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Honouring the victims

Selkirk-Interlake-Eastman MP James Bezan spoke about the Holodomor on Parliament Hill in Ottawa last Thursday. The demonstration marked the 90th anniversary of the man-made famine back in 1932-1933 by Soviet Russia.

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Adam T. Elvis to rock EBN for 10th Annual EBN Toy Drive

By Patricia Barrett

Elvis will be rocking patrons at Gimli's Evergreen Basic Needs to help the food bank collect new, unwrapped toys for families struggling to make ends meet this Christmas.

Over the past nine years, Adam Tarnowski (a.k.a. Adam T. Elvis) has been donating a two-hour Christmas concert to EBN to help it collect new toys for families in its catchment area. This year marks Tarnowski's 10th anniversary of helping less fortunate youngsters in the community.

"The admission is a new, unwrapped toy for a boy or girl, gift card for the teens or a monetary donation," said Tarnowski. "In the past we have been

able to fill multiple carts of toys, benefitting the youth in our community by having something under the tree or in their stocking for Christmas."

The show will feature a mix of rock and country hits and a variety of Christmas songs made popular by artists such as Elvis Presley, Frank Sinatra, Bobby Helms (best known for his 1957 Christmas hit Jingle Bell Rock) and Burl Ives.

The concert will take place on Monday, Dec. 4 at EBN at 71 Fourth Ave. Doors open at 6:30 p.m. with the concert starting at 7 p.m. Seating is available for about 100 people. For more information, call EBN at 204-642-9736.



EXPRESS PHOTO COURTESY OF ADAM TARNOWSKI

Adam T. Elvis, shown at the 9th annual toy drive with EBN co-director Elaine Gibbs, will be performing at Evergreen Basic Needs in Gimli on Dec. 4. He's encouraging people to bring in a new, unwrapped toy so that families struggling with the cost-of-living crisis can have a good Christmas.

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Ukrainian Canadians, Ukraine supporters pay respects to Holodomor victims

By Patricia Barrett

As Ukrainian Canadians and supporters of Ukraine gathered in numerous cities across Canada last Saturday to pay tribute to the millions of victims of the Holodomor under the Soviet regime of the 1930s, Russia launched a sustained drone attack that could represent the start of a winter campaign to destroy Ukraine's energy infrastructure.

Russia launched a large-scale invasion of Ukraine on Feb. 24, 2022, and the country subsequently sustained significant damage to its energy infrastructure, which left millions of Ukrainians without power last winter.

Selkirk-Interlake-Eastman MP James Bezan, who attended Holodomor memorials in Ottawa and Winnipeg to mark its 90th anniversary and commemorate the victims, told the *Express* that Russia's invasion of Ukraine — starting with Crimea in 2014 — has parallels to the deliberate starvation and attempts to Russify Ukrainians in 1932 and 1933.

"The Soviets weaponized food in 1932. They went into every Ukrainian home and took all the food from their pantries, their canned goods and their produce. They went to farms and took crops and livestock and shipped those to Russia to pay for the Soviet war machine. Then they sat there and watched several million people slowly starve to death," said Bezan by phone last Friday.

"We know from records acquired after the fall of the Soviet empire — before [Vladimir] Putin came to power — there were statements Stalin made that people need to remember in the modern context and on the 90th anniversary of Holodomor. Stalin said the death of one man is a tragedy; the death of millions is a statistic. Secondly, he said they had to rid themselves of the little Russians, meaning



Children were among the hundreds of people attending the memorial at city hall.

the Ukrainians, and to Russify Ukrainians."

Holodomor means death by hunger, and various estimates of the deaths range from 3.5 million to 10 million people.

The Union of Soviet Socialist Republics (U.S.S.R.) was formed in 1922. Ten years later millions of Ukrainians and other ethnic groups were systematically starved to death after Joseph Stalin came to power and implemented a series of five-year plans to transform the Soviet Union. The plans included collectivizing agriculture and building up arms. Rural people were divested of their land and livestock and forced to join large state-run collective farms.

Russia's invasion of Ukraine, which was in its 640th day last Saturday, has included attacks on agriculture, with the destruction or damage of grain storage silos, farmland, farm equipment and food warehouses. Those attacks have undermined food security and nutrition in Ukraine and reduced farmers' income. Russia has also attacked or blocked ports used to export Ukraine's grain to other countries, including food-insecure countries in Africa.

Bezan said Putin has taken a page out of the Soviets' book by weapon-

izing food and trying to force Russian language, culture and ideology upon a democratic and sovereign nation.

And it's important to commemorate those who died under Stalin's genocide — Canada officially recognizes Holodomor as a genocide after Bezan brought a private member's bill forward 15 years ago — and remind people that the fight for Ukraine's freedom as a country continues.

"Every year it's important to commemorate one of the worst genocides in the history of the world where over seven million Ukrainians, as well as other ethnicities, were purposely targeted by Joseph Stalin and the Soviet regime to destroy Ukrainian's national identity," said Bezan, whose grandparents came from the Bukovina region of Ukraine.

When he was in Ukraine in August, Bezan said he visited areas that had been formerly occupied by the Russians and found that even Russian-speaking Ukrainians were "patriotic Ukrainians who all hate Putin."

As Ukraine continues its counteroffensive in eastern Ukraine, forcing Russia's Black Sea fleet to the eastern part of the peninsula and pushing towards Crimea, the need for military support from its allies also continues, said Bezan. He recently met with members of Ukraine's parliament, who expressed



Selkirk-Interlake-Eastman MP James Bezan attended outdoor prayers at Winnipeg City Hall last Saturday then later spoke to hundreds of people who gathered to remember the millions of Ukrainian victims who died from starvation during the 1932-33 Holodomor.

concern about the approaching winter and anticipation of further action from Moscow to disrupt the country's energy infrastructure — a fear that materialized Nov. 25 with Russia's large drone attack on Ukraine's capital, Kyiv.

Although Canada's federal Conservatives support everything the government has done for Ukraine so far, he said, they believe Canada can do more.

"Ukraine is very concerned [about winter] and needs a continued supply of military aid and support to continue to fight this war. We know there's an ongoing challenge of getting enough munitions. Canada only produces 3,000 rounds of artillery shells for Howitzer triple sevens every month. Ukraine burns through that in a day; they're using 5,000-6,000 shells a day. All our allies are running

Continued on page 5



Hundreds of people attended the Holodomor memorial at Winnipeg City Hall.



The Holodomor memorial at Winnipeg City Hall.



Children offer bread at the Winnipeg City Hall memorial to the victims.

EXPRESS PHOTOS BY PATRICIA BARRETT

Holiday magic



EXPRESS PHOTOS BY RAYME THOMSON

Santa and Mrs. Claus dropped by Gimli last Friday night to help the municipality light its Christmas tree by the harbour and find out who has been naughty or nice. Special guests, including Interlake-Gimli MLA Derek Johnson, helped spread some cheer. Locals and visitors enjoyed musical entertainment at the bandstand and Black Friday deals at Gimli businesses.



Evergreen Basic Needs in need of donations for holiday hampers

By Becca Myskiw

'Tis the season of giving, and there's no gift like a warm meal.

Evergreen Basic Needs (EBN) is getting ready for this year's holiday hampers, which means they're accepting registration for those needing one. Until Dec. 4, people can contact EBN to secure their holiday hamper. Anyone living in the Rural Municipality (RM) of Gimli, the town of Winnipeg Beach, the village of Dunnotar, and the RM of Armstrong is eligible to receive one.

Though there will always be food available for those who need it, executive director Karen Bowman encourages everyone to sign up by Dec. 4 so they can plan accordingly.

Since 2020, Evergreen's requests for hampers have gone up by 24 per cent. Since just last year, they've seen a 10 per cent increase. Because they provide food hampers year-round, the organization has seen firsthand the

changes inflation has made. Instead of sending out 25 hampers each week, they're sending 40, and instead of the typical \$125 holiday hamper, they'll have to spend a minimum of \$175 on each this year.

"Our fundraising campaign is more important this year than it has been," said Bowman.

EBN does not use food donations in their holiday hampers as they all include the same items. However, they still accept non-perishable food items to use in the months after Christmas, when they receive the fewest donations. There are numerous collection spots in Gimli for these items.

"We operate year-round, not just at Christmastime," said Bowman. "We need to remember people still require our services the other 11 months of the year."

That means the non-profit organization needs monetary donations to

buy the goods for their holiday hampers, and there are many opportunities from now until Dec. 10 to give one. People can donate by cash, debit, credit or cheque by going to EBN's location in Gimli or their website at www.evergreenbasicneeds.com.

During the week of Dec. 11, Evergreen volunteers and staff will pack the hampers. On Dec. 14, people can pick theirs up, and on Dec. 12, they'll deliver to those who can't pick theirs up themselves.

The holiday hampers include turkey, bacon, milk, eggs, cheese, oranges, chocolates, cereal, apples, potatoes, carrots, sugar, juice, soup, tinned meat, cookies, stuffing, pasta, coffee, tea and more. They're larger than the organization's regular hampers and designed to last the families longer.

Along with monetary donations for the hampers, EBN also needs toy donations for families in need. There are

collection boxes at many businesses and spaces in the area, each ready for brand-new, unwrapped toys for children of all ages. There will also be donation boxes at the upcoming craft sale in Gimli.

On Dec. 16, the families will go to EBN and shop the toy selection for their children, getting to choose the gifts they get on Christmas.

"It's the culmination of what we do and why we do it," said Bowman. "You get to see a lot of people come through the doors that are very grateful."

EBN also has a life essentials program, where those needing life essentials like a winter coat, a toothbrush, etc., can go to them. They also have emergency hampers with enough food for a couple of days for those who need something immediately.

> HOLODOMOR, FROM PG. 3

out of ammo and can't produce enough. But we need to step up our game," said Bezan. "And we definitely need to send over more of our surplus equipment that we don't need. We have armoured personnel carriers and armoured ambulances that would keep Ukrainian personnel safe."

Finland recently joined NATO and Sweden is expected to join the alliance in 2024, but Ukraine has yet to be approved for membership.

"We've [federal Conservatives] been advocating for Ukraine's membership in NATO since the time of Stephen Harper's government. The Trudeau government also supports Ukraine's membership. Finland, Latvia, Estonia, Lithuania and Poland all support Ukraine's immediate membership in NATO," said Bezan. "The problem is the United States and other western European nations are apprehensive about that because as soon as Ukraine becomes a member of NATO, then Article 5 is triggered [an attack on one member state is an attack on all] and you're into a full-scale war between NATO and Russia."

Ukraine is in the process of joining the European Union, he added, and that will be "an amazing accomplishment, which could happen as early as the first six months of 2024."

Canada's prime minister Justin Trudeau issued a statement on Nov. 25 to commemorate the 90th anniversary of Holodomor, saying the Soviet regime tried to cover up evidence of the mass starvation and that Russia still denies it was a genocide.

"In 1932 and 1933, Joseph Stalin's Soviet regime inflicted

a deliberate famine across Ukraine. The Holodomor — death by hunger — was a genocide that resulted in the starvation of millions of innocent Ukrainians, including children. The Soviet regime also arrested, deported and executed Ukrainians," said Trudeau. "Stalin perpetrated the Holodomor in an attempt to repress the will of the Ukrainian people, erase their identity and destroy their aspirations for a free and independent Ukraine."

The prime minister reiterated Canada's commitment to stand with Ukrainians as they defend their country.

As for any negotiations between Ukraine and Russia to end the conflict, Bezan said members of Ukraine's government are under no illusion that all wars end at the negotiation table with signed documents. But even so, Russia's signature may be worth nothing.

"We're not there yet; neither Russia nor Ukraine wants to talk. It's not until one or the other feels it's a draw and that they have the upper hand, that they'll sit down at the table to negotiate," said Bezan. "My concern about this — and I think this is Ukraine's concern as well — is that a piece of paper signed by the Russian Federation, particularly by Vladimir Putin, means nothing based on past violations of agreements Putin had signed and which promised

Ukraine territorial integrity, peace and security. Nobody trusts Putin and nobody trusts that any piece of paper signed with the Russian Federation is going to be honoured for very long."

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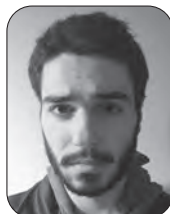
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Government in an uncertain world

By Cam Dahl, Manitoba Pork

What should farmers be asking of governments? This is an especially relevant question for producers in Manitoba who are getting to know the new government led by Premier Kinew. Farmers and their representatives need to get this question right because sometimes the “asks” can be counterproductive both for the development of a positive relationship with governments and for the longer-term fiscal sustainability of the sector. A key starting point should be a focus on the foundations of good long-term policies and not just short-term crises.

What are the policy foundations that will generate long-term growth and help realize the opportunity agriculture has to offer? The first, and arguably most important, “ask” of our governments is a recognition that agriculture is one of the most important sectors of the economy. Agriculture is a source of employment, investment and income in both rural and urban areas, with over eight percent of Manitoba’s GDP coming from agriculture. Hog farming and pork processing alone account for over 22,000 jobs, in rural areas, as well as Brandon, Neepawa, Winkler, Winnipeg and more of our urban centres. Agriculture cannot be an afterthought for economic policies, nor can potential negative impacts from policy areas outside of agriculture be ignored. Supporting the growth of agriculture, and the value-added businesses attached to it, should be front and centre for each cabinet minister. The potential for investment and growth is almost unlimited if this mindset is maintained.

Most farmers in Manitoba depend upon international markets for sales opportunities and price determination. Taking the hog industry as an

example, 90 per cent of Manitoba’s annual production is destined for international markets. Concerningly, the world is becoming more protectionist, including the United States, our most important trading partner. Both major U.S. political parties are trending towards “America First” policies and away from free trade. Examples of protectionist policies that threaten our exports include the revival of country-of-origin labelling and individual state legislation that is fragmenting the U.S. market (e.g., Proposition 12 in California).

Preserving the market access of both farmers and processors needs to be a key priority for both our provincial and federal governments. Agriculture needs our governments to demand that our trading partners live up to the agreements that are in place, including the recognition of Canada’s science-based food safety and animal welfare laws. Governments also need to be partners in communicating the benefits of free trade to consumers and policymakers on both sides of the border.

Sustainability is a top-of-mind issue for many of the voting public. This is why environmental sustainability is a cornerstone of many government initiatives. Farmers do not stand apart from the public when it comes to sustainability. Producers are striving to ensure that the land and water are healthy and productive for generations to come. This is why farmers are asking governments to recognize the continuous improvement in the sustainability of agricultural production in Manitoba. It will be far easier for policymakers to engage with farmers on their sustainability journey if there is recognition of how far we have come. For example, Manitoba’s robust manure management policies



Cam Dahl, general manager of Manitoba Pork

treat manure as a valuable organic nutrient and limits the leaching of nutrients into surface water. Ninety per cent of hog manure in Manitoba is injected below the soil surface or immediately incorporated into the soil to prevent runoff. Hog manure is only applied after soil nutrient levels are determined, manure nutrition is sampled and is only applied to meet the demands of the intended crop.

Directly related to recognition of the sustainability contribution of Manitoba’s farmers is a request for governments to commit to advancing sustainability through a collaborative model, not a punitive regulatory approach. Regulations imposed without the collaboration of the agricultural community will meet resistance. This resistance comes because punitive regulations impose costs that make Manitoba’s farmers less competitive. These extra costs cannot be offset or recovered because farmers’ revenue is determined in international markets where our competitors do not face the same regulatory burden. Collaborat-

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Government introduces a gas tax holiday for six months

By Lana Meier

The Manitoba government is introducing amendments to the fuel tax act, which would temporarily pause the collection of the provincial tax on gasoline for at least six months starting next year, Finance Minister Adrien Sala announced last Thursday.

According to Sala, the current situation in Manitoba and throughout Canada is one of affordability crisis. Therefore, this proposed legislation aims to offer crucial assistance to Manitobans, specifically during these exceptional times of significant inflation. It would benefit various individuals, ranging from families with busy schedules to small business owners who heavily rely on their vehicles for work.

The proposed Bill 3, also known as the fuel tax amendment act or the fuel tax holiday, aims to provide a temporary reduction of the provincial fuel tax rate to zero cents per litre on gaso-

line, natural gas and diesel fuels for road use. This proposed tax pause is set to remain in effect for six months. As stated by the minister, this period will see the elimination of the current 14-cent fuel tax rates on gasoline and diesel used for operating motor vehicles.

According to Sala, this would offer immediate assistance to Manitoba families facing financial difficulties due to increasing expenses and is an essential part of our government's efforts to enhance affordability for all residents of Manitoba.

There is no provincial sales tax on the purchase of fuel. Fuel taxes would continue to be collected on aviation, locomotive and propane as these are not included in the fuel tax holiday, the minister added.

The average Manitoba family with two cars is expected to save approximately \$250 during the six-month fuel tax holiday, the minister noted.

Truth and Reconciliation as statutory holiday legislation introduced

By Lana Meier

The Manitoba government has recently proposed a new legislation to declare a provincial statutory holiday in honor of National Day for Truth and Reconciliation.

Premier Wab Kinew and Labour and Immigration Minister Malaya Marcelino announced the introduction of Bill 4, also known as the Employment Standards Code Amendment and Interpretation Amendment Act by the Manitoba government, on Nov. 27. This legislation would officially recognize Sept. 30 as a provincial statutory holiday, specifically designated as National Day for Truth and Reconciliation.

"Manitobans from all walks of life are ready to embrace reconciliation — whether it's participating in school events, wearing a WASAC jersey to a Jets game or talking to their kids about our history and the future we want," said Kinew. "Legislating Sept.

30 as a general holiday creates space for all Manitobans to come together in observation, reflection and commemoration of the history and legacy of residential schools."

The proposed legislation aims to make Sept. 30 a provincial statutory holiday in line with the Truth and Reconciliation Commission's Call to Action No. 80.

"Sept. 30 is a day of remembrance dedicated to honouring residential school survivors, their families and communities," said Marcelino. "This legislation would allow everyone, wherever they work, to have the opportunity to take part in commemorative events that promote education, understanding and healing."

The proposed legislation was developed following significant consultations with Indigenous leaders, residential school survivors and stakeholders from all over the province.

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Council approves small market on sheep farm, airport upgrades completed

By Patricia Barrett

Gimli council approved a request from a local sheep farm to host a small outdoor market and expand the range of products the farm is allowed to sell in its store.

Luckystone Acres' owners Zoe and Craig Bailey had originally applied for permission in October to host an outdoor market during special events on the farm, as well as sell products produced by other artisans in its farm store. Council had tabled the request pending more information.

"We will only have a maximum of five select vendors at events (with a possibility for two food trucks)," said Zoe Bailey after council approved the application during its Nov. 15 regular meeting. "We also clarified that we won't be hosting a weekly farmer's market but that this permit is to allow us to sell local goods from other producers and artists at our store, as well as host events where we can invite a few vendors."

The farm raises Icelandic sheep and sells products such as sheepskins, yarn, felted crafts and woodworking items produced on the farm. The Baileys plan to expand store merchandise with products such as pottery, knitwear, art, honey and produce, and have had several local artists and a knitter from Iceland reach out to them to inquire about having their products in the store. They've been offering workshops to teach people how to make decorations with Icelandic sheep wool.

"We're really excited to add new items from local artists and producers to our store," said Bailey.

Luckystone will be partnering with Gimli's Flatland Coffee for a gnome needle-felting workshop on Dec. 3 with two time slots from 10 to 12 and 1 to 3. The workshop costs \$60 and includes materials, instructions and a Flatland beverage. The farm has ample parking.

The farm store is open by appointment only. People can call Craig at 204-990-4670 or Zoe at 204-979-0588 to book a shopping appointment.

Other council news:

- Council held a public hearing Nov. 15 to consider an application for an excess animal permit. A property owner with 2.2 acres in the Camp Morton area asked for permission to keep eight dogs for a recreational dog sled team. In her application the owner said she'll be building a house



Proposed location of Rogers' communication tower in Sandy Hook on the west side of Highway 9.

on the lot and would like to set up an adjacent area for the sled dogs.

Assistant CAO Kristin Strachan said council tabled its decision and then the applicant decided to withdraw the request.

- The Gimli Chamber of Commerce's Beautification Committee submitted a letter to council saying it "continues to be concerned about the state of our downtown and entrances into Gimli."

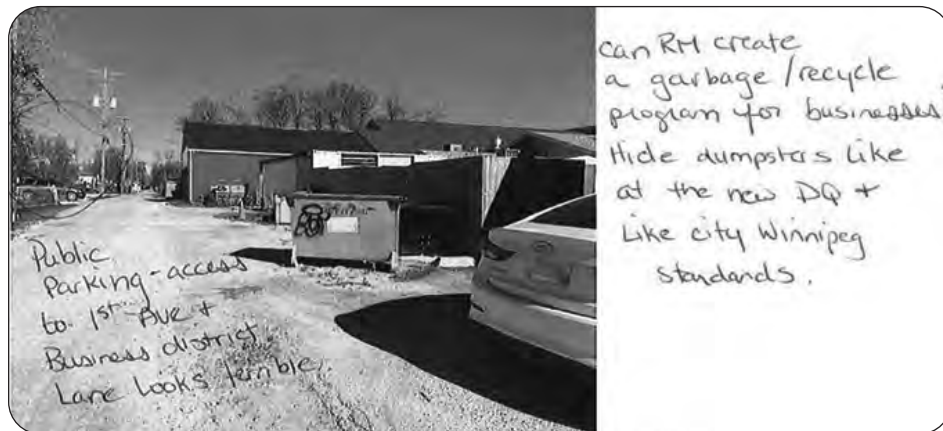
The committee had asked council in March 2021 to consider a number of enhancements to the business core.

In its letter dated Oct. 8, 2023, the committee said past municipal practices lacked a strategy for basic maintenance and timeliness, and the committee is hoping that new service standards promised by the municipality will address maintenance issues and enhance the visual appeal of the business core, especially during the height of the tourist season in summer.

"We feel that addressing these basic maintenance issues on a regular schedule will do much to enhance our downtown," wrote the committee.

The committee asked council to consider washing streets and sidewalks weekly, paint curbs and parking lines before the summer season, remove weeds on First Avenue and Centre Street and along the harbour and boardwalk areas, collect garbage in a timely fashion, mow ditches regularly, maintain existing flower gardens at public spaces, remove derelict signs, fix or replace broken and crooked municipal signs, manage garbage in the business district to a higher standard (e.g., DQ has a fenced-in dumpster) and have the RM's bylaw officer proactively enforce the neat and tidy bylaw rather than "ignore blatant unsightly property until residents/visitors get frustrated and complain."

Suggestions for long-term maintenance



EXPRESS PHOTOS SUBMITTED

The Gimli Chamber of Commerce's Beautification Committee has asked Gimli council to enhance areas of the business and tourism core. Dumpsters, some tagged with graffiti, are shown in the lane between First and Second Avenue, close to the Second Avenue public parking lot. Pedestrians crossing the lane from the parking lot are exposed to unsightly dumpsters.

nance projects include paving gravel boulevards in the business district, beautifying Centre and Highway 9 (the main entrance to town) and beautifying the entrance to the harbour.

The committee included photos in its submission, including those showing a broken light standard surrounded by weeds, dumpsters in a back lane that connects the town's public parking lot on Second Avenue with First Avenue, and areas with lots of weed growth.

Coun. Thora Palson said council is working on improving services within the parameters of the budget and with consideration of major public works projects such as upgrading water lines.

"We do want to enhance the visual appeal of the town," she said.

- Council approved by resolution a location for the proposed Gimli Youth Hub (youth recreation centre). A standalone building was approved for the north side of Centennial Road (same side as the RCMP building), said the assistant CAO.

A volunteer committee that's fundraising to build the youth centre reported in its minutes of Sept. 7, 2023, that it had raised \$1,695 towards the building project. The committee is applying for grants.

- Rogers Communications is proposing to build a communications tower in Sandy Hook to improve wireless coverage and is seeking feedback by Dec. 8 from residents and businesses.

The proposed tower will be 95 metres high, include antennas, a lightning rod and obstruction light, and will be located along Road 20E and Mosfel Circle in Sandy Hook.

"An equipment shelter will also be installed at the base of the proposed tower and the entire site will be surrounded by a security fence with a locked gated access point," said Rog-

ers in its proposal.

Those wishing to comment on the proposed tower can send a letter to the following:

Reference: W6733 Husavik; Land-Solutions Inc.; David Zacher VP, Telecommunications; 1420, 333 11th Ave. SW Calgary, AB, T2R 1L9; Telephone: 1-866-834-0008 Email: comments@landsolutions.ca

- Work to address non-compliance issues at the Gimli Airport were completed in the last few months, according to airport manager Brian Renaud in his August and September reports to council.

Issues were flagged by Transport Canada during an inspection audit.

Public Works staff relocated 1,700 running feet of chain link fencing along the southeast perimeter fence of the airport, wrote Renaud. In August a contractor completed asphalt patching of the main apron (north end) and along the edge of the main runway.

"Asphalt patching must continue annually to this same extent if we are to keep ahead of airport surface breaks due age and weather," wrote Renaud.

The painting of landing zone touch-down lines on the runway began in mid-September and were expected to be completed in October.

Some runway signs that had not been lighted at night will be provided with power, and extensive planning and work on reducing the size of the main apron were addressed.

"Solar powered taxiway lights were ordered ... [and] aircraft tie-down locations were moved to conform to the new apron size. New yellow taxi lines were painted on all areas of the apron to conform to the new apron reduced size. The apron's reduced size and new solar edge lights project were completed on 29 September," wrote Renaud.

"WE'RE REALLY EXCITED TO ADD NEW ITEMS FROM LOCAL ARTISTS AND PRODUCERS TO OUR STORE."



EXPRESS PHOTO BY JACKIE SAURETTE

Curtains of shimmering aurora borealis provide a pale greenish illumination over Lake Winnipeg on Nov. 25. The photo was taken at Pelican Beach at 12:15 a.m., and the temperature was at -5. As the lake was freezing over, you could hear the ice cracking. Help the Express record the weather of the week and send in your photos of friends or family enjoying the outdoors. Email: news@expressweeklynews.ca.

> **UNCERTAIN WORLD, FROM PG. 6**

ing with farmers by encouraging innovation that will both improve fiscal and environmental sustainability is a more effective approach in both the short and long-run. For example, offsetting the risk taken on by early adopters for more energy efficient barns or increased nutrient utilization will be effective in advancing societal

goals and make our industry more competitive.

Agriculture has the potential to further drive Manitoba's economy, bring investment to our province and develop our communities. The right approach to collaborative policy development, legislation and regulations will help make the potential a reality.

Westshore Community Foundation generates more than \$27K

By Becca Myskiw

This year's Endow Manitoba Giving Challenge was the best yet for the Westshore Community Foundation (WCF).

The 10th annual giving challenge went from Nov. 13 to 19. People were encouraged to donate to their local community foundation for the entire week because the Winnipeg Foundation and the Government of Manitoba donated \$1 each. For every \$5, the foundation got up to a maximum of \$2,000 each (a maximum of an extra \$4,000). So, when the foundation gets a \$5 donation, they get \$7.

All funds generated from the challenge go to the foundations' community funds. Last year, Manitobans raised more than \$1.68 million for community foundations.

WCF received \$27,430 in donations and stretched funds during this year's Endow Manitoba Giving Challenge, with \$2,100 going to funds other than the community fund. Last year, they raised \$27,375.

"I thought it was fantastic given the current economic state," said WCF president David Douglas.

The foundation's community fund grants money to local organizations and groups in Dunnotar, Gimli, Riverton and surrounding areas. Last year, WCF granted \$59,137 to 18 local charitable organizations. Over the years, they've granted out more than \$265,000.

WCF has granted money to various heritage projects, including the train station in Riverton, has bought numerous pieces of equipment for Interlake-Eastern Regional Health Authority, has assisted local churches with equipment and replacement articles, has granted money to Evergreen Basic Needs for many projects, including the replacement of their floor.

"It's a wide range of different projects," said Douglas. "Organizations probably wouldn't be able to do it

Continued on page 10

Jim and Verna Poole are pleased to announce...

Interlake Supply is SOLD!!

After 60 years in business we want to thank all of our valued customers, employees and friends for their support over these many years.

New owners will continue to operate Interlake Supply, offering new and used auto parts, autobody shop and mechanical services. Jim Walde will continue to provide his exceptional skills as part of the Interlake Supply team.

We wish Amandeep and Garry all the best and thank them for their support during this transition.


Please stop in and welcome them to the area.

Poole's Place Antiques will remain open onsite until our inventory is gone. Purchase in store and watch for items listed with McSherry Auction Service. Call us at 204-886-0023.

Please stop in for a visit! We'd love to see you.



Thank you for EVERYTHING! See you soon.
Jim and Verna Poole



Everywhere, Everywhere
Christmas Tonight
WESTSHORE SINGERS

Dec 1st 7pm Ardal Geysir Lutheran Church, Arborg
Tickets available at Nic Nacs;

Dec 3rd 2pm and Dec 4th 7pm Gimli Lutheran Church,
Gimli Tickets available at Tergesens

Tickets are \$10
Children 12 and under are free

Local health workers recognized with Chair's Awards

By Jennifer McFee

Four health-care workers earned accolades for their commitment to the community.

Michele Polinuk, board chair for Interlake-Eastern Regional Health Authority, presented four Chair's Awards for Customer Service during the health authority's recent annual general meeting.

Val Kozyra, administrative assistant at Rosewood Lodge, received a nomination from clinical team manager Margarete Moulden. Kozyra was recognized for embodying IERHA's mission and values in her interactions with the public and coworkers in Stonewall. She is known for being positive, helpful and calm.

Glenn Shymko, regional manager of facilities management and capital planning, earned recognition for being reliable and capable in his behind-the-scenes work.

Clinical team manager Clayton Fisher received nominations from five colleagues at Lac du Bonnet's personal care home, who describe him as supportive and caring towards residents and staff.

Allison Maki is a proponent of finding out what residents in the personal



Board chair Michele Polinuk with chair's award winner Val Kozyra and nominator Margarete Moulden.



Board chair Michele Polinuk with Glenn Shymko. EXPRESS PHOTOS SUBMITTED

care home love to do and then providing opportunities to enjoy those activities. She started out as a health-care aide and enrolled in a licensed practical nursing program to come back to work as a nurse at Lac du Bonnet's personal care home.

CEO Marion Ellis also presented the CEO Award for Community Lead-

ership to Suzanne Nicolas, dean of the school of nursing at Assiniboine Community College, to recognize her commitment to providing locally accessible education opportunities. Assiniboine offers more than 60 certificate, diploma and post-graduate programs. The college also delivers apprenticeship programming in a

range of skilled trades disciplines. The college welcomed more than 3,700 full-time and 6,000 part-time students last year.

A recording of the AGM is posted online at www.ierha.ca under "About us" and "Annual General Meeting."

BLACK FRIDAY

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> WESTSHORE, FROM PG. 9

without getting assistance from us. We leave a large footprint in the community."

The Endow Manitoba Giving Challenge is so important to community foundations — it generates funds to send back into the community. Douglas said it gives them extra funds to

work with each year, and they rely on the Giving Challenge Week as a major fundraiser each year. With more money in the community fund, it generates more interest, which also goes into granting money to local organizations in need.

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Arborg heritage village receives a \$50,000 donation

By Patricia Barrett

The Arborg & District Multicultural Heritage Village received a substantial donation from a Winnipeg-based businessman during its annual fall dinner and dance on Nov. 19.

Leo Ledohowski made a \$50,000 donation to the heritage village in memory of the late Owen Eyolfson, with whom he sat on the Manitoba Hotel Association board.

Heritage Village co-chair Pat Eyolfson, who has dedicated 24 years to the museum, said they were very grateful to receive the funding support.

"We are very humbled and tearfully grateful to receive this most generous donation from Mr. Ledohowski," said Eyolfson. "This is a huge gift of money and we will be thinking very carefully on what project to put it towards."

The provincial government designated the Arborg museum a tourism Star Attraction. Nestled on the scenic bank of the Icelandic River, the museum was founded in 1999 to showcase cultural groups from the Interlake, including Ukrainian, Polish, Icelandic and Indigenous cultures, artefacts and over a dozen historical buildings that include the Sigvaldason House, the Slipchuk House, St. Demetrius Catholic Church, the Poplar Heights School and the Hykawy Grist Mill. The museum also has a campground with electricity, fire pits and washrooms.

The museum hosts events, holds fundraising events and receives federal and provincial grants to help with the cost of operating/enhancing the museum. It also hires summer students to

provide them with job experience.

Ledohowski, who has several degrees in business, received the Order of Manitoba in 2022 and is the executive chair of Canad Inns, presented Eyolfson with the cheque at the four-hour event, making the donation in memory of Eyolfson's son, Owen Eyolfson, who passed away on Dec. 16, 2022, at the age of 37 from diabetes complications.

Owen owned and managed the Arborg Hotel and the Arborg Travelling Inn. He was dedicated to helping Arborg grow and thrive. He sat on the Central Interlake Chamber of Commerce and was instrumental in getting Arborg's health-care training facility up and running. He also worked tirelessly to help his mom get the heritage village established, volunteering there since he was 14 years old.

"As a mother I'm so proud that my son, Owen, in his short 37 years, made a difference in people's lives and touched so many lives. He sincerely loved all people and tried to make a difference in his community and beyond. His intelligence, kindness, great sense of humour, sharp wit and charming personality warmed everyone's heart and made everyone feel special and loved," said Eyolfson.

"He was my biggest cheerleader starting the heritage village and volunteered with me there since he was 14, planting 6,000 PFRA [Prairie Farm Rehabilitation Administration] trees, painting, scraping and repairing buildings, chinking buildings, working at fundraising events, helping build an outdoor bake oven and putting up our tipis after



EXPRESS PHOTOS BY CORINNE EINARSSON

Pat Eyolfson (sitting) of the Arborg & District Multicultural Heritage Village received a \$50,000 donation from Leo Ledohowski during the museum's annual fall dinner and dance on Nov. 19.

being guided and taught by elders including Elder Ruth Christie."

Visit the Arborg & District Multicultural Heritage Village online at arborgheritagevillage.com

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Transitional home coming to Lake Manitoba First Nation

By Becca Myskiw

A transitional home is coming to Lake Manitoba First Nation.

On Nov. 23, the First Nation, in collaboration with Bison Modular Homes and Anishinaabe Child & Family Services, announced the opening of a transitional home.

Transitional homes are supportive, temporary accommodations to bridge the gap between homelessness and permanent housing. Transitional homes often offer structure, supervision, mental health and addictions support, life skills and sometimes education.

On the Thursday morning of the announcement, Lake Manitoba Chief Cornell McLean and council members joined Shane Prevost, vice-president of Bison Modular Homes, to announce Lake Manitoba First Nation land.

"As an Indigenous-owned and fo-

cused organization, Bison Modular Homes is honoured to partner with Lake Manitoba's chief and council to

"AS AN INDIGENOUS-OWNED AND FOCUSED ORGANIZATION, BISON MODULAR HOMES IS HONOURED TO PARTNER WITH LAKE MANITOBA'S CHIEF AND COUNCIL"

create a transitional home that provides a comfortable and safe place for youth to attend," said Prevost. "Bison Modular Homes is proud to bring the innovative nature of Bison Modular Homes to First Nations in Manitoba and all over Canada. Bison Modular Homes always strives for ways to partner with Indigenous communities, find creative solutions and seek out positive opportunities."

The transitional home will be available for children and

youth in Lake Manitoba First Nation who require services. It will feature six bedrooms, three bathrooms and a communal area where the residents



EXPRESS PHOTO SUBMITTED

A transitional home is opening in Lake Manitoba First Nation.

can be together. This home will also be fully accessible for all abilities.

Bison Modular Homes' transitional homes are built to withstand all weather conditions. They're nearly guaranteed to stay free of mould, fire and rot and to create an inviting, modern space for the residents.

"We are pleased to partner with An-

ishinaabe Child & Family Services on this initiative, and that is so important to the community," said McLean. "It was imperative that we work with a partner that understands the needs of the community and can deliver much-needed services for the members."

B I N G O

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Fraserwood Hall

Friday Nights

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Breakopens 50/50

5 Share The Wealth Games

15 Regular Games @ \$60.00

(reduced games with low attendance)

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BONANZA	\$11,324.00 +
LUCKY 7	\$1,178.00 +
STAR	\$946.00 +
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HOUDINI	\$5,011.00 +
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(Estimated amounts at time of publication)

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INFORMATION - 204-642-9392 or 204-643-5541 or www.fraserwoodhall.com

Old Time Dance

Sunday Dec. 10, 2023,

1pm to 5pm, Music by Country Pride,

\$20 admission at the door. Contact Lois to reserve your tickets 204 643 5541.

Old Time Dance

Sunday Jan. 14, 2023

music by Gemstars

DEER HEAD COMPETITION

at

Gunton Greenwood Memorial Hall

Saturday, Dec 9th, 2023

Scoring by Manitoba Big Game Trophy Association

Adult & Youth Categories

Entry Deadline is 7 p.m.

For information call

Tony Balian 204-886-2886, Rod 204-461-0015 Terry 204-886-2319

Arborg & District Christmas Cheer Board

Once again, the Arborg & District Christmas Cheer Board is preparing Christmas hampers. To request a Christmas hamper, please contact Courtney at 431-272-0035.

The deadline for requests is Thursday, December 14th and the Christmas hampers will be available for pick up or delivery on Thursday, December 21st.

Monetary donations can be sent by e-transfer to ADcheerboard@gmail.com, mailed to Box 185 Arborg MB ROC 0A0, or may be deposited at the Arborg branches of Access Credit Union or CIBC. Non-perishable food items and new toys can be dropped off at participating local businesses.

Thank you for your support.

NOTICE OF TRAFFIC DISRUPTIONS

Ashern Lakeshore General Hospital

Construction to install the new cistern for Ashern Lakeshore General Hospital is underway. The cistern will contain water for facility's sprinkler system and it's a crucial piece of fire safety equipment. To accommodate the install of the cistern, please note the following planned disruptions to traffic:

From November 27 to 30: Main Street will be closed west of Steenson Ave. to excavate down to the waterline. Residents on Poplar Ave. and Spruce Ave. will be able to access their streets via Steenson Ave. and the back lane that connects to Poplar Ave. and Spruce Ave. Ambulance and public access to the hospital will not be affected. Signage and flag persons will be onsite to direct traffic appropriately.

On November 29 starting at 6:00 p.m.: workers are attaching a new water line to the main water line resulting in a planned water shutdown that evening for residents surrounding the hospital. After the new water line is installed, a boil water advisory for the immediate area surrounding the hospital will be in place until tests come back negative for all contaminants (up to 16 days). More information has been shared with affected residents through in person notices.

On December 5: the cistern will be placed in the ground by crane. As a result, Steenson Ave. will not be accessible from Main Street. Public, hospital and ambulance traffic going to and from the hospital and surrounding area will be rerouted south down Steenson Ave. onto the back lane and up to Poplar Ave. then onto Main Street. Ambulances will be prioritized.

More project details are available at www.ierha.ca > About Us > Capital Construction Projects. If you have questions or concerns, please email us at info@ierha.ca.

Interlake-Eastern
Regional Health Authority

Your FARM



Farm Women's Conference sought to 'educate, encourage and empower'

By Ashleigh Viveiros

The Days Inn Conference Centre in Winkler welcomed women from across Manitoba to town last week for the Manitoba Farm Women's Conference.

Organizing committee vice-chair Doris Doelger says they had nearly 140 ladies signed up to take part in the three-day event, which kicked off with registration and trivia Tuesday night followed by two days of educational sessions and guest speakers.

"It is reduced from the size we were 37 years ago, but our numbers are coming up again, which is nice to see," she said, noting it's been a few years since they've been able to hold a normal multi-day conference. Last year's event, the first in-person gathering for the group since the pandemic, had a one-day program.

What hasn't changed is the conference's mission: to educate, encourage and empower women in agriculture.

Along those lines, the conference featured guest speakers on topics ranging from farm safety to mental health to transition planning. Attendees also got the chance to venture out for a combine clinic at Green Valley Equipment and a tour of Vanderveen Greenhouse.

"We try to cover a little bit of everything," Doelger said, noting they have big plans for the future. "We are working on getting into more different parts of the ag industry ... in the coming years we're going to broaden our scope."

As always, the event's attendees come from all over, said Doelger, who is herself from Beausejour, where she's involved on her family's farm.

For her, the conference is a great opportunity to meet other women in agriculture.

"I love the networking. Meeting women in the same industry, not only farmers but also the agribusiness side of things," she said. "Yes, we're named the Farm Women's Conference, but if you are an agronomist, if you are an agricultural banker, you're welcome. We're trying to get to all parts of the industry with any connection to agriculture."

Doelger says the organizing committee is made up of a varied group of farm women, and they're always



Manitoba Women's Farm Conference organizing committee vice-chair Doris Doelger says the event is all about connecting and educating women involved in the agriculture industry.

looking for new members eager to pitch in to plan the next conference.

"We have monthly meetings, and most of them are on Zoom," she said, noting the time commitment beyond that varies depending on what aspect of the conference you're involved in organizing.

If you'd like to learn more or connect with the group, check them out online at mfwc.ca.

PROMOTING AGRICULTURE

Wednesday afternoon's keynote speaker was Cheryl Jolly-Nagel.

Jolly-Nagel is an agricultural advocate who farms with her family in Saskatchewan and spends the off-season touring as a speaker on agricultural-related topics.

Her presentation last week urged attendees to work to "promote rather than defend" agriculture, taking a proactive approach to public education.

Through her years working on farm policy, Jolly-Nagel said she's come to see just how important public advocacy is to the industry.

She didn't always hold that view, she shared.

"I thought, why would I waste my



PHOTOS BY ASHLEIGH VIVEIROS

Women from across Manitoba gathered in Winkler last week for the Manitoba Farm Women's Conference. Wednesday's keynote speaker was farm advocate Cheryl Jolly-Nagel.

SANTA SAYS IT'S PLAYTIME!

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Continued on page 15

Road safety on roundabout

By Jennifer McFee

A new traffic roundabout is now open, and many drivers are still going in circles as they wrap their head around how to use it.

The roundabout at the corner of Provincial Trunk Highway 6 and Provincial Road 236 opened to traffic on Oct. 15.

"A roundabout was chosen at this location as traffic volumes on PTH 6 in the vicinity of Winnipeg have increased with higher numbers of commuter and local traffic. Congestion during morning and afternoon peak traffic became an issue," said a provincial spokesperson.

"The goal of this roundabout project is to improve safety, reduce the congestion and eliminate traffic operational issues. Roundabouts are proven to reduce accidents by as much as 89 per cent versus a standard lighted intersection."

The PTH 6 and PR 236 intersection is

a two-lane roundabout, accommodating agricultural equipment and long-combination vehicles efficiently and safely, the spokesperson added.

"A roundabout has several advantages over a conventional intersection, such as improved safety and traffic flow," the spokesperson said.

"Roundabouts are also easier to maintain and less expensive to operate than an intersection controlled by traffic lights."

Roundabouts work by improving traffic flow and reducing waiting time at intersections.

"When vehicles approach a roundabout, they slow and watch for traffic from the left until it is safe to merge," the spokesperson explained.

"A vehicle on the roundabout has the right-of-way over other vehicles that are entering the roundabout. Vehicles continue on the roundabout until they reach the desired location and exit to the right."

The remaining project at PTH 6 and PR 236 is not yet fully complete and went into seasonal shutdown Nov. 4.

"A small amount of top lift paving remains on PTH 6, which includes a section on PTH 101 (at the intersection) that will be milled and repaved," the spokesperson said. "This work is expected to be completed in 2024."

More information is available at Manitoba Transportation and Infrastructure's webpage at <https://www.gov.mb.ca/mti/notice/pth6/index.html>.

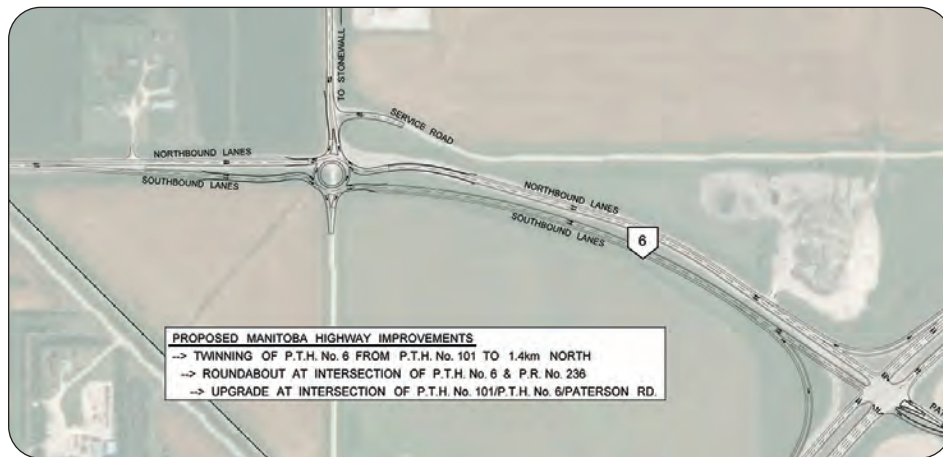


PHOTO SUBMITTED

The new traffic roundabout is now open at the corner of Highway 6 and Provincial Road 236. [gov.mb.ca/mti/notice/pth6/index.html](https://www.gov.mb.ca/mti/notice/pth6/index.html).

Community Support Service

AA Meetings in Ashern

Open Meeting

Time: 6-7pm Fridays

Starting Friday March 3rd.

Location: #11 2nd Ave North

-Pioneer Manor

(beside the main door entrance of Pioneer Manor)

Contact AAMBCO@mts.net

AA Eriksdale

Eriksdale United Church building
#7 Main Street, Eriksdale (side door)

Meetings are Mondays
at 6:30 p.m.

AA Winnipeg Beach

Lady of the Lake RC Church
Corner of Hwy. 9 and Lake Ave.,
Winnipeg Beach

Meetings are Saturdays
between 7 and 8 p.m.

Contact Ann J 204-389-3417

Gimli Group AA

Bldg 18 Municipal Rd
Industrial Park

Fri & Sun Mtgs at 7:30 pm

AI-Anon

Gimli and Winnipeg Beach

Join us at 17B Loni Beach Road, next to New Horizon building... Gimli at 7:00 pm Wednesday evenings for an hour of support, strength, guidance and Hope. Contact 204-389-4777.

All ages welcome.

AA Riverton Group

12 Main St. at the
Riverton Senior Centre
Mondays 7:30 p.m.



A strong foundation

EXPRESS PHOTO BY STEEL CREEK DEVELOPERS

LCL Construction poured concrete last week for the foundation of the Blue Crescent Hotel being constructed in Arborg.

Arborg to kick off Christmas with tree-lighting ceremony

By Haley Cvar

Every great endeavour starts with a spark of imagination, and the idea of having a grand community Christmas tree was no exception.

Arborg town council had a vision — they wanted to create something truly special for the community during the holiday season. They knew that a large Christmas tree would bring joy and unity to the community.

Arborg Mayor Peter Dueck and Deputy Mayor Ron Johnston took on the task of scouting for the perfect tree and turning this dream into reality. From finding the perfect tree donated by Orbanski Farms to securing it with care on Main Street and River Road, every step has been taken with enthusiasm and dedication.

Bringing such a massive tree into town required some careful planning and co-ordination. Johnston joined forces with Raymond and Bryceson Weik and Public Works staff Brent and Richard to ensure the majestic evergreen made its way safely onto Main Street corner River Road.

The Town of Arborg welcomes the community to join them on Friday,



EXPRESS PHOTOS SUBMITTED

The community of Arborg will be kick off the holiday season with a tree lighting ceremony on Friday, Dec. 1 at 6 p.m.

Dec. 1 at 6 p.m. as they turn on the lights in a tree-lighting ceremony to celebrate the holiday season.

> WOMEN'S CONFERENCE, FROM PG. 13

precious time talking to the public? I took more of a 'none-of-your-business' attitude as it related to non-farmers weighing in on how things were done on the farm.

"I realize now that was a mistake on my part, and that of all the policy issues, this could be the most important," Jolly-Nagel continued. "I grossly underestimated the importance of building relationships with the public and showing them how much farmers truly care about the land and the environment and the safety of our food system."

Public trust is integral to the continued growth of agriculture in Canada, she stressed.

"For years, on the survey of who the public trust the most, farmers were always near the top of that list. And so we took for granted that we were always going to have their trust. And then we just walked out of the tractor one day and went, 'Why doesn't anybody trust us?' We didn't realize that we needed to be building a relationship with the public."

Many people have an antiquated view of farming in their heads, when the truth is that modern agriculture is among the most scientifically advanced industries in the world.

"But the way the public views agriculture and views farmers is from 50 years ago," Jolly-Nagel said.

It's up to today's farmers to engage with the public to help foster updated views of agriculture and to impress upon people the shared values that fuel the industry.

"Public trust is granted when our actions align with the values and expectations of society," Jolly-Nagel said in discussing the responsible use of things like genetically modified crops or pesticides. "I have the privilege of farming with minimal rules because I make good decisions. That's a privilege ... and if you want to hold onto those privileges, you have to work really hard at it."

It's not necessarily a matter of throwing facts and data at people, Jolly-Nagel noted, "which

is what we did when we first started defending the industry. 'You don't like glyphosate? Here's a 400-page study. It's sure to convince you.'

"What we have learned since then is that sharing your values is three to five times more effective with building trust than sharing scientific facts and expertise."

Knowing the science behind decisions being made on the farm is still important, Jolly-Nagel stressed, but when it comes to engaging the public, it's more important to inform people as to why these decisions are being made and let them know the decision-makers share their values when it comes to food safety and environmental stewardship.

"No one cares how much you know until they know how much you care," Jolly-Nagel said, quoting U.S. President Theodore Roosevelt.

"It doesn't matter if you've memorized all of that science so that you can reply to somebody on Facebook. It matters why you do what you do, and that's the value behind it."

Jolly-Nagel encouraged her fellow farm women to get out into their communities.

"If you're wondering how you can contribute, one of my favourite ways to start promoting agriculture has to be going into the schools. If we had more educated kids graduating from high school about how their food was grown, wouldn't that be fantastic? Wouldn't we have a society that had a better base level of knowledge?"

"If you haven't done this already, it's such a fantastic way to get out there and start sharing some really real stories about life on the farm.

"I also think it's really important to talk to adults about this. ... I spend the majority of my off-farm hours speaking to an urban audience and sharing with them the good news stories about life on the farm and being a mother on the farm and all those different value systems. And I encourage you guys to do the same ... take every opportunity you can."

To see more photos of your favourite Interlake Athletes

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Matlock author releases first book of trilogy *Blood Bound*

By Kaitlin Vitt

A local author has published her first book, which is to be part of a trilogy, all while raising her three children.

"After everyone goes to bed, that's my writing time," said Trinity Cunningham.

Blood Bound, the first book in the Guardians of the Welfadfire Stone series, is an epic fantasy adventure novel and was released Nov. 2.

"It's about a curse that wipes magic from the land, and these twin brothers' blood is entwined with that magic but they're unaware. They mistakenly reawaken the magic and break the curse, but only partially," Cunningham said. "The brothers find themselves caught up in a war that hadn't ever truly been resolved, and with the change felt by all, the attention of the country's tyrant ruler turns to the brothers and magic, the very thing he seeks to rid the land of once and for all."

A dream she had as a kid inspired the story.

"It's evolved and transformed from what it was to what it is now," she said. "It's come a long way."

Cunningham, who is from Selkirk and today lives in Matlock, wrote a draft of the three books in the trilogy in 2020 then focused on refining *Blood Bound*.

"I've always loved just the made-up worlds and the creatures and all — not something we'd ever see in our world. But funnily enough, I wanted to write a sci-fi, and it turned out to be

a fantasy."

Early readers have commented on the detail Cunningham includes and the strong plot of the story, she said. In addition to being immersed in a fantasy world, readers will take away themes of overcoming challenges and forgiveness.

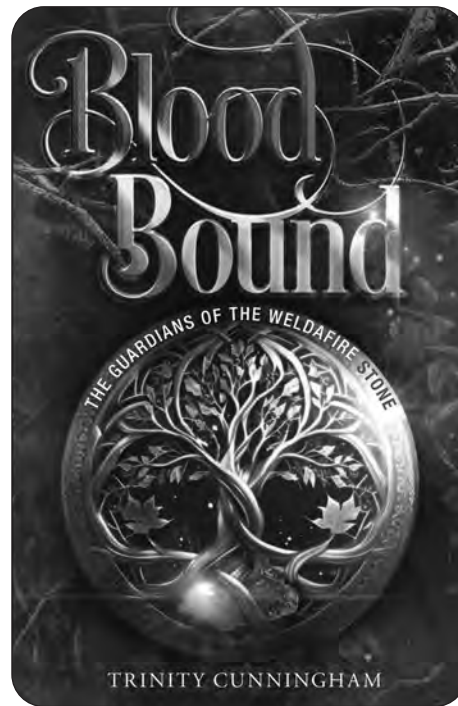
"I was always a fearful person," Cunningham said. "I have this character [in *Blood Bound*] who's quite fearful but overcoming his fears and being able to do things because it means protecting his family, and it's something that drives him," she said. "Forgiveness is another theme that is in the story — past hurts and being able to move on with our lives beyond things that we were wronged in."

Cunningham has taken storytelling and screenplay writing courses and has written screenplays as a hobby, but this was her first time writing a novel. She said she learned a lot along the way as she worked with her editor.

She felt encouraged to start this project after her mom published a children's book in 2020. After hearing about the publishing process, Cunningham thought it was something she'd like to do too.

"I sat down at my computer and started typing," Cunningham said. "I had no idea where it was going to, but it took me down this path, and here I am."

When she started writing, she thought the first chapter was going to be the prologue to her original book



EXPRESS PHOTOS SUBMITTED

Trinity Cunningham is a local author who just published the first book in a trilogy *Blood Bound*. Check it out online or at local area markets.

idea, but as she continued, it turned out to be the story of the twin brothers.

"The character that I originally thought I was going to write [about] is the second book's story," she said. "It was exciting and fun and just an adventure. I felt like I was taking that adventure with my characters."

She hopes to have the second book of the trilogy out in 2025.

Cunningham will be selling her books at the Christmas craft and ven-

dor market at the Gimli Recreation Centre on Dec. 2 and the Mrs. Claus Approved Market at West St. Paul Access Centre on Dec. 16.

In addition to major retailers such as Amazon and Indigo, *Blood Bound* is available at Wishme in Selkirk and HP Tergesen and Sons in Gimli. A list of where to find the book is on Cunningham's website (trinitycunningham.ca). She also posts updates on Facebook (@TrinityCun) and Instagram (@trinncun).

Indigenous youth recognized for outstanding achievements in volunteerism, academics, art and more

By Lana Meier

The Manitoba Indigenous Youth Achievement Awards recognized 18 exceptional Manitobans for their volunteerism, academic excellence, artistic talents and other outstanding accomplishments.

During its 29th annual event, the Manitoba Indigenous Youth Achievement Awards (MIYAA) recognized remarkable Indigenous youth who are positively impacting our community, as stated by Minister of Education and Early Childhood Learning Nello Altomare.

"I was thrilled to attend the awards ceremony and have the privilege of meeting Indigenous young people who are leaders in our community," said Altomare. "I know these youth will be an inspiration to current and future generations for years to come."

The MIYAA ceremony was held last week at the Victoria Inn Hotel and Convention Centre. The awards were

founded in 1994 to combat negative stereotypes of Indigenous youth and celebrate their achievements. The awards honour Indigenous youth who exhibit high standards of dedication, excellence, leadership and accomplishment in various categories.

According to Helen Robinson-Settee, co-chair of MIYAA and director of the Manitoba government's Indigenous Inclusion Directorate, these award recipients not only break barriers and achieve their dreams, but they also bring inspiration and motivation to others in the community through their heartfelt messages.

This year, 18 individuals were chosen as recipients of the Manitoba Indigenous Youth Achievement Awards across various categories:

- academic senior – Brendan Tait;
- academic junior – Grace Little;
- athletic senior – Colby Bear;
- athletic junior – Marcus McKay;
- community/volunteerism senior –

Gabrielle Fontaine;

- community/volunteerism junior – Carmen Patchinose-Bushie;
- cultural female – Jaidyn Gosek;
- cultural male – Malaki Kennedy;
- personal achievement senior – Sienna Henderson-Seenie;
- personal achievement junior – Sunshine Lavoisier;
- artistic visual – Honey Flett-Framp-ton;
- artistic performance – Sequoya Handel;
- health (north) – Anaka Toews;
- health (south) – Steven Quill;
- Linda Park Memorial Award for business/entrepreneur – John Lodge;
- employment in a traditional field – Josiah Parenteau; and
- James Golick Grant for women in computology – Serenity Gerhardt and Quinn (Kiera) Davis.

The MIYAA awards, presented by a committee of Indigenous youth from the community, have been given out

378 times and accompanied by generous scholarships from numerous sponsors. Over 1,600 Manitobans have had the privilege of attending MIYAA award ceremonies since they were first established.

Malaki Kennedy, the recipient of the cultural male award, was nominated by Julie Delorme, the Indigenous graduation support teacher at Winnipeg School Division. In the future, he intends to join the Bold Eagle program — a summer training program offered by the Canadian Armed Forces that blends Indigenous teachings and traditions with military training. This program aims to instill important qualities like self-confidence, self-discipline, teamwork, time management, respect and fitness.

Upon learning about his award, Kennedy expressed his elation at being recognized and exclaimed with surprise, "Holy Creator, I can't believe I won something!"

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Interlake Thunder take in NDSU football game from the sidelines

By Becca Myskiw

The Interlake Thunder Football varsity team and a few junior players recently travelled south to the U.S.A. to take in the world of college football.

The women's football team made the three-hour drive to North Dakota State University (NDSU) on Saturday, Nov. 18 to watch the North Dakota State Bison take on the Northern Iowa Panthers.

Head coach Joel MacDonald is a season ticket holder for the Bison, so when he threw out the idea of watching a game as a team, the girls jumped on it.

"They love football," he said. "They've got a passion for it, and they also love doing things together."

Thunder running back Brooke Bardarson was one of the driving forces behind the team going to the game. She feels college football is often overlooked because it's not the National Football League, but she said it plays a huge role in the development of players.

"You can get so many tips and so much more experience even by watching than just playing," said the 16-year-old.

So, MacDonald made some calls, and soon enough, the Interlake Thunder players were on the sidelines of the game, talking to players and coaches of the Bison. Bardarson said speaking to them was like meeting a celebrity, and she came out of the conversations learning from the players' experiences and stories.

"They're so grateful for the opportunity they've been given and they just really take it all in," she said.

"They go full out, 100 per cent."

MacDonald said taking the girls to the game was a way to show them what the next level looks like since Canada has nothing comparable to U.S. college football.

"For us, it was for the girls to see firsthand how you're supposed to do things properly, see the fun of the game, and learning, seeing how they technically do things very well," he said.

The girls sat on the sidelines the entire game, cheering along with the NDSU fans. MacDonald said seeing his team experience and be part of the energy there was incredible.

"As long as they're having fun, we're having fun as coaches," he said.

Bardarson said the entire experience was fun and gave her a lot of tips for next season. Watching their hand movements, the signs from player to player, the different variations of plays, and seeing the team's chemistry on the field was amazing — she said the energy in the stadium was like nothing she'd experienced before.

"You know the team has a connection, and they're always going to be there for each other and celebrate and uplift," she said. "It was cool to see it up close."

The game the Thunder attended was NDSU's last of the season. It determined if they'd start playoffs at home or on the road. The Bison won



EXPRESS PHOTO SUBMITTED

The Interlake Thunder travelled to NDSU to take in a college football game earlier this month.

48-27 over the Panthers, sending the stadium into an ear-deafening uproar. On Nov. 25, they kicked off playoffs at home, hosting the Drake Bulldogs.

While the Thunder wait for next season to start, they're holding practices and training sessions to be together and to continue working on their games. Bardarson said her team is a tight-knit group, and they have been since Day 1.

"It's cool how we all became close really fast," she said. "Even when we

were still kind of new, we all had each other's back. We're like family."

MacDonald said his current group of players is special, making up the varsity and junior teams.

He's always told them he'll match their enthusiasm and finds himself trying to keep up because they're so full.

The Interlake Thunder season goes from May to June. Come the end of the year, they'll start training more seriously to prepare for it.

Arborg to celebrate Minor Hockey Day on Dec. 9

By Becca Myskiw

Minor hockey teams in Arborg will be getting together to celebrate one of Canada's favourite ice sports — hockey.

Arborg Minor Hockey Day is on Saturday, Dec. 9. A day to bring all the local teams together, Minor Hockey Day will also keep the rink busy, the canteen open and help the teams to fundraise.

Arborg Minor Hockey president Cory Koomen said this year's Minor Hockey Day is extra special as the club is using it to show their apprecia-

tion to the Kristjanson family, who's estate made a donation to the club for new jerseys two years ago.

Arborg currently has five hockey teams — one U7 team, two U9 teams, one U11 team and one U13 team, all adding up to 65 players from Arborg, Fisher Branch and Riverton.

"There has been an increase in first-time players this season, which has been great to see," said Koomen, noting community sponsors have helped the club to maintain lower registration fees. "Over the years we have always had a great group of parents

and coaches always willing to help out and a minor hockey board who works hard to keep the program running smoothly."

Arborg Minor Hockey Day will see each of the 65 players on the ice, with the schedule as follows:

- 11 a.m. U7 Arborg vs. Riverton
 - 12:15 p.m. U9 Arborg BOBBEE vs. Riverton Red
 - 1:30 p.m. U9 Arborg SHEPELL vs. Riverton White
 - 1:45 p.m. U11 Arborg vs. Riverton
 - 4:15 p.m. U13 Arborg vs. Gimli
- Throughout the day, teams will be

running a 50/50 and a loonie stick with funds going back into Arborg Minor Hockey. Koomen said having the community come out to cheer the players on makes for a fun day for everyone, and with no admission cost, the day can be low-cost for those worried about funds.

Arborg Minor Hockey is planning to hold Arborg Minor Hockey Day at the Arborg arena every year. The event promotes local hockey, supports the arena and the canteen, and gives local players a chance to play in front of friends and family on home ice.

U17 AAA Lightning win pair of games

By Brian Bowman

The Interlake Lightning defeated the Westman Wildcats 6-5 in overtime in U17 AAA action Sunday afternoon in Warren.

Hayden Kaczorowski scored the game winner in OT.

Kaczorowski finished the game with two goals and three assists while Dominick Collins netted a hat trick. Ty Sadowski also scored for the Lightning.

Brody Slatcher and Peyton Thiessen each had three assists.

Westman goals were scored by Slater Anderson (two), H Van Vuuren (according to the league website), Shane Elder and Rohan Gervin.

Braeden Cormack made 27 saves for the win.

Last Friday, Interlake had a great game with an impressive 4-1 home win over the Winnipeg Wild.

Carter Polanski gave Winnipeg a 1-0 lead with a goal at 19:38 of the opening period but Interlake's Collins evened the score at 19:49 of the middle frame.

The Lightning took over the game in the third with goals from Kaczorowski,

ki, Skylar Farrington, and Thiessen.

Nathan Meisner stopped 35 Wild shots for the win.

Interlake will play the Winnipeg Thrashers on Friday (8:30 p.m.) at the Gateway Recreation Centre and then host the Wild on Sunday (2 p.m.) in Warren.

INTERLAKE LIGHTNING U15 AAA WEEKEND ACTION

In U15 AAA action, the Lightning lost 5-2 to the Brandon Wheat Kings on Sunday.

Interlake goals were scored by Tavyn Sigurdson (power play) and Carter Reydal in the second period while Hudson Champagne (two), Talon Scinocca (two) and Brayden Watt replied for Brandon.

Last Saturday, Interlake was edged 5-4 in overtime by the Parkland Rangers.

Lightning goals were scored by Tavyn Sigurdson, Easton Stasiuk, Hudson Sigurdson and Jacob Keck.

Ben Poole (two), Sam Lacasse, Dayson Martin and Brayden Budolowski



EXPRESS PHOTO BY JO-ANNE PROCTER

Riverton's Tavyn Sigurdson scored the U15 AAA Lightning's first goal in their 5-4 overtime loss to the Parkland Rangers last Saturday.

(in overtime) replied for Parkland. ley Hawks on Saturday (7:30 p.m.) in Interlake will host the Pembina Valley Hawks on Saturday (7:30 p.m.) in Warren.

U18 AAA male Lightning sweep Thistles

By Brian Bowman

The Interlake Lightning had a great third period - scoring three goals - in a 5-2 win over the Kenora Thistles in a Manitoba U18 AAA Hockey League game last Sunday afternoon in Teulon.

Russel Drew led Interlake with two goals and an assist while Morgan Waddell added a goal and an assist.

Talon Hogg and Blake Farthing also scored for the Lightning.

Thistles' goals were scored by Cole Bodnar and Carter Peters.

Dylan McFadyen made 32 saves for the win.

On Saturday, Interlake blanked Kenora 4-0.

Brandon Burak scored a first-period goal and then James Franklin and Ian Buors tallied in the second.

Lucas Spencer closed out the scoring in the third.

Alex Myers made 27 saves for the shutout.

The Lightning, now 11-7-1 and in fifth place in the 12-team league with 23 points, will battle the Eastman Se-

lects in a road game on Wednesday (8 p.m.).

The Manitoba U18 AAA Hockey League will host a showcase at the Hockey For All Centre this Saturday and Sunday in Winnipeg.

The top 68 players will compete in a four-game Best-on-Best tournament.

The event is free to the public.

The U18 AAA female Interlake Lightning, meanwhile, were shut out 3-0 by the Central Plains Capitals on Friday in Portage la Prairie.

Capitals' goals were scored by Izzy

Colatruglio, Courtney Dupuis, and Ashley Posthumus.

Last Wednesday, the Lightning lost 5-1 to the Winnipeg Avros at the Seven Oaks Sportsplex.

Brooke Barlyski scored a first-period goal for Interlake.

Avros' goals came from Isabela Huculak, Rory Lubkey, Rio Pierre, Gabby Robins and Selene Wozney.

Interlake will take on the Pembina Valley Hawks this Sunday in Morden. Game time is 2:30 p.m.

Falcons, Ice Dawgs in CRJHL action

By Brian Bowman

The Lundar Falcons were defeated 7-3 by the Beausejour Comets in a CRJHL game on Saturday.

Ryan Benson led Lundar with a pair of goals while Gavin Miller also tallied.

Comets' goals were scored by Carter Reid (two), Jarvis Ewasko, Riley Tirschman, Nikolas Bear, Clint Thomas and Jace Ticknor.

Last Wednesday, Lundar defeated the Ice Dawgs 6-2 in Arborg.

Joel MacMillan led the Falcons with two goals and two assists while Miller added a goal and four assists. Dayson McCreedy, Cayden St. Laurent and Riley Zdan also scored for Lundar.

Ben Danielson and Tyson Barylksi scored for Arborg.

Kennedy Kerr made 24 saves for the win.

Lundar will host the Selkirk Fishermen this Saturday at 7 p.m.

Arborg, meanwhile, was doubled 8-4 by Selkirk at home last Friday.

The Fishermen, which grabbed a 5-1 first-period lead, had goals from Dawson Bergagnini (three), Matt Brooks (two), Kyle Folhoffer, Ryland Schroeder and Kasen Andrushko.

Bergagnini had a super game with six points while Brooks added four

points.

Ben Danielson (two), Austin Loewen and Tyson Barylksi replied for Arborg.

Selkirk was 4-for-6 with the man advantage while Arborg was 2-for-9.

Marcus Sharpe made 23 saves for the win.

The Ice Dawgs' next game is Friday when they host the St. Malo Warriors. Game time is 8 p.m.

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CRAFT SALE

Warren Christmas Craft Sale Saturday, December 2nd, Warren Hall, 10 a.m. - 3 p.m. 25+ tables of baking, crafters and vendors for all your Christmas shopping needs.

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SUDOKU

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

Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Level: Intermediate

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

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

Sudoku Answer

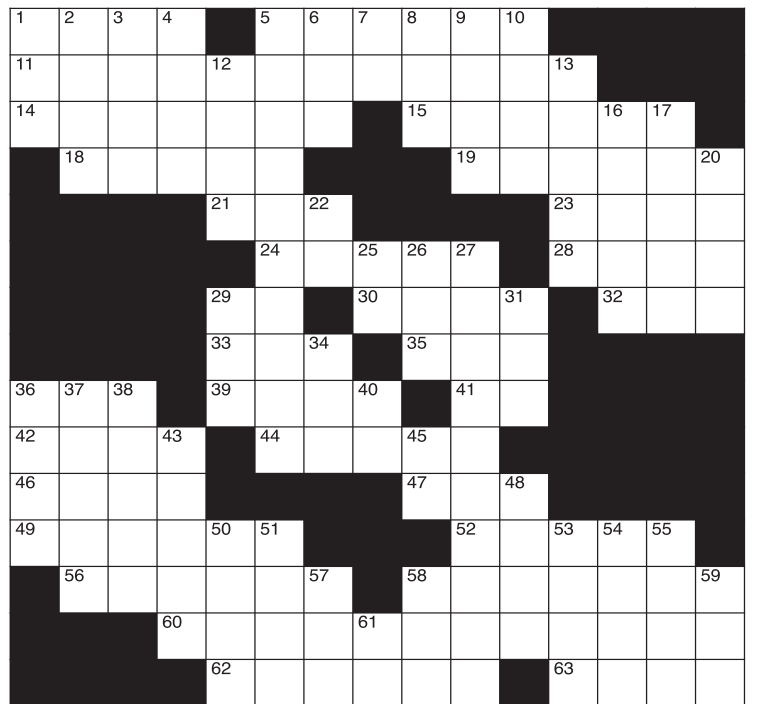
V	I	H	S		X	B	E	R	E	H					
L	V	T	I	I	M	V	V	P	A	V					
R	O	L	V	N	E	S	D	I	O	T	S				
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E	O	R				T	E	V	H						
N	I	O	C		S	S	V	M	V						
L	D	N	I			T	N	T							
U	V	T	M	U											

Crossword Answer

X CROSSWORD

- CLUES ACROSS**
- 1. Old English letters
 - 5. Sculpture
 - 11. Showing up again
 - 14. Tie the knot again
 - 15. Washington city
 - 18. Stiff structures in invertebrates
 - 19. Mark over a vowel
 - 21. Explosive
 - 23. Popular race: ___ 500
 - 24. Pile up
 - 28. Mint
 - 29. Commercial
 - 30. A minute amount (Scottish)
 - 32. Small Eurasian deer
 - 33. Baseball stat
 - 35. Numbers cruncher
 - 36. Japanese masked drama
 - 39. Gasteyer and de Armas are two
 - 41. Blood group
 - 42. Assist in wrongdoing
 - 44. Language spoken in Cameroon and Chad
 - 46. Grayish-white
 - 47. A woolen cap of Scottish origin
 - 49. Microorganism
 - 52. Place under prohibition
 - 56. Calm, dependable
 - 58. Congressman
 - 60. Force
 - 62. As a result of this document
 - 63. One of two main branches of Islam

- CLUES DOWN**
- 1. Make a mistake
 - 2. Gordon and Snider are two
 - 3. Geographical region of Finland



- 4. Ejected saliva
- 5. A way of performing
- 6. Scotland's longest river
- 7. One of the six noble gases (abbr.)
- 8. Body art
- 9. Two-toed sloth
- 10. Electronic counter-countermeasures
- 12. Foolish person (Brit.)
- 13. Of the wind
- 16. Grand home
- 17. Sound
- 20. English river
- 22. Symbol indicating ownership
- 25. Exclamation of surprise
- 26. Pouch
- 27. Apart from
- 29. Satisfaction

- 31. The bill in a restaurant
- 34. Sea bream
- 36. Port in southern Japan
- 37. Double-reed instruments
- 38. Center
- 40. South Dakota
- 43. An orderly crowd
- 45. Indicates position
- 48. ___-pedi
- 50. Nonsense (slang)
- 51. Republic of Ireland
- 53. Nocturnal flyers
- 54. American state
- 55. Clusters in fern fronds
- 57. Patriotic women
- 58. A person's brother or sister
- 59. Breed of sheep
- 61. Popular film "Despicable"

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NOTICE TO CREDITORS

IN THE MATTER OF:
The Estate of Vernon Dwight Lindell, late of the Town of Eriksdale, in Manitoba, deceased.
All claims against the above estate, duly verified by Statutory Declaration, must be filed with the undersigned at their offices, P.O. Box 1400, Stonewall, Manitoba, R0C 2Z0 on or before the 27th day of December, 2023.
DATED at Stonewall, Manitoba this 22nd day of November, 2023.
GRANTHAM LAW OFFICES
Solicitor for the Executor

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Riverdale Place Workshop Inc.
Box 609 Arborg MB. R0C 0A0
Tele- 1-204-376-5584
Fax- 1-204-376-5584
email riverdaleplace111@gmail.com

RECYCLING NOTICE FOR DECEMBER/2023

Riverdale Place Workshop Inc. **Will not be picking up recycling on the below mentioned dates.**

- Tues. Dec. 5 at Arborg curbside pickup
- Thurs. Dec. 7 at Riverton curbside pickup
- Tues. Dec. 19 at Arborg curbside pickup
- Thurs. Dec. 21 at Riverton curbside pickup

Workshop will be closed on
Mon. Dec. 25 Christmas Day
Tues. Dec. 26 Boxing Day and
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		1						
	6	5	8		4			
4				7	5			
		7	4					5
				9				3
	8							
9	3				8		7	4
		2		4	9			1
					2	6		

Level: Intermediate

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

Sudoku Answer

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OBITUARY



Daniel "Dan" Wesley Stice
November 16, 1960 – November 13, 2023

Dan Wesley Stice, 62, of Gimli, MB passed away on November 13, 2023 at the Gimli Community Health Centre. He was surrounded by his beloved spouse, Cathy, his sons and their partners, and a close friend.

Dan was born in Regina, SK on November 16, 1960 to the late Dietland (nee Bauer) and Ralph Stice.

He is survived by his spouse, Catherine Nault and his sons, Kael Stice, and Devon Milville (Brittany); grandchildren Myla and Wyatt; and brothers Rod, Vern, and Chuck Stice.

Dan joined the RCMP on November 8, 1985. He served in Manitoba in various postings throughout Manitoba and retired on May 2, 2013 at the rank of Corporal.

Dan loved a wide range of music, as long as it was loud. He also enjoyed being active and outdoors fishing and hunting. He found a little piece of heaven in his retirement home in Gimli with Cathy where they spent time gardening and golfing.

Dan – we miss your wit, your laugh, your smile, and humor. We are sure Boomer was happy to be reunited with you.

A memorial service for family and friends is being planned for December 8 at 1:00 p.m. in the Gilbert Funeral Chapel, 309 Eveline St. Selkirk, MB. For those unable to attend, the service will be livestreamed via a link in his obituary at www.gilbartfuneralhome.com

In lieu of flowers, please send donations to Prairie Wildlife Centre or Wildlife Haven Rehabilitation Centre or CancerCare Manitoba.

Tributes: www.gilbartfuneralhome.com

Gilbart Funeral Home, Gimli in care of arrangements.



OBITUARY

Donna (Donalaine) Massier

Donna passed away peacefully on November 20, 2023 at the Gimli Community Health Centre. Services are pending.

Tributes: www.gilbartfuneralhome.com

Gilbart Funeral Home, Gimli in care of arrangements.



OBITUARY

Rose Victoria Lypchuk

It is with great sadness, we announce the passing of Rose Victoria Lypchuk on November 22, 2023 at the age of 87.

Rose was predeceased by her husband David; her parents, Michael and Bernice; brother Tony and her nephew David.

She leaves to mourn her daughter Cylina (Steve); sisters, Anne, Stefanie (Lawrence); brother Ed (Helga); and most precious her granddaughters, Morgan and Abby. Rose will be dearly missed by her nieces, nephew, relatives, and friends (especially her wonderful coffee ladies).

Rose was born in Poplarfield, MB and lived on the farm for many years with her family. Rose ended up meeting the love of her life, David, while she was living in Winnipeg and eventually they settled

in Arborg.

Rose was very well known as the local Driver's Ed instructor. If you needed to learn how to drive or practice for the road test you called her. Most of the people in the Interlake region were taught how to drive by her.

Rose enjoyed her daily coffee sessions with her coffee ladies. They were a tight knit group, and they shared many laughs together through the years. This was very precious to her.

When Rose moved into Winnipeg with Cylina and Steve she cherished every moment she had with her granddaughters Morgan and Abby. There are many great times and funny stories we will hold dear in our hearts forever.

Mom, we miss you so much but we are so happy you are reunited with Dad after all these years. Service to be held on Friday, December 1, 2023 at 11:25 a.m. at the St. Philips Neri Parish Church, Gislason Dr. Arborg, MB.

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



OBITUARY



Lawrence Dern

Lawrence Daniel Dern, 66 years old, of Arborg, Manitoba passed away on November 22, 2023 after a difficult battle with cancer.

Born and raised in Arborg, Lawrence first found his calling traveling the open road across the continent, along with his nephew Tony, for many years as a long distance transport truck driver. In time, the familiar comfort of the family homestead beckoned him to return home to Arborg and begin a career farming alongside his brothers. After experiencing a debilitating injury in a farm accident, Lawrence recovered, and continued to work with the support of family and under his own sheer grit and determination. Most recently, Lawrence farmed with his son until his illness.

He was predeceased by his parents, Michael and Stella; sister Emily; brothers Karl and Edward; and his nephew Tony.

Lawrence is survived by his children: Shawn and Alison, and their mother, Jackie; grandchildren Dallas and Violet; brother Jacob, sister Eva, and numerous nieces, nephews and friends.

Lawrence will be forever remembered for his gentle demeanor, kindness, and his love of animals. His contemplative insight and quiet humor would brighten a room. He was a strong person who lived his life with humility, and leaves his family and friends with hearts full of loving memories and the regret of a life ended too soon.

Our hearts are heavy losing two brothers in a short period of time. A gathering to remember and honour Lawrence and his brother Edward will take place in the spring, 2024.

God saw you getting tired
And a cure was not to be
So He put His arms around you
And whispered 'Come with me'.

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OBITUARY

Jennie (Jean) Zinkowski Grabowski (Timchishen)

It is with much sadness in our hearts that we say goodbye to our beloved mother who quietly slipped away on November 25, 2023.

Mother was born on June 1, 1924 to Kost and Nellie Timchishen at Rosenberg, MB.

She was predeceased by her husbands Mike Zinkowski, 1964 and Peter Grabowski, 1998; her brothers John, Joe, Morris, Nick; sisters Tillie, Ella; four stepbrothers and two stepsisters.

Surviving are her brothers Harold (Alice) Tom (Maxine). She is also survived by her children Gordon (Eileen), Patricia (Leonard), Ron (Loreen), Michael (Rena), and Bob as well as eight grandchildren and nine great-grandchildren.

She met and married Mike Zinkowski on October 24, 1942. They settled in Ledwyn where they farmed and operated a store and transfer business until his passing December 22, 1964. She remained on the farm and later married Peter Grabowski. They moved into Arborg in 1978. Mother worked at Promo Wear and later in the Dietary Department in the Arborg Hospital. Mom was an exceptional cook - perogies, cabbage rolls, etc. and she loved her flower and vegetable gardens.

Her three cats were her best friends. She especially loved family get-togethers for all occasions and her awesome dinners and keen sense of humour never let us down.

She was able to enjoy several trips with family members travelling to Mexico, Vegas, The Dominican destination wedding) as well as many places in Canada and the USA.

Mother will be deeply missed but we have been very blessed to have had her all these years. The family would like to thank all the health care workers at the Personal Care Home and at the Gimli Hospital for their care.

A private service will be held. In lieu of flowers please make a donation to Arborg Heritage Hall or to Arborg Assisted Living Centre.

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> MEAL IDEAS



Brown Sugar Honey Glazed Ham

Prep time: 12 minutes
Cook time: 90 minutes
Servings: 32
1 fully cooked Coleman Natural Applewood Smoked Bone-In Spiral Ham (7-9 pounds)
1 cup packed brown sugar
1/2 cup honey
1/2 cup unsalted butter
1/4 cup Dijon mustard
2 tablespoons apple cider vinegar
1/4 teaspoon ground cinnamon
1/4 teaspoon ground cloves
Preheat oven to 325 F.
Remove ham from packaging and

place in roasting pan with flat side down.

Bake ham about 1 hour until heated through to internal temperature of 130 F with meat thermometer inserted into thickest part of ham.

In medium saucepan, combine brown sugar, honey, butter, Dijon mustard, apple cider vinegar, cinnamon and cloves. Cook mixture over medium heat, stirring frequently, until butter is melted and ingredients are well combined.

Brush about half of glaze over ham, making sure to fill crevices or scored cuts.

Return ham to oven and bake 30-45 minutes, or until glaze is bubbly and caramelized with internal temperature of 145 F.

Baste ham with pan juices and glaze every 10-15 minutes while baking.

Remove from oven and let rest 10 minutes before slicing and serving.



Recipe courtesy of "Dad with a Pan" on behalf of READ

Prep time: 20 minutes

Cook time: 40 minutes

Servings: 8

4 strips thick bacon, cut into cubes
1 pound smoked sausage, sliced into 1-inch segments

1 small onion, diced

4 cloves garlic, minced

4 tablespoons chili powder

1 tablespoon ground coriander

1 tablespoon ground cumin

1 teaspoon ground cayenne pepper

1 teaspoon dried oregano

2 Fresno peppers, diced

1 can (14 1/2 ounces) diced tomatoes, drained

1 can READ German Potato Salad, drained

1 cup beef broth

Smoky German Potato, Sausage and Bacon Chili

salt, to taste

pepper, to taste

In large saucepan over medium heat, cook bacon until crispy. Remove and set aside, leaving about 2 tablespoons drippings in saucepan.

Add smoked sausage and cook until browned.

Once sausage is cooked, add diced onion and minced garlic, cooking until onion is translucent.

Drain excess fat then stir in chili powder, coriander, cumin, cayenne pepper, oregano and Fresno peppers until well mixed.

Add drained diced tomatoes, German potato salad and cooked bacon to saucepan.

Add beef broth and stir to combine. Season with salt and pepper, to taste.

Bring mixture to simmer and let cook about 30 minutes, stirring occasionally, until flavors are melded.

Substitution: Jalapenos can be used for Fresno peppers.



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