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EXPRESS PHOTO BY RAYME THOMSON

The Winnipeg Beach Ladies Auxiliary, the Winnipeg Beach Legion Branch #61 members and the Lakeside Lions Club treated all the students of the Winnipeg Beach school to a macaroni and hot dog lunch, a surprise visit with Santa Claus and the gift of mittens and a toque for each child on Dec. 10 and 11.

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Winnipeg Beach children were the special guests at Christmas party

By Gloria Thomas

The Winnipeg Beach Ladies Auxiliary, the Winnipeg Beach Legion Branch #61 members and the Lakeside Lions Club held a two-day Christmas event for the Winnipeg Beach school students at the legion on Dec. 10 and 11.

Students enjoyed a macaroni and cheese lunch, a hot dog, a drink and a cookie. Special guests Santa and Mrs. Claus stopped in for a visit, and every child received a knitted pair of mitts and a toque, thanks to the tireless efforts of the many volunteers and groups involved.

Legion president Lorraine Andrushuk said this is the fourth year for this event and that kindergarten to Grade 8 students could all participate on three separate occasions throughout the two days in co-ordination with the school and the respective groups involved.

"It has been a very busy time for us," said Andrushuk.

Many women from the area, along with the Ladies Auxiliary and the Gimli Hospital Auxiliary, knitted all of the mitts, and the toques were all purchased for the students. Andrushuk's grandson Jordan cooked the meals for the Monday gathering, while Andrushuk cooked on the Tuesday.

"Nadia made and hand-painted all of the cookies," Andrushuk said of



Nadia Hanesiak, the Winnipeg Beach Ladies Auxiliary president and Winnipeg Beach Legion member.

Lisa Boyer, vice-president of the Lakeside Lions Club, added that the Lions Club donated money to the

Continued on page 3



EXPRESS PHOTOS BY RAYME THOMSON

The Winnipeg Beach Ladies Auxiliary, Winnipeg Beach Legion Branch #61 members and the Lakeside Lions Club hosted a Christmas party with Santa and Mrs. Claus for the Winnipeg Beach children.



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> SPECIAL GUESTS, FROM PG. 2

cause last year but had decided they wanted to do more this year. They donated \$250, and six members volunteered for the event.

Andrushuk also offered that the legion provided 176 meals for the lodge, villa, vets, deceased veterans' wives and all "shut-ins" this week. The Winnipeg Beach Fire Department donated \$1,000 towards the effort. The firefighters and other volunteers delivered Christmas meals to the recipients this past week, reaching as far as Winnipeg for those veterans who had to move to the city due to illness. The Town of Winnipeg Beach also donated \$500 towards the events.

The legion is a non-profit organization that completely relies on donations, memberships, volunteers and grants to operate and do the wonderful things they do for the community. Meat draws, once a popular and fantastic fundraising event, have since been cancelled due to the high costs of the meat itself, and the legion is finding itself relying more and more on donations than ever before. Pancake breakfasts are run to aid in the day-to-day operational costs. However, these costs are also rising, Andrushuk noted.

"As long as we can continue to serve the community, we are all happy."



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Small acts of kindness make a world of difference at Betel Home

Gimli elves spread holiday cheer

By Becca Myskiw

More than 400 cards have been delivered to residents at Betel Home in Gimli.

The Gimli Christmas Elves have been hard at work this year, leaving no building or person untouched by their cheer. As they spruced up the town for the holiday season, the elves also decorated the personal care home

(PCH), hanging decorations of reds, greens and golds in the hallways, in the communal rooms and all around the building and setting up Christmas trees around almost every corner.

The Gimli Christmas Elves also added something new to the PCH this year — a Christmas mailbox.

It sits right in front of Betel Home, seen from the multipurpose room. The elves and PCH staff and volunteers then got the word out about the new mailbox, inviting community members to send residents Christmas

cards.

“It’s just a lovely idea,” said Pat Nuspl, long-time volunteer with Betel Home. “We thought it was so great they came up with this.”

Some classes in local schools decorated cards for Betel Home residents. Other organizations and groups got together to do so as well, and some people just made cards on their own time to send some Christmas cheer. Nuspl said a lot of residents had cards addressed directly to them after people called and asked for names to address their cards to. Not all cards were for someone specific, though — they don’t have to be.

The cards started coming in mid-November, and in just a couple weeks, each of the 80 residents at Betel Home had three cards in their rooms. As of last week, more than 400 had been delivered to the PCH, with more coming in each day. The recreation co-ordinators at the home are the ones checking the Christmas mailbox and sorting through the cards, then delivering them to the residents.

“It was a really nice outpouring from the community when this opportunity came,” said Nuspl.

Continued on page 7



EXPRESS PHOTO SUBMITTED
The Gimli elves installed a mailbox for the community to send Christmas cards to the Betel Home residents.

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Gimli council approves short-term rental and accommodation tax bylaws

By Patricia Barrett

Gimli has officially joined the ranks of the select few communities in Manitoba that have adopted bylaws to regulate short-term rentals (STRs).

After numerous complaints about STRs in the municipality, council set out to establish bylaws to protect property owners from ungoverned behaviours that disrupt the peace, as well as ensure rental properties won't endanger guests.

Council gave second and final reading to its Short Term Rental Bylaw (No. 23-0011) and its Accommodation Tax Bylaw (23-0012) during its regular council meeting on Dec. 13.

Coun. Thora Palson said there are very few communities in Manitoba — the City of Winnipeg and the Municipality of Harrison Park (near Riding Mountain) being two — that have established bylaws for STRs, and it shows Gimli's willingness to tackle pressing issues affecting the entire municipality.

"This is new territory as far as legislation goes. Winnipeg and other places in Manitoba do have regulatory bylaws for STRs, but there are very few. This characterizes Gimli as a trailblazer going forward with these types of regulations," said Palson. "I want

to thank the community for engaging with us on STRs, and I really appreciate everyone who submitted letters, participated in our STR survey and attended our open house. That feedback guided this process and made it specific and relevant to Gimli."

The Short Term Rental Bylaw requires STR operators to pay an annual licence fee of \$200 for each dwelling unit rented. Operators can receive a maximum suspension of 30 days if they fail to adhere to regulations that include placing limits on the number of guests per bedroom, having fire extinguishers, smoke and carbon monoxide detectors on each floor, maintaining quiet hours between 11 p.m. and 7 a.m., banning additional accommodations in motor vehicles, trailers or tents and posting a valid STR licence number in advertisements, among other requirements.

Between first reading of the bylaws in November and second and third reading in December, Palson said 15 people wrote to the municipality with suggested changes and the RM made some amendments. Changes were made, for example, to the wording of the STR bylaw with regard to condominiums. It formerly required

a condo applicant to seek permission from his/her condo board. That was changed to having the applicant provide a copy of a condo's bylaws, which should state the position on STRs.

DJ Sigmundson, who was the strategic project co-ordinator for the establishment of the bylaws and worked with the RM's lawyer, said it will be easy for the RM to determine who's trying to operate an STR under the radar.

"The bylaw requires people advertising their STRs to put their licence number on their ad. It will be very easy for us to look at those ads and see who doesn't have one," said Sigmundson. "Generally, bylaw enforcement in Manitoba municipalities is complaint-driven, so there'll not likely be a lot of proactive effort on our part. If we become aware of illegal operations, we'll take enforcement measures."

In addition to the possibility of having one's STR licence suspended, the operator could be "fined heavily" if they disregard the suspension, he said.

The Accommodation Tax Bylaw states that people renting an STR

must pay five per cent of the purchase price (excluding the federal GST) of their accommodation, and the STR operator will then forward that on to the municipality. The taxes will support tourism and recreation.

The RM will deposit accommodation taxes into a municipal reserve fund, which was established for the "specific purpose of collecting the accommodation tax for promoting and supporting local tourism, recreation, and leisure initiatives, and developing and improving the municipal waterfront areas and expending such funds for eligible costs arising from the specific purpose."

If operators fail to forward the accommodation tax to the RM, they can be subject to on-site visits for the purpose of collecting those taxes or to an audit of their books, records and electronic files in order to determine the amount owed.

A penalty of five per cent will be charged, as well as the amount of unpaid taxes, against operators who fail to remit the accommodation taxes.

Failure to pay the outstanding owed and the penalty can result in

Continued on page 7

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Volunteers gather to help build Lundar's outdoor rink

By Becca Myskiw

Lundar community members got together recently to build the town's outdoor rink.

The Rural Municipality of Coldwell put out a call earlier this month asking for volunteers to help build the outdoor rink. On Sunday, Dec. 10, seven adults and two children showed up to help RM recreation director Breanna Malcolm create the annual ice rink.

The rink, which sits in the Lundar Arena parking lot, was first built during the COVID-19 pandemic when restrictions were heavy and organized sports were on pause. With a limit on the number of skaters at a time, the outdoor rink was built and used daily by many community members.

Malcolm said the point of the rink

initially was to give locals a way to stay active, healthy and safe; that goal remains today.

"As the recreation director, I like to see people active," she said. "Activity doesn't always have to be organized."

Using wooden boards from a local, the volunteers first had to sand them and lay a poly material down before they could stand them up. Once the boards were up, the rink had a shape, and the volunteers could start flooding the space with help from the local fire department.

Lundar's foreman helps set up the rink, maintains it throughout the winter and helps with takedown in the spring. Malcolm said his work makes the outdoor rink possible.

Even though the volunteers did get



EXPRESS PHOTO SUBMITTED
Coldwell Rec Director Breanna Malcolm organized a work bee last week to build the outdoor rink in the Lundar Arena parking lot.

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the job done last weekend, Malcolm hoped for more support. She said she'd like to see more children who utilize the outdoor rink to help set it up, and she hopes to see more of them volunteering next year. The process took just two and a half hours, having everyone home before 1 p.m.

Each year, Malcolm asks the community if they want the outdoor rink again, and each year they do. She gauges the success of the outdoor rink by the number of people utilizing it.

"I like driving by and seeing people having fun and being active together," she said.

The outdoor rink will be in the Lundar arena parking lot all winter. The ice is still too soft to skate on, but Malcolm is hopeful it will be ready for skaters by the Christmas break. To keep up to date on its opening, follow the RM of Coldwell Recreation on Facebook as Malcolm will post updates there.

Happy Holidays

As we put the finishing touches on 2023, we'd like to express our sincere gratitude for everything our communities have done. It has been an honor and a privilege to serve all of you, and we can't think of a better place to celebrate the holiday season and a new beginning as we ring in 2024.

Thank you and best wishes!

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Our office will be closed from December 25th to January 1st.

> COUNCIL, FROM PG. 5

a fine of up to \$1,000 (for individual operators) and/or imprisonment not exceeding six months. The fine for corporations operating an STR and failing to pay the tax is \$5,000.

"[Jail time] is pretty standard language; all the regulatory bylaws have a fine or jail," said Sigmundson.

As far as estimates regarding revenues from STR regulation, Sigmundson said "it's a tough number to give" as the RM hasn't registered STRs before. If there are 200 STRs operating in the RM, licence revenue would be \$40,000. How much the RM will make under the tax bylaw depends on how often an STR gets rented out.

The tax bylaw requires approval from Manitoba's lieutenant-governor, and Sigmundson said he's not sure when that will be granted. The short-term bylaw will come into effect on Jan. 1, 2024.

"We won't be enforcing anything, though, in January because we're allowing a transition or phase-in period of three months for people to address any deficiencies they might have under Manitoba's Building Code. If your dwelling is not up to code right now, you might have to make upgrades before you apply for a licence," he said. "We'll start enforcing the STR bylaw on April 1."

Other council news:

- The RM posted its consolidated financial statements for the year ending Dec. 31, 2022, under the December meeting agenda.

- The RM also posted under its agenda an emergency response plan for 2024 that was prepared by Napier Emergency Consulting.

The plan provides information on how to handle a major emergency or disaster, as well as establishes best practices in emergency management. The plan identifies the roles and responsibilities of municipal mayors/reeves, chief administrative officers, RM staff, first responders and municipal emergency co-ordinators, and covers topics such as mutual aid, response timelines, threat assessments, public alerts, evacuations for communities such as Willow Island, shelter-in-place preparations and damage assessments.

- Council approved the designation of the Hollenberg Cottage as a building of architectural or historic value after a public hearing. The cottage is located at 24 North Lake St. in Loni Beach.

- Council granted Caliana Developments a second extension after the developer asked for more time to begin construction of duplexes on Wedgewood Place near Sigurbjorg Stefanson Early School.

> KINDNESS, FROM PG. 4

She said the residents have been thrilled to receive the Christmas cards. With recent respiratory illness outbreaks, the PCH hasn't been able to have gatherings, so receiving the cards is a safe way for them to connect with the community.

"It's very important for the community and the residents to connect," said Nuspl. "Stuff like this actually makes it more enjoyable because [staff] can sit down with [the residents] and show them the cards when there aren't the same activities there usually is for them."

The mailbox at Betel Home will be up until the end of the holiday season. Everyone is welcome to create, sign and send cards to the residents. All they have to do is drop it off in the mailbox in front of the building.

This outpouring from the community has brought immeasurable delight not only to the residents but also to the dedicated staff and volunteers at Betel Home.



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It's a Wrap!

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Call Patricia Barrett
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Be grateful that we have such an outstanding medical facility

Dear Editor:
I recently visited the Gimli Health Centre (GHC) emergency room after suffering from three days of unexplained severe and worsening abdominal pain and swelling. I am sharing my experience with residents of the Gimli area because my first overnight stay in the GHC revealed to me the great services and facilities available to residents.

After waiting nine hours on Saturday to get a response from the Manitoba funded "Q-Doc" website, my wife drove me to the GHC ER at 9 a.m. Sunday morning. Fortunately, the ER was not yet overly busy, and I was admitted promptly, examined

and sent for a blood test and abdominal X-rays, both of which were done in the GHC. From the results of these tests, the physician assistant on staff identified my pancreas as the likely cause of my problems. He immediately arranged for a CT scan in the Selkirk hospital. My wife was asked to drive me there as there is a continuing shortage of EMT ambulance staff. By 3 p.m. the results of the CT scan had been sent back to the GHC and I was on my way back to Gimli.

By 5 p.m. I was on a hospital bed of a private room hooked up to IVs giving me two different types of antibiotics, a room that became my unexpected home for eight more days while I slowly recovered from a severely inflamed pancreas. During this time, I received compassionate, competent care and could only admire how well the medical, nursing and housekeeping staff worked so co-operatively together to monitor and treat my condition and make me as comfortable as possible.

On the eighth day, my condition had improved enough that I was discharged with prescriptions for another seven days of oral antibiotics. Ten days later my doctor, Jonah Fulmore, examined me and agreed I was continuing to progress well and may well have no lasting health effects from my pancreatitis attack.

This hospital experience — my first serious illness in my 77 years — has been a life-changing experience for me because I was in such a weakened state during the first few days, I really questioned whether I would recover. My experience in the GHC compels me to offer this advice to other Gimli residents: live a healthy lifestyle, follow your doctor's advice and when you really need to use the GHC emergency room services, be grateful that we have such an outstanding medical facility staffed by caring and very competent medical staff dedicated to helping us.

- Ray Delbaere
Gimli

Why be kind?

One day, I experienced a situation where I didn't feel I was treated in a respectful manner. I am sure all of us have experienced similar encounters. How did I react? Initially, I felt hurt. Why was this person acting this way? It was out of character for her. Later, I was disappointed. Is this the way people treat each other in this day and age? Then I experienced anger. I felt that I didn't deserve to be treated the way I had been. All these thoughts whirled around in my head.

After a few days, I realized that I had control of my own emotions. I was choosing to let someone else make me feel bad. I had a choice. It was time for me to recognize my value. I would not let another person make me doubt my integrity. I had to believe in myself.

As I pondered the value of kindness, I realized it was important to try to demonstrate in regularly. People respond positively to being treated in a respectful manner. It helps them to feel special and improve their day. The golden rule is treating others the way you want to be treated. It still is

true today. Every day, try to demonstrate a kind act toward another individual; not only will the person feel good, but it will also make you experience a euphoric feeling too.

On a regular basis, I make a point of being kind to my friends, family and people I interact with. It has made a real difference in my life. I am a happy person. I don't experience disappointment about other people's behaviours. Feeling in control of my emotions is paramount. Life is good.

- Patricia Witzke

> Got something you want to get off your chest? How about an act of kindness to share?

Send your letters to the editor or acts of kindness to news@expressweeklynews.ca. Please include your name, address, and phone number for confirmation purposes.

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Betel Home hosting raffle fundraiser to raise money for programming

By Becca Myskiw

Betel Home is holding another raffle fundraiser this year, and tickets are on sale now.

The Betel Home New Year's Gift Basket Draw Fundraiser is happening now. The annual fundraiser has a minimum of 15 gift baskets up for grabs, each with a minimum value of \$50.

Last year, the raffle ended with 28 gift baskets and raised more than \$1,800 for the personal care home (PCH). This year, staff and volunteers hope the fundraiser reaches or surpasses that number again.

Each gift basket contains items donated by local people, organizations and businesses. Betel Home also accepts cash donations for the raffle,

and PCH staff will use those funds to buy more items to put in the baskets. They're accepting donations now, which can be dropped off at the building.

Along with donations being accepted, raffle tickets are already being sold for \$2 each or 10 tickets for \$20. Tickets can be purchased at Robin's Donuts in Gimli, Shenanigans on the Beach in Winnipeg Beach or at Betel Home. Volunteer Pat Nuspl is also selling tickets, which can be bought by e-transferring her at sandyhook-soap@gmail.com and sending her your information.

The PCH accepts gift basket donations until Dec. 28. The draw will happen on Jan. 5, and each name on a ticket will be randomly drawn for

prizes.

The Betel Home New Year's Gift Basket Draw Fundraiser started last year when the PCH wasn't allowed to have any visitors. To keep the residents safe and to fundraise, they've decided to keep the raffle going this year.

Money raised from the raffle goes back into Betel Home's recreation department. It helps pay for recreation programs, outings, seasonal programs, hired entertainers, equipment upgrades and Christmas gifts for each of the home's 80 residents.

PCH staff know the residents well, so they buy their gifts based on what they know they need. They'll get gifts such as toiletries, Velero non-slip slippers, self-care items, adapted living

wear and more. The raffle allows each resident to receive a personalized gift and a better quality of life with the programs and resources it pays for.

For more information on the raffle, donating to it or buying tickets, contact Nuspl at the email above or by calling 204-389-2303.

Correction

Staff

In the Nov. 30 edition of the *Express Weekly News* in the article "Westshore Community Foundation generates more than \$27K," we wrote the Westshore Community Foundation has granted out more than \$265,000 in its years; however, the number is actually more than \$2.1 million.

The *Express* apologizes for the mistake.

Manitoba Farmer Wellness Program extends support to farm employees

By Allison Inglis

The Manitoba Farmer Wellness Program (MFWP) is proud to announce the expansion of its services to include farm employees, opening doors to mental wellness and support for all those integral to the agriculture community.

Starting Jan. 1, 2024, the MFWP is extending its service to provide six one-on-one, no-cost, confidential counselling sessions annually by professional counsellors with backgrounds in agriculture to non-family farm employees.

"Farm businesses traditionally lack dedicated health and wellness programs for employees, yet the stress of the job is real. We want to change that narrative," says Marcel Hacault, MFWP's chair, emphasizing the importance of acknowledging and valuing the well-being of all farm workers.

This expansion was prompted by direct requests from the farming community.

"We were approached by farmers to enhance the cover-

age of our program. As we are a grassroots organization open to hearing from our stakeholders, we've embraced this opportunity to extend our support to all farm employees," adds Hacault.

The MFWP remains dedicated to its vision of mental wellness for Manitoba farm families and to bridging the gap in mental health services for the agriculture industry.

"We are thankful for the unwavering support received from the agriculture community thus far through building awareness of our program, financial support and the growing need for the services we provide," says Roberta Galbraith, MFWP's vice-chair.

For more information about the program or to book an appointment, visit manitobafarmerwellness.ca.

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Arborg Riverton band concert brings out festive feelings



EXPRESS PHOTOS BY LANA MEIER

Riverton's Hall was filled to capacity last Thursday evening as friends and family came to enjoy the Arborg and Riverton School Band and Choir Christmas Concert. The holiday concert featured holiday favourites, including a carol sung in Ukrainian. Performances by the Grade 7 band, the Grade 8 band, the Junior band, the Mass band, the Senior band, Vocal Group and Mass Choir were enjoyed by all.



Community Support Service

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(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
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Meetings are Saturdays
between 7 and 8 p.m.

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Sun, Dec 24 - St. Michael's, Gimli - 11:00 am

- OLL, Winnipeg Beach - 5:00 pm

- St. Benedict's, Camp Morton - 7:30 pm

- St. Michael's, Gimli - 9:30 pm

Mon, Dec 25 - St. Michael's, Gimli - 11:00 am

Sat, Dec 30 - OLL, Winnipeg Beach - 4:00 pm

Sun, Dec 31 - St. Benedict's, Camp Morton - 9:00 am

- St. Michael's, Gimli - 11:00 am

- OLL, Winnipeg Beach - 4:00 pm

Mon, Jan 1 - St. Benedict's, Camp Morton - 9:00 am

- St. Michael's, Gimli - 11:00 am

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204-642-5040 for more info.



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Matlock Christmas lights tour returns for a second year

By Becca Myskiw

The community of Matlock has decked the streets and they're putting the lights on display for the second year in a row.

Last year marked the first time Matlock organized a Christmas lights tour for the town. Thanks to a Matlock Recreation Club volunteer, the idea to create a map of all the lit-up streets came to fruition, and the community response was nothing but positive. For the holiday season, people could grab a map and embark on the Matlock Christmas Lights Tour, complete with 10 streets of twinkling lights and displays.

Recreation co-ordinator Crystal Thordarson said after last year's tour, lots of people told them just how much they enjoyed it, with local businesses even making it into a company Christmas outing.

"We had such positive feedback from last year's tour that we decided to offer it again for our community," she said.

This year's Christmas Lights Tour includes seven streets of houses with lights of all colours, blowup displays

and festive decorations. Each street on the tour is added when a member of that street contacts the recreation club.

"There are no lights or decorations too small for the tour," said Thordarson. "This is just something fun we wanted to do for our community, and any house that has any lights or decorations is more than welcome to call and have their street name added to the map."

As of last Wednesday, the map is complete and copies can be picked up at the recreation club or at Matlock Village Junction, which is open from 7 a.m. to 8 p.m. seven days a week. Everyone is welcome and encouraged to grab a map for free and take the tour at their own leisure.

People can tour however they want — on foot, by sled or in a vehicle. Next year, Matlock Recreation Club is hoping to offer hayrides with the Christmas Lights Tour. If anyone is offering or could offer a hayride service for the now annual tour, Thordarson asks they can contact her at 204-798-6276 to set it up.

The tour will run until the end of De-



EXPRESS PHOTO BY CRYSTAL THORDARSON

The Matlock community has organized a second annual Christmas light tour for December. Maps are available at the Matlock Village Junction or the rec club.

cember when Christmas lights start to come down. Until then, Matlock's bright and cheery houses will be waiting for passersby to take them in. The

Matlock Recreation Club thanks everyone who submitted their streets for the tour and hopes everyone enjoys it and the holiday season.

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Welcome aboard to health-care worker from Philippines

By Jennifer McFee

The Ashern community is offering a warm welcome to a new resident and health-care worker who recently arrived from the Philippines — a welcome that is being repeated in communities across the province as health-care workers recruited from the Philippines settle into new lives and jobs in Manitoba.

“We’re pleased to welcome health-care workers to their new home in Manitoba, where they will quickly make a positive impact on the health services available to Manitobans,” said Uzoma Asagwara, minister of Health, Seniors and Long-Term Care.

“Manitoba communities play a key role in making our province a supportive and attractive place for health-care workers, and we know that these new staff and their families will feel welcome and appreciated.”

John Valdez and his wife Ronella are the first family to settle in the Interlake-Eastern region as part of a provincial recruitment hiring effort in the Philippines earlier this year.

“I have always dreamed of working in Canada — and specifically in Manitoba. My motivation for this choice is deeply rooted in the encouragement I received from my relatives who



John Valdez and his wife Ronella are the first family to settle in the Interlake-Eastern region as part of the provincial recruitment hiring effort .

reside in Winnipeg,” Valdez said. “Their positive experiences and the quality of life they have in Manitoba have inspired me greatly.”

Trained in the Philippines, John worked as a registered nurse at St. Luke’s Medical Center before the move, supporting care in the facility’s

Continued on page 15



EXPRESS PHOTOS SUBMITTED

Ashern elected officials and community members welcomed John and Ronella Valdez to their new home in Ashern. From left to right: Becky O’Sullivan, Fieldstone Ventures; Art Jonasson, reeve of the RM of West Interlake; John and Ronella Valdez; Susan Peitsch, IERHA human resources officer; Keith McLelland, deputy reeve for the RM of West Interlake; Lyle Finney, councillor for RM of West Interlake; and Julie Bergner, Fieldstone Ventures.



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> WELCOME, FROM PG. 14

acute stroke and neuroscience unit.

As a participant in the Philippines recruitment initiative, Valdez and other candidates were screened and interviewed before being offered jobs in one of three streams — internationally educated nurse, student internationally educated nurse or health-care aide, based on their education, experience and other skills.

“I am in the process of building my own family, and I believe that Manitoba can offer the ideal environment for us to thrive and create a better future together,” he said.

“The welcoming community, economic opportunities and the overall quality of life in Manitoba align perfectly with my aspirations and goals.”

Now in Manitoba, Valdez will support care at the Ashern Personal Care Home as a health-care aide while Ronella, who was a pharmacist in the Philippines, has accepted a part-time pharmacy technician position.

The personal care home offers Valdez the opportunity to support the care of elderly patients, something he finds extremely rewarding.

“What I find most fulfilling about my work is the opportunity to care for elderly patients,” he said.

“The elderly often have unique health-care needs, and I take great pride in being able to offer them the compassionate and attentive care they deserve. Working with them allows me to not only apply my medical knowledge and skills but also to develop deep, meaningful connections.”

Valdez is excited to embark on his new adventure but knows he will miss family and friends — and likely feel nostalgic about the Philippines’ warm climate, local markets and street food, as well as the ability to communicate in his first language.

“While I’ll miss these aspects of the Philippines, I also look forward to embracing the new opportunities and experiences that await me in Manitoba. If I were to highlight one thing that excites me the most, it would be the opportunity to experience a new way of life and culture in this vibrant province,” he said.

“I’m looking forward to building a life in Manitoba with my family. The promise of a high quality of life, excellent educational opportunities and a safe, welcoming environment for my loved ones is a top priority for me.”

John and Ronella Valdez are settling into their new home and town — and they have some ideas for how the community can help not only their family feel welcome but also the other families who will be moving to the Interlake as part of this recruitment effort.

“Community members and coworkers can assist newcomers in Manitoba by providing practical guidance on housing, local services and employment opportunities,” Valdez said.

“We welcome any social support, introductions in the community and offers to help as we adapt to the local culture and lifestyle.”

Valdez is grateful for the opportunity to launch this new phase of his career — and his life.

“I would like to take this moment to express my heartfelt gratitude to everyone involved in extending this incredible opportunity to Filipino nurses like myself. It is been both

an honour and a privilege to work in your country and contribute to the health-care sector,” he added.

“I am committed to giving my utmost best to the community I serve. I look forward to making a positive impact and contributing to the well-being of the patients and the community as a whole.”

At the same time, the health authority extends a warm welcome to John and Ronella Valdez, as well as to the other health-care workers and families choosing to settle and provide care in

Manitoba — and especially to those who will be contributing to improve access and care within the Interlake-Eastern region.

“I am very excited to have trained health-care professionals taking this leap of faith to come and work with us in Interlake-Eastern Regional Health Authority,” said Tanya Cheetham, IER-HA’s chief nursing officer.

“We look forward to working with these new residents and members of our care teams as they and their families integrate into our region.”

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Sigurbjorg Stefansson students captivate with Christmas concert

By Patricia Barrett

Students at Sigurbjorg Stefansson Early School had parents and guests in stitches last Thursday afternoon during their upbeat performance of *A Party in a Pear Tree*.

The hour-long musical attracted over 150 people to the matinee performance in the school's gym.

After greetings from SSES principal Paul Bailey and MC Leanne Majer, students in grades 1 to 4 hit the stage to show off their well honed acting chops as characters from the Twelve Days of Christmas. They realized they'd have to work as a team to find the safest solution to getting Party the partridge out of a pear tree after his ladder broke and left him stranded.

Music director Krystal Isfeld led the youngsters through rambunctious song and dance routines with musical numbers such as *You Can Count on Me* and *Five Golden Rings*, wrapping up the festive show with an ensemble performance of *The Twelve Days of Christmas*.



EXPRESS PHOTOS BY PATRICIA BARRETT



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By Wanda Bencke

Christmas in Heaven

I see the countless Christmas trees around the world below
 With tiny lights, like Heaven's stars, reflecting on the snow.
 The sight is so spectacular, please wipe away the tear
 For I am spending Christmas with Jesus Christ this year.
 I hear the many Christmas songs that people hold so dear
 But the sounds of music can't compare
 with the Christmas choir up here.
 I have no words to tell you, the joy their voices bring,
 For it is beyond description, to hear the angels sing.
 I know how much you miss me, I see the pain inside your heart.
 But I am not so far away, We really aren't apart.
 So be happy for me, dear ones, You know I hold you dear.
 And be glad I'm spending Christmas with Jesus Christ this year.
 I sent you each a special gift, from my heavenly home above.
 I sent you each a memory of my undying love.
 After all, love is a gift more precious than pure gold.
 It was always most important in the stories Jesus told.
 Please love and keep each other, as my Father said to do.
 For I can't count the blessing or love He has for each of you.
 So have a Merry Christmas and wipe away that tear.
 Remember, I am spending Christmas with Jesus Christ this year.

Merry Christmas

Our HEARTFELT THANK YOU

to all of the families we have served.
 It was our privilege to take care of you, and
 your loved ones. May you find comfort in
 your memories, until you are together again.

May the Peace, Hope & Love of the season
 be with you & yours. God bless you
 and keep you in 2024!

From our family to yours,
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New St. Laurent childcare centre focusing on Métis culture

By Becca Myskiw

A new childcare centre has opened in St. Laurent. Nov. 30 marked the opening of Li Pchi Pwayson, a 40-space childcare centre focused on Métis culture and the history of the Red River Métis.

The centre has been a topic of discussion for years now in the town, with the space coming to fruition after the

National Government of the Red River Métis conducted a needs assessment and found it necessary.

Ninety per cent of St. Laurent's population is Métis, making it one of the largest Métis communities in Canada.

Mona Buors, a St. Laurent resident and minister of Métis Child & Family Services, said a culturally focused day-



EXPRESS PHOTO SUBMITTED
St. Laurent's new childcare centre officially opened on Nov. 30.

care is needed in the community, and she's excited to see this one open.

"There's a lot of culture and heritage there," she said. "I don't see it as childcare enabling parents to work; I see it as education and teaching."

Li Pchi Pwayson will serve infants and preschool-aged children, allowing the town's other daycare to continue serving school-aged children before and after school.

Together, the daycares will provide a total of 70 culturally focused child-

Continued on page 24

Season's Greetings

From our home to yours

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EXPRESS PHOTO SIGFUSSON NORTHERN LTD.'S LINKED POST

Every year, Sigfusson Northern is thrilled to be participating in the Hockey Helps the Homeless tournament to raise awareness and funds for the homeless within the community. This year was another fantastic and successful tournament, and the team is already looking forward to next year (and hopefully winning a game)!

*Wishing you a Merry Christmas
and a Happy New Year.*

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Merry Christmas

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Manitoba's 123rd Christmas Bird Count is underway around the province

By Raegan Hedley

Instead of counting the number of holiday parties you're going to, what if you counted birds instead? From Dec. 14 to Jan. 5, the Christmas Bird Count, North America's longest-running citizen science project, takes place and anyone interested can participate.

The Christmas Bird Count was created in 1900 by conservationists to encourage the public to count birds instead of hunting them. According to the official rules, each count is done in



A snowy owl is spotted during the Hodgson Christmas Bird Count one mile northwest of Fisher Branch. This year, snowy owls were scarce. Photo submitted by Joanne Smith from Dec. 23, 2021.



EXPRESS PHOTOS SUBMITTED

Joanne Smith, the organizer for Hodgson, has been doing the annual CBC 4 Kids at the Marble Ridge Colony School since 2013. Four adults worked with 11 students this year to observe eight different species.

a circle with a 24-kilometre diameter. Each circle has a compiler who selects a count day, co-ordinates with the

volunteers and divides everyone up to cover the circle depending on how many people are participating and if they are solo or going out in groups.

Pending weather disruptions, 21 counts will occur across Manitoba

Continued on page 21

HAPPY HOLIDAYS

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May this holiday season fill you with happiness and peace! Thank you for letting us be a part of your lives.

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A Season for Remembering

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Merry Christmas & Happy New Year

Derek Johnson
MLA for Interlake-Gimli
interlakegimlimla@gmail.com
Gimli 204-641-8525 | Arborg 204-376-3401

RURAL MUNICIPALITY OF WEST INTERLAKE

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

HOLIDAY HOURS

Both Municipal offices will be closed from noon Dec 22, 2023 reopening January 2, 2024 for regular hours.

Ashern - 204-768-2641 & Eriksdale - 204-739-2666

> BIRD COUNT FROM PG. 22



A sharp-tailed grouse was counted at the Gimli Christmas Bird Count on Dec. 15, 2016.

this year.

Volunteer birders receive checklists, signs that say "Christmas Bird Count In Progress" (if they are driving) and maps outlining their allocated area. They then travel by foot, ski, snowshoe or vehicle to look, listen and record the number and types of birds they see. Volunteers can also watch their feeders and count from indoors or use a combination of methods to count the birds in their area. Often, at the end of the count day, everyone gathers to enjoy refreshments and discuss what they saw.

"I like the comradeship," said Bonnie Chartier, the organizer for the Gimli count. "It's a small community, and it's fun to catch up with people."

In addition to organizing the Gimli count on Dec. 19, she helps count in other circles since she's an experienced birder. However, you don't need to be an experienced birder to participate in the Christmas Bird Count.

"With new people, you make sure to put them with someone who's an experienced birder so they can learn



Gerald Machnee spotted this pileated woodpecker while monitoring a feeder at the residence of Bonnie Chartier (organizer of the Gimli Christmas Bird Count) on Dec. 15, 2016.

the differences between a northern hawk owl and a great grey owl, for example," says Chartier.

The information volunteers document through the Christmas Bird Count is important for assessing long-term trends in the bird populations of North America. Gerald Machnee, the organizer for the Selkirk count, says some birds are not observed every year, while a few have been observed only a few times in 30 years.

"There have been a few birds that should not be here for the Christmas Bird Count, especially the yellow-rumped warbler that was counted in 2015," says Machnee. "They will not survive once the temperature goes below about -20 C."

Manitoba's collective Christmas Bird Count data results from hundreds of hours of observation and thousands of kilometres covered by volunteers. Last year, the house sparrow counted the most (21,213 times) followed by the common redpoll (6,546 times), then snow buntings (5,824 times).

James Duncan is the creator of Discover Owls, a retired conservation zoologist, and the organizer for the Balmoral Christmas Bird Count for almost 30 years. Duncan says that doing and publishing scientific research plays an essential role. Still, unless you get the public invested and involved by making nature a part of their lives, the research alone lacks the "conservation punch" needed to drive change.

"It's reasonably easy for the general public to participate in, and it provides people with an opportunity to have fun with family and friends while having these experiences counting birds ... [and] making valuable contributions to our knowledge of bird populations," said Duncan. "Most importantly, they become stronger advocates against things that may impact birds ... because they've been getting up close and personal count-

ing them." Chartier has been birding for almost 30 years. She remembers wondering what made birding so interesting until she saw a common redpoll through binoculars for the first time.

"I've been birding since I was a young person in Churchill. It started because I was just curious what all these ladies in goofy hats were looking at. I spotted a small brown bird with a red cap and a red chest. After that, I wanted to see what they all look like up close. When you see them through binoculars, it's so different."

If you are interested in participating in the Hodgson Christmas Bird Count on Dec. 21, contact Joanne Smith at picsmith@live.ca. Gimli bird count took place on Dec. 19.

In addition to the Manitoba Christmas Bird Counts, there are also opportunities for kids to learn how to count birds through a program called CBC 4 Kids. You can find the nearest CBC 4 Kids through the Birds Canada website.

Thanks for stopping in to see us this year!
Merry Christmas and Happy New Year
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Seasons Greetings & A Happy New Year
 MAYOR, COUNCIL AND STAFF
RURAL MUNICIPALITY OF GIMLI
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Wishing You Loads of **JOY** at Christmas!
 Here's hoping your Christmas season is filled with friendship, love, laughter and many happy surprises!

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

Not so excited to meet Santa

EXPRESS PHOTO BY JENESSA KOHLER PHOTOGRAPHY

Matthew Melnychuk was not very excited to meet Santa up close and personal at the Fraserwood Firemen's Breakfast with Santa.



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Reeve & Council and staff**

Season's Greetings

Office Closed
Dec. 25, 2023 -
Jan 1, 2024
Reopening Jan 2, 2024

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Jan 1st/2024 CLOSED

HARDWARE STORE
Dec 24, 25 & 26th/2023 CLOSED
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Dec 31st/2023 CLOSED
Jan 1st/2024 CLOSED

MOOSEHORN GAS BAR
Dec 24th/2023 (7:00 am to 4:00 pm)
Dec 25, 26th/2023 CLOSED
Dec 27, 28, 29 & 30th/2023 (7:00 am to 10:00 pm)
Dec 31st/2023 (7:00 am to 5:00 pm)
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Merry & Beautiful Wishes

May your holiday season be filled with all the things that spark joy in your heart.

OUR OFFICE WILL BE CLOSED
December 22nd, 2023 - January 1st, 2024
Opening January 2nd, 2024

There will be NO newspaper printed December 28th, but we will continue to distribute our flyers, so please watch for them in your mail and distribution boxes.

Merry Christmas & A Happy New Year

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

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Down-Home Holiday Wishes

May your season be filled with the people and traditions that bring a smile to your face and joy to your heart.

Merry Christmas!
Rural Municipality of Armstrong

Fisher Branch Grade 2 students send Letters to Santa

Dear Santa,
Am I on the nice or naughty list? I am 7. Can you bring me play dough, a Barbie, and toys for my cat?
Love, Aubrie

Dear Santa,
I have been good this year. Can I please have a stuffed Rudolph, and a stuffed Pikachu? Santa you're the best!
Love, Micah

Dear Santa,
I have been really good. Santa, how are you? Santa I want a Squishmallow. Santa I want a horse toy. Santa I am seven. Santa I want a colouring book. Santa I have been good.
Love, Morgan

Dear Santa,
I have been good this year. What do you do when it is not Christmas? I would like a Barbie camper and dreamhouse, Mini Brands, Squishmallows, Barbie dolls, and a Do Not Enter sign. Santa you're the best.
Love, Saige

Dear Santa,
I have been good this year. How have you been? For Christmas I would like a semitruck toy. For Christmas I would like a tractor toy. For Christmas I would like a train set. I hope you have a good day. How old are you? You are the best Santa.
Love, Austin

Dear Santa,
Am I on the nice list? I would like Schleich toys, horse books, and a Do Not Enter sign. I'd like Breyer toys, riding gear, and a horse blanket with a picture of Dakota. I'd also like stretchy poop and toys for my dog Coco. Also a hobby horse and some books and cozy pjs would be nice. Santa you're the best.
Love, Sadie

Dear Santa,
I was good. How is Peaches and Buddy? How is Rudolph? For Christ-

mas I would like horse toys and hay for my horse toys and apples for my horse toys and a Do Not Enter sign.
Love, Wab

Dear Santa,
Am I on the nice or naughty list? Can you make anything in your workshop? For Christmas I would like a fake stretchy poop, a Do Not Enter sign, Playmobile, LOL dolls only two, stuffed Rudolph, Unicorn Squishmallow, and books. Santa, you're the best.
Love, Thorunn

Dear Santa,
Am I on the nice or naughty list? Santa how old are you? I will like Playmobile. I will like a quad, books, bull toys, fake stretchy poop and Pokemon cards.
Love, Waagosh

Dear Santa,
For Christmas I would like a Pikachu plushy and Pikachu blanket and a Pikachu pillow. I am excited for Christmas. I love you Santa.
Love, Waylon

Dear Santa,
I am Breelyn and am 7. Merry Christmas Santa. I wish you a happy Christmas. I want a big horse toy. How are

you?
Love, Breelyn

Dear Santa,
I have been a little good and a little bad. How are you? For Christmas I would like a fake stretchy poop and do not enter sign. Can I have a 4 wheeler and bull toys?
Love, Kai

Dear Santa,
I would really like Mini brands, please and squishmallows, and play dough for my brother. Also an LOL doll would be nice. I have been good this year and you are the best.
Love, Lilyana

Greetings Santa,
I have a question. Am I on the nice list or on the naughty list? Could I have a Barbie by two Barbies and play dough but with lots of colours?
Love, Talia

Dear Santa,
I have been a little good and a little bad. Am I on the nice list this year? This year I would like some horse gear, horse books, horse blanket, horse toys, toys

for my kitten, horse pillows and stuffies. Everyone loves you.
Love, Paisley

Dear Santa,
I want puppy toys for my puppy, puppy treats and playdough too. By the way do you go all around the world? I want LOL dolls and a stuffy.
Love, Nevaeh

Dear Santa,
I have been good this year. For Christyams I would like books, bull toys, and a stuffed Pikachu, a train set, play dough, Pikachu blanket and a pillow would be nice to receive for Christmas.
Love, King

Dear Santa,
I have been good this year. Am I on the nice or naughty list? May I please have horse toys and bull toys and books on animal stories. I will leave you cookies.
Love, Kierha

It has been a privilege and a pleasure serving you this past year. We are really grateful for your kind support and look forward to your continued friendship.

Merry Christmas & A Very Happy 2024!



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Merry Christmas

Thanks to all of our customers and friends for your trust in the past year. We look forward to serving you in the coming year.

Ross & Leanne Kell



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Wishing everyone a Joyous Holiday and to all our past and future guests, a Silent Night!



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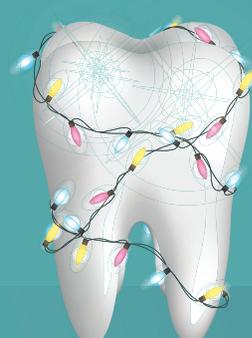
Wishing everyone a wonderful holiday season and a happy, healthy 2024!

The Board and Staff,
Community Futures West Interlake



Hope Your Holiday Is All Smiles

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Wishing all of our **Clients, Volunteers & Workers** a wonderful holiday season and a New Year of peace, health and happiness.

Gimli Seniors Resource Council & Staff

It hurts so good at Gimli's River Rock Massage Therapy Clinic

By Patricia Barrett

People can say goodbye to tension and pain at Gimli's River Rock Massage Therapy Clinic and say hello to a spanking new renovated clinic and additional services.

Clinic owner and registered massage therapist Jennifer Krulicki and her staff threw a grand opening celebration on Dec. 15 at the clinic's new location at the corner of Seventh Avenue (Highway 9) and North Fifth Avenue (at PR 231). The newly renovated building used to house the Gimli Junction store. The celebration included door prizes, wine and cheese and guests including Gimli council members and Interlake-Gimli MLA Derek Johnson.

River Rock continues to offer therapies that get down to the root of pain and provide a good dose of relaxation to clients in Gimli and surrounding communities such as Arborg, Riverton and Winnipeg Beach.

"For the most part people come in for rehabilitation services and for their overall health and well-being," said Krulicki. "We do get clients coming in with injuries. We'll do a lot of assessment and provide a treatment plan to get to the root cause of the pain. Clientele typically come once a month as it hurts so good."

The River Rock Massage Therapy Clinic opened in Gimli in April 2013, becoming the first clinic specializing in remedial massage therapy. Remedial MT employs a wide variety of skilled massage techniques including deep strokes, wringing, skin rolling and compression to relieve aches and

pain and help treat injuries and repetitive movements or positions that can put stress on muscles and ligaments.

In addition to different types of massages, the clinic is offering a number of expanded services.

Those include infrared sauna, which uses infrared light waves to penetrate the skin; osteopathy, which focuses on the manipulation of soft tissues and bones; reflexology, which uses pressure points to relieve tension; acupuncture for pain relief and improved bodily functioning; and holistic nutrition, a philosophy that considers a person's physical, chemical, mental, emotional and spiritual well-being.

Other services include addressing TMJ dysfunction (the temporomandibular joint can cause pain in the jaw) and craniosacral therapy to relieve tension from headaches and neck pain.

Clients and members of the public can also purchase a number of products from the clinic's boutique to help them unwind after a stressful day or pamper their loved ones. Products include health supplements, teas, Japanese mint oil, Epsom salts, Bonnie's handmade soaps, Hartmont candles, towels, massage ball rollers, foot rollers, foam rollers, scalp massagers and silicone ice face massagers. Gift certificates are also available.

Krulicki has a suggestion box in which people can let her know what kinds of services they'd like to see offered.

"I'd like to know what they're interested in seeing here so that I can bring in other modalities," she said. "I want

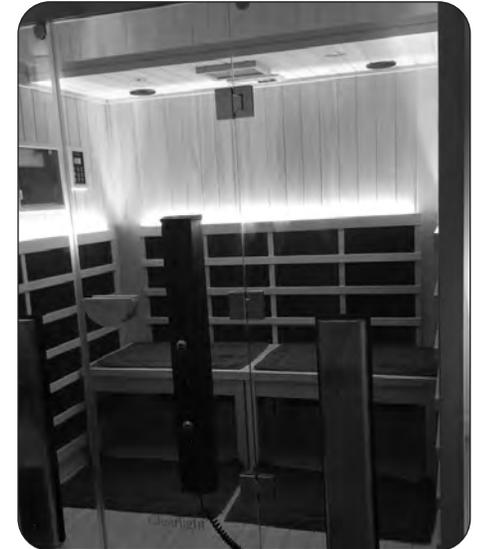


EXPRESS PHOTO COURTESY OF JENNIFER KRULICKI

River Rock Massage Therapy Clinic's owner Jennifer Krulicki (cutting the ribbon) and staff celebrated the official launch of the new clinic last Friday with special guests that included Gimli Coun. Thora Palson, Deputy Mayor Kurt Reichert and Interlake-Gimli MLA Derek Johnson (back row).



One of River Rock's registered massage therapists works on a client in the new clinic.



EXPRESS PHOTOS BY BRETT MITCHELL

One of the treatment rooms in the newly renovated building.



River Rock owner Jennifer Krulicki with her team of dedicated professionals.

> CHILDCARE, FROM PG. 18

care spaces in St. Laurent and employ up to 25 people at any given time.

"St. Laurent is a place where our heritage, history and language have been preserved for generations," said Frances Chartrand, MMF minister of Early Learning and Childcare and Health. "To have our children learn about their language, history and culture in their homes as well as from

their childcare providers can only reaffirm the pride they feel in their identity. Quality childcare matters and providing quality childcare that connects children to who they are is the most important groundwork of our nation."

Buors named the new daycare Li Pchi Pwayson, meaning little fish, to complement the town's fishing industry. It also goes along the theme of St. Eustache's new daycare name,

too, which means little dear.

"To me, education begins at home," said Buors. "With this daycare, we now have the next piece."

Li Pchi Pwayson will bring the children together to learn about their culture, to learn the Métis language and to get a start on their learning lives. Buors said the daycare will offer more than the fundamental building blocks of life.

The new building sits near High-

way 6 and also features a greenhouse where children will learn to grow fruits and vegetables.

"The MMF continues to invest in the towns and villages where our families live, work and play," said David Chartrand, president of MMF.

"We know these investments create benefit for more than just our own people — they benefit everyone in the surrounding area."

3755, email wellness@rrmtc.ca or visit online www.riverrockmassagetherapyclinic.ca

The clinic is located at 1 Seventh Avenue (Highway 9) on the northeast corner of North Fifth Avenue (at PR 231).

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Ice Dawgs, Falcons in CRJHL action



EXPRESS PHOTO BY BRETT MITCHELL

The Ice Dawgs' Mitchell Wilson scored a goal in Arborg's 3-1 road loss to the Selkirk Fishermen on Sunday.

By Brian Bowman

The Arborg Ice Dawgs were defeated 3-1 by the first-place Selkirk Fishermen on Sunday afternoon at the Recreation Complex.

After a scoreless first period, Julius Guimond and Kasen Andrushko potted second-period goals to give Selkirk a 2-0 lead.

Arborg's Mitchell Wilson cut the lead in half in the third before the Fishermen's Matt Brooks closed out the scoring.

Jordan Armstrong made 19 saves for the win.

Last Wednesday, the Ice Dawgs defeated the Lundar Falcons 6-4 in Arborg.

Austin Adair (two), Jaxson Grose, Harris Dankochik, Logan Pearce and Dainen Jacobson scored for Arborg.

Lundar goals were tallied by Cayden St. Laurent, Kade Laughlin, Zachary Halldorson and Joel MacMillan.

Logan Moskal made 30 saves for the win.

Arborg will host the Beausejour Comets on Wednesday and then the two teams will hook up again Friday at the Sun Gro Centre. Both games will start at 8 p.m.

Lundar, meanwhile, defeated the Warriors 4-1 in St. Malo on Sunday.

Falcons' goals were scored by Riley Zdan, Aiden Prystupa, Carson Gudmundson and Troy Johannesson.

Mason French replied for St. Malo.

Kennedy Kerr made 35 saves for the win.

On Saturday, Lundar lost 5-2 to the North Winnipeg Satellites.

St. Laurent and Zdan scored for the Falcons while Kayden Buffalo (two), Nicolas Andrews, Jack Speechley and Dylan Care replied for the Satellites.

Lundar will play North Winnipeg this Friday at 8 p.m. in Warren.

U18 AAA female Lightning defeat Avros, lose to Wildcats and Chiefs

By Brian Bowman

The Interlake Lightning had a fantastic effort in a solid 3-1 home win over the Winnipeg Avros last Friday.

Tied at 1-1 in the third, Interlake scored a pair of goals in the victory.

Lightning goals were tallied by Claire Hudson, Chloe Minkus and Bre-Ann Windross.

Windross was really good, once again, finishing the game with three points.

Sydney Haggart scored Winnipeg's lone goal. Interlake netminder Rachel Halldorson earned the win between the pipes.

Last Friday, the Lightning lost 3-1 to the Westman Wildcats at the Hartney Arena.

Minkus scored a third-period goal for the Lightning while Kelsey Huibers, Marlier Rutherford and Reese Schutte answered for Westman.

On Sunday, Interlake was dumped 3-1 by the Yellowhead Chiefs in Shoal Lake.

The Lightning's goal was scored by Brooke Barylski in the third period.

Chiefs' goals came from Mia McGregor, Emma Pollock and Dara Thompson.

The Lightning, now 5-9 with an overtime loss, will visit the last-place Central Plains Capitals on Saturday in Portage la Prairie. Game time is 2:30 p.m.

U18 AAA MALE LIGHTNING

In Manitoba U18 AAA Hockey League play, Interlake was beaten 4-3 in overtime by the Brandon Wheat Kings Sunday afternoon in Teulon.

Jaxon Jacobson the game winner in OT. It was his second goal of the contest.



EXPRESS PHOTO BY HALEY CVAR

The Lightnings' Chloe Minkus scored the Interlake's first goal in their 3-1 at home win against the Winnipeg Avros.

Interlake, which led 3-1 in the third period, received goals from Morgan Waddell, Drew Russell and Mason Munday.

Brandon's other goals were scored by Brady Turko and Aiden Laing.

On Saturday, the Lightning defeated the Winnipeg Bruins 4-1, scoring three third-period goals.

Interlake snapped a 1-1 third-period tie with goals from Jeremy Kawiuk, Ian Buors and Brandon Burak. After a scoreless opening period, Munday

tallied in the second.

The Bruins' Lucas Mager answered with a goal at 7:53 of the third.

Interlake was 2-for-3 on the power play while Eastman finished 1-for-4.

Lightning goalie Dylan McFadyen continued his strong play this season, making 31 saves.

Interlake, now 15-7-2 and in third place with 32 points, will host the Eastman Selects this Wednesday at 7:30 p.m.

To see more photos of your favourite Interlake Athletes

GO TO Stonewall Teulon Tribune | flickr

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THE EXPRESS

WEEKLY NEWS

Dear valued readers and advertisers,

We would like to express our sincerest gratitude for your unwavering support over the past year. Our community newspaper wouldn't be possible without you. Thank you!

Moving forward, we'll continue to publish stories that have a direct impact on our community. You can continue to trust us to provide verified and timely coverage of the issues that matter most to you.

As we head into the holiday season, we want you to know that your support is our most treasured gift. We feel fortunate to have you on our side, and we hope you have a Merry Christmas and a Happy New Year.

Happy holidays, and best wishes for 2024!



Thank you to our dedicated team: Administrative, Editorial, Sales & Marketing, Graphic Design and Distribution

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get inspired

> MEAL IDEAS



Cornish Game Hen with Kale Sweet Potato Salad

soning, paprika, 1 teaspoon salt, garlic powder and pepper; mix well. Remove from heat.

Fill cavity of each hen with apple stuffing.

Place hens in 13-by-9-by-2-inch baking dish. Tie legs together and tuck wings under. Baste with butter mixture.

Bake 50-60 minutes, or until thermometer inserted in thickest part of thigh reads 165 F and stuffing temperature reads 165 F. Baste with butter mixture every 15-20 minutes.

In bowl, toss sweet potatoes with remaining Italian seasoning and olive oil. Arrange in single layer on sheet pan. Sprinkle with salt, to taste.

Bake with hens 25 minutes, or until tender. Remove from oven and cool. Tent hens with foil and let rest 10 minutes.

Place greens from salad kit in large bowl. Add remaining apples and sweet potatoes; mix well. Toss with salad dressing. Add toppings; toss to combine.

Serve Cornish game hens with sweet potato kale salad.

Prep time: 20 minutes
Cook time: 1 hour, 10 minutes
Servings: 4
1 package (6 ounces) stovetop stuffing
2 cups chopped apples, divided
4 Cornish game hens (20 ounces each)
1/2 cup butter
2 teaspoons Italian seasoning, divided
1 teaspoon paprika
1 teaspoon salt, plus additional, to taste, divided
1/2 teaspoon garlic powder
1/4 teaspoon black pepper
2 large sweet potatoes, peeled, cut into 1-inch cubes
2 tablespoons olive oil
1 package (10.9 ounces) Fresh Express Sweet Kale Chopped Kit
Heat oven to 350 F.
Prepare stuffing according to package directions. Add 1 cup apples and fluff stuffing with fork; cool 15 minutes.
Remove anything inside hens, rinse cavity with cold water and pat dry.
In small saucepan, melt butter over low heat. Add 1 teaspoon Italian sea-



Perfect Roasted Little Potatoes

1-2 tablespoons fresh parsley, chopped

Preheat oven to 400 F.

In large bowl, toss little potatoes with oil, salt and pepper until coated.

Spread potatoes in single layer on rimmed baking sheet lined with parchment paper. Bake 30 minutes, or until tender.

Sprinkle with parsley and serve.

Tip: For extra holiday flavor, add paprika, garlic and fresh herbs.

Prep time: 5 minutes
Cook time: 30 minutes
Servings: 6
1 1/2 pounds The Little Potato Company Little Potatoes
1 tablespoon vegetable oil
1/2 teaspoon salt
1/4 teaspoon pepper



Ornament Cookies

Prep time: 25 minutes plus 1 hour to decorate

Cook time: 20 minutes

Yield: 2 dozen cookies

Cookies:

1 1/2 cups (3 sticks) unsalted butter, at room temperature

1 cup Domino Golden Sugar

1 teaspoon pure vanilla extract

1 large egg

3 1/2 cups all-purpose flour

1/4 teaspoon salt

Royal Icing:

Protecting your joints and ligaments through food

By Julie Germaine Coram, Pro Trainer Julie Germaine Coram

Whether or not you are an active individual, maintaining good ligament health is important. Mobility and flexibility are factors that contribute to our quality of life into old age, so it's never too late to consider this and make an impact through simple measures like daily food choices.

Those who like to lift heavy when they train, or people who work in fields like farming or construction, need to be especially careful now to protect their joints from stress. So if you've felt a twinge in your knee or experienced shoulder pain in the past, keep in mind that small injuries can snowball into big problems if left unattended.

Finding ways to incorporate some of these foods into the recipes you already love will help your body to flush out inflammation, enabling you to move with more ease and just feel better overall. If these aren't your favorites, don't hesitate to email me at julie@juliegermaine.com or sign up for my free emails on my website for more options.

Collagen: This structural protein is available in a powdered supplement form that can easily be added to juice or a smoothie, which is convenient and crucial to top up as we age. Our natural production of collagen decreases gradually over time, so trying new items, like bone broth, ensure your system has a good source consistently. Getting more protein from egg whites and meat has help, too, since these foods offer proline and glycine, amino acids that are used for collagen synthesis.

Vitamin C: Another key element in collagen production is Vitamin C, readily available in peppers, citrus fruits, and strawberries.

Vitamin D is best to receive naturally by safe sun exposure, however in cold weather months, increasing your intake of salmon



Fitness and Nutrition expert
Julie Germaine Coram

or fortified foods, like cereals, will aid you in getting the recommended amount for joint and bone health.

Vitamin E is an antioxidant you can get some enjoying nuts and dark leafy greens, so be sure to add some spinach hazelnut salads to your weekly lunches to reduce swelling and ease joint pain.

Omega-3 Fatty Acids: Inflammation is often the root cause of discomfort, so addressing this issue through food selection is worth the effort. Seafoods and nuts, particularly mackerel and walnuts, are superpowers for their anti-inflammatory properties. It's been shown that individuals with arthritis benefits from adding salmon to their diet.

The most simple way to reduce joint friction is by keeping them lubricated with high water consumption. Drink about eight cups daily, or be conscious to sip often, to avoid dehydration.

Finally, move that body! Excessive weight puts strain on your joints, so keep a healthy body composition along with proper nutrition.

Julie Germaine Coram; NASM Certified Nutrition Coach, NFLC Registered Personal Trainer, 2x International Pro Fitness Champion. Coach Julie has helped tens of thousands of men and women improve their health since 2005. Visit juliegermaine.com or www.calendly.com/juliegermaine

4 cups Domino Powdered Sugar
3 tablespoons meringue powder
1/3 cup, plus 2-3 tablespoons, warm water, divided
desired food coloring

To prepare cookies: In large bowl, beat butter and sugar until light and fluffy. Add vanilla and egg; beat until well combined. Scrape sides of bowl as needed. Add flour and salt; beat until just combined.

Dump mixture onto lightly floured surface and divide in half. Shape each half into disks and wrap with plastic wrap. Refrigerate 30 minutes.

Preheat oven to 350 F. Line two baking sheets with parchment paper.

Working on lightly floured surface, roll dough to 1/2-inch thick. Cut cookies using ornament-shaped cookie cutter. Place cookies on prepared pans and bake 18-20 minutes, or until golden brown. Remove from oven and cool at room temperature.

To make royal icing: In large mixing bowl, combine powdered sugar, meringue powder and 1/3 cup water. Beat on low speed until combined. Increase speed to medium-high and beat 8-10 minutes, adding 2-3 tablespoons warm water, as necessary. Icing should be stiff enough to hold peak when tested.

Color royal icing with food coloring and decorate cookies.

Classifieds



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BUYING SCRAP METAL, CARS, TRACTORS, COMBINES, FARM SCRAP, ANY METAL MATERIAL, ANY FARM MACHINERY. PH LONNIE AT 204-886-3407 LVE. MESSAGE OR CELL AT 204-861-2031.

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PETS

PUREBRED BORDER COLLIE PUPS. Born Nov. 13th - 4 males & 2 females. \$500 each. Call 204-448-2317.

APARTMENT FOR RENT

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

FARM PRODUCE

GARLIC GARLIC GARLIC GARLIC - LOCKPORT GARDEN'S GARLIC FARM 5 premium varieties available lockportgardens@gmail.com www.lockportgardens.ca 204-223-2372.

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Want to learn how to fly? LS Airways Flight Academy is the most affordable in Canada. Recreational, private and commercial certificates. We offer flight training and ground school (air law, navigation, meteorology, aeronautics general knowledge). Call 204-651-1402.

HELP WANTED

Yard staff needed for Winnipeg Livestock. P/T leading to F/T. Includes weekdays, evenings & weekends. Cattle experience an asset but not necessary. Willing to train. Ph Melissa at 204-299-7509.

HELP WANTED

New Career Opportunity at Lundar Daycare Inc. We are looking for an Early Child Care Educator and/or Child Care Assistant to join our team full time! Recruitment bonus, opportunity to further education, competitive wages. Call 204-762-5278 for more information or send your resume to brae@mymts.net

WANTED

Firearms wanted. Looking for all unwanted firearms. Fully licensed for both non-restricted and restricted. Anywhere from individual items to estates. Cash buyer, paying top dollar. Please call or text Adam at 204-795-2850.

Private collector looking to buy firearms. Complete collections, ammunition and hunting related items. Licensed and insured. Cash buyer. Call or text 204-297-9223.

NOTICES

URGENT PRESS RELEASES - Have a newsworthy item to announce? An exciting change in operations? Though we cannot guarantee publication, MCNA will get the information into the right hands for ONLY \$35 + GST/HST. Call MCNA (204) 947-1691 for more information. See www.mcna.com under the "Types of Advertising" tab for more details.

NOTICES

MERRY CHRISTMAS AND HAPPY HOLIDAYS FROM MCNA! The 31 Member Newspapers which are seen in over 368,000+ homes, the Publishers, Editors, Journalists, Photographers, Graphic artists and All Staff thank you for your support during 2023. We wish you all the blessings of health, happiness and prosperity in the coming year. If you would like to book your ads for January, February or March, please call 204-467-5836 or MCNA at 204-947-1691 for more details or to book ads. MCNA - Manitoba Community Newspapers Association. www.mcna.com

NOTICE TO CREDITORS

IN THE MATTER OF THE ESTATE OF: AUDREY DOROTHY MCDOUGALL, late of the R.M. of Gimli, 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 22nd day of January, 2024. DATED at Gimli, Manitoba, this 21st day of December, 2023. BAKER LAW CORPORATION SOLICITORS FOR THE EXECUTORS Attention: Grant D. Baker

NOTICE TO CREDITORS

In the matter of the Estate of Robert Charles Maiert, late of Lundar, Manitoba, Deceased. All claims against the above estate, supported by Statutory Declaration must be sent to the attention of: Marlene Klimchuk, Estates Administration, at 155 Carlton St Suite 500, Winnipeg, MB, R3C 5R9 on or before the 30th day of January, 2024. Dated at Winnipeg, Manitoba, this 19th day of December, 2023. KERI RANSON Acting Public Guardian and Trustee of Manitoba



EMPLOYMENT OPPORTUNITY - TERM POSITION

RM of Coldwell invites applications for a Full Time Term position of Assistant Administrator (possibly 2026 or longer). Successful applicant must possess computer skills, have general office experience, and have excellent public relations skills. General Duties would include but not limited to reception, accounts payable, payroll and remittances, deposits, maintenance of the tax system and general office duties. Wage is dependent on Qualifications. Interested persons should submit a detailed, typed resume, including references by January 5, 2024 to: coldwell@mymts.net "Term Position Application" or fax 204-762-5177 Questions can be directed to 204-762-5421

We thank you in advance for submitting your application, however only those selected for interviews will be contacted.



MUNICIPALITY OF BIFROST-RIVERTON Call for Community Representatives on Committees 2024

The Municipality of Bifrost-Riverton is seeking community members with interest in being appointed to the following non-profit boards and committees:

- Evergreen Regional Library Board (One)
- Riverton-Bifrost Parks and Recreation Committee (One)

More detailed information on the organizations can be received by emailing bifrost@mymts.net. Appointments may not be immediate, but the municipality would also like to keep a database on file of interested parties for future vacancies. Please submit an expression of interest by January 31, 2024 to be considered.

EMPLOYMENT OPPORTUNITY

TDM Sports is looking to hire a FULL TIME SALES ASSOCIATE

Responsibilities include retail sales of sporting goods and Bell MTS services. Duties include scheduling, daily cashouts, inventories, ordering and paperwork for Bell MTS Services. Must be energetic, self-motivated, an effective problem solver & have good communication skills.



Send resume to:
Box 38, Arborg, MB R0C 0A0
Fax to: 204-376-5836 or
Email to: tdmsports@hotmail.com or
Apply in person at 279 Main St., Arborg

HEALTH

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

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NOTICE TO CREDITORS

IN THE MATTER OF the Estate of BRANDEN CHARLIE ARNASON, late of the Rural Municipality of Gimli, in Manitoba, deceased.

All claims against the above estate, duly verified by statutory declaration, must be filed with TAYLOR McCaffrey LLP, at their offices at 2200-201 Portage Avenue, Winnipeg, Manitoba, R3B 3L3, Attention: Diana C. King, on or before January 20, 2024.

DATED at the City of Winnipeg, in Manitoba, the 20th day of December, 2023.

TAYLOR McCAFFREY LLP

Diana C. King
Solicitor for the Administrator of the Estate of Branden Charlie Arnason

THANK YOU

The Association for Community Living Arborg held their Christmas Gift Card Raffle on Dec.13/2023. Thank you to the organizations and people who donated: ROMAFA Metal Works Inc. Vidir Solutions, Arborg Home Hardware, Riverdale Place Homes Inc. Val Klym, Lorne Gislason, Allan Sigurdson, Sylvia Gislason, Susan Hudson, Christine Janower

Congratulations to the winners:
Four Draws:

- 1st prize \$500.00 of Gift Cards - Winner - Cesare Campbell
- 2nd Prize - \$350.00 of Gift Cards - Winner - Linda Stevens
- 3rd Prize- \$200.00 of Gift Cards - Winner - Glenn Wipf
- 4th Prize:- \$160.00 of Gift Cards - Winner - Tracy Smolinski

EMPLOYMENT OPPORTUNITY

RIVERTON TRANSPORT (1998) LTD.

Has a full time position open for a **CLASS I DRIVER** with experience in delivery, pick up and loading. Knowledge of reefers, container chassis, dry vans and flat decks plus city pick up and delivery would be an asset. Interlake knowledge of commercial business would be a benefit. An added benefit would be winter roads experience.

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 Bjarmi area 135 acres (NW-1-23-2E)
 Landlord will obtain soil test prior to 2024 seeding.
 Tenders less than \$125/acre need not apply.
 No pulses or soybeans without applying phosphate fertility.
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 Approved tender notified prior to March 31/24
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EXPRESS
 WEEKLY NEWS
 204-467-5836

Estate & Moving
 Featuring: J.D MC Crawler,
 40s Ford 1/2 Ton, Grain
 Wagon, Tractors, 39 Pontiac
 Coupe + Doll Collection
 Wed., January 10 @ 7:00PM



Estate & Moving
 Featuring Coins
 Wed., January 17 @ 7:00PM
 204-467-1858 or
 204-886-7027
 All The Best Wishes and
 Happy New Year!

Manitoba Beef Producers is returning to Brandon for our 45th AGM, Feb 8 & 9, 2024.
 The AGM will feature breakout sessions, panel discussions, resolutions debate, a trade show, and beef banquet. Join us and interact with fellow beef producers, members of the value chain, and government officials.
 Advance registration required via www.mbbeef.ca/news



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

WANTED
 Gold, Silver & Platinum!!



Cash Paid For Coins, Coin Collections, Bullion, 999 bars, Ingots, Rounds, Jewelry, Watches, Nuggets, Scrap, Gold Dust, Sterling Silver, Sterling Silverware plus anything Gold, Silver or Platinum.
 Also purchasing Old Money, Royal Canadian Mint Coins, Franklin Mint, Coin Sets, etc.
Wanted: USA, Canada and World Coin Collections, coin sets & old money. Buying Entire Collections!

Todd The Coin Guy
 250-864-3521

RURAL MUNICIPALITY OF GIMLI

PUBLIC NOTICE

PUBLIC NOTICE IS HEREBY GIVEN, pursuant to Section 194 of The Municipal Act, that the report of the Municipal Auditors and related Financial Statements for the year 2022 for the RM of Gimli have been deposited in the office of the Rural Municipality of Gimli at 62 2nd Ave, Gimli, Manitoba and are available for inspection by any person or their agent between the hours of 9:00 a.m. and 5:00 p.m., Monday to Friday, inclusive.
 Any person or their agent, at their own expense, may make a copy thereof or extracts therefrom.
 Dated at Gimli, Manitoba this 14th day of December 2023
 Kelly Cosgrove,
 CAO
 Rural Municipality of Gimli

RURAL MUNICIPALITY OF GIMLI

EMPLOYMENT OPPORTUNITY

INVITES APPLICATIONS FOR THE FOLLOWING POSITION PUBLIC WORKS GARDENER

This position will work directly with the Public Works department when performing duties within the RM of Gimli with focus on the beautification of the Municipality. The Gardener will work directly with the Gimli Garden Club during flower plantings and the Gimli Rotary Club on tree planting projects. This position will also provide recommendations for the enhancement of our parks, gardens, and coordinate the decorating aspect for community and tourism events.

The candidate must possess the following:

- High School Diploma, GED or equivalent.
- A certification, diploma, or degree in a related field, or have at least 5 years of related experience.
- Valid Class 5 Drivers License.
- Have knowledge of Workplace Safety Practices.
- Must be physically capable of lifting and carrying 1 – 25 kg.
- Excellent communication and organizational skills, and a demonstrated ability to work independently and in a team environment.

This is a new full-time position consisting of 40 hours per week. The candidate must be willing to work extended hours, weekends and on statutory holidays and be called out to work at unusual hours. An early start time is required to water plants in the central business district. The salary rate is under review.

Resumes complete with 3 references will be received by the undersigned until 4:00 p.m. on December 29, 2023.

Ron Hahlweg, C.E.T.
 Director of Operations
 Rural Municipality of Gimli
 PO Box 1246
 Gimli, MB R0C1B0
 Email: operations@rmgimli.com

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

RURAL MUNICIPALITY OF GIMLI

MUNICIPAL HERITAGE NOTICE

TAKE NOTICE THAT:
 The building commonly known as the Hollenberg Cottage in the Rural Municipality of Gimli, Province of Manitoba, and legally described in Certificate of Title No. 2848032 WLTO as follows:
 LOTS 15/16, BLOCK 3, PLAN 891 WLTO, IN SW 1/4 AND FRAC SE 1/4 21-19-4EPM
 of which the records of the Winnipeg Land Titles Office show as owner:
 JOHNATHAN AARON SHER
 and the building known as the Hollenberg Cottage thereon, has been designated as a municipal heritage site to be protected under the authority of *The Heritage Resources Act*, by Municipal By-law No. 23-0008 of the Municipality of Gimli, adopted on the 13th day of December 2023.
AND FURTHER TAKE NOTICE THAT:
 A copy of this Municipal Heritage Notice shall be filed in the appropriate land titles office or registry office, in accordance with the provisions of *The Heritage Resources Act*.
 Dated at Gimli, this 14th day of December 2023
 Kelly Cosgrove
 Chief Administrative Officer
 Rural Municipality of Gimli

NEW Career Opportunity in Arborg Service Advisor

When you join Enns Brothers you are in good company! We're looking for a talented Service Advisor who has high personal standards for quality and takes pride in delivering exceptional customer service to our customers.

This role supports two groups: the customers who need our expertise and the expert technicians who do the work. If you have a background in agriculture and a mechanical aptitude come and talk to us, email your resume to hr@ennsbros.com or find us online at www.ennsbros.com/careers.

We offer a competitive wage, health and retirement benefits, ongoing training through John Deere University, as well as the opportunity to work with a terrific group of people, in a great location and with a quality product. Join us and grow with our successful business!

Enns Brothers is a full service John Deere dealer and has grown to 9 locations in Manitoba.
 Proudly supporting our local communities for over 60 years.

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Crossword Answer

Classifieds Announcements

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IN MEMORIAM



In loving memory of my dear mother
Clara Smith
who passed one year ago
on December 27, 2022

You're always in my thoughts no matter where I go,
Always in my heart, because I loved you so.
I am so grateful that I was the lucky one that got to be your daughter.
We were so close, you will always be missed, my beautiful mom.

-Love Eileen

IN MEMORIAM



Walter Kaminski
April 1, 1922 – December 31, 2011
In Loving Memory of
our dear Dad and Grandpa

Though you are no longer with us,
Always precious memories
Of the days when you were here.
We miss you.

-Love Jane, Linda,
Wally and Audra,
Derek, Nicole, Sienna and Athena

OBITUARY

Franklyn Sigurdur

It's with heavy hearts and sadness that our Husband, Dad and Avi, Franklyn Sigurdur passed away on December 16 surrounded by his family.

He was truly a legend and as hard as it is was to say goodbye, we know he's with all of our other loved ones we lost too soon.

A celebration of life will be held at a later date.

Full obituary to follow.



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

OBITUARY

Edith Mildred Bork

October 18, 1923 – December 15, 2023

On December 15, 2023, with loving family at her side, our precious mother Edie Bork peacefully graduated to her Heavenly home to be with her Lord and Saviour Jesus Christ, along with cherished family who have gone before her.

Edie was predeceased by her husband Curt Bork, son Timothy and son-in-law Doug Reader.

She is survived by her children Georgina Reader, Sandra (Ron) Toews, Daniel Bork, Gerald (Glenda) Bork, Randy Bork and Brian Bork; daughter-in-law Gisele Bork as well as her treasured grandchildren, great and great grandchildren, many foster children and extended family and friends.

Fully involved in family, church and mission work, Edie is well remembered for her love of children, exciting story telling, Bible memorization, crafting, game playing, cooking, hospitality and love.

Mom will be forever remembered, loved and cherished.

A private family Graveside Memorial Service will be held at a later date.

Arrangements by:

ARNASON FUNERAL HOME

Ashern - Lundar

1.204.768.2072

1.866.323.3593

IN MEMORIAM



Ken Keller
March 18, 1945 – December 24, 2022
In Loving Memory of

Our dear husband, Dad and Grandpa
It has been one year since your passing,
And though we miss you,
You live in our hearts,
We think of you every day.

-Love always,
Jane, Wally and Audra
Derek, Nicole, Sienna and Athena

Please support our advertisers

SHOP LOCAL

RECYCLING NOTICE FOR JANUARY/2024

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

- Tues. Jan.2 at Arborg curbside pickup
- Thurs. Jan.4 at Riverton curbside pickup
- Tues. Jan.16 at Arborg curbside pickup
- Thurs. Jan. 18 at Riverton curbside pickup
- Tues. Jan.30 at Arborg curbside pickup
- Thurs. Feb.1 at Riverton curbside pickup

The workshop will be closed on Mon. Jan. 1/2024 New Year's Day

Please rinse your containers
The workshop does not recycle Christmas wrapping paper
Happy Holidays!



Short Term Rental Regulations Approved by Gimli Council
December 14, 2023

The Rural Municipality of Gimli has passed by-laws to regulate short term rentals within the municipality.

The by-law was developed following an unprecedented public consultation for a regulatory by-law, which included a survey with over 1000 participants and a well-attended open house. The by-law was introduced on November 15, 2023, and the public was invited to provide comments prior to 2nd and 3rd readings of the by-law. In total, 15 submissions were received from individuals who took the time to offer suggestions for improving the by-law or offer supportive comments. As a result, the by-law was modified to reflect the concerns regarding the requirements for condominium corporations.

The by-law will come into effect on January 1, 2024. Operators of short-term rental accommodations may need some time to comply with the new regulations; therefore, enforcement of the by-law will be deferred until April 1, 2024. Owners of STRs should view the requirements contained within the by-law and frequently asked questions at <http://www.gimli.ca> and assess if their property conforms to the regulations or if action is required to be compliant. Application forms will be available as of December 22, 2023.

The Accommodation Tax By-law requires provincial approval before it is implemented. Once approved, revenues will be collected and placed in a fund to promote and support local tourism, recreation, and leisure initiatives and develop and improve the municipal waterfront areas. "This is an exciting step forward for our community," says Mayor Kevin Chudd. "Accommodation taxes have been common in Manitoba for many years; one difference is this tax is typically applied only to hotels, whereas Gimli will be applying it to short-term accommodation as well. This is a first in Manitoba."

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> GAME

CLUES ACROSS

1. Droops
5. Subatomic particle
10. Not in danger
14. Nursemaid
15. Black band worn in mourning
16. Long song in opera
17. Edible seed of a Philippine tree
18. Chicago political family
19. Pursues pleasure from one place to another
20. Appetizer
22. Hill (Celtic)
23. Simple shoe
24. Songs to one you love
27. Secret activities
30. Upset
31. Popular hot drink
32. Body art (slang)
35. Fired
37. Blood relation
38. Identical
39. Porticos
40. Partner to cheese
41. Type of sword
42. Enough (archaic)
43. Surface layer of ground
44. Cotton fabric woven like satin
45. Choose for a post

46. Father
47. Tell on
48. Indian title of respect
49. Fonts
52. Fencing sword
55. Mock
56. Vaccine developer
60. Atmosphere surrounding a person or place
61. Marten with a short tail
63. Chinese temple
64. Invests in little enterprises
65. Popular cut of meat
66. Charity
67. Iron-containing compound
68. River in Northern Europe
69. One point east of southeast

CLUES DOWN

1. Exhausts
2. Genus of fish related to gars
3. Impudent behavior
4. Adherents to Islam
5. They come after A
6. Spoke
7. Room to receive guests
8. About opera
9. End-blown flute
10. Heroic tales
11. Member of a Semitic people

12. Dog's name
13. Opposite of west
21. Political divisions in ancient Greece
23. Ocean
25. Cool!
26. Young woman about to enter society
27. One from central Caucasus
28. Indian city
29. A way to serve ice cream
32. Emaciation
33. Escort aircraft carrier
34. Italian city
36. Mythical settler of Kansas
37. Unhappy
38. High schoolers' test
40. Measured in pace
41. Satisfies
43. Gullible person
44. Enclosed space
46. Substance used to color something
47. Shirt type
49. Discover by investigation
50. ___-Castell, makers of pens
51. Semitic Sun god
52. Grads wear one
53. French river

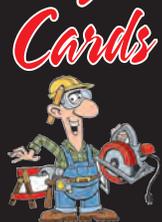
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54. Part of a cap
57. Digestive fluid
58. Metrical foot
59. Body part

61. Very fast airplane
62. Supplement with difficulty

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December 30	9-5
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January 2	CLOSED