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Historic renaming

Former Gimli mayor and councillor Bill Barlow, his wife Jocelyn and their daughter Jacqueline have taken care of the now-named Barlow House, a Gimli heritage site, for 50 years. The Barlow House has been renamed from its former name the Paulson House.

EXPRESS PHOTO BY ANDY BLICO

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1930s Gimli heritage home renamed from Paulson to Barlow House

By Patricia Barrett

A 1930s-era heritage home in Gimli was renamed last week, and the family who've lived in and cared for it for 50 years were honoured with a sign signifying its importance in the community.

The formerly named Paulson House at 44 Fourth Ave. was renamed the Barlow House in honour of Bill Barlow and his family, who still live in the architecturally unique home.

The Rural Municipality of Gimli's Municipal Heritage Advisory Committee (MHAC), which provides advice to Gimli council on matters related to local heritage sites and structures, had adopted a motion in 2022 during its Oct. 4 meeting to allow heritage cottages that have been under continuous ownership of a family for 50 years — even if there were original owners — to become eligible for name banners.

Gimli Coun. Thora Palson, who sits on MHAC, said the renaming of the Paulson House is the first time a heritage home has been renamed under the motion.

"Having the ability to change the name of a heritage home to the family name that have been stewards of the home for 50 years recognizes its

new history. The significance of the name means a lot, and the heritage committee felt that it was important to have this ability to honour the family who have cared for the property for a significant amount of time," said Palson. "This is the first new sign that has been put up under this ability to change a heritage home name. It was a special moment for the Barlows to see the sign change from C. P. Paulson House to the Barlow House."

The dwelling on Fourth Avenue had been built in 1931 for Christian P. Paulson, who served as the village mayor, and the home became known as the Paulson House. Governor general Lord Tweedsmuir dined at the residence in 1936 while on a tour of the Interlake, according to the RM's publication *Heritage Tour of Old Town Gimli*. The house has a gable-roofed portico [porch] at the main entrance and dormer windows [windows that project outwards on a sloping roof] at the front and back of the house. The interior features a maple floor, a brick fireplace and French doors.

Bill Barlow worked as an English and drama teacher at Gimli High School for 35 years. He ran successfully for local council and was re-elected several times as mayor and council-



EXPRESS PHOTO BY ANDY BLICQ

From left: Jocelyn and Bill Barlow with their daughter Jacqueline Barlow, and Gimli Coun. Thora Palson and Mayor Kevin Chudd at a celebration last week outside Barlow's 1931 heritage home, which was renamed the Barlow House from its former name the Paulson House.

lor for both the town of Gimli and the amalgamated town and municipality. He initiated the rehabilitation of the Gimli waterfront that included a boardwalk and the redevelopment of lots to accommodate the Lakeview Hotel. Barlow was committed to protecting the environment, serving as chair (2003-2010) of the Lake Winnipeg Stewardship Board, which made recommendations to the provincial government on protecting the health

of the lake. He has served/serves on local boards such as the Lake Winnipeg Research Consortium and the New Iceland Heritage Museum, as well as provincial boards such as the Manitoba Municipal Board.

Barlow, who is undergoing cancer treatment, was joined by his wife Jocelyn, their daughter Jacqueline, Coun. Palson and Gimli Mayor Kevin

Continued on page 5

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Arborg & District Christmas Cheer Board welcoming food and toy donations

By Patricia Barrett

The Arborg & District Christmas Cheer Board has launched its Christmas Hamper Drive to help those in need in the community have enough to feed their families for Christmas and also have toys for their children.

The Cheer Board is up and running and welcoming donations of non-perishable food items and new, unwrapped toys.

Cheer Board volunteer Courtney Barkman said the need for hampers is increasing in the area because of cost-of-living pressures.

“Last year we had the highest number of hampers ever, around 88 hampers,” said Barkman, who has been serving as a volunteer for two years now. “And so far, it seems like there will be around the same number of requests this year or even more.”

Businesses in town have stepped up to help collect items that the Cheer Board will pack into hampers and distribute to those in need.

“There are several businesses helping us with our Christmas Hamper Drive. The pharmacy has a drop-off bin, the Co-op has one, Red Apple, Home Hardware and

others as well,” said Barkman. “We also have lots of businesses that generously donate to the Cheer Board, either food or toys or monetary donations. Lots of individuals donate as well.”

The Cheer Board serves people in Arborg and the Municipality of Bifrost-Riverton.

“We go up to the Riverton area but we don’t go into Riverton because they have their own service. We also go north up to the Okno area, over towards Poplarfield and down to the Meleb area,” she said.

Individuals or businesses can donate food or toys until Saturday, Dec. 16.

People who need a hamper can call the Cheer Board before Dec. 14 to request one. People can also call to refer others who are in need. When the hampers are ready, they can be picked up or Cheer Board volunteers can deliver them.

Monetary donations to the Cheer Board will be accepted at Access Credit Union or CIBC.

For more information about the Arborg & District Cheer Board or to request a hamper, call 431-272-0035.



EXPRESS PHOTO COURTESY OF COURTNEY BARKMAN

Volunteers with the Arborg & District Christmas Cheer Board are welcoming donations of non-perishable food items and new, unwrapped toys to help people in need in the Arborg and Bifrost-Riverton areas have a good Christmas season.

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Gimli Christmas Elves spread joy throughout town

Spirit of Christmas alive, well thanks to holiday-loving volunteers

By Gloria Thomas

Motorists driving through Gimli in recent days may have noticed an abundance of Christmas decorations adorning corners, businesses and pathways along Centre Street, First Avenue and in various other locations.

The beautiful displays are a labour of love for the Gimli Christmas Elves, a group of Christmas-loving, good-spirited people who decided to bring their love of the holiday season to Gimli in a big way.

The Elves consist of Karen Debraga, Susan Holfeuer, Debi Gregory, Lori Lemieux, Corinne Larsen, Brenda Whitney, Melanie Johnson and Kristine MacLean Ennis. The Elves also have a number of volunteers, mainly comprised of family and friends.

"We Just wanted to bring joy to the community after COVID," Holfeuer said, speaking alongside Debraga, who she refers to as "Mrs. Christmas" due to her "24/7 love of Christmas."

"Karen is a godsend," Holfeuer said. "She joined us in our second year and, with her connections and experience, has brought so much by way of art and decoration."

Many of the painted decorations were created by Debraga and Gregory.

In their humble beginnings, the Elves were based out of a small dormitory at the Gimli Industrial Park. The space was provided by former mayor of Gimli Lynn Greenberg.

"I worked at House of Silk in Winnipeg for eight years, and when I reached out to them for donations, they generously answered the call," Debraga said, noting the business donated more than \$10,000 worth of decorations and supplies.

"Greenberg realized that we were in need of more space and allowed us to use the space behind the old Hydro building. We were then based out of a trailer for a while."

As the Elves continued to expand their collection of art pieces and large decorations, current Mayor Kevin Chudd provided them with a warehouse in the industrial park, which is where the group continues to create and expand.

"We first began cutting out and painting the displays in Debi's backyard in the summer. As you can imagine, the weather did not always cooperate," Debraga said, laughing.

"Us Elves are grateful to the RM of Gimli for their generosity and give a big shout out to the public works department for the much-needed help in setting up the larger displays



EXPRESS PHOTOS SUBMITTED

More than 60 assorted Christmas decorations are now on display throughout Gimli, thanks to the efforts of the Gimli Christmas Elves and support from local officials and businesses.

around town."

Over 60 painted pieces are now situated throughout town, along with 25 decorated eight-foot poles. The Elves are especially proud of the addition of a mailbox at the entrance to the Betel Home Foundation at 96 First Ave. This mailbox is for anyone wanting to send a card to residents in general or for a loved one that resides in Betel.

Other new and noteworthy additions are the decorated archways adorning the walkthrough from First Avenue to Second Avenue, as well as the decorating of the Motor Vessel Namao ship in the Gimli Harbour.

The Gimli Christmas Elves have received many donated decorations from generous people throughout the community and are always grateful to receive more.

"No decorations are left unused, as the indoor decorations we received have been provided to some businesses in town as well, such as the RM office, post office, Betel Home Foundation and the library. The donations have been amazing. Without them this would not be possible," Debraga said.

The Gimli Christmas Elves always welcome new volunteers as well as more decorations. They are also encouraging local businesses to join in by lighting up their spaces and adding to the spirit of the season, she added.

In a true display of humility, these Elves are not looking for recognition — they are, however, always excited to meet future Elves.

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RM of Coldwell accepting toy drive applications, donations

By Becca Myskiw

The Rural Municipality of Coldwell has kicked off this year's toy drive.

The RM held its first toy drive during the COVID-19 pandemic, when a lot of parents were newly out of a job and needed some extra help. Recreation director Breanna Malcolm said that the first year's toy drive went extremely well, both for the number of donations received and for those who received them — so town officials decided to keep doing it.

"It's a way we can help out the community," Malcolm said.

The RM is currently accepting applications for families in need of some extra help this Christmas. To apply, families just need to contact Malcolm at the RM office. Everything will stay anonymous, with Malcolm being the only person to know the names of the registered families.

When applicants call, she'll ask for their child's name, age and interests so she can ensure they get a toy they'll like.

The RM won't say no to any family applying — everyone who asks for help will receive it.

"Every child should be able to have something under their tree on Christmas morning," Malcolm said. "We recognize not all families are fortunate enough and face hardships around the Christmas season. It's an expensive time of year."

As the RM is accepting applications for the toy drive, they're also receiving donations. There's one drop-off location in the area and it's at the RM office in Lundar. Volunteer elves will also be out at the Santa Claus parade to accept donations of money and goods.

People can donate any brand new toy, monetary amount or gift card for the toy drive. Malcolm encourages people to think of children of all ages when donating, as teenagers are often forgotten about.

With monetary donations and gift cards, the RM can buy toys they're lacking, whether it be for a specific age group or child. If they don't have enough donations when it's nearing the end of the drive, the RM will put out a call for more on Facebook. Malcolm encourages people to watch Facebook to know which toys they're in need of when.

In the past, the municipality has received more donations than it needed, so it saves those toys for the following year. Malcolm is hoping she'll face a similar challenge this year.

"The families are so grateful," she said. "It really takes away a little bit of stress during a high-stress season."

The RM is also collecting tins for the bin, with all donations staying in the community. Families in



The RM of Coldwell is collecting toys for families in need of some help this Christmas.

need of help here, too, can contact the RM office to register for a Christmas food hamper. Volunteers will also be accepting non-perishable food donations at the Santa Claus parade and a hamper will be at the rink for donations for the next month.

Lundar PCH Guild reflects on exciting year

By Becca Myskiw

The Lundar Personal Care Home (PCH) Guild had an eventful 2023.

The guild held its annual general meeting on Nov. 14, taking time to review the past year's highlights.

The Lundar PCH Guild opened in November 1982. By the mid-1980s, staff at the PCH recognized the need for an additional space where families could hold celebrations and remain close by if a loved one was sick or nearing the end of their life. So, to kick off fundraising, then-health-care aide Betty Erickson created a Lundar Personal Care Home cookbook.

On Jan. 19, 1987, the guild was formed at the behest of then-administrator Mark Balcaen, cementing the group as a charitable organization. To continue fundraising for the addition, the PCH held three luncheons a year for several years in a row, among various other fundraisers. Soon enough, the Centennial Room was built.

"The purpose of the guild has always been to contribute

toward the physical, social and emotional well-being of the residents of Lundar PCH in an effort to improve their quality of life," said guild president Patty Johnson.

The guild celebrated International Day of the Older Person in 2023, with board members visiting the PCH residents and staff in the recreation department and serving out ice cream sundaes. It continues to provide a Christmas gift to each PCH resident and funds for Christmas parties.

The guild also reviewed and revised bylaws this year, continued to sell the cookbook, continued contact with PCH managers and gave financial support to the PCH to purchase a cordless alarm and a new fridge for the kitchenette.

"We continue to advocate for the use of the Centennial Room for residents and families, as was the original purpose," said Johnson.

The guild has purchased upgraded kitchen appliances and utensils to be readily available to families when using the space and supports any more upgrades to draperies, paint and other maintenance.

Currently, the Lundar PCH Guild has 10 members a year. Johnson noted the group is always happy to welcome new members and those wanting to join can contact a current member.

> BARLOW HOUSE, FROM PG. 2

Chudd to celebrate the renaming of the home.

Andy Blicq, chair of the Municipal Heritage Advisory Committee, said he was contacted by the municipality regarding the name change and that he supported the initiative.

"Bill Barlow is one of our most distinguished citizens and he has a long, active record of community service, as well as interest in heritage matters in the municipality. He's served on many boards, including the New Iceland Heritage Museum. It was felt that the renaming was an appropriate thing to do," said Blicq. "It's quite a significant house that dates from 1931. It's one of Gimli's beautiful older homes and it has a history in the community as it was owned by C.P. Paulson, who served as mayor."

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Regional health authority bolsters staffing across Interlake

New hires to combat emergency department closures

By Becca Myskiw

As emergency departments in the Interlake-Eastern Regional Health Authority (IERHA) remain understaffed, they continue to be closed.

For the first two weeks of November, only two of IERHA's 10 hospitals had their emergency department open 24 hours a day, seven days a week: Gimli Community Health Centre-Johnson Memorial Hospital and Selkirk Regional Health Centre.

From Nov. 1 to 15, Lakeshore General Hospital's emergency department was closed Nov. 9 and 10 and was only available during the day on Nov. 1. E M Crowe Memorial Hospital in Eriksdale had its emergency department open Nov. 6 and 9, while Arborg and District Health Centre was only able to offer emergency services during the day on Nov. 6, 9 and 13.

Stonewall & District Health Centre's emergency department was closed Nov. 3 and 6 and only offered services during the day on Nov. 2, 8, 10 and 15. Pine Falls Health Complex's emergency department was only open on Nov. 15 for the entire day; Pinawa Hospital's was open for half of the two-week period; Beausejour District Hospital was open during the day for 13 days of the 15, being closed for one entire day and open for one. Teulon's Hunter Memorial Hospital's emergency department was closed for the entirety of Nov. 1 to 15.

A representative from IERHA attributes the emergency department closures to staffing issues — there simply

aren't enough medical professionals working in the region.

"New health-care staff members are starting to arrive in Manitoba from the recent Philippines recruitment mission," they said.

In June of this year, the provincial government announced more than 300 health-care workers from the Philippines accepted jobs in Manitoba. They're expected to take jobs in 31 communities in the province.

IERHA said access to primary care will reduce pressure on the emergency departments in the region — the family medicine physician residency program has seen six graduates since it started in 2019, with most remaining in the region to practice.

"We have been successful in retaining two nurses who worked in the region and who secured further training to become nurse practitioners," said the IERHA representative.

Nurse practitioners diagnose and treat illnesses, order and interpret tests, prescribe medications and perform medical procedures.

IERHA said its new recruits are expanding care delivery into the Eriksdale and Ashern regions, with one more nurse practitioner adding care to the Fisher Branch area in early 2024. IERHA has also created a nurse practitioner float pool that has casual staff to bridge gaps in the primary care sector.

IERHA works closely with education institutions as well, said the representative, and they currently offer

the following training opportunities closer to home:

- Health-care aide
- Licensed practical nursing
- Medical laboratory assistant
- Operating room assistant
- Medical device reprocessing

IERHA has developed micro-credential health-care aide training, which has seen four graduates in Fisher Branch, eight in Seymourville and eight in Selkirk. The health authority said most of these graduates have accepted positions within the region.

"We are investing in hosting learners as part of efforts to recruit and retain staff," said IERHA. "Students have been hosted all over the region to complete practicum training."

As substance use treatment is also a rising concern in the province, IERHA has opened two new medical withdrawal management beds at Lakeshore General Hospital for residents from across IERHA to access. There, people can receive treatment from a physician, nurse, addiction nurse, social worker, peer counsellor and an Indigenous elder or knowledge keeper for the first time, allowing people to heal physically and traditionally.

The addition of 12 beds at Lakeshore General Hospital is progressing, along with the addition of seven beds in their emergency department. That will give the hospital a total of 26 beds and 13 treatment sites. It's expected they'll be available in 2025.

At Selkirk Regional Health Centre, a 30 inpatient bed unit is being constructed along with the addition of three new emergency department treatment spots, making for a total of 17. These new areas should also be done in 2025.

ADVERTISING OR PRINT CONTACT INFORMATION

Lana Meier 204-292-2128

ads@expressweeklynews.ca

PHONE 204-467-5836

FAX 204-467-2679

Patricia Barrett - Reporter/Photographer

Cell 204-407-6099 patricia@expressweeklynews.ca

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Gimli council introduces bylaws to regulate and tax short-term rentals

By Patricia Barrett

Gimli council introduced two bylaws last week to regulate and tax short-term rental accommodations in the municipality.

Both bylaws were given first reading at council's regular meeting on Nov. 15.

The licensing requirements come in response to concerns from residents and cottagers who say short-term rentals in residential neighbourhoods disrupt the peace and are operating as business.

The Short Term Rental Bylaw (No. 23-0011), also referred to as the STR Bylaw, sets out rules for property owners or tenants (with property owners' permission) who want to rent dwelling units such as single-family homes, seasonal cottages, secondary suites, condominiums, apartments and mobile homes.

The accompanying Accommodation Tax Bylaw (No. 23-0012) implements a five per cent accommodation tax on short-term rentals.

"We're collecting the accommodation tax to help generate revenue that can be used to enhance areas for tourism and offset the cost of tourism where our ratepayers are responsible for tourist-related municipal services such as garbage collection and the maintenance of areas that see a high volume of tourists such as the Gimli waterfront," said Gimli Coun. Thora Palson.

The City of Winnipeg's short-term rental regulations also include an accommodation tax, she said.

Gimli's STR bylaw states that "no person shall use a dwelling unit for a STR in the municipality unless in possession of a STR licence in respect of that dwelling unit." The licence costs

\$200 and will have to be renewed annually.

Condominium owners wanting to rent their unit will have to get permission from their condo board to do so. Tenants who are renting a unit and want to rent it as an STR will have to obtain written approval from the property owner and present proof of tenancy before a licence application will be considered. All STR licensees must provide a contact person who lives in the municipality and who can respond to complaints or emergencies.

Only two people are permitted in each bedroom and "quiet hours" fall between 11 p.m. and 7 a.m. No more than three dogs over the age of four months are allowed. And no motor vehicles, tents, trailers can be used for additional accommodation.

Bylaw infractions are to be dealt

with by the RM's bylaw officer.

Palson said the bylaws were given only first reading at council's November meeting.

"The bylaws won't come into force and effect until they're given third reading," she said.

Council shared with the *Express* a press release that states it had gathered views from the community before it created the bylaws.

"Gimli Council had conducted a survey and held an open house in the summer of 2023 to hear the thoughts of the community," states the release. "The process has confirmed that the public feels that STR regulations are required and have identified concerns with possible activities which are to be addressed by by-law."

Third and final reading of both bylaws is expected to occur on Dec. 13.

letter to the editor

Letters to the Editor:
news@expressweeklynews.ca

Sandy Hook speed limit should align with other surrounding neighborhoods

While speed limits are established with the intention of balancing safety, efficiency and traffic flow, it is essential to reassess these limits in certain contexts, and of late, residents of Sandy Hook have been in conversation about just that. From May to September Long, the speed limit is 50 kilometres in Sandy Hook and then it goes to 90 kilometres.

This past May, a 23-year-old Winnipeg woman was ejected from the vehicle and pronounced dead after a highway rollover in a single-vehicle rollover at the intersection of 9th Avenue and Highway 9. While no details were shared with the community, one may guess speed was a contributing factor.

This May accident was a reminder to the residents of Sandy Hook who have long advocated for lowering the speed limit to align with other surrounding neighborhoods —

which is a sensible approach to promote consistency and safety. When speed limits vary significantly between adjacent neighbourhoods, it can create confusion for drivers and compromise overall road safety. By harmonizing speed limits, drivers can maintain a consistent speed throughout different areas, which reduces the likelihood of abrupt changes in driving behaviour. This alignment not only improves traffic flow but also enhances the predictability of drivers, pedestrians and cyclists, thereby fostering a safer environment for everyone.

Additionally, when neighbouring communities have similar speed limits, it promotes a unified approach to road safety, ensuring that residents and visitors understand and respect the rules throughout the entire region and contribute to a higher quality of life for residents, fostering closer-knit neighbourhoods where people can live, work and play in a safe and comfortable environment.

Past attempts from residents to seek leadership in advocating for a comprehensive review of the current speed limits in our area, con-

sidering the specific needs and characteristics of our neighbourhood, has resulted in no action. A thoughtful reassessment of the speed limits and their alignment with neighbouring communities will go a long way in enhancing road safety and promoting a cohesive and harmonious environment.

I respectfully request that our elected representatives ensure that safety and well-being of their constituents remain a top priority, and by supporting a speed limit change, you can demonstrate your commitment to the safety and happiness of the commu-

nity you serve.

- Christine Payne
Sandy Hook

> 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.

Interlake-Gimli PC
Constituency Association

**Annual General
Meeting &
Delegate
Selection Meeting**

Friday, December 15

Oak Point
Community Club
125 Sutherland
Registration at 7 p.m.
Meeting at 7:30 p.m.

For more information
email: interlakegimlipc@
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Cars from around the Interlake in new book supporting Parkinson's research

By Katelyn Boulanger

St. Andrews author Steve Van Vlaenderen has had a very busy life. He's raced cars, participated in competitive kayaking and tried his hand at body-building on top of running two different businesses in Selkirk.

In 2011, he was diagnosed with Parkinson's disease, and though the disease has affected his life, he's continued to keep busy now with the job of advocating for the need for research to be done into finding a cure.

"The neurologist did some basic tests and just advised me that I had Parkinson's disease. I have to admit that I had no knowledge of what Parkinson's was. I was taken aback. But when I started researching Parkinson's, I realized that it was more than me having Parkinson's and, at the risk of sounding altruistic, I just had to do something. I didn't want Parkinson's to define me," said Van Vlaenderen.

Residents in the region will probably know Van Vlaenderen as the former owner of Stronghold Self Storage in Selkirk with his partner Darlene Hildebrand.

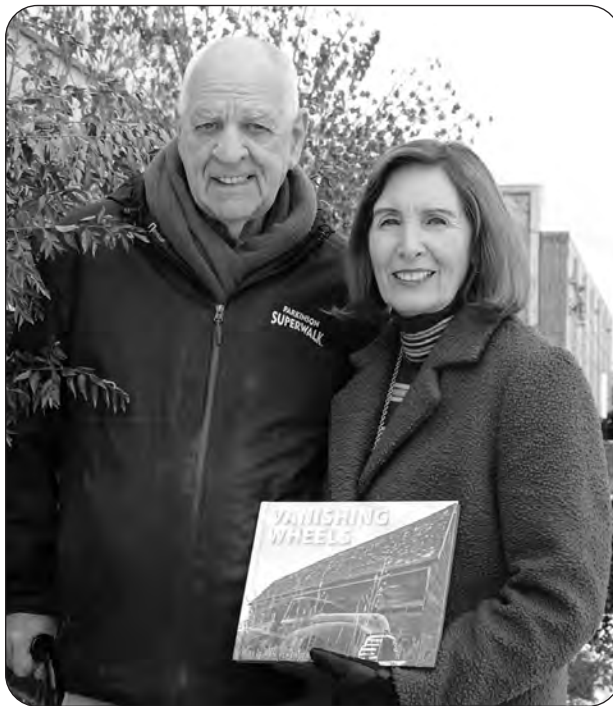
Prior to his diagnosis, he and Hildebrand had planned to sail on their, at the time, newly acquired sailboat, Cloud.

"It had been his dream to sail and I had never sailed in my life. He taught me how to sail. We had spent 2010 learning to sail on our new boat. We sailed out of Gimli on Lake Winnipeg, and in April 2011, he got this diagnosis," said Hildebrand.

Parkinson's disease understanding has come a long way since Van Vlaenderen's diagnosis. Many people associate Parkinson's with the tremors that are a well-known symptom of the disease but it's much more than that. Van Vlaenderen and Hildebrand explained that Parkinson's affects a person's whole body. There are mental health changes that take place, the person's movement is slower than it was before, and they can also lack expression on their faces. Every person with the disease experiences it differently.

Van Vlaenderen was advised to stop sailing when he was diagnosed, but he says that because he was still feeling well, he wanted to continue and sailed for seven years on Lake Winnipeg.

"On Lake Winnipeg, the dream of many sailors here in Manitoba is to sail the Great Lakes. So after being involved in things like the Parkinson's Super Walk, Steve said, 'We're going to sail the Great Lakes and make it an awareness and fundraiser for Parkinson's disease.' So that's what we did," said Hildebrand.



EXPRESS PHOTO BY KATELYN BOULANGER
Steve Van Vlaenderen and Darlene Hildebrand with Van Vlaenderen's book *Vanishing Wheels*. Proceeds from the book go to Parkinson Canada.

They called their journey Sail On with Parkinsons and, with the help of Parkinson Canada, gave presentations throughout the Great Lakes region. Their journey started in the spring of 2018 when they went from Duluth to Sault Ste. Marie and then to Sarnia, Ont. They left Cloud for the winter and then started up again in 2019 in Sarnia. They travelled to some ports in Pennsylvania before heading to Toronto and then up the St. Lawrence. They returned to Sarnia and expected to start their journey again in 2020.

This allowed Van Vlaenderen to speak to many people about not letting Parkinson's disease define you.

"We raised almost \$15,000 for Parkinson Canada through Sail On," said Hildebrand.

They were also awarded the Sailors of the Year Award from Sail Manitoba in 2019 for their efforts.

The pandemic caused Van Vlaenderen to have to shift his attention to an activity closer to home in 2020. Luckily, he was able to jump into an old hobby in which he's found renewed passion.

"I've been a hobbyist photographer for 50 years. I love taking photos. I experiment with different lighting. I always have a camera in hand when

we're travelling, snapping pictures," said Van Vlaenderen.

At first, he left the house and Hildebrand said that she assumed he'd take photos of birds or landscapes but then Van Vlaenderen found an old car.

"I came across this car sitting in the treeline and I looked through the lens, looked beyond the patina and the car was layered in stories and it got an emotion started. I started thinking about who drove this car, how it got here and what was it like back then. The more questions I asked myself, the more interested I got, so I started looking for cars," said Van Vlaenderen.

He finds cars to be incredibly fascinating. Van Vlaenderen speaks about how industries like gas stations, modern roads, car dealerships, drive-in movies and even fast food as we know it are all thanks to how we use cars. He feels that vehicles represent the triumph of the human spirit.

From then on, he decided to find vintage vehicles that had been left in place and take photos of them. At first, he was driving around looking for them, but eventually he found a car enthusiast who sent him to others who had more cars that he could photograph.

"As he got into this and decided he wanted to do more than just take photos for himself, that's when he decided 'I want to publish a book,'" said Hildebrand.

That started a 16,000-kilometre road trip to Banff, Alta., which had him take the 115 photos of vintage vehicles that are in his new book *Vanishing Wheels*.

Once the pair made it back home, the book was written and it's now available for purchase with all proceeds going to Parkinson Canada.

He dedicated the book to people living with Parkinson's disease and their caregivers as well as his partner Hildebrand.

"I really want to create awareness because not very many people know what Parkinson's is. They think it's an old age disease. A few tremors and what's the big deal? It's much more than that and there has to be funding for research to find a cure," said Van Vlaenderen.

He is currently working on a second photographic homage to vehicles sitting in what might be their final resting places.

His book *Vanishing Wheels* is available at the McNally Robinson bookstores in Winnipeg as well as through Van Vlaenderen's website <https://www.vanishingwheels.com/>. They offer delivery to Winnipeg and Selkirk residents and more information can be found on their website.

Snap, share and win a chance to support your community

Enter Lallemand's 'Hometown Roots' photo contest

By Lana Meier

Lallemand Plant Care is pleased to unveil the specifics of the 2024 Hometown Roots Contest, with an even simpler entry process. Just capture a photo for a shot at supporting your community through a generous

\$5,000 contribution from Lallemand.

"We are thrilled to bring the Hometown Roots Contest back to Canada for a third year, and we can't wait to see all of the amazing submissions," said Anne Favre, strategic marketing director – U.S.A. and Canada, Lallemand Plant Care. "Being a family-owned company, this contest is a way for us to continue to support our communities."

Entering the contest is easy: Take a photo that you feel celebrates agricul-

ture and your community. Upload it at www.lallemandhometownroots.com and include a brief summary of how the photo represents what makes your community or farm special. You can submit one photo per week, and no purchase of any kind is necessary to enter or win.

The contest runs from Nov. 13, 2023, to July 31, 2024. Three prizes will be awarded, each made up of a \$5,000 cheque that can be donated to a local community organization or charity

chosen by the winner. One prize of \$5,000 will be given to a winner from Alberta, Manitoba and Saskatchewan, respectively.

Over the course of three consecutive years, Lallemand has recognized 11 growers in Canada and the U.S. through the Hometown Roots Contest, resulting in a total donation of \$55,000 to support their respective communities. For more information and full contest rules, visit www.lallemandhometownroots.com.

Stonewall girl travels to Mexico for stem cell treatment

By Jennifer McFee

A Stonewall girl is forging forward after receiving a second round of stem cell therapy.

In 2020, Amaya Dawson was in a car accident that damaged her spinal cord and left her paralyzed from the chest down. She was seven years old at the time.

Two years ago, she travelled to Thailand for stem cell treatment at Verita Neuro in Bangkok since the procedure currently isn't available in Canada. The hope is that she will regain some sensation through the treatment.

On Oct. 1, 11-year-old Amaya and her mom Alycia travelled to Verita Neuro's sister facility in Guadalajara, Mexico, for a second round of stem cell therapy plus a week of physiotherapy.

On Day 1, Amaya had a physio session in the morning followed by a stem cell infusion in the afternoon.

"She had vitamins and electrolytes by intravenous. Then she got stem cells through an IV and she also got a lumbar injection. Because of her scoliosis, they ended up having to poke her in the back about six times before they were able to successfully get it in," said Alycia, adding that Amaya got a second round of stem cells later in the week.

"At physio, they ended up getting her into standing, which was amazing. Amaya was over-the-moon excited."

Unfortunately, during that first physio session, the experts discovered a problem with her left knee.

"They thought she possibly had stretched or broken tendons. Because of that finding, physio had to change dramatically since they didn't want to make anything worse. She did lots of muscle stimulation where they would put electrodes on her thighs, calf muscles and feet to make those muscles move. When they do that, it's like running a marathon," Alycia said.



Amaya participated in physiotherapy sessions each day.

"She quite enjoyed it and she fell asleep most of the time. She was exhausted afterwards from having those muscles work that much. But the muscles reacted, which is great. That was awesome for her to do."

Throughout her week at the Mexican facility, Amaya underwent 15 one-hour physiotherapy sessions before returning home on Oct. 8. Amaya joined her Grade 6 class at Ecole Stonewall Centennial School for a couple days so she could see her friends and get in a good mindset before venturing to the Children's Hospital to have her knee examined.

After they got to the hospital, the doctor found that Amaya actually had a broken tibia, which is the third broken bone in her legs in one year. Since then, she has been in a full-leg cast while the bone heals.

"It had nothing to do with her tendons whatsoever. The bone underneath her calf completely snapped. Amaya doesn't feel the pain, but she gets something else called autonomic dyslexia symptoms, which is where your body is trying to tell you that



EXPRESS PHOTOS SUBMITTED

Amaya Dawson recently travelled to the Verita Neuro facility in Mexico for treatment.

something's wrong," Alycia said.

"A week after we got home, she was starting to get lots of those symptoms where she was sweating and getting a fever and feeling unwell. We found out it's because she actually had a broken leg. As soon as she got that cast on her leg, all of those symptoms went away. She's my fragile little butterfly."

Amaya has been seeing an endocrinology to find out about a potential treatment to strengthen her bone density.

While she heals, they'll also be watching for any changes that might result from her recent stem cell treatment. About six weeks after her previous treatment in Thailand, she started to have more response in her legs, so they know it might take a little time to see any impacts.

Looking ahead, the family is already planning for Amaya's next round of stem cell treatment, as long as she is

eligible.

"Amaya can keep going to get stem cells as long as she keeps getting progress from them. We're going to start saving again now. We give reports every month to her doctor in Thailand," Alycia said.

"Around the five-month mark, he'll let us know if she's eligible again or not. She will go as many times as she possibly can."

They'll likely wait until the new year to embark on their next fundraising efforts, with a few plans already in the works.

Alycia also expressed gratitude for the community's support and generosity throughout this entire experience.

"If it wasn't for the community, we wouldn't have been able to go again when we did," she said.

"Thanks to everyone in the community from me and Amaya and our family for helping us get there."

Pre-cadet training program geared for Indigenous youth

By Jennifer McFee

Indigenous youth have the chance to apply for a specialized RCMP pre-cadet training program and learn about potential career opportunities.

All First Nations, Inuit and Métis youth aged 19 to 29 are invited to apply for the Indigenous Pre-Cadet Training Program.

Through this program, participating Indigenous candidates can experience a modified three-week RCMP training experience at the Regina-based training academy.

During this training, participants will learn skills to help them prepare to apply to become a police officer. After the program, they'll receive ongoing support and guidance as they go

through the application process.

"It gives Indigenous youth the opportunity to experience a training session and a first-hand view of what a possible career in police work might entail," said Cpl. Maureen Greyeyes-Brant, a graduate of the program who is now the national co-ordinator.

Candidates must be Canadian citizens of First Nations, Inuit or Métis descent who have a Canadian high school diploma or equivalent. To be considered for the program, they will also need to pass an enhanced reliability security check and they must be in good physical condition.

The RCMP will cover the costs for all successful candidates, including their travel, meals and

accommodations.

The application deadline is Dec. 5. To learn more, email Brett.Montour@rcmp-grc.gc.ca or Debbie.Beck@rcmp-grc.gc.ca.


CANCERCARE MANITOBA BOARD
ANNUAL PUBLIC FORUM
 Friday, December 1, 2023 | 12:30-1:30 p.m.

Basic Medical Sciences Building, Theatre B
University of Manitoba, Bannatyne Campus

All are welcome to participate in person or via Zoom.
For the Zoom link contact CCMBCPAffair@cancercare.mb.ca

All in the family

By Jennifer McFee

A mother and her two daughters continue to make a difference in the lives of others through their role in health care.

For more than 40 years, Lucille Husluk has been working as a health-care aide — and her passion for her profession inspired her daughters to follow in her footsteps.

Like her mom, Angela Deloughery decided to become a health-care aide and has been working in the role for about 16 years. Her sister, Sarah, has also served as a health-care aide for more than a decade.

Health-care aides are important members of the overall health-care team who help take care of clients' personal needs under the direction of a nurse. Certification as a health-care aide is available from various education institutions.

Currently, Husluk is involved in home care throughout the Gimli area, although she has also worked stints in other communities including Teulon, Arborg and Riverton over the years.

"I've worked all around the Interlake area," said Husluk, a Matlock resident. "I don't just like my job, I love it."

She enjoys gleaning knowledge from her older clients, who are happy to share wisdom they've gained over their lifetime.

"I learn so much from them. They're always so willing to help you with things, like recipes," she said. "I like taking care of them. To me, it's very personal and I always want to give 150 per cent to them because that's what they deserve."

For those who like to help others, Husluk suggests they might want to consider working as a health-care aide.

"It's rewarding to know that you've helped somebody. It's all about giving them dignity and compassion. They appreciate every little thing and you feel loved. You become bonded and feel like family," she said.

"It's a great job. I think people don't realize how good you feel. I go home and feel like I've done something for someone."

In fact, Husluk enjoys her work so much that she has even postponed retirement.



EXPRESS PHOTOS SUBMITTED

Lucille Husluk and her daughter Angela Deloughery enjoy their careers as health-care aides.

"You do your best to make people feel good. We're there to assist them," she said. "I brag to everybody — I love my job."

This enthusiasm encouraged her daughter Angela Deloughery to consider the same professional path.

"My mom is so good at her job," said Deloughery, who discovered her own affinity for helping others while caring for her ailing grandma.

"My mom would always come home happy. I thought it seemed like it would be a good job for myself too."

Now Deloughery also works in home care based out of the Gimli area, and she sometimes travels to other communities such as Arnes and Winnipeg Beach.

"It's a very rewarding job. I've been with it for 16 years and I'm definitely loving it, for sure," she said. "It's

meaningful to help keep people in their own homes. I would definitely recommend it for others to try."

Three classes have completed Interlake-Eastern Regional Health Authority's uncertified health-care aide micro-credential training course since July, and a course is currently underway in Lake Manitoba First Nation. More sessions are planned for 2024. Participants are paid to attend the free three-week training program.

Once they've graduated from the micro-credential training course and have worked at least 300 hours, they're eligible for part-time study to expand their skills and become a certified health-care aide.

For more information, contact Ian Magnan, recruitment and community engagement officer, at imagnan@ierha.ca or 204-340-5596.

Community Support Service

AA Meetings in Ashern

Open Meeting

Time: 6-7pm Fridays

Starting Friday March 3rd.

Location: #11 2nd Ave North

-Pioneer Manor

(beside the main door entrance of Pioneer Manor)

Contact AAMBCO@mts.net

AA Eriksdale

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

Meetings are Mondays

at 6:30 p.m.

AA Winnipeg Beach

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

Meetings are Saturdays
between 7 and 8 p.m.

Contact Ann J 204-389-3417

Gimli Group AA

Bldg 18 Municipal Rd
Industrial Park

Fri & Sun Mtgs at 7:30 pm

Al-Anon

Gimli and Winnipeg Beach

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

All ages welcome.

AA Riverton Group

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

Assiniboine practical nursing dean recognized for leadership

Staff

The Interlake-Eastern Regional Health Authority (IERHA) has recognized Suzanne Nicolas, Assiniboine Community College's dean of nursing, with a Community Leadership Award.

In 2018, Nicolas became a member of the college and has since played a crucial role in leading Assiniboine's practical nursing program. She played a key role in establishing the School of Nursing at Assiniboine and has successfully overseen the growth of practical nursing programs throughout Manitoba.

"It is a tremendous honour to be recognized for this award. I think it speaks to how important nursing is to our province and how Assiniboine continues to be a provincial leader in delivering nursing education," Nicolas said.

"Our graduates are serving the communities they live in. They are having an impact on the health of their region and are committed to good

health-care outcomes in Manitoba. This award reflects all those efforts and I'm honoured to celebrate that."

By recognizing the need for education and training close to home, Assiniboine's practical nursing program has been a key support in Interlake-Eastern Regional Health Authority's approach to meeting their needs. Most recently, Assiniboine hosted a rural rotating practical nursing site in Arborg, with intakes in January 2021 and September 2022. The Interlake-Eastern RHA was able to hire 16 graduates from the first intake, with more set to enter the nursing field as they graduate from the second intake this spring.

"Since 2010, Assiniboine has offered the licensed practical nursing program more than 10 times in the Interlake-Eastern region in Ashern, Selkirk, Pine Falls and Arborg," says IERHA CEO Marion Ellis. "This award recognizes Suzanne Nicolas for her commitment to providing locally accessible education opportuni-

ties within the region."

The college offers practical nursing programs in various locations, including Brandon, Winnipeg, Dauphin and Portage la Prairie.

In addition, it also rotates its programs in rural areas throughout the province.

Upcoming rural sites will be hosted in Beausejour, Morden, Otterburne, Virden and Neepawa. Applications are open for all rural sites as well as Brandon and Winnipeg for January and September 2024 and some January 2025 intakes.

To learn more, visit assiniboine.net/nursing for details on intake dates, locations and the application process.

The need for Assiniboine nursing graduates continues to be high — 100 per cent of practical nursing graduates surveyed from the 2021-22 academic year said they had jobs, making on average more than \$57,000 a year.

Riverton Friendship Centre taking care of seniors, making sure every child gets Christmas

By Patricia Barrett

The Riverton & District Friendship Centre (RDFC) is getting set to provide seniors from near and far with a celebratory dinner to ring in the upcoming Christmas season and also has a number of Christmas-themed events lined up.

Friendship Centre staff spare no effort to ensure seniors will get an afternoon full of laughter, connection, music and Christmas fare during its annual Seniors' Dinner and Dance.

The event typically attracts around 400 seniors from Riverton and across the Interlake.

Desarae Bilinski, who is the centre's program manager and fitness instructor, said the Friendship Centre hosts social events like the dinner and dance to build community connectiveness.

"This is a fun afternoon we provide for seniors so they can indulge in a wonderful meal and enjoy the music and dancing," said Bilinski. "We do this event annually to honour our seniors and celebrate them."

The centre's phone usually starts ringing off the hook in September with people requesting tickets.

"We have seniors from all over the Interlake come to the dinner and dance," said Bilinski. "In addition to Riverton, we usually have people coming from places such as Gimli, Fraserwood, Winnipeg Beach and Fisher Branch. That's what makes the dinner such a big event."

Seniors will be able to enjoy a full-course Christmas dinner with dessert then grab a partner and hit the dance floor. The event will feature live music and a silent auction with a wide variety of items up for grabs.

"We'll be serving a turkey dinner

with all the trimmings followed by dessert, and the band Country Pride will be entertaining the crowds," said Bilinski. "We want to thank local organizations and individuals that are supporting us by donating items to our silent auction."

The Seniors' Dinner and Dance takes place on Tuesday, Dec. 5 at the Riverton Community Hall, 175 Reggie Leach Dr. Doors open at 11 a.m. with the dinner and dance starting at noon.

Tickets are \$15 and can be picked up at the Friendship Centre at 53 Laura Ave. in Riverton or people can call 204-378-2800 to reserve tickets that can be held at the door.

In addition to the dinner and dance, the Friendship Centre is busy preparing to host two crafts markets, one in Riverton and one in Arborg, to help people find the perfect Christmas gift and encourage local shopping.

The annual Arborg Christmas Market will take place on Friday, Dec. 1 from 5 to 9 p.m. at the Arborg-Bifrost Community Centre (Arborg Community Hall). And on the following Friday, Dec. 8, the annual Riverton Christmas Market will be held from 5 to 9 p.m. at the Riverton Hall.

Vendors will be offering a variety of items including handmade crafts, decorations, food and more.

To ensure community kids get a gift for Christmas, plus some fun activities to take part in, RDFC will be hosting its free Family & Kids Christmas Party on Dec. 17.

The Christmas party is geared towards family and extended family members including grandparents. Santa and other special guests will be on hand to visit with the kids. Each

child will receive a present and can take part in a number of activities including Zumba Kids, a crafts corner with Santa's elves and Grinch games.

"We want to make sure that every child gets a Christmas and goes home with a gift. By making the event free, we take away the barrier of finance," said Bilinski. "And it's a really nice bonding day for kids and their parents and grandparents to have together."

The Christmas party is very popular, with typically hundreds of people stopping by, said Bilinski.

The Family & Kids Christmas Party takes place on Sunday, Dec. 17 at the Riverton Community Hall from 12:30 to 4 p.m. People must register by calling RDFC. Staff need to know in advance children's ages and gender so that they can provide an appropriate gift. People who know Desarae's mobile number can text her to register their child.

Call the Riverton & District Friendship Centre at 204-378-2800 for more information about events.



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Shoppers got a jump start on Christmas at Gimli gift sale



EXPRESS PHOTOS BY RAYME THOMSON

The 13th annual Gimli's Countdown to Christmas Gift Sale was set up at the Lakeview Gimli Resort last weekend. There was something for everyone with over 60 vendors and crafters selling items from woodworking, baking, sewing, knitting, jewelry and Christmas decor. Santa stopped in for photos and there was a silent auction with the proceeds going to the Gimli Humane Society. Non-perishable food items were donated to Evergreen Basic Needs.

Buying local

A great holiday gift for your community!

The holiday season is the busiest time of year for many merchants and service providers in Gimli and surrounding area. But did you know that if you buy local this Christmas, you'll help support your community? Here's what you should know.

A SMALL GESTURE WITH A BIG IMPACT
In addition to endorsing the merchants in Gimli and surrounding area, buying locally allows you to contribute to your region's economy by keeping jobs in the community. Plus, it's a great way to invest in your neighbourhood's businesses. After all, your support is what makes it possible for them to offer a wide variety of products and services.

Furthermore, a business that earns more money from transactions made

by local citizens contributes a greater amount of tax revenue to the government. This money can then be reinvested in services that benefit the entire community.

Finally, buying local products helps protect the environment. This is because fewer greenhouse gases are emitted when locally made goods are transported to stores in the area.

THINK OUTSIDE THE BOX
Buying local isn't just about the products you can put in a shopping cart; it's also about investing in your region's many services. For example, think of the various offerings provided by regional businesses in the arts such as museums, theatres, galleries and more.

This year for Christmas, consider giving an experience as a gift. It may turn out to be the perfect way to spend quality time with a loved one.

SPECIAL DEALS AND GREAT OPPORTUNITIES
During the holiday season, it's not uncommon to see city officials and business organizations implement initiatives to encourage people to buy local. This may include posting online

directories that list all the businesses in the area. In addition, sometimes stores will offer special promotions, gifts and discounts to local residents. This year for Christmas, give yourself and your community the gift of buying local.



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"ESCALATING DISCOUNTS"

The later you shop, the more you save
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NEWS > VIEWS > GIMLI > ARBORG > HIGHWAY 6 > SURROUNDING AREAS



EXPRESS PHOTO BY TAMMY PAULSON

Manitobans were treated with the most spectacular sunset on Nov. 14. The photo was taken in Arborg from the south end of town overlooking the Highway 7. It was a beautiful day with temperatures recorded at 5 degrees C. with a cool breeze. Help the Express record the weather of the week and send in your photos of friends or family enjoying the outdoors. Email: news@expressweeklynews.ca.

Lundar Lutheran Church accepting Christmas hamper donations

By Becca Myskiw

The Lundar Lutheran Church is gearing up for another season of giving.

The Community Christmas Hampers project is off to a good start, with donations already coming in. Each year, the church spearheads the project with support from community members for food and monetary donations.

At the Santa Claus parade, volunteers will be walking around collecting non-perishable food item donations and monetary donations for the hampers. A food drop-off bin will remain at the local rink for the next month. The hampers will be packed the Monday before Christmas, then delivered to Rural Municipality of Coldwell residents in need.

Food donations have to be non-perishable items, but monetary donations allow the church to buy fresher produce for the hampers.

Church secretary Kirsten Lindal said last year, 20 hampers were packed and delivered to local families at Christmas.

The church has a designated fund for the hampers and can provide income tax receipts to those who donate more than \$20. All money raised stays in the fund to help RM residents

when “the need arises throughout the year,” Lindal said.

If the fund allows, the Lundar Lutheran Church also donates to the Lundar School breakfast program and Harvest Manitoba’s Highway #6 food bank.

The church’s youth group also works together during the season to assemble Christmas cheer packages for those shut in during the holidays. Last year, the group assembled and donated 75 gift bags, each with an orange, a cup of soup, tea or hot chocolate, candies, cookies and a note.

The gifts were delivered to the Lundar personal care home and others in the community. Lindal said the entire project cost around \$200 after donations and assistance from others.

“It is with a hopeful heart that we pray these and many other projects can continue for years to come with the support of the community,” Lindal said.

“These all provide a good opportunity to remind ourselves and each other how serving the community in various ways can be so profoundly impacting for ourselves and others.”

To learn more about how to help with the cause, contact a member of Lundar Lutheran Church.

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Festivals, markets and fun in store for Gimli residents

New Iceland Heritage Museum hosts Festival of the Trees

By Becca Myskiw

The Festival of the Trees is back in Gimli this Christmas.

It's been years since the New Iceland Heritage Museum hosted its annual Festival of the Trees, but executive director Julianna Roberts has brought it back for the 2023 season.

The Festival of the Trees is a fundraiser for local charities. Community businesses or individuals can sponsor a four-foot or six-foot Christmas tree provided by the museum and then decorate it however they like, with whatever they like. There aren't any rules around decorating the trees; Roberts just asks that everything remain safe.

Some people will take their trees back to work or their homes to decorate, while others will decorate them right in the museum. Once finished, the glistening trees sit on display at the New Iceland Heritage Museum and visitors can bid on them from Nov. 24 until Dec. 18. Roberts will

then contact the highest bidders to pick up their tree, with the proceeds going to a local charity of their choosing.

"It's a way to spread cheer and make a sort of winter wonderland at the same time," Roberts said.

If people can't make it into the museum to view the trees but want part of the action, each will be posted to the museum's social media pages. Roberts will take bids online, through email and over the phone, accommodating anyone who wants to take part.

As of last week, there were six six-foot trees sponsored and three four-foot ones.

The festival will begin in co-ordination with Moonlight Madness on Nov. 24, Gimli's Christmas season kick-off event. Also at the museum will be the Christmas Market, with 10 tables of vendors selling local handmade goods. The market will be open from 4 to 9 p.m. and on Nov. 25 from 10 a.m. to 4 p.m.

Shoppers can enjoy free hot chocolate and cookies while at the market.

While taking in the Festival of the Trees and shopping at the museum's Christmas market, people can also



EXPRESS PHOTO SUBMITTED

The New Iceland Heritage Museum is bringing back their Festival of the Trees from Nov. 24 to Dec. 18.

witness the official tree lighting at 7 p.m. on Nov. 24 at the harbourfront.

Businesses will remain open late, with some offering specials and sales. Christmas carols will be playing, children can take photos with Santa Claus and bonfires will be lit around downtown.

On Nov. 26, there will be a craft sale at the legion. On Dec. 2, there will be a breakfast with Santa Claus at the rec-

reation centre, followed by the craft and vendor market from 10 a.m. to 3 p.m. and the Santa Claus parade at 6 p.m.

The New Iceland Heritage Museum is a non-profit organization, meaning events like the Festival of the Trees are costly to put on. Supporting the events makes every penny worth it, though, said Roberts, and she encourages everyone to take in the beautifully decorated trees.



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Lundar Lutheran Church preparing community Christmas cards

By Becca Myskiw

The Lundar Lutheran Church's annual Christmas cards are ready for names.

Each year for the past four decades, the church has hung up sheets in the local businesses for community members to put their names on as Christmas greetings. Those cards then go in almost every community member's mailbox, bringing everyone in the Lundar, Oak Point and Deerhorn communities a bit of Christmas cheer.

To put your name on the community card, all you have to do is write it on the paper exactly as you want it shown. And with that, you'll make a donation (minimum amount specified on the sheet) and that money will go back into the community.

The Lundar Lutheran Church typically receives letters this time of year from community organizations in need of funds, but they haven't received any yet this year. So the church hasn't finalized who the recipient of the funds will be yet, but church secretary Kirsten Lindal said they're looking at donating the money to the museum for a project they have going.

Last year, the funds generated from the cards

went to Lundar Community Resource Council Inc. to purchase reusable takeout meal trays for their congregate meal program.

When writing your name or your family's name(s), Lindal reminds everyone to print each letter so it's easy to read. Once the sheets are full and a month has passed, she'll collect each and type them up on the final card along with a general greeting. Depending on how many names she needs to add, Lindal will also put a holiday graphic and sponsor information on the card.

As postage is expensive, every year local businesses contribute and pay for the actual mailing of the cards — last year, it was Lundar Septic Tank, Bryan & Becky Sigurdson, Minnies Handmade Ethnic Treats and Lundar Innovative Supply. Lindal said the church not having to worry about those costs is a huge help and makes the Christmas cards all the better.

Once the cards are made up with each name put on and mailed to the community, the project typically raises around \$500 for a local group. Lindal is hoping they reach that amount again this year — or even surpass it.

"This is a way to send your greetings to every-

one and contribute to a local project," said Lindal.

The sign-up sheets will be in local stores soon and will stay up for three to four weeks. To get your name on one, make your donation to a store employee and write your name or names down.

"THIS IS A WAY TO SEND YOUR GREETINGS TO EVERYONE AND CONTRIBUTE TO A LOCAL PROJECT."



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THURSDAY, DECEMBER 14, 2023

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New book shares stories of rural life in Manitoba

By Lorne Stelmach

Bill Redekop returns to his *Winnipeg Free Press* roots in mining the high-

ways and byways of rural Manitoba for the stories that make up his new book.

Don't Fence Me In: True Stories about

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*Thank you for your generosity and for sharing thanks and cheer.
Together we are creating healthier, happier communities!*



The Interlake Eastern Health Foundation (IEHF) fosters meaningful relationships and leads initiatives that support great care, close to home. We believe in the essence of community - taking care of each other.



SUPPLIED PHOTOS

Author and former *Winnipeg Free Press* reporter Bill Redekop has released his sixth book this fall called *Don't Fence Me In: True Stories about Rural Manitoba*.

Rural Manitoba chronicles stories of rural life, and they are all original and written specifically for this book.

In many ways, *Don't Fence Me In* is a tribute album to the scores of people who have welcomed Redekop into their homes during his years traveling the province for the *Free Press* and again for this book.

It's a heartfelt journey that he hopes will bring readers a sense of the rural life and landscape, as there is a lot of urban ignorance about rural Manitoba.

"I always felt, in my role, that I was kind of a bridge between urban and rural. ... I like to think that this is a continuation of that," said Redekop.

"It was largely a labour of love for me because this was kind of my territory at the *Free Press* ... to travel the province and meet people and find interesting stories, of which there is no shortage," he continued. "When you leave a newspaper ... you have this whole storehouse of information of the subject that you've been covering for a long time. ... I had a lot of story ideas still that I wanted to pursue, and so I thought the book would be a way."

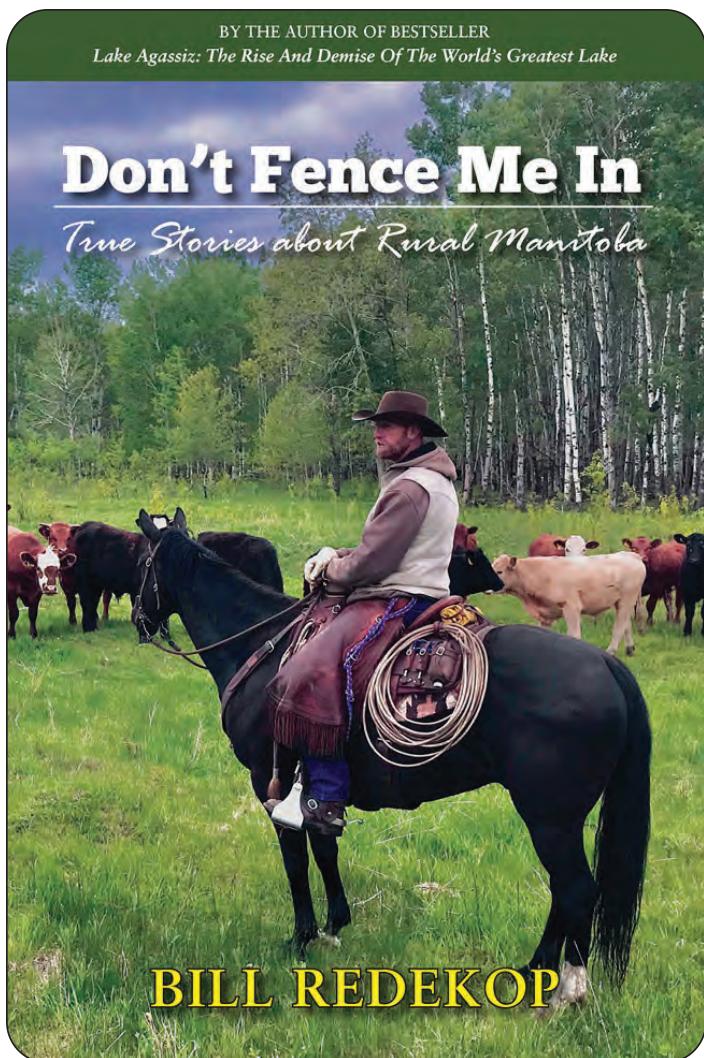
The Winnipeg-based writer spent 31 years at the *Free Press*, where he was the rural reporter for 14 years. He has been a freelance writer since 2019.

He is the author of five previous books, the last of which, *Lake Agassiz: The Rise and Demise of the World's Greatest Lake*, was the top-selling Manitoba non-fiction work in 2017 and the third best selling release of 2018.

Redekop has also recently penned

Continued on page 17

> RURAL LIFE, FROM PG. 16



The Life and Legacy of Commodore D.A. Ritchie, due out this fall, and *The Princess Auto Story*, due in spring of 2024.

With books like *Don't Fence Me In*, Redekop suggests a genre name for it could be the Remainers: people who have resisted urban migration, stayed on the land and opted for a rural lifestyle.

Then there are those who have moved back to a rural setting like commuters or organic farmers. They are the Returners, as in returning to the land or their rural roots. This is the post-rural era we live in, Redekop maintained, where these two people intersect.

The book's format is also unique: non-fiction short stories. Short non-fiction books, where they exist, will typically have a unifying theme such as rural renewal or rural architecture or the future of a rural region. The short stories in Redekop's book are linked only by their rural genre while crossing many different themes.

The stories range from a community cemetery where volunteers hand dig graves for family members to tales of Jesse James in Manitoba, quicksand in the Carberry desert, Canada's northernmost drive-in movie theatre in Flin Flon, and Our Lady of Seven Sorrows Catholic Church in Camperville, where there was a recent dig for unmarked graves at a former residential school.

The book also profiles friendship through the experience of two Morden women. Longtime friends Ruth Isaac and Cheryl Link have had a friendship for 35 years and go out to lunch every week.

"They make a point to maintain their friendship. They commit to that friendship. ... They make it a priority," said Redekop. "We often don't treat friendships that way. It was a great opportunity to look into the nature of friendship."

Then there is *The Burning Mountain* set in the Pembina Valley escarpment and which reveals the natural gas reservoirs. Redekop spoke to Normand Bosc, who showed how "he can stick a pipe into the ground and light the other

end, and a huge flame will go shooting out like a blow torch. ... He gave me a demonstration, and it was absolutely fantastic."

The book covers a lot of the province, but Redekop didn't set out to hit every possible region of Manitoba.

"I didn't go out of my way to cover every area

because I couldn't; as it is, the book was getting kind of long. You can't get everything, and there was too much material," he said. "I went with stories I knew about that really interested me. ... I cover a pretty good spread of the province."

Don't Fence Me In: True Stories about Rural Manitoba went on sale Oct. 1.



Annual Strategic Planning Day

Thurs., Nov. 30, 2023 9 am - 12 noon

This will be a virtual meeting

Elected leaders, community members, staff and physicians are welcome to attend this annual review of our plan for the year ahead.

Presentations:

CancerCare - translating knowledge into action

Dr. Sri Navaratnam, President and CEO, CancerCare Manitoba

Applying the Indigenous Health Quality Framework

Dr. Marcia Anderson, Vice-Dean, Indigenous Health, Social Justice and Anti-Racism, Rady Faculty of Health Sciences, U of M

Dr. Amanda Fowler-Woods, Dept. of Community Health Sciences, Max Rady College of Medicine, Rady Faculty of Health Sciences, U of M

Social prescribing

Connie Newman, Executive Director, Manitoba Assoc. for Senior Communities

Dr. Michael Routledge, Medical Lead, Manitoba Assoc. for Senior Communities - Social Prescribing Project

Health equity panel discussion

Stakeholder consultation remains an important and required part of strategic planning.

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To see more photos of your favourite Interlake Athletes

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sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Gimli Vikings dominate at U9 home tournament



EXPRESS PHOTOS BY RAYME THOMSON

Gimli Minor Hockey hosted a 12-team U9 tournament last weekend. The La Broquerie Habs defeated the Morden Hawks 7-0 to win the A-side. The Gimli Viking Black team beat the Lorette Comets 10-2 to win the B-side. The C-side champs were the Selkirk Black team who won 6-5 in overtime against the Gimli Vikings White team. Left photo: Gimli's Jace Basha wins the face off. Right photo: Brixtyn Yaremkiwicz handles the puck with a teammate close by.



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Tycoles family to be inducted into Manitoba Baseball Hall of Fame

By Brian Bowman

The Tycoles family will be inducted into the Manitoba Baseball Hall of Fame in an induction banquet on June 25 in Morden.

Ross Tycoles was employed by the Bank of Montreal and moved from Saskatchewan to Reston in 1974.

He was very proud that his family will be well deservedly inducted into the prestigious provincial hall of fame.

"The family (induction) is a big thing. Getting in was good for myself. I felt honoured but the whole family and how they are involved together doing it (was special). It's quite an honour and way more important than an individual induction," Ross said.

In 1975, Ross married Carol Ellis of Reston. In the 1980s, the couple had three children. Soon the Tycoles family was becoming known as the first family of baseball in southwestern Manitoba. It is appropriate that Reston's ball park is Tycoles Park.

Ross was a prominent slugger who became an outstanding coach and organizer. He took the Reston Rockets from AA to AAA caliber in 2007 and eventually to two Canadian championships as Manitoba's representative.

He is now chair of Baseball Manitoba's senior

council.

His son Aaron was part of the Rockets in their glory years and now lives in Rivers where he has been instrumental in developing minor baseball and a new baseball complex.

He served for eight years on Baseball Manitoba's Management Committee and is now president of the Westman region.

"It's obviously very special to go in as a family. Baseball has been a huge part of our life. From the time we were born, dad was always around the park and me, my brother, and sister have always been at the park so we learned from him to give back to the game," Aaron said. "To go in, all four of us, five of us, is pretty awesome."

Ross and Carol's second son Rory was also part of the Rockets. He was Manitoba's Senior AA Player of the Year in 2004 and AAA Player of the Year in 2012.

Later he moved to Stonewall and was part of the western Canada champion Stonewall Blue Jays in 2019. He lives in Lundar and is active in minor baseball and in building better baseball facilities.

"It's a tremendous honour (getting inducted) and I don't think any one of us expected to get



EXPRESS PHOTO SUBMITTED

The Tycoles family very deservedly received the news that they will be inducted into the Baseball Manitoba Hall of Fame in 2024. Pictured are Rory, Amy, Carol, Ross, Aaron, in front of Rory, Holly. In front of Holly Ryder are Brynlee in the stroller, Shelby and AJ.

HALL OF FAME, FROM PG. 18

in," Rory said. "That's not why we played or dedicated ourselves to the game. It was really nice to feel appreciated and a lot of people have reached out to us after the fact and thanked us for our time and our dad's contribution to the southwestern portion of baseball. It's been really nice to be recognized as a family and that people felt that we deserved it."

Amy also now lives in Lundar where she is a teacher/vice-principal. She was the long-time Reston Rockets' announcer, scorekeeper, program maker, 50/50 coordinator and canteen coordinator. She has been announcer/statistician/scorekeeper at nationals in Brandon and westerns in Stonewall as well.

It's a really nice honour for her to be inducted with her family in a differ-

ent capacity.

"I think it's really cool for me because it's not as a playing athlete," Amy said. "It's always been something that I did behind the scenes that I'm being acknowledged for."

Meanwhile, Carol has been for nearly half a century organizing lunches, cleaning uniforms, arranging car rides, and cheering for husband, children and grandchildren.

"In my case, dad usually coached Rory in baseball and me in hockey so mom was the one that got me to games," Aaron recalled. "Mom was the one there when I had success or failure on the diamond when I was a kid. For me, mom was as important for me personally playing the game when I was young because dad was usually with Rory. Mom has been beside dad all over Canada and North America watching baseball. She loves the game, too."

U18 AAA Lightning teams earn win last weekend

By Brian Bowman

The U18 AAA Interlake Lightning male hockey team lost 6-2 to the Brandon Wheat Kings on Sunday in Teulon.

Interlake goals were scored by Talon Hogg and Morgan Waddell while Easton Odut (two), Loughlan McMullan (two), Jaxon Jacobson and Ethan Stewart replied for Brandon.

On Saturday, Interlake knocked off the Norman Northstars 7-3 in Teulon.

The Lightning, which built period leads of 5-0 and 7-1, had solid performances from several players.

Offensively, Waddell paced the club with a hat trick while Cole Swanson added a pair of goals and Ian Buors added a goal and two assists.

Blake Farthing also tallied for Interlake.

Norman goals were scored by Liam Tattuinee, Gregory Wiseman and Prime Paniyuk.

Alex Myers stopped 41 Northstars shots for the victory.

Last Friday, the Lightning outscored the Yellowhead Chiefs 8-6 at the Selkirk Recreation Complex.

Interlake grabbed a 4-0 first-period lead but Yellowhead replied with a pair of goals in the second. Defence was thrown out the window in the third as both teams combined for eight goals.

Drew Russell led the Lightning with two goals and an assist while James Franklin, Waddell, Lucas Spencer,

Swanson, Ryder Kirk and Mathias Sibilleau also tallied.

Yellowhead goals were potted by Rory Poole (two), Max Collyer, Addison McIntosh, Isaac McArthur and Rowin Richmond.

Dylan McFadyen made 20 saves for the win.

Interlake, now 9-7-1 and in sixth place in the 12-team league, will host the Kenora Thistles this Saturday (7:30 p.m.) and Sunday (1 p.m.) in Teulon.

In Manitoba U18 AAA Female Hockey League action, the Interlake Lightning capped off a fantastic weekend after shutting out the Central Plains Capitals 2-0 on Saturday in Stonewall.

Brooke Barylski and Delainey Rigaux scored for the Lightning.

Rachel Halldorson was perfect, making 24 saves for the win.

Last Friday, Interlake played another great game as they edged the Pembina Valley Hawks 3-2.

The Lightning, which grabbed a 2-0 first-period lead, received goals from Barylski, Emily Gagne and Mackenna Steeves.

Pembina Valley's Sophia Cox and Emma Durand replied for the Hawks.

Halldorson was solid in goal once again, stopping 26 Capitals' shots.

Interlake will be on the road this week for a pair of games. The Lightning will take on the Winnipeg Avros Wednesday (7:15 p.m.) at the Seven Oaks Sportsplex and the Capitals Friday (7:45 p.m.) in Portage la Prairie.



The Lightning's Claire Hudson clears the puck in front of Interlake goaltender Rachel Halldorson.



EXPRESS PHOTOS BY JO-ANNE PROCTER

Interlake's Chloe Minkus and Adriana Duna battle for the puck against Pembina Valley's Zenith Vanstone.

Ice Dawgs defeat Comets

By Brian Bowman

The Arborg Ice Dawgs' Dainen Jacobson scored a third-period power-play goal to lift his team to a 5-4 home win over the Beausejour Comets last Friday.

Jake Plett, Austin Loewen, Tyson Barylski and Jordan Sanderson also scored for Arborg.

Michael Crave, Barylski, Jacobson and Sanderson each finished the game with two points.

Clint Thomas answered with a hat trick for the Comets while Riley Tirschman added a single.

Damon Nash made 30 saves for the win.

Arborg will host the Lundar Falcons on Wednesday (8 p.m.) and the Selkirk Fishermen Friday (8 p.m.) before

visiting the St. Malo Warriors on Sunday afternoon at 2:30 p.m.

Meanwhile, Jordan Donald scored twice and added a pair of assists to lead Selkirk to a 6-3 road win over Lundar in a penalty-filled Capital Region Junior Hockey League game last Saturday.

The Fishermen's Kasen Andrushko, Raymond Hefferman and Theo Courchene each had a goal and an assist.

Matt Brooks also scored for Selkirk while Dayson McCreedy (two) and Carson Gudmundson replied for Lundar.

Jordan Armstrong made 28 saves for the win.

The Falcons will host the Comets this Saturday for a 7 p.m. contest.



EXPRESS PHOTO BY LANA MEIER

The Arborg Ice Dawgs' Tyson Barylski had a good scoring opportunity against the Beausejour Comets during CRJHL action last Friday. Arborg won the game 5-4.

U17 AAA Lightning split weekend games

By Brian Bowman

The Interlake Lightning U17 AAA boys' hockey team posted a 1-1 record last weekend.

On Sunday, Interlake was defeated 7-1 by the Central Plains Capitals in Lundar.

Ty Sadowski scored a third-period goal for Interlake.

Central Plains' goals were tallied by Tegan Fehr (three), Melvin Mercredi (two), Campbell Park and Ethan Breakey.

Last Friday, Interlake snapped a five-game losing streak with a solid 5-1 win over the Westman Bandits in

Elkhorn.

Darrell Murdock and Hayden Kaczowski scored first-period goals for the Lightning.

After Westman's Shane Elder tallied with the man advantage in the second period, Interlake closed out the game with third-period goals by Kaczowski (power play), Dominick Collins and Bradley Kemkaren (power play).

Collins finished the game with three points while Peyton Thiessen had two assists.

Lightning goaltender Nathan Meisner was rock solid, making 27 saves

Team work for a cause



EXPRESS PHOTO BY JEN THIESSEN

Last Sunday the U18 AAA Female Lightning team donned their pink socks and jerseys in support of Hockey Fights Cancer. Kaylah James and Maya Pattie from the U13 Lightning team joined the older team for the pre-game warmup. The Lightning defeated Central Plains 2-0. The team donated their gate fees and 50/50 proceeds to CancerCare Manitoba and collected new and gently used warm clothing for Thrive Community Support Circle.

Cvar earns CHA honour

EXPRESS PHOTO SUBMITTED

College Hockey America announced that Mercyhurst graduate student Olivia Cvar was named the CHA forward of the week for the period ending Nov. 11. Cvar had three points (two goals and an assist) in a series against Princeton. She also added two blocks and eight faceoff wins. This was Cvar's first career CHA weekly honour.



for the win.

Interlake will host the Winnipeg Wild on Friday (7 p.m.) and Westman Sunday (2 p.m. in Warren.

In U15 AAA action, Interlake was edged 5-4 in overtime by the Yellowhead Chiefs in Arborg on Sunday.

Lightning goals were scored by Ashton Baldwin (two), Tavyn Sigurdson and Damon Marquart.

Yellowhead markers were tallied by Athens Shingoose (three) and Brody Bohemier (two).

Last Saturday, Interlake was beaten 8-2 by the Southwest Cougars in Warren.

Lightning goals were scored by Hudson Sigurdson and Ty Johnson. Both goals came on the power play.

Cougars' goals were notched by Eric Berger (four), Jack Polasek (two), Jaxsten Hansen-Young and Aubrey Culevier.

Interlake played the Pembina Valley Hawks this past Tuesday but no score was available. The Lightning will host the Parkland Rangers on Saturday (4 p.m.) in Warren and then visit the Brandon Wheat Kings on Sunday (2:45 p.m.).

Everyone safe in unscheduled plane landing in St. Andrews

Pilot made emergency landing on rural road

By Katelyn Boulanger

It's not at all uncommon for planes to land in St. Andrews thanks to the St. Andrews Airport but last week an unscheduled landing on a rural St. Andrews road took place bringing a little bit of extra excitement to the community.

The six passengers and pilot were on their way back from Sachigo Lake First Nation which is a community in Northwestern Ontario and were headed to Winnipeg. Everyone on the plane got out safely.

Bryon Cassie, a St. Clements resident was a passenger on the plane. He says that they encountered some inclement weather on the flight.

"There was some weather so the pilot tried going above. He went to higher elevation for a while, and it wasn't any better so he went back down lower," said Cassie.

The plane was a Piper Navajo which has two engines which keep it in the air.

"Ten or 20 minutes before we actually ended up landing, the left motor cut out. [The pilot] didn't say why. But, a couple of the other gentlemen with me actually had their pilot's license as well, and so were aware that these planes these twin-engine planes can fly on one engine without any problems," said Cassie.

At that point, Cassie said that he handed his camera to the passenger next to him to get a photo and that no one was particularly concerned at that point.

"I want to say about 10 minutes later, the pilot turned around and said make sure your seatbelts are fastened, 'Brace, brace brace,' and probably 10 or 20 seconds later, we were on the ground. It was a very smooth land-

ing," said Cassie.

He says that he was just wondering what was happening when the pilot said to brace.

"I thought it was pretty cool actually. I fly a lot. I don't have any issues with flying. I enjoy it a lot. But in this case, this was just a new experience. The pilot was very calm. Everybody on the plane was very calm. So, it was just an almost routine sounding," said Cassie.

Reflecting on the situation Cassie believes that it could have been a lot worse.

"Obviously, we were overwater for a percentage of the flight. [Had the pilot] maybe tried to land in the field beside rather than on the road, the field looked very bumpy, so there could have been damage to the plane, or it could have had an impact where it was not a smooth landing and there could have been some injuries. But the way the pilot handled it was just perfect. As far as I'm concerned, he made the right choice and landed us all with very little fanfare and just a nice touchdown," he said.

Cassie said that his understanding of the situation was that the plane ran low on fuel but he is not an authority in the matter and is unsure as to the reason that this happened.

"[After the landing] we were all in good spirits. Everybody was joking," said Cassie.

The charter company sent out vehicles to pick up the passengers and everyone was able to complete their trip.

"Thanks to the pilot, everybody got home safely. He did a great job, and I would fly with him again," said Cassie.



TRIBUNE PHOTOS BY BRYON CASSIE

A plane enroute to St. Andrews Airport made a temporary landing on Pigeon Bluff Road in the RM of St. Andrews earlier this month night.



RCMP helped airport staff bring the Piper Navajo to Highway 67, where the road was blocked off and the plane refueled. The plane was able to take off again and fly to St. Andrews Airport.

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get inspired

> MEAL IDEAS



Grapefruit Avocado Bruschetta

cilantro sprigs, for garnish (optional)

Preheat oven to 350 F. Chop grapefruit.

Place baguette slices on baking sheet and toast 5-7 minutes, or until golden brown.

Rub toasted sides of bread with cut sides of garlic cloves; reserve.

In medium bowl, combine tomatoes, grapefruit, avocado, red onion, cilantro and olive oil; season with salt and pepper, to taste. Toss gently to combine.

Spoon grapefruit mixture over prepared bruschetta.

Garnish with fresh grapefruit segments and cilantro, if desired.

Servings: 3
 1 cup Florida Grapefruit sections
 1 baguette, sliced on bias
 2-3 whole garlic cloves, peeled and halved
 3-4 ripe Roma tomatoes, seeded and chopped
 1 large avocado, chopped
 1/2 small red onion, chopped
 1/4 cup chopped cilantro
 2 tablespoons olive oil
 salt, to taste
 pepper, to taste
 Florida Grapefruit segments, for garnish (optional)



Popovers with Cranberry Butter

To make popovers: In large bowl, whisk flour, salt, milk and eggs until silky smooth. Add oil and whisk to combine. Transfer to pourable pitcher, cover and refrigerate at least 6 hours, or overnight.

Heat oven to 375 F. Place 6-cup popover pan in oven 10 minutes. Remove pan and spray with nonstick cooking spray. Stir batter, divide and pour into cups, filling each 3/4 full. Bake until puffed high and cooked through, 45-50 minutes. To make

cranberry butter: In medium bowl, mix butter, cranberry sauce and salt until well combined. Remove popovers from oven and serve with cranberry butter.

Recipe courtesy of Shereen Pavlides (@CookingwithShereen) on behalf of the American Egg Board

Prep time: 10 minutes

Cook time: 45-50 minutes

Yield: 6 popovers

Popovers:

1 1/3 cups all-purpose flour

1 teaspoon kosher salt

1 1/3 cups whole milk

4 large eggs

2 tablespoons avocado or vegetable oil
 nonstick cooking spray

Cranberry Butter:

1/2 cup unsalted butter, softened

2 tablespoons cranberry sauce

1 pinch salt

Chocolate Cherry Pecan Snack Mix

Recipe courtesy of Emily Caruso of "Jelly Toast" on behalf of the American Pecan Promotion Board

Prep time: 5 minutes

Cook time: 20 minutes

Servings: 20

1 large egg white

1/4 cup light brown sugar

1 1/2 tablespoons unsweetened cocoa powder

1/2 teaspoon vanilla extract

1 teaspoon salt

1 tablespoon water

1 1/2 cups pecan halves
 1 cup dried tart cherries
 1 cup small pretzels
 3/4 cup yogurt-covered raisins
 Heat oven to 325 F.

In bowl, whisk egg white, brown sugar, cocoa powder, vanilla extract and salt until well blended. Add water to thin mixture slightly. Fold in pecan halves until well coated. Spread mixture onto parchment-lined baking sheet.

Bake 15-20 minutes, or until mixture is well set. Stir mixture several times during baking. Allow pecans to cool completely and transfer to bowl. Mix in dried cherries, pretzels and raisins.

Signs you may have nutritional deficiencies

By Julie Germaine Coram, Pro Trainer Julie Germaine Coram

Do any of these symptoms sound familiar to you: muscle pain, weakness, tingling in your hands or feet, chronic fatigue, or even heart palpitations? You may not even realize that these could all be related to a nutritional deficiencies, easily corrected by improving your diet in the right area.

It's cold and flu season, so feeling under the weather is certainly not uncommon, but if the flu-ish feelings are frequent and paired with deep body aches, then (essential) vitamin D, which plays a key role in immunity and bone health, could be deficient in your system. Perhaps this is the excuse you need to book that winter vacation (vitamin D comes from sun exposure), but if travel isn't in the budget then adding fortified cereals and dairy products is recommended, along with eating fatty fish 2-3 servings each week.

Cramps coupled with other issues such as dental problems, slow wound healing and splitting hair or nails could indicate more vitamin C and calcium are necessary in your diet. Vitamin D compliments uptake of calcium (see how everything works together in harmony?), so add some fruit to your breakfast, and pair your salmon with a red peppers and broccoli medley for optimal results.

Surprisingly, magnesium deficiency can show as heart palpitations, weakness or tiredness, and is involved in hundreds of your body's muscle and nerve functions, so it's extremely important to combat this common worldwide health issue. You may be at risk if you consume excessive amounts of alcohol, take certain medications, have a diet low in leafy greens, whole grains, seeds or nuts. Magnesium supplements are a good, easy option without having to make drastic, immediate changes to your lifestyle.

If you are a vegetarian or vegan suffering from tingling extremities or exhaustion, then replacing



Fitness and Nutrition expert
 Julie Germaine Coram

some of your plant-based alternatives for ones fortified with vitamin B12 may help. Memory issues and digestive concerns are other possible symptoms of this deficiency.

Making notes about how you feel each day can help when it comes to changing nutritional habits. You can pinpoint your personal issues by recording the foods you've eaten over the week and see if the changes you implement make an impact in how you feel. If this sounds like a lot of work, lean on a professional! I help my clients chart their foods and create diet plans that allow them to eat the things they enjoy while feeling their very best. Don't hesitate to reach out to enjoy my end-of-year promotions! Email julie@juliegermaine.fit

Of course, your symptoms could be related to a more serious condition, so it is always best to see your doctor before making any major changes to your diet, and to ensure you don't miss a more serious illness in the early stages.

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



Grapefruit Paloma

margarita salt (optional)

4 Florida Grapefruit wedges (optional)

In large pitcher, mix grapefruit juice, tequila and seltzer with ice.

Rim four glasses with margarita salt, if desired.

Divide paloma among glasses; garnish with grapefruit wedges, if desired.

Servings: 4
 24 ounces Florida Grapefruit Juice
 16 ounces silver tequila
 16 ounces seltzer
 ice

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Bifrost-Riverton, North of Arborg - Half section SW-20-23-2E; NW-20-23-2E; SE-20-23-2E; South half of NE-20-23-2E; NW-9-24-2E; SW-10-24-2E. Please contact Jeff at 204-378-0151 for more details.

GRAIN LAND FOR SALE

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EASTERN INTERLAKE PLANNING DISTRICT

UNDER THE AUTHORITY OF THE PLANNING ACT

NOTICE OF PUBLIC HEARING

On the date and at the time and location shown below, a PUBLIC HEARING will be held to receive representations from any person(s) who wish to make them in respect to the following matter:

THE EASTERN INTERLAKE PLANNING DISTRICT BY-LAW NO. **04-2023**
Being an amendment to the
Eastern Interlake Planning District Development Plan By-law No. 01-2022

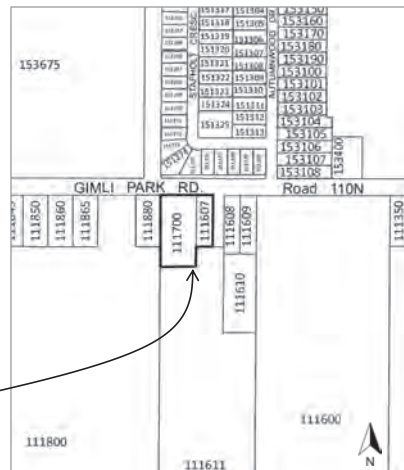
HEARING LOCATION: RM of Gimli Council Chambers
62 - 2nd Avenue, Gimli, MB

DATE & TIME: December 7, 2023
5:30 pm

GENERAL INTENT: To re-designate an area in the RM of Gimli from "Urban Residential Area" to "Commercial General Area" to accommodate the expansion of an existing business.

AREA AFFECTED: Pt. 8-19-4 EPM, Being Lot 1, Plan 26092 and Lot 7, Plan 19469 WLTO, Gimli Park Rd., Roll No. 111607 and 111700.

CONTACT FOR INFORMATION: Nancy Thom, CAO/Development Officer
Eastern Interlake Planning District
62 2nd Avenue, P.O. Box 1758, Gimli, MB R0C 1B0
Phone: 204-642-5478 Fax: 204-642-4061
E-mail: eipd@mts.net Web: www.interlakeplanning.com



A copy of the proposal and supporting material may be provided upon request to the contact person mentioned above.
Please note, if you are within a 100 m radius you will receive this notice in the mail that will include the proposal and supporting material.

Please Note: E.I.P.D. recommends that property owner's notify lessee/renter if applicable.

EASTERN INTERLAKE PLANNING DISTRICT

UNDER THE AUTHORITY OF THE PLANNING ACT

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Eastern Interlake Planning District Development Plan By-law No. 01-2022

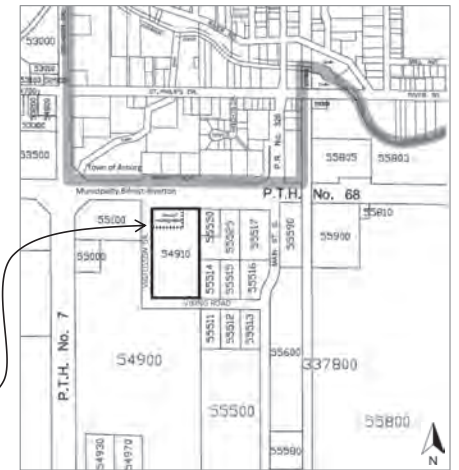
HEARING LOCATION: RM of Gimli Council Chambers
62 - 2nd Avenue, Gimli, MB

DATE & TIME: December 7, 2023
5:45 pm

GENERAL INTENT: To re-designate an area in the Municipality of Bifrost-Riverton from "Industrial Area" to "Commercial General Area" to accommodate a subdivision for a previously approved variance of a hotel.

AREA AFFECTED: Pt. of Lot 45 in 22-2 EPM, Being Pt. Lot 1, Plan 49365 WLTO PTH 68, Roll No. 54910

CONTACT FOR INFORMATION: Nancy Thom, CAO/Development Officer
Eastern Interlake Planning District
62 2nd Avenue, P.O. Box 1758, Gimli, MB R0C 1B0
Phone: 204-642-5478 Fax: 204-642-4061
E-mail: eipd@mts.net Web: www.interlakeplanning.com



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Please note, if you are within a 100 m radius you will receive this notice in the mail that will include the proposal and supporting material.

Please Note: E.I.P.D. recommends that property owner's notify lessee/renter if applicable.

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Municipality of Bifrost-Riverton SURPLUS EQUIPMENT FOR SALE

The Municipality invites tenders for the sale of surplus equipment listed below:

- 1) 1997 John Deere 850C Dozer
- 2) CAT 70 Scraper
- 3) 4 – Goodyear Tires 18.4 R34 Tractor DT710 Radial
- 4) 2000 John Deere F935 with Cab, snow blower (48”), sweeper (51”) (with a new set of brushes) (ENGINE BLOWN)
- 5) Capital I Carbide Tip Mulcher
- 6) Ditch Hitch
- 7) 2008 Schulte XH1000 Mower
- 8) Horst Fork Attachment
- 9) 2 Seat Tree Planter

As is, where is. Located at the Municipality of Bifrost-Riverton Public Works Yard, Arborg, MB. Items can be viewed, or pictures can be e-mailed by arrangement with the undersigned. Tenders will be accepted by the undersigned until 12 noon on December 11, 2023. Highest or any tender not necessarily accepted.

Jason Comeau, Public Works Manager
Box 70, 329 River Road
Arborg, MB ROC 0A0
204.641.2167
pwbifrost@mymts.net

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- A criminal record check will be required.

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If you believe yourself a good fit for this position, please submit your resume with 3 references to dsmith@freedomwestinsurance.com by Dec. 31, 2023.

Dwayne Smith – Owner/Manager

We thank all applicants for their interest, however only those under consideration will be contacted.

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RURAL MUNICIPALITY OF GIMLI

MUNICIPAL NOTICE OF INTENT

TAKE NOTICE THAT on October 11, 2023, the Council of the Rural Municipality of Gimli gave first reading to By-law 23-0008 to designate as a municipal heritage building under The Heritage Resources Act, the premises commonly known as the Hollenberg Cottage, in the Rural Municipality of Gimli. The land is described in Certificate of Title No. 2848032 WLTO as follows:

**LOTS 15/16, BLOCK 3, PLAN 891 WLTO, IN SW ¼
AND FRAC SE ¼ 21-19-4EPM.**

A copy of the proposed By-law can be inspected at the Rural Municipal of Gimli Office, 9:00 a.m. to 5:00 p.m., Monday to Friday.

A public hearing will be held at the Gimli Council Chambers, 62 2nd Ave, Gimli, Manitoba, ROC 1B0 at 5:05 P.M. on December 13, 2023.

At that time, any person may submit an objection or other representation on the proposal. If there is no objection, Council may resolve to adopt the proposed By-law, or not to proceed with it.

Dated at the Municipality of Gimli on November 8th, 2023.

Kelly Cosgrove
Chief Administrative Officer
Rural Municipality of Gimli



Firefighters Needed

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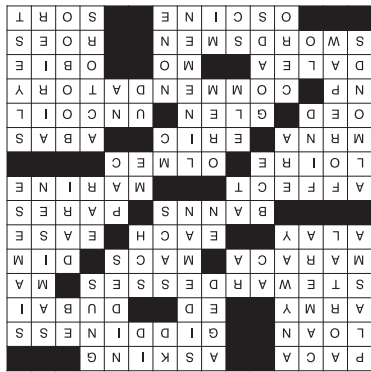
> GAME

CLUES ACROSS

- Nocturnal S. American rodent
- Requesting
- Give temporarily
- Happiness
- Military branch
- ___, denotes past
- Middle Eastern city
- Air hostesses
- Partner to Pa
- Percussion instrument
- Popular computers
- Decrease light
- Valley in the Osh Region
- "To ___ his own"
- Absence of difficulty
- Notice announcing intended marriage read out in church
- Trims by cutting
- Impact
- Military member
- A French river
- Member of prehistoric people in Mexico
- Messenger ribonucleic acid
- Musician Clapton
- Greek sophist
- Largest English dictionary (abbr.)
- Narrow valley
- A way to disentangle
- Indicates not an issue (abbr.)
- Recommending
- Genus of legumes
- Friend to Larry and Curly
- Off-Broadway theater award
- Fencers
- Small Eurasian deer
- Denoting passerine birds

CLUES DOWN

- Colorless fluid part of blood
- Of a main artery
- Photographic equipment
- Confirms a point
- Developed over time
- Not the leader
- ___ Lang (country singer)
- Adults need one
- Nests of pheasants
- Antelopes
- One quintillion bytes (abbr.)
- Japanese three-stringed lute
- Type of cat
- Cools your home
- The ancient Egyptian sun god
- Pouches
- Trigraph
- Form of Persian spoken in Afghanistan
- ___ route
- Body part
- Bridge building degree
- Indicates position
- Political action committee
- Tasty snack
- Part of a quadruped
- Locate



Crossword Answer

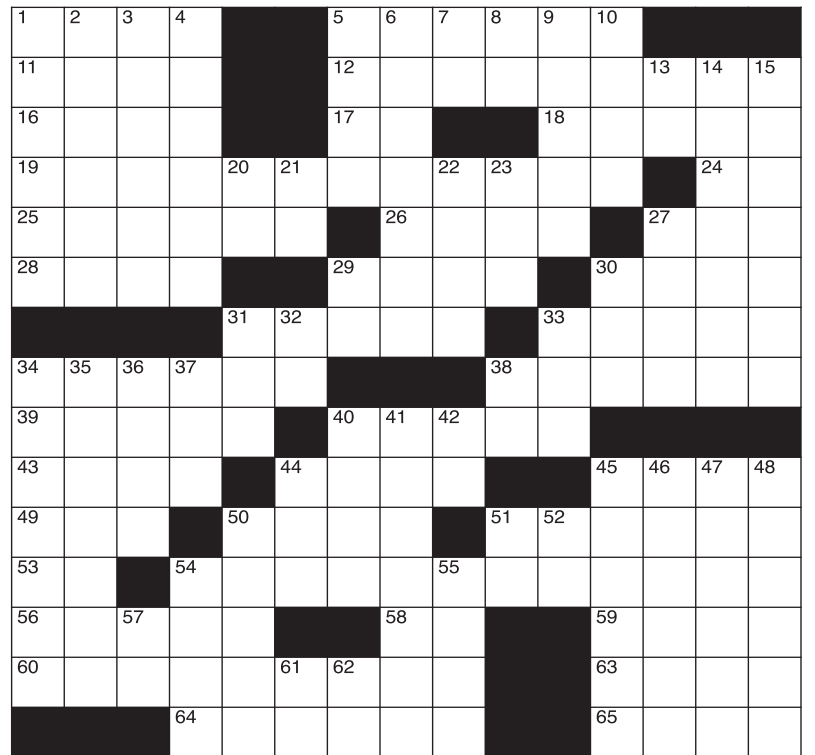
- Pitching statistic
- Of I
- City in Utah
- Football players in the trenches
- Hammer is one
- A "nightmarish" street
- Performers
- Slang for cut or scrape
- More breathable
- Most slick
- Provokes
- Home to college's Flyers
- Sodium
- Large fish of mackerel family
- Zero
- ___ and behold
- The Palmetto State
- Popular Tom Cruise movie franchise (abbr.)

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LEGAL NOTICE

TO: TERRY VEZINA

TAKE NOTICE that an Application to pay into The Court of King's Bench the sum of \$14,684.83, less solicitor/client costs payable from the said sum (Claim No. C1 23-01-43491) has been filed by Canadian Imperial Bank of Commerce. The hearing of the Application will take place in-person on the Civil Uncontested List scheduled for Friday, December 15, 2023 at 10:00 a.m. at the Law Courts Building, 408 York Avenue, Winnipeg, Manitoba, R3C 0P9. Enquiries may be made to: Levene Tadman Golub Law Corporation, 700 - 330 St. Mary Avenue, Winnipeg, Manitoba, R3C 3Z5, Attention: Simone Marcoux, Telephone: 204-957-6432.

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OBITUARY



Rita Eleanor Wawrykow (nee Borland)
July 11, 1949 – November 11, 2023

Peacefully, on November 11th, 2023, with family by her side, Rita Eleanor Wawrykow (nee Borland) passed away after a short battle with illness.

She was predeceased by her loving husband William (Bill) Wawrykow as well as her mother Lottie Borland (nee Jacobs) and her father Leslie Gordon Borland.

She is survived by her daughter Kimberly (Arthur), step daughter Janice, step son Les (Donna); grandchildren D'Arcy (Jolene), Angel, and Kaylen; great-grandchildren Aerial and Shay; sister Gail; nieces Keri and Lori (Jon); great nieces Kirstie (Chris) and Chelsey (Ashton); and great nephew Hayden.

Rita was a very caring woman with a gentle soul. She cherished her family and made friends easily. She loved being a housewife and a mother and she always had room in her home for others. She will forever be remembered for her bright smile and contagious laughter, her love of family, movies, music, food, and animals. A heartfelt thank you to the staff of the Gimli Community Health Centre.

There will be a service and celebration of life for family and close friends at a later date.
Tributes: www.gilbartfuneralhome.com

Gilbart Funeral Home, Gimli in care of arrangements.



OBITUARY



Kenneth Victor Palmi Hjorleifson
1938 - 2023

On November 11th, 2023, Ken passed away suddenly and peacefully at 85 years of age at the Gimli Hospital.

Ken is survived by his loving wife Janet; sons Scott (Tricia) and Grant (Tami); grandchildren Luke, Damien, and Ethan.

He was predeceased by his parents Palmi and Sigrun Hjorleifson. Ken was born in Hnausa, Manitoba, and grew up in Gimli where he lived most of his life and owned a gravel truck business until he retired in 2000. He married Janet in 1971 and together they owned an antique store in Gimli for 16 years - "The Past and Present." Even in retirement he enjoyed the hunt for treasures at yard sales.

He was involved in the community and his children and grandchildren's lives. Full of life, caring, and an absolute master at growing tomatoes. Also an avid dog lover, he is survived by Gulla,

his faithful Australian Shepard.

Special thanks to the medical staff at the Gimli Hospital for the excellent care he received before his passing.

There will be a graveside service at the Gimli Community Cemetery at 1:00 p.m. June 18, 2024 followed by a reception at Minerva Hall.

In lieu of flowers, please donate to the Canadian Diabetes Association.
Tributes: www.gilbartfuneralhome.com

Gilbart Funeral Home, Gimli in care of arrangements.



OBITUARY



Dan Stice

Peacefully, after a courageous battle with cancer, at the Gimli Community Health Centre, Dan Stice, aged 62 years, passed away surrounded by his friends and family.

In keeping with his wishes, cremation has taken place and a memorial service will be held at a later date.

Tributes: www.gilbartfuneralhome.com

Gilbart Funeral Home,
Gimli in care of arrangements.



OBITUARY



Branden Charlie Arnason
December 26th, 1992 – October 27th, 2023

It is with profound sadness that we announce the sudden passing of Branden Charlie Arnason, on Friday, October 27th, 2023.

Left to cherish his memory his fiancé Andie Stevenson, mother Sherry Arnason; brother Josh (Destiny); Baba and Gigi Irene and Larry Sobkowich; Amma Lorraine Arnason; aunties Samantha Sobkowich (Klaus), Charlene Arnason (Murray), Bonnie Franz (Dwight), Linda Arnason (Joe); cousins Travis, Tim, Jon, Thor and Julia; best friends Josh, Destiny, Nigel, Eric, Stephanie, Avery, Luke, Braedan, Jordan, Adam, Justin, Dylan, Teegan, Garrett, Jesse, Ali, and so many more friends. Branden could have five or more best friends, but every single person who were just friends, honestly considered "Brando" their best friend, that is just how impactful knowing him was.

He was predeceased by his dad Chuck Arnason (who he greatly missed), Afi Charles Arnason, and his uncle Peter Arnason.

Branden was born on December 26th, 1992 and his arrival completed the little Arnason family. Josh and Branden were Chuck and Sherry's pride and joy. Branden followed in his brothers' footsteps and were best friends. Josh's friends became Branden's friends, and Branden's friends became Josh's friends.

Branden was always there for his Mom, he would visit her often and do errands or odd jobs around the house for her; as well as sharing Gizmo duties by taking him for walks and teaching him tricks.

He also had a special bond with his Gigi Larry. Gigi was his confidant and #1 best friend. When he was around three years old, he went to work for the day with Gigi in Aspen Park to build a deck on a condo. It was a very hot day, but Branden put in a full day's work; Gigi made sure he was fed and watered well. From that day on we knew that his hard-working skills, his "work ethic" began. He worked with Gigi for 30 years, mostly doing hardwood floors together.

Branden met his Soulmate Andie when they were in their early 20's and started dating in July of 2018; two years later, Andie and the cats, Hulk and Sandy Cohen moved in. On September 3rd, 2022 Branden and Andie got engaged in Banff and began to plan their future together.

Butters the cat came in February 2023, well Branden was never a cat person, Andie's photo got replaced by the cats on his phone and they were allowed to sleep with him and Andie in bed! Just this past September they celebrated their 5-year anniversary of being together.

Branden attended school in Gimli from Kindergarten to grade 12. After graduating from high school, he went to Calgary to take a course in hardwood flooring. Upon returning home to Gimli, he worked with his dad Chuck at Gimli Pre Cast, Brennivins Pizza Hus and then CN as a Thermite Welder.

Branden's love for hockey began at an early age. Gimli Minor Hockey (with his dad coaching), Gimli Vikings, the Ice Dawgs and Rec Hockey leagues; and along the way you could find him out skating.

Branden got along with everyone; he was a friend to the young and old, age did not matter, he could talk to anyone. He could burst into a room, and you would instantly feel his "electrical" energy; no sooner would he enter, he would exit and when he left the room it felt empty.

Branden lived life to the fullest and spent his whole life making people laugh, bringing joy wherever he went but mostly, putting others first. He loved to travel and took many trips worldwide.

A special thank you to the Gimli EMS for their quick response, as well as the outstanding support and compassion from the nurses, especially Cindy, and to all those who were there with the family.

A Celebration of Life will be held on Sunday, November 26th at 2:00 p.m. at the Fraserwood Hall in Fraserwood, MB.

In lieu of flowers, donations can be made to the Gimli Minor Hockey Association or the Heart and Stroke Foundation Manitoba.

Condolences may be left at www.neilbardalfuneralhome.com



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