pasties

1lb ground beef
 ¾ cup finely chopped onion
 ¼ cup finely chopped celery
 2 tbsp flour
 ½ tsp salt
 ¼ tsp pepper
 ¼ tsp dry mustard
 Pinch dried savory
 1 cup beef stock (I use Campbells Beef Broth in the can)

Pastry:
 4 cups flour
 1 tsp salt
 2 cups shortening
 ½ cup (approx.) ice water

Glaze:
 ¼ cup (approx.) milk or light cream
 Filling: Cook meat in skillet over medium heat, stirring constantly, until beef is no longer pink. Add onion and celery. Reduce heat to medium; cook, stirring often, about 4 minutes or until vegetables are tender. Stir in flour, salt, pepper, mustard, thyme, sage and savory; cook for 2 minutes. Pour in stock; bring to simmer and cook uncovered for 5 minutes or until thickened. Taste and adjust seasoning if necessary. Let cool. (Filling can be made ahead and refrigerated).

Pastry: In large bowl, stir together flour and salt. Using pastry blender or 2 knives, cut in shortening until mixture resembles coarse crumbs. Stirring briskly with fork, gradually add water 1 tablespoon at a time to make dough hold together. Press into ball. Divide pastry into quarters. (Pastry can be made ahead and frozen).

Assemble: Roll out pastry, a quarter at a time, 1/8 inch thick. Cut out six 3-inch circles. Divide filling into quarters. Place 2 teaspoons of filling in upper half of each pastry circle, leaving 1/2-inch border. Brush border around filling with a little milk; fold bottom half over filling. Press edges together with fingers, seal with fork. Transfer pastry to baking sheet. Lightly brush top with milk and prick once. Repeat with remaining pastry and filling. Bake in 400F degree F oven for 5 minutes. Reduce heat to 350 degrees F; bake for 20 to 25 minutes longer until pastry is golden brown.

Transfer to rack if making ahead or serve immediately. Makes about 24 pasties.
 Note: I use my regular pie pastry instead of the above recipe and it works fine.

June Letkeman, Plum Coulee

Baked Mexican Pinwheels

1 tub (250 g) cream cheese spread
 1 cup Tex Mex shredded cheese
 1 cup chopped cooked chicken
 ½ cup salsa
 2 tbsp chopped fresh cilantro
 2 green onions, finely chopped
 6 large tortillas (any flavour)

Mix cream cheese spread and shredded cheese in medium mixing bowl until well blended. Stir in next 4 ingredients. Spread onto tortillas and roll up. Wrap individually in plastic wrap. Refrigerate 2 hours. Heat oven to 375F. Unwrap roll-ups. Trim and discard ends. Cut each roll-up into 10 diagonal slices. Place on baking sheet sprayed with cooking spray. Bake 10 minutes, turning after 5 minutes.

Shirley Prins, East Selkirk

Cheese Ball

8 oz pkg cream cheese
 ¼ cup sour cream
 ¼ cup miracle whip
 Dash tabasco sauce
 Dash Worcestershire sauce
 3 chopped green onions
 2 cups shredded cheddar cheese or marble cheese

Use cream cheese at room temperature. Mix all ingredients with a beater and form into a ball on a plate. Goes well with any kind of crackers

Lauri Thomas, Lockport

Swedish Nuts

1 ½ cups almonds (blanched and skins removed)
 2 cups Walnut halves
 2 egg whites
 1 cup granulated sugar
 ½ cup butter or margarine

Toast almonds and walnuts in slow oven (325 F) until light brown. Beat egg whites and dash salt until soft mounds form; gradually add sugar and beat to stiff peaks. Fold nuts into meringue. Melt butter in 15 1/2 x 10 1/2 x 1 inch pan. Spread nut mixture over butter. Bake at 325 F about 30 minutes, stirring or turning gently every 10 minutes (or more often) until nuts are coated with a brown covering and no butter remains in pan. Cool. Makes 5 to 6 cups.

Gilmour & Braul Law Office, Winkler



Salads & Pickles

Carrot Salad

5 cups carrots (sliced)
 1 green pepper
 1 large onion
 1 can tomato soup
 1 cup white sugar
 ½ cup vinegar
 ½ cup cooking oil
 1 tsp worchestershire sauce
 1 tsp dry mustard
 salt to taste

Slice carrots, boil until tender crisp (half done), drain. Cool well. Cut pepper into strips. Slice onion into rings or chunks. Stir all remaining ingredients together and pour over prepared vegetables. Keeps well in refrigerator. Best made a day before serving.

This recipe is everyone's favourite at our house and a "must" at our Christmas dinner.

Sylvia Thorgilsson, Lundar

Mandarin and Lettuce Salad

1 cup chopped celery
 ¼ head romaine lettuce
 ¼ head iceberg lettuce
 1 cup cauliflower flowerets (optional)
 1 can mandarin oranges
 2 green onions, chopped
 ½ cup sliced almonds
 3 tbsp sugar

Dressing:
 ½ tsp salt
 Dash of pepper
 2 tbsp sugar
 2 tbsp vinegar
 ¼ cup vegetable oil
 1 tbsp chopped parsley(optional)
 Dash of Tabasco sauce

In small pan, slowly heat sugar and almonds together until sugar is melted and nuts are coated (watch carefully as it burns easily). Cool and store in airtight container. Mix salt, pepper, sugar, vinegar vegetable oil, chopped parsley and tabasco sauce together for dressing. Mix lettuce, celery and cauliflower, add almonds and oranges. Toss with dressing and serve.

June Letkeman, Plum Coulee

Recipes

Mushroom & Tomato Salad

1 pkg 200 g fresh white mushrooms sliced
 6-8 Roma tomatoes sliced

Marinade:
 ½ cup crisco or olive oil
 ¼ cup white vinegar
 1 tsp sugar
 1 tsp curry
 1 tbsp dry parsley
 2 - 3 cloves minced garlic
 salt and pepper to taste
 chopped green onion to garnish before serving

Put marinade ingredients in small jar and shake. Pour over mushrooms and tomatoes. Cover with plastic wrap or lid and refrigerate for several hours or overnight. Before serving sprinkle with chopped green onion.

Dianne Medwid, Dauphin

Christmas Pickles

9 lbs large cucumbers, peeled and seeds removed, cut into small pieces
 7 cups white sugar
 2 cups vinegar
 ½ tsp oil of cloves
 ½ tsp oil of cinnamon
 3 10oz jars maraschino cherries and juice, cut into quarters

Day 1:
 Prepare cucumbers, put into enameled or stainless steel pot. Add water, cover and boil gently until barely tender, about 10 minutes. Remove from heat, drain and place cucs back in pot. In another pot combine sugar, vinegar, oil of cloves and cinnamon. Bring to a boil and pour over cucs. Let stand covered overnight at room temperature.

Day 2:
 Drain off syrup into clean pot, bring syrup to a boil and pour back over cucs. Let stand overnight covered.

Day 3:
 Bring cucs and syrup to boil. Add maraschino cherries and juice and bring back to boil. Once boiling add to pint jars leaving ½ inch of headroom.

Margaret Hyrciw, Selkirk

This Christmas Pickles recipe has been made and shared by Margaret for many years. People in the community look forward to her pickles every year. Darwin at Super Thrifty Pharmacy is one of the lucky recipients of these tasty treats and loves to serve them with wild meat. (See Super Thrifty ad on next page)



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1ST ANNUAL 2020 HOLIDAY FAVOURITE

Recipes



Baking & Desserts

Best Rolled Sugar Cookies

- | | |
|--------------------------|-----------------------|
| 1 ½ cup butter, softened | 2 cups sugar |
| 4 eggs | 1 tsp vanilla extract |
| 5 cups flour, sifted | 2 tsp baking powder |
| 1 tsp salt | |

Cream together butter and sugar, beat in eggs and vanilla, stir in flour, baking powder and salt. Cover and chill in fridge (about 2 hours). Preheat oven to 350 degrees. Roll out dough ¼ to ½ inch thick. Cut into shapes. Place on greased pan 1 inch apart. Bake 6-10 minutes. Cool, decorate.

I use parchment paper on my cookie sheets and when rolling and cutting, I lightly flour the surface.

Margaret Hryciw, Selkirk

Cherry Chocolate Chip Cookies

- | | |
|--|----------------------------------|
| 2 cups all purpose flour | 1 tsp baking powder |
| ½ tsp salt | 1 cup butter |
| 1 ¼ cups brown sugar | 1 egg |
| 1 tsp vanilla | |
| ¼ tsp almond extract | 1 cup semi-sweet chocolate chips |
| ½ cup almonds, chopped | ½ cup coconut |
| ½ cup maraschino cherries, drained and chopped | |

Preheat oven to 350F. Combine flour, baking powder and salt, mix well and set aside. Cream butter and sugar until light and fluffy. Beat in egg, vanilla and almond extract. Gradually add dry ingredients and mix thoroughly. Stir in chocolate chips, almonds and coconut. Carefully mix in the cherries. Drop from a teaspoon 2 inches apart on ungreased baking sheets. Bake for 12-16 minutes.

Sandra Pott, Lundar

Gingersnaps

- | | |
|---------------------|---------------------|
| 1 cup white sugar | ¾ cup margarine |
| 1 egg | ¼ cup molasses |
| 2 cups flour | ¼ tsp salt |
| 1 tsp cinnamon | 1 tsp ground cloves |
| 1 tsp ground ginger | 2 tsp baking soda |

Cream margarine and sugar. Add egg, molasses and dry ingredients, mix well. Form into 1-inch balls and roll in white sugar. Flatten slightly with a fork before baking. Bake at 350 F for 9 minutes

These are Grandma Bodnarchuk's famous cookies and are the best gingersnaps ever!

The Gayleard Family, St. Andrews

Gingerbread Men

- | | |
|----------------------------------|---------------------------|
| 1 cup molasses | 1 cup butter or margarine |
| 4 ¾ cups flour | 1 ½ tsp salt |
| 1 tsp baking powder | 2 ½ tsp cinnamon |
| ¾ tsp soda | 2 tsp nutmeg |
| 2 ½ tsp ginger | |
| 1 cup firmly packed brown sugar | |
| 1 large egg (or two medium eggs) | |

Heat molasses slowly in a saucepan big enough for mixing cookies. Remove from heat. Add butter and stir until melted. Cool. Sift together next 7 ingredients. Mix with brown sugar and stir into the mixture. Add egg. Chill until stiff enough to handle. Roll 1/4 to 1/8-inch-thick on a lightly floured board. Cut with gingerbread boy cookie cutter. Place on lightly greased cookie sheets and bake at 350F for 12 to 15 minutes. Decorate. Yield 48 boys 6 inches tall.

*Tip - I don't chill very long and I use my hands to mix. It's a very thick dough. Also, I tend to make my boys a bit thicker and usually get 24 - 36. I'm generous with the spices and turn the cookies upside down and decorate them as reindeer.

Brenda Johnson, Morden

Empire Cookies

- Cookie:
- | | |
|--------------------------------|----------------|
| ¾ cup Golden Crisco shortening | 2 eggs |
| 1 cup sugar | 2 ¼ cups flour |
| 1 tsp vanilla | ¼ tsp salt |
| 1 ½ tsp baking powder | |

- Filling & Frosting:
- | | |
|----------------------|-----------------------------|
| ½ cup raspberry jam | 1 ½ cups icing sugar sifted |
| ¼ tsp almond extract | 1 ½ tbsps hot water |

Candied cherries to decorate

Cookie Instructions: Cream shortening, sugar, eggs, and vanilla in large bowl on medium speed of electric mixer until light and creamy. Combine flour, baking powder and salt. Add to creamed mixture, beating at low speed until well blended. If desired, chill 1 hour for easy rolling. Roll out dough, a portion at a time, on lightly floured surface to 1/8" thickness. Cut into 2" rounds. Re-roll leftover pieces. Place on ungreased baking sheet. Bake at 350F for 8 to 10 minutes, or until lightly browned around the edges. Cool completely.

Filling & Frosting: Spread half the cookies on the underside with jam. Top with remaining cookies. Combine icing sugar, extract, and enough hot water to make a thin icing. Frost tops of cookies. Decorate with a piece of cherry. Store in airtight container overnight, can also be frozen.

Shirley Prins, East Selkirk

Monster Cookies

- | | |
|---------------------------|---------------------|
| 12 eggs | 2 lbs brown sugar |
| 4 cups white sugar | 1 tbsps vanilla |
| 1 tbsps syrup | 8 tbsps baking soda |
| 1 lbs butter or margarine | |
| 3 lbs peanut butter | 18 cups oatmeal |
| 1 lb chocolate chips | |
| 1 lb Smarties or M&M'S | |

Preheat oven to 350F. Mix in a bowl in the order given. Drop by large tablespoon and flatten, about 6 to a cookie sheet. Note: Recipe does not call for flour.

Lauri Thomas, Lockport

Hot Chocolate Cookies

- Cookies:
- ½ cup butter, unsalted
 - 12 oz. Chocolate chips
 - 1 ½ cups flour
 - ½ cup unsweetened cocoa powder
 - 1 ½ tsp salt
 - 1 ½ cups brown sugar
 - 3 eggs
 - 2 tsp chocolate or vanilla extract
 - 135 mini marshmallows
 - Sprinkles

- For Glaze:
- 4 tbsps melted butter
 - ¼ cup cocoa powder
 - ¼ cup hot water
 - 2 cups powdered sugar
 - 1 tsp chocolate or vanilla extract

In a small saucepan, melt the butter and then whisk in the chocolate chips. Whisk together until melted into a chocolate sauce. Set aside and let cool. In a large bowl sift together the flour, cocoa powder, baking powder and salt. In the bowl of stand mixer, combine the sugar, eggs and extract together. Mix until well combined. Once the chocolate and butter mixture is cooled, mix it into the sugar, eggs and extract. Slowly whisk the flour mixture into the chocolate mixture.

Mix until everything is combined. Cover in plastic wrap and place into the fridge for 1 hour. Remove dough from the fridge after 1 hour and preheat oven to 325F. Line a baking sheet with parchment paper or a silicone baking mat. Spoon out about a tablespoon of chilled dough and roll it into a ball. Lay it onto a prepared baking sheet. Press each cookie down a little bit. Bake for 10 minutes. Remove from oven. Top each cookie with 3 mini marshmallows. Place back in oven for 2-3 minutes. Remove cookies from oven and place on a wire rack to cool. Repeat until all cookies are done. Let cookies cool and make a glaze.

In a medium bowl, combine the melted butter, cocoa powder, hot water and extract. Slowly whisk in the powdered sugar until everything is combined. Lay a piece of parchment paper under the cooling rack that is holding the cooled cookies (easy clean up). Drizzle each cookie with the chocolate glaze, covering the marshmallows. While the chocolate glaze is wet, sprinkle each cookie with sprinkles (dries fast). Let cookies and glaze set for about 30 minutes before serving. Keep cookies in an airtight container.

Jennifer Duggan

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Christmas Dinner

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Pick up time: 3:00 p.m. to 5:00 p.m.

Menu: Turkey, Mashed potatoes with gravy, stuffing, meatballs, cabbage rolls, veggies, buns and dessert.
To reserve tickets call 204-785-2092 \$20.00 per plate
Deadline for Tickets is Wednesday, Dec. 9, 2020

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1ST ANNUAL 2020 HOLIDAY FAVOURITE Recipes



Baking & Desserts

Pecan Crunch Cookies

1 cup butter ½ cup white sugar
1 tsp vanilla
½ cup crushed plain potato chips
½ cup chopped pecans
¼ tsp salt 1 ¾ cup flour

Mix all ingredients together. Roll into balls and then roll in some extra white sugar. Place on ungreased cookie sheet. Press balls flat with bottom of a glass. Bake in 350F for 16 - 18 minutes. You can top each cookie with whole pecans if you wish.

Dianne Medwid, Dauphin

Sugar Cookies

1 ½ cups powdered sugar (icing sugar)
1 cup butter 1 egg
1 tsp vanilla ½ tsp almond extract
2 ½ cups flour, sifted 1 tsp baking soda
1 tsp cream of tartar

Mix together powdered sugar, butter egg, vanilla and almond extract, stir in flour, baking soda, cream of tartar. Cover and refrigerate (at least 3 hours). Heat oven to 375 degrees. Lightly grease cooking sheets (use parchment paper- lightly floured). Divide dough into halves. Roll ¼ inch thick. Cut into 2 - 2 ½ inch shapes. Sprinkle with sugar, place on cookie sheet. Bake 7-8 minutes until edges are light brown. Makes about 5 dozen.

Margaret Hryciw, Selkirk



Chocolate Cherry Shortbread

This recipe is good for Christmas as it has red and green candied cherries in it. I like the combo of chocolate and cherries. I used dark chocolate chips for a deep chocolate flavour. Cornstarch gives this shortbread a very fine delicate texture, which is lovely but also means the cookies can be fragile. Handle and store with care. Recipe can be halved.

2 cups (500mL) butter, softened
1 cup (250mL) icing sugar
2 tsp (10mL) vanilla
3 cups (750mL) all purpose flour
1 cup (250mL) cornstarch
1 1/3 (325mL) semi-sweet chocolate chips
1 cup (250mL) chopped red and green candied cherries

Preheat oven to 300F (150C)
In a large bowl, using electric mixer, medium speed, cream butter until light. Gradually add icing sugar and vanilla. Beat until creamy. Gradually add flour and cornstarch, beating until smooth. Stir in chips and cherries. Drop by spoonfuls onto ungreased cookie sheet. (for a more "professional" look, you can roll them in balls and they will stay that way). Bake in center of oven for 25-30 minutes or until just set and starting to brown around edges.

Marion E. Hodgson, Roland

Shortbread

3 cups flour
1 ½ cup icing sugar
1 cup corn starch
2 tsp baking powder
1 lb butter (melted)

Mix dry ingredients, make a well and pour in melted butter, mix well, pat into cookie sheet, prick with fork, (optional sprinkle coloured sugar) bake at 325F for approximately 45 minutes, cut immediately into squares. Let cool in pan. Enjoy!
Cooks tip: You can switch amounts for icing sugar and corn starch for a less sweet cookie.

Best shortbread, easy, fast and delicious!
I was an owner of Pollock Hardware in Winnipeg and would make 8 to 10 batches to be served in the store for a week before Hanukah and Christmas.

Lois Cash, Winnipeg Beach

Easy Fudge

2-3 packages chocolate chips
1 can of sweetened condensed milk
*optional - dried cranberries, nuts, other adds as appropriate

Melt chocolate (I microwave on low), then add sweetened condensed milk & stir (work fast) and any adds if you wish. Put it in a parchment paper lined pan. Put in fridge to finish setting.

* Tips - great to put in freezer for a few hours, then can cut into small pieces & put in freezer bags so they are ready to serve.
- milk chocolate is a favorite with pecans
- very pretty at Christmas or Valentines is white chocolate with dried cranberries

Patsy Zdrill, Selkirk

Filled Strawberries

36 large strawberries
1 ¼ pkg cream cheese, softened
½ cup icing sugar
¼ tsp almond extract
grated milk chocolate
Remove stems and cut a deep X in top of each berry. Gently spread open. Beat cream cheese, icing sugar and almond extract. Fill each berry with approx. 2 teaspoons of filling. Sprinkle with grated chocolate. Keep chilled until serving. They are great.

Janice Thiessen, Selkirk

Raspberry Bars

1 cup sifted all-purpose flour
2 tsp butter ¼ tsp salt
1 cup granulated sugar
1 tsp baking powder 1 egg well beaten
½ cup shortening Pinch of salt
1 egg, well beaten 1 tsp vanilla
1 tsp milk
2 cups shredded coconut Raspberry jam

Sift together flour, salt & baking powder. Cut in shortening. Combine beaten egg and milk, work into first mixture, press into greased 8" square pan. Spread with thin layer of raspberry jam. Blend sugar and butter, stir in well beaten egg, salt, vanilla and coconut. Carefully spread over top of jam. Bake in moderate oven 350F about 30 minutes. Cool, then cut into bars. Recipe may be doubled but use a 9x13 pan.

This is from my late mother's cookbook and is a hit with my friends and family.

Rosemary Pugsley, Petersfield

Rum and Butter Toffee

1 cup sugar
¾ cup corn syrup
¾ cup half and half
¼ tsp salt
2 tbsp butter
3 tbsp rum

Place sugar, corn syrup, cream and salt in heavy saucepan, stirring constantly. Cook over medium heat until sugar dissolves and mixture boils. Cook without stirring till your candy thermometer reaches 244F. Mixture comes to a medium boil. Add butter. Continue to cook until candy thermometer reaches 262F or until hard boil. Remove from heat. Stir in rum. Pour into buttered 8x8 inch pans. Cool, then chill. Break into small pieces and enjoy.

Deb Wolfe, Winkler

Cranberry Pie

4 cups cranberry juice
1 ¾ cups water
2 cups sugar
½ cup plus 2 heaping tbsp cornstarch

Cook until thick. Cool. Fill two baked pie shells. Top with a high pile of sweetened whipped cream (no substitutes!)

Pick wild cranberries, cover with water and cook for 20 minutes. Pour juice through a pillowcase. This makes the best juice for this pie!

Becky Plett, Arborg

Betty's Maple Cream Fudge

Over low heat the following:
3 cups brown sugar
2 tsp corn syrup
2/3 cup pacific evaporated milk (canned milk)
2 tbsp butter (no substitute)

Boil gently, without stirring to soft ball stage (236°F) Cool gradually while beating mixture by hand to a creamy texture.

Add:
1 tsp vanilla
½ cup walnuts (optional)

Stir and pour into well buttered 8 x 8" glass pan. Cool, cut into squares and enjoy.

Joan & Karrie Burzuik, Selkirk



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1ST ANNUAL 2020 HOLIDAY FAVOURITE Recipes



Baking & Desserts

Gum Drop Cake

- | | |
|--|---------------|
| 1 cup butter | 1 cup sugar |
| 4 eggs | ½ tsp vanilla |
| 2 ½ cups flour | ½ tsp salt |
| 1 tsp baking powder | 1 cup milk |
| ¾ lb. (2 cups) gumdrops (no black ones), chopped | |
| 1 cup candied cherries, cut in half | |
| 1 cup light or white raisins | |
| ¾ (1 ½ cups) mixed peel | |

Beat butter and sugar. Add eggs and beat. Add vanilla and mix. Sift flour, salt and baking powder. Add this alternately with the milk. Stir in gumdrops, cherries, raisins and peel. Pour into 2 loaf pans and bake at 275 degrees F for 2 ½ hours. Place a pan of water underneath the cakes in the oven.

Lal Froebe, Carman

Mini Cheese Muffins

Combine:

- 2 cups flour (500 mL)
- ¼ cup sugar (50 mL)
- 1 tbsp baking powder (15 mL)
- 1 tsp salt (5 mL)
- 2 tsp dill weed (10 mL)

Stir in:

- 1 ½ cups shredded cheddar cheese (375 mL)
 - 1 finely chopped onion
- Mix together:
- 2 beaten eggs,
 - 1 cup plain yogurt
 - ¼ cup melted margarine (50 mL)

Add wet ingredients to dry mixture. Stir until mixture is moist. Spoon batter into greased or paper lined mini muffin tins, filling ¾ full. Top each muffin with shredded cheddar cheese.

Bake at 350F for 18-20 minutes. Serve warm or cold. Yield 24 mini muffins or 12 medium.

- *Tips - add some fried bacon crumbled or chop pepperoni or ham
- Use a different cheese for different flavour
- If you don't have yogurt, use sour cream or milk.
- Can also make in larger muffin tins and enjoy them with a bowl of soup

Helen Glowienka, Selkirk

Almond Roca Bars

- | | |
|----------------------------|-------------|
| 1 cup butter | ½ cup sugar |
| ½ cup brown sugar | 1 egg yolk |
| 1 tsp vanilla | |
| 1 ½ cups all purpose flour | ½ tsp salt |
| 1 ½ cups chocolate chips | |
| ¾ cups chopped almonds | |

Preheat oven to 350F. In mixing bowl, cream butter and sugars, add egg yolk and vanilla and beat until light and creamy. Add flour and salt and mix until well blended. Press dough evenly into 15 x 10" greased jelly roll pan and bake for 15-18 minutes or until lightly browned. Remove from oven and immediately sprinkle with chocolate chips. As the chips melt, spread evenly using a knife or metal spatula. While the chocolate is still soft, sprinkle chopped almonds on top, then refrigerate. Cut or break into pieces. Store in refrigerator.

Sandra Pott, Lundar

Chocolate Coconut Mousse

Aztec warriors have long used high protein chia seeds as an energy booster. These tiny black seeds are also high in protein and will stimulate bowel function. Cayenne pepper stimulates the production of endorphins, is the body's natural pain killer and kills the bacterium in the stomach known to cause ulcers. Cayenne can be used liberally for its antioxidant and cardiovascular benefits as well as an expectorant and decongestant.

In a small blender combine:

- 1 can of full fat organic coconut milk
- 3 tbsp chia seeds
- 2 tbsp cacao powder
- pinch of cayenne pepper

Blend well in a small blender like the magic bullet. Fold in ½ cup unsweetened shredded coconut and divide into 4 small serving dishes and chill for 1-3 hours. Enjoy!

Elizabeth Logan R.H.N.

Nutritional Counselling and Workshops

Caramel Toffee Squares

The hard part is not eating them before you freeze them!

Base:

- ½ cup (125 mL) plus 2 tsp (10mL) soft butter
 - ¼ cup (50 mL) white sugar
 - 1 ¼ cups (300 mL) all purpose flour
- Mix well and press into 9"x9" (22cm) pan
Bake at 350F (180C) for 20 minutes. Cool.

Filling:

- ½ cup (125 mL) brown sugar
- ½ cup (125 mL) butter
- dash of salt
- 2 tbsp (30 mL) corn syrup
- ½ cup (125 mL) Eagle Brand sweetened condensed milk
- ½ tsp vanilla

Combine in a double boiler and bring to a boil. Boil and stir for 5 minutes. Remove from heat, beat and pour over cooked base. Refrigerate until set.

Topping:

- 1- 6oz (175g) package semi-sweet chocolate chips
 - 2 tsp (10mL) butter
- Melt chips and butter over low heat. Pour over the now cooled filling layer. Refrigerate or freeze. Cut into 36 squares.

Marion E. Hodgson, Roland

Nana McRae's Rum Sauce

- ¼ cup butter
 - 1 cup brown sugar
- melt together in small pan on low heat, while stirring add slowly
- ¼ cup flour, mix well until combined then add
 - 1 ½ to 2 cups boiling water

Stir and let simmer 1 to 2 minutes until bubbling. Remove from heat and add 1 tbsp of Brandy, rum extract or liqueur to taste. Pour over plum pudding and enjoy.

Joan & Karrie Burzuik, Selkirk



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1ST ANNUAL 2020 HOLIDAY FAVOURITE Recipes



Filet of Beef

1 whole filet of beef (4 - 5 lbs), trimmed and tied
 2 tbsp. unsalted butter at room temperature
 1 tsp. kosher salt
 1 tsp coarsely ground black pepper

Preheat the oven to 500F. Place the beef on a baking sheet and pat the outside dry with a paper towel. Spread the butter on with your hands. Sprinkle evenly with the salt and pepper. Roast in the oven for exactly 22 minutes for rare and 25 minutes for medium rare. Remove the beef from the oven, cover it tightly with aluminum foil and allow to rest at room temperature for 20 minutes. Remove the strings and slice the filet thickly.

June Letkeman, Plum Coulee

Chicken George

4 chicken breasts
 shredded cheese
 salt
 pepper
 lemon pepper
 garlic powder
 1 can cream of chicken soup
 1 ½ soup cans milk
 1 tsp chicken bouillon
 Stove Top Stuffing Mix prepared

Place boneless chicken breasts, sliced in half lengthwise to make them thinner, in a 9x13-inch pan. Sprinkle generously with shredded cheese and next with salt, pepper, lemon pepper and garlic powder. Mix soup, milk and bouillon. Pour over chicken. Sprinkle prepared stuffing mix on top. Cover with foil and bake at 375F for 1 hour. Serve over mashed potatoes. My family loves this!

Becky Plett, Arborg

Stovetop Casserole

This only works in a heavy bottomed frypan

1/8 cup peanut oil
 1 to 2 lbs hamburger, chicken pieces or pork chops
 Brown meat and stir in:
 1 cup raw rice
 1 cup carrot slices
 1 cup shredded cabbage
 1 can peas and liquid
 1 pkg Lipton's Chicken Noodle soup
 1 tsp salt
 ½ tsp pepper
 2 cups water

When mixture bubbles, cover tightly turn heat down to simmer. Cook 25 minutes. Add 1 cup shredded cheese on top of casserole. Cover. Turn off heat. Wait 5 minutes and serve.

Christine Dann, Gimli

Spaghetti Squash Au Gratin

Tastes like a Potato Casserole without all the carbs!

1 medium spaghetti squash
 3 tbsp butter
 1 small yellow onion, very thinly sliced
 1 tsp red pepper flakes
 ¼ tsp garlic salt
 Salt and Pepper to taste
 ¾ cup sour cream
 1 cup shredded cheddar cheese

Cut the spaghetti squash in half and remove the seeds. Place in a covered dish with a ¼ inch of water and microwave for 10-12 minutes. In a medium sized skillet over medium heat, add the butter, onions, red pepper, garlic salt, salt and pepper and cook until the onions are brown in color. Using a fork, scrape the insides of the squash and transfer to a small bowl. Mix the squash, onions, sour cream and half the cheese together and mix well. Transfer the mixture to a buttered baking dish and top with remaining cheese. Place into a pan and bake at 375F for 20-25 minutes. Put on broil for the last minute until golden brown on top.

Noreen Grenier, St. Leon

Parsnip Fritters

2 large parsnips, grated
 Hot water
 ½ tsp salt
 1 tsp baking powder
 ½ cup milk
 Shortening for frying
 Barely cover parsnips with hot water and simmer 5 minutes. Drain. Sift dry ingredients together and add to combined egg and milk and beat until smooth. Stir in parsnips. Drop by spoonful into hot fat and fry until nicely browned on both sides. Cook's tip: serve with salsa.

Islay Jack, Teulon (from the Modern Encyclopedia of Cooking published in 1953)

Prize Winning Mushroom Casserole

2 pkgs white fresh mushrooms cut into T's
 3 tbsp butter
 1 (14 oz) can ripe pitted olives
 1 cup grated old cheddar cheese
 2 tbsp flour
 2 tbsp butter
 ½ cup soft breadcrumbs
 1 tbsp melted butter

Sautee mushrooms in 3 tbsp butter until juicy. Add in casserole a layer of mushrooms, layer of olives, sprinkle with cheese and flour and dot with butter. Continue layers. Top with buttered breadcrumbs. Bake at 350F for 30 minutes.

Dianne Medwid, Dauphin

Sweet n' Sour Meatballs

Meatballs:
 5 lbs ground beef
 2 ½ cups rolled oats or dry breadcrumbs
 5 eggs, lightly beaten
 1 ¼ cups milk
 4 tsp salt and pepper (you gage how you like it)
 1 large onion, chopped

Combine all ingredients and then make meatballs and put onto a cookie sheet. Bake in a 350F oven until gently browned and grease has come out.

Sauce:
 2 ½ cups water
 2 ½ cups brown sugar
 1 cup ketchup
 ¼ cup Smoked Lime & Tequila BBQ sauce or Habanero BBQ sauce
 2 ½ tbsp cornstarch
 5 tbsp soya sauce

Combine. Bring to boil in a saucepan. Put browned meatballs and sauce into slow cooker and cook on low for 6-8 hours or bake in oven at 350F for 1 ½ hours.

Deb Wolfe, Winkler - Family favorite recipe

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1ST ANNUAL 2020 HOLIDAY FAVOURITE

Recipes



Flourless German Fruitcake

Cut up the following:

½ lb glazed red cherries
½ lb glazed green cherries
½ lb dates
½ lb Brazil nuts
2 slices red pineapple
2 slices green pineapple
Mix above and add:
½ lb fine shredded coconut
Dash salt
15oz can condensed sweetened milk
Combine and place in 8 x 8 x 2" pan lined with parchment paper, greased. Bake for one hour at 350F.

Submitted by Vera Loewen, Moosehorn

Pönnukökur

Bowl 1: Beat all frequently, with a mixer, until smooth.

2 eggs
1 tsp vanilla
¼ cup oil
½ tsp baking soda that is dissolved in 1/3 cup hot water
½ cup high fat sour cream
2 and ½ cup milk & cold coffee (I do about ½ of each)

Bowl 2: Mix these together and slowly add into bowl 1 mixture- mixing well after each addition.

1 ½ cups flour
½ tsp salt
1 tsp baking powder
½ tsp cinnamon

Filling:

I use mix of approximately half brown & white sugar, sprinkle on cooked Pönnukökur.
Diabetic/Diet variation - use 1 packet of sugar substitute.
Make the batter, then cook the rounds until golden or desired colour on medium element. Thin ones are the best! It takes a few minutes only to brown each side. Loosen the edges all around before you flip. I use a Pönnukökur pan that my parents brought me from Iceland, but a 9-inch pan is good. My dad used butter before cooking each - I use non-stick spray oil. After I make all the Pönnukökur, I fill them & roll them. Enjoy!

Patsy Zdrill, Selkirk

Mom's Bannock

2 cups flour 4 tsp baking powder
1 tsp salt ¼ cup lard
1 cup half and half cream

Mix in bowl, cut in lard until pea size. Add cream. Work gently just until dough forms. Place on floured surface and work into form and roll top with rolling pin and prick with a fork. Bake about 22 minutes at 450F.

This was my mother Betty Burzuik Lee's recipe. She passed away eight years ago.

Sandra Kurbis, Selkirk

Polish Khruchiki (Nothings) Recipe

4 cups all purpose flour
1 teaspoon salt
1 cup cold butter
4 egg yolks
1 cup evaporated milk
2 teaspoons vanilla extract
Oil for deep fat frying
Confectioners' sugar (icing sugar)

In a large bowl, combine flour and salt. Cut in butter until mixture resembles coarse crumbs. In another bowl, beat egg yolks until foamy; add milk and vanilla. Stir into crumb mixture until dough is stiff enough to knead.

Turn onto a lightly floured surface; knead 8 to 10 times. Divide dough into four pieces. Roll each portion in a ¼ inch thick rectangle; cut into 4 inch x 1 ½ inch strips. Cut a 2 inch lengthwise slit down the middle of each strip; pull one of the ends through the slit like a bow.

In an electric skillet or deep fat fryer or pot. Heat oil to 375 degrees. Fry dough strips, a few at a time until golden brown on both sides. Drain on paper towels or brown paper. Dust with confectioners' sugar.

This recipe has been in our family for many years and goes back to our Great Great Baba Maria (Noga) Konopacki Born May 20, 1873, Died November 26, 1946, Great Baba Pauline (Konopacki) Grzenda Born May 21, 1915, Died December 27, 2000 and our Mumzy Petrease (Grzenda) Kowalski Born June 29, 1938, Died April 13, 2006. They used to make these Polish cookies called, "Khruchiki". In English they are called, "Nothings". This was a family tradition that was always made part of our Christmas and Easter dinners every year or any other occasion in our families. This recipe goes back to the early 1900's and we make them today. I submit this recipe in memory of these ladies in our family.

Fran Kowalski-Mickey, Beausejour

Vinarterta

Dough:

1 cup butter
1 ½ cup sugar
3 eggs
1/3 cup whipping cream
¼ tsp salt
1 tsp almond flavouring
1 tsp vanilla
3 tsp baking powder
4 cups flour (+)

Filling:

750 gram pitted prunes
1 cup sugar
1 tsp vanilla
1 tsp cinnamon

Boil prunes until tender about 20 min. Add rest while warm and mix. (I use mixer) Cool. Cream butter with sugar. Add eggs one at a time. Add flavourings. Bake each dough/cookie layer until only light brown. 325F oven for 5-6 min. A vinarterta should be 7 layers. 7 layers of cooked dough with 6 layers of the prune filling between each.

* Tips - make small Vinarterta so they are easier to make, freeze and take
- bake on parchment paper circles
- use a 5.5" pot lid as a cutter

This recipe is from my father Laurence S.G. Johnson. He was the Mr. Johnson who taught at the high school in Selkirk. Also noted as Selkirk Citizen of the Year, he was a past president of the Selkirk Bruin Chapter and of the Icelandic National League of North America. They have a Lifetime Achievement Award named after him.

Patsy Zdrill, Selkirk

Ukrainian Christmas Kutya

2 cups cleaned wheat berries
3-4 quarts water
1 cup cleaned poppy seed
1/3 cup honey
2/3 cup sugar
1/2 cup hot water
1/2 cup chopped walnuts or 1/2 cup pecans

Wash wheat in cold water and soak overnight in the 3 to 4 quarts of water. The next day, bring the water to a boil then simmer for 4 to 5 hours, stirring occasionally to prevent sticking. The wheat is ready when the kernels burst open and the fluid is thick and creamy. Chop the poppy seed in a food processor (or coffee grinder) (or you can buy ground poppy seeds in some deli's) and set aside. Mix honey, sugar and hot water. Mix the honey mixture, poppy seeds, and chopped nuts and wheat. More honey can be added to taste. Keep in refrigerator.

Welsh Cakes

3 cups flour
1 cup granulated sugar
½ tsp baking soda
½ tsp salt
1 cup currants
1 ½ tsp baking powder
1 cup butter (hard)
2 eggs
¼ cup milk

Mix dry ingredients and currants together in a large bowl. Cut in butter with pastry knife until finely crumbled. Whisk together eggs and milk, then add to dry mixture. Form a dough and roll out to 1/2-inch thickness on a floured surface. Cut into small round shapes. A juice glass works well. Dry fry each cake at 350 degree setting for an electric frying pan. Use semi-high heat if using a regular fry pan on the stove top. No need to oil the pan because the cakes contain butter. Cakes will rise while cooking and cook quickly. Fry each side until golden brown. Enjoy!

I learned this recipe from my children's paternal grandmother who had this recipe passed down to her. It is an instant favourite 'cookie' for everyone who tries these.

Erika Hanneson, Gimli



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