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Stonewall Teulon

THURSDAY,
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Coins for Christmas

WCI students Paige Wright, left, and Brady deLaroque have joined forces to spread Christmas Cheer throughout the interlake by collecting coins for the Interlake Food Bank. See more on page 5.

TRIBUNE PHOTO BY JO-ANNE PROCTER

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Quiet Christmas in Teulon

By Evan Matthews

The usual hustle and bustle of the Main Street Santa Claus Parade, Teulon Winterfest and frantic shoppers in Teulon may be a bit more hush-hush this year, as altering the 2020 Christmas season is COVID's latest caper.

Debbie Kozyra, organizer of the Teulon Santa Claus Parade for the past 13 years, said assuming the risk of gatherings and potential COVID-19 exposure was too much.

"It was a really tough decision this year. ... We talked about it, and we just can't put everyone at risk. We made the decision even prior to the most recent lockdown," she said.

Kozyra has owned and operated Kozy's Production, the Santa Claus Parade sponsor, for nearly 38 years.

"We've had people suggest ideas as to how we could still go forward with it, which is nice, but the people who have to organize floats are putting themselves at risk, too, many of whom are also business people. We can't control the crowds or the people," she said. "Thinking about public health, and factoring in money is already tight enough around the community, we need to follow the provincial mandates to distance, wear masks, etc."

There is definitely regret and empathy in regards to the kids, Kozyra said. She acknowledged how much they all love to see Santa, but the risk of having Teulon become a COVID epicentre outweighed the positives associated with any seasonal celebration.

Plans for next year are uncertain, Kozyra said, as nobody knows how long COVID will last.

Surely, shop local

Planning for the holiday season from a business perspective has been challenging, to say the least, according to Jan Lambourne, president of the Teulon and District Chamber of Commerce.

The Teulon chamber has altered holiday plans three times already, since Lambourne said the restrictions are updated weekly. But it's not to say the chamber doesn't have plans.

"We tried to get creative with an event that encourages a stay-at-home project to do with your immediate family, while also trying to get into the Christmas spirit, so we came up with a holiday lights contest," said Lambourne.

"Decorations must be up by Dec. 12, with winners announced on Dec. 19



TRIBUNE PHOTO SUBMITTED

The Teulon and District Chamber of Commerce are encouraging Teulon residents to get in the spirit of Christmas and take part in the holiday lights contest.

live online. There are three categories: Traditional, Wonderland and All Out. Prizes will be purchased from local chamber businesses."

The one continual message from the chamber, and local businesses across the regional Interlake community, is to shop local. This message is true now more than ever, she said.

Lambourne noted that due to the heavy restrictions, many physical locations are closed. However, shoppers can double check for local items online, by telephone or by delivery and or contactless pickup.

Kozyra agreed but said COVID-19 will have to throw a little more at her before she throws in the towel. She did appeal to Interlake residents, though.

"Please, shop local. There are still a lot of businesses open selling essentials. ... We need all the support of our community," said Kozyra.

"But nothing else has managed to take us down yet. I'm not going to let

COVID do it either."

Manitoba gov pushes local, too

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

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

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

"Businesses are vital to our provincial economy and our government is listening to the feedback and input

Continued on page 3

Вічна Пам'ять

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Virtual Evening of Remembrance

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Palliative Care

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Please RSVP by December 5
Call 204-322-5639
To register for Zoom email: s.w.d.p.c@hotmail.com

WCI student organizes Gift of Warmth Drive

By Jennifer McFee

A local teen hopes to share the gift of warmth this holiday season.

Amber Archer, a Grade 12 student at Warren Collegiate Institute, has launched the Gift of Warmth initiative to collect warm items to donate to Main Street Project in Winnipeg.

"The Gift of Warmth Drive is a clothing drive that I have started within my community as a school project to collect winter clothes for those in need. I am collecting hats, mitts, socks and blankets but have also received other donations such as scarves and jackets," she said.

"Due to the pandemic and safety precautions, there is one donation bin located outside of the front doors of Warren Collegiate to make the sanitation process easier and safer."

Although Archer has participated in a few small projects at her school, the Gift of Warmth Drive is the first community-based project that she has organized herself.

"I decided to launch this project because I under-

stand that under the circumstances, it can be hard for organizations to get the donations they need. Winter is one of the hardest seasons for people in need and they still require donations to keep them warm this winter," she said.

"I am also a part of the Global Issues class in my school and we are asked to create an action project to help a cause that we are passionate about. I felt this was a perfect opportunity for me to help out those in need this winter and help those in my community get their donations in without the fear of going into the city themselves."

The deadline for donations to the Gift of Warmth clothing drive is Friday, Dec. 18. Donations can be left in the dropoff box labelled "Gift of Warmth Drive" by the front doors of Warren Collegiate Institute.

PHOTO SUBMITTED

Amber Archer, a Grade 12 WCI student, is collecting warm winter items to donate to Main Street Project in Winnipeg.



Selkirk COVID-19 testing site has moved to former hospital

Submitted by IERHA

On Wednesday, Nov. 25, the Selkirk COVID-19 testing site will move to the former hospital at 100 Easton Dr., where the emergency department was located.

The new site will replace the drive-thru testing site — currently located at 622 Superior Ave. — which will end service on Tuesday. Making an appointment will be encouraged, but walk-ins are still available.

The change in location takes impending winter conditions into consideration and will provide a more comfortable and safer space for both staff and the public, as the old site saw cars lining up on a busy road. Moving to an appointment-based system will help to reduce wait times, and the new site has ample parking for everyone. It also holds the potential to accommodate a higher number of tests completed each day, should the need increase.

Dr. Tim Hilderman, medical officer of health for Interlake-Eastern Regional Health Authority stressed the importance of people in the region coming for testing as soon as they show COVID-19 symptoms.

"Our new testing site will have all the proper cleaning and distancing measures in place to help prevent transmission of infection. The sooner we can find out when someone has COVID-19, the better our chances of slowing the spread of illness," said Hilderman. "But right now, we hope everyone follows public health orders to limit contacts as much as possible, so we can reduce the number of people experiencing illness."

Since the beginning of September, the testing site in Selkirk has completed an average of 144 tests each day. On busier days, more than 200 were completed.

Starting Tuesday, anyone can make an appointment for a COVID-19 test at 100 Easton Dr. by

visiting www.is.gd/MBtesting or calling 1-855-268-4318.

For test results, the process remains the same. Visit www.sharedhealthmb.ca/covid19/test-results or call the Public Health COVID-19 Contact Centre at 1-844-960-1984 with your Manitoba Health Registration Card on hand. Individuals who test positive for COVID-19 are contacted directly by Public Health.

Public health officials are currently advising that if anyone is symptomatic or has a household member who is symptomatic, the entire household needs to self-isolate pending COVID-19 test results. For information on self-isolation, visit <https://manitoba.ca/covid19/fundamentals/self-isolation.html>.

> CHRISTMAS LIGHTS, FROM PG. 2

we've received from the business community on how to support them through the pandemic," said Finance Minister Scott Fielding.

"Our government is making significant investments to help local businesses through the chal-

lenges of COVID-19."

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



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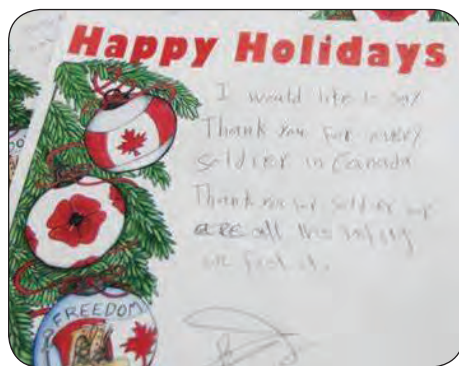
Canadian Armed Forces ask for holiday greetings

Submitted by Cathy Coss

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

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

"Many of us will spend the holidays with our families. Many of us will not. It would mean a great deal to us if you sent them a greeting," the message said. Canada Post is continuing with free delivery of letters and parcels to deployed troops from their family and friends during the 2020 holiday



Letters must arrive by Dec. 9.

season, but you can also send a greeting card or letter to any CAF member if you wish, though you will require postage in that case.

Simply mail a stamped letter or card to:

Any Canadian Armed Forces Member
PO Box 5004 Stn Forces
Belleville, ON K8N 5W6

These envelopes may only contain correspondence. No other items can be mailed to the "any CAF member" address. Packages containing anything else will be returned to you at your expense, the government says.

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



TRIBUNE PHOTO SUBMITTED

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

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

Christmas cards typically need to arrive by Dec. 9 in order to be shipped

in time for Christmas, but they will continue to be accepted and mailed afterwards too, and for other holidays, the CAFinUS told CTV News.

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

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Christmas in Teulon

Holiday Lights House or Yard Decorating Contest

Let's light up Teulon with the holiday spirit and a great way to enjoy a family safe event. All decorations must be up by December 12th, winners will be announced December 19th live online at 3 pm. There will be 3 categories to participate in. Traditional, Wonderland or All Out!

Shop Local

Winners for Traditional & Wonderland will receive Prizes from participating Local Businesses. ALL OUT prize is being hosted by TBS in Teulon. We look forward to seeing everyone's holiday spirit. Winning entries will have their pictures taken. All businesses have their own hours and guidelines that must be followed during the COVID restrictions, we encourage you to support local this season while staying safe and social distancing. Please consider arranging for gift certificates, delivery or pickup with businesses that are offering these services in Teulon & Area this holiday season.

Christmas spirit alive in hearts of students

By Jo-Anne Procter

The Christmas spirit is already alive in the hearts of Warren Collegiate Grade 12 students Paige Wright and Brady deLaroque.

Classmates since kindergarten, Wright and deLaroque joined forces to help those in need.

With the disappointment of their annual "We Scare Hunger" food collection for the Interlake Food Bank in October being quashed due to COVID-19, it was even more important to the duo to ensure that everyone

has an opportunity to enjoy the 2020 Christmas season.

They started a coin collection to raise funds that will be donated to the local food bank. Collection jars can be found at Warren Food Mart, Warren Hardware-Tempo Gas, Warren Tire, CCL in Woodlands and at the collegiate with the hopes that community members will open their hearts and their wallets to help their cause.

Warren Food Mart and the collegiate are also accepting non-perishable food items, which can be left at the

store.

Due to the new code red restrictions, and the limited amount of people entering the stores, monetary donations can be made through Wright by contacting her at 204-461-2131.

Both Wright and deLaroque are available to make curbside pickups at residences in and around Warren for those people that want to donate.

The RM of Woodlands council made a generous donation of \$2,500 to help in the efforts to raise money for the very worthy local cause.

All donations must be made by Dec. 4.

The Interlake Food Bank provides food and other goods to those in need in Stonewall and the surrounding area.

If you are able to give throughout the year, consider contacting your local food bank to see how they would like to receive donations (cash donations or product donations). Interlake Food Bank can be reached at 204-467-9118, and Teulon & District Food Bank can be reached at 204-886-2570.

Evening of Remembrance goes virtual

By Jennifer McFee

The Evening of Remembrance is going virtual this year to provide an opportunity to remember loved ones as the holiday season approaches.

Presented by the South West District Palliative Care, the virtual event will take place on Sunday, Dec. 6 at 7 p.m. All are welcome to join remotely using Zoom.

"Not only are we remembering and grieving the loss of a family member, but there is so much more this year to grieve," said Doris Hunter, the event's organizer and host.

"What do we do this Christmas? How can we do it? Most of us will be apart from family. It's not what we want, but we should be thankful for what we have."

This is a very different year, she said, so it was necessary to find a different way to host the Evening of Remembrance.

"People that have lost family members have not had an opportunity to say goodbye with family and friends around. That's difficult because they've still never been surrounded by community. There's a lot of heartache," Hunter said.

"Many couldn't be with loved ones

when they passed away, and there's also loneliness in assisted living. We have so much to reflect on — and this is a good time to reflect on past Christmases too. This year, of all years, we need to have this Evening of Remembrance because so many people are hurting in so many ways."

For those who prefer, they can join the event by phone without using video, Hunter added.

"It doesn't matter where they are as long as they have an internet connection," she said, noting that the event will feature a musical performance.

"When we lose faith in everything

else, there is still hope that things can be changed — and we have to have a lot of hope right now with these high numbers."

Anyone who would like to register for the Zoom event can email s.w.d.p.c@hotmail.com by Dec. 5. For more information, call 204-322-5639.

In other news, the South West District Palliative Care had to cancel its 2020 fundraising gala dinner and

dance due to the pandemic.

However, there are other ways to show support for the charitable organization.

"That was our major fundraiser," said board chair Doug Pickell.

"Since we can't have it, we're asking people to consider donating the cost of their tickets."

Donations can be accepted by credit card through CanadaHelps (www.canadahelps.org) or by mailing a cheque to SWDPC, Box 1282, Stonewall, MB, R0C 2Z0.

The next fundraising gala is scheduled for Nov. 20, 2021, and the Ralph Eichler fundraising golf tournament is scheduled for June 11, 2021, in conjunction with the Interlake Community Foundation.

"We're continuing to run our programs to help people in grief in Stonewall, Teulon, Rockwood, Rosser and Woodlands. We're still trying to provide support and grief counsel-

ling," Pickell added.

"We also recently bought some iPads that we will lend out to people in palliative care so they can contact family members to visit virtually."

For more information about the iPad lending program, contact Jen at s.w.d.p.c@hotmail.com or call 204-513-1728.

"MANY
COULDN'T BE
WITH LOVED
ONES WHEN
THEY PASSED
AWAY."

CHRISTMAS HAMPERS

Do you are someone you know need a hamper this Christmas? Please be advised that Christmas Cheerboard hampers can be ordered from now until December 9th. Hamper pick-up will be December 19th. Please call 467-7370 to order a hamper. Requests for hampers need to be made every year even if a hamper was received in previous years because lists aren't carried over.

CHRISTMAS CHEER BOARD

Help needed! The Stonewall & District Christmas Cheerboard is looking for donations to help those in need this Christmas. Donations of food and toys are not accepted this year due to Covid-19. Monetary donations would be greatly appreciated and can be made at **Sunova Credit Union** or mailed to **Box 1991, Stonewall, MB R0C 2Z0.**

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evan@expressweeklynews.ca



Always consider kindness and compassion

By Evan Matthews

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Government wants least amount of contact with people; raising questions for shoppers

Good morning:

At approximately 10:30 a.m. this morning, I stopped at our local pharmacy to purchase a paperback to while away the hours until our local library opens on Tuesday. To my utter surprise, I was informed that the provincial government has forbidden the sale of stationery products due to the COVID-19 pandemic.

As a senior and retired member of the military, I do understand that restrictions to ensure the health of all citizens are required during this

pandemic and I fully support them.

My question leads one to suppose that a few of our legislators and medical personnel do not seem to understand the definition of the meaning of the word "stationary."

If one groups reading material (i.e. books and magazines) as stationary, one should look closely at the production of daily/weekly newspapers as stationary also. They are made of paper and produced by individuals under the same restrictions as I am. I do suppose that there are work-

related concerns and that this matter may not have been thought through as well as it could be to ensure the continued health and welfare of the employees concerned.

This may seem frivolous, but it concerns one when those items on a shelf may carry the virus and one supposes that newspapers would not, seems to be in the realm of science fiction not science fact.

I thank you for patience and response to my inquiry and, no, I do not want cheese with this whine.

Be Safe, Be Well

Yours sincerely

Laurence E Rutt, CD

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Interlake-Eastern RHA records 11 COVID deaths in total

Staff

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

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

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

Monday's data shows:

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

The data also shows:

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

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

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

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

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

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

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

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

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

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

COVID-19 enforcement ramps up

By Evan Matthews

After anti-mask rallies last week, sources inside the provincial government have said the messaging to COVID-19 enforcement teams is clear: Ticket, ticket and ticket some more.

But despite that messaging, sources said the first weekend under the new, hyper-restrictive public health orders went quite well and that big-box stores are, mostly, following the rules.

On Nov. 5, the Province of Manitoba announced an additional \$2.5 million to 275 additional COVID-19 enforcement personnel.

A source inside the government said the province has re-deployed environment and conservation officers, drinking water officers, liquor and gaming officers, as well as health and safety officers, all of whom now have authority and are actually being instructed to enforce the public health orders. The sources added that the teams will conduct patrols.

Where exactly enforcement teams will frequent and patrol is unclear, the source said, but said much of the early focus has been in Winnipeg.

The provincial government has created online and phone "tip lines" going back to April 2020 but has recently ramped up efforts. Information coming into the tip lines regarding residences

will be passed on to local police, as opposed to any of the re-deployed officers.

The re-deployed officers will be focusing on businesses, the source said.

The province said its enhanced enforcement efforts add to its recent measures to increase fines for breaching and/or failing to comply with public health or emergency orders.

The fines are listed at \$1,296 for individuals — up from \$486 — and \$5,000 for corporations, which is an increase from \$2,542.

Since April 9, there have been over 12,000 calls from citizens to report concerns to the tip lines, according to the province.

Violation of rights?

Whereas some citizens have said they will attempt to fight tickets in court, the provincial sources cautioned against the mentality, saying Crown lawyers have been "steadfast" in their preparation.

The sources reminded that emergency health orders take precedence over the Charter of Rights and Freedoms, and the enforcement teams have been instructed to "ticket, ticket, ticket."

In considering whether limits on Charter rights may be justified under Section 1 of the

Charter, courts are unlikely to second-guess government decisions, necessarily made rapidly about which measures were — or are — necessary to save lives, according to the Canadian law firm McCarthy Tétrault.

In the case of someone saying they are unable to wear a mask for "health reasons," the province has instructed enforcement teams — during a one-day training course — to visually assess the person.

For example, if the person is elderly with an oxygen tank, the officer can make a judgment call and not ticket, according to the source. However, if it is a young, healthy-looking person, the officer is to ticket without exception.

Even if a person's private health information is volunteered, enforcement teams are not authorized to request or view proof of someone's health information, but the source said they are to instruct citizens to fight the ticket in court.

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Province tightens restrictions to reduce social contacts

Submitted by Manitoba government

Updated public health orders came into effect Nov. 20 to further limit residential gatherings and retail operations to help halt the spread of COVID-19 and protect Manitobans, Premier Brian Pallister and Dr. Brent Roussin, Manitoba's chief provincial public health officer, announced last Thursday.

"The public health orders introduced when Manitoba moved to Critical (red) on the #RestartMB Pandemic Response System were the most restrictive we had introduced since the beginning of this pandemic," said Pallister. "However, despite those orders and strong recommendation from Dr. Roussin to stay home at this critical point in our fight against COVID-19, too many Manitobans are gathering or shopping for non-essential purposes and creating a greater risk to public health. We are now at a point where even tighter restrictions are needed to significantly limit social contact in order to protect one another."

The updated orders will further restrict gatherings at private residences, including a home, cottage or other vacation property, with some exceptions to allow child-care, health-care and home care services, tutoring services, construction or repairs, or to respond to emergencies. In addition, exceptions will be made for those who live on their own to have one other person visit their home.

In addition, people are prohibited from assembling in a gathering of more than five people at any indoor or outdoor public place including the common areas of a multi-unit resi-

dence, with the exception of a health-care facility or critical business that adheres to health protection measures. These measures are intended to allow for weddings, funerals and baptisms to take place with a capacity limit of five people. The province also recognizes the significant physical and mental health benefits from outdoor activities.

A retail business may open but may only sell essential items in person, and must ensure compliance with capacity limits (25 per cent the usual capacity of the premise or 250 people, whichever is lower) and implement measures to ensure physical distancing. Retailers can continue to sell essential or non-essential items online, by telephone or by remote means for delivery or curbside pickup.

A retail business may open but may sell only essential items to members of the public who are shopping in person at the business. No later than 12:01 a.m., Nov. 21, 2020, the operator of a retail business must ensure that:

- non-essential items are removed from areas of the business to which members of the public have access,
- members of the public are physically prevented from gaining access to non-essential items at the business, and
- signs in the business or stickers on items in the business clearly identify non-essential items that cannot be purchased by members of the public at the business.

The operator of a retail business must:

- establish a system to ensure compliance with the capacity limits, and

- provide proof the capacity limits have not been exceeded on request from a person authorized to enforce these orders, at the time the request is made.

Retailers are not prohibited from selling essential or non-essential items online, by telephone or by remote means for delivery or pick up.

These retail restrictions apply to businesses that are not addressed in Schedule A of the public health orders. For example, liquor and cannabis stores may continue to open and sell products.

Other essential items are set out by the orders and include: food, beverages and food preparation products; personal care products such as soap and dental care products; health-related products such as prescription drugs and vitamins; mobility or assistive devices; baby and child-care accessories such as diapers and formula; household cleaning products, safety devices, batteries and lightbulbs; outdoor winter apparel such as jackets and boots; personal protective equipment for the workplace; pet food and supplies; postage stamps; cellphones and cellphone accessories; parts and supplies for all types of motor vehicles and watercraft; major household appliances; hunting, fishing and trapping supplies; tools and hardware; materials for home maintenance, repair or construction; and property maintenance products such as shovels.

Non-essential items refers to any good and products not set out in the

orders. This includes jewelry, flowers, perfume, consumer electronics, sporting equipment, books and toys.

"The current trend of COVID-19 cases and wide-spread community transmission is unsustainable and causing significant strain on our health-care system," said Roussin.

"I can't stress enough that Manitobans need to stay home in order to protect themselves and their loved

ones and halt the spread of this deadly virus. These new restrictions will help limit social contacts and the opportunity and motivation for Manitobans to leave their homes for non-essential purposes."

The province recently announced a number of increased enforcement measures that will help uphold these new orders including a contract with G4S Canada to

boost COVID-19 enforcement efforts to help protect Manitobans and ensure there are consequences for those who disregard public health and emergency orders.

Provincial employees are also dedicated to public health enforcement across the province including police, environment and conservation officers, public health and Liquor, Gaming and Cannabis Authority inspectors, municipal bylaw officers, and security officers.

In all, almost 3,300 personnel across various enforcement agencies are empowered to enforce public health orders including the RCMP, municipal police agencies, the Health Protection Unit, Manitoba Conservation and Climate, Workplace Safety and Health, and the Liquor, Gaming and Cannabis Authority.

Manitobans are encouraged to contact the province's enhanced tip line to voice their concerns and share information about possible breaches of public health orders.

Manitobans can report compliance and enforcement issues by visiting www.manitoba.ca/COVID19 and completing the reporting form, or by calling 204-945-3744 or 1-866-626-4862 (toll-free) and pressing option three on the call menu. Since April 9, there have been more than 13,500 calls from citizens to report concerns.

For up-to-date information on COVID-19 in Manitoba, visit www.manitoba.ca/COVID19.

"THE PUBLIC HEALTH ORDERS INTRODUCED WHEN MANITOBA MOVED TO CRITICAL (RED) ON THE #RESTARTMB PANDEMIC RESPONSE SYSTEM WERE THE MOST RESTRICTIVE."

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

New appointment-based system Walk-ins still welcome

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

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

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



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Province announces 2020 construction awards

Awards recognize work done for infrastructure in the province to help protect Manitobans

Submitted by Manitoba government

The Manitoba government announced its 2020 construction awards at the Manitoba Heavy Construction Association's (MHCA) virtual annual general meeting, Infrastructure Minister Ron Schuler announced Friday.

"The annual construction awards are a 30-year tradition that was established to provide the industry with formal recognition for its fantastic work," said Schuler. "It's important to recognize the hard-working people that keep our infrastructure going even during these difficult times. Their work ensures that our trucks keep moving goods on our highways, that roadworks are maintained for essential workers to get to their jobs, and that our communities have access to safe and sustainable infrastructure."

Each year, projects are submitted for seven different construction categories. The projects are evaluated on a

number of different criteria including quality of work, adherence to contract specifications and design criteria, complexity of project, and being on time and on budget.

The 2020 winners in their respective categories are:

- Grading: Earthmax Construction Ltd.
 - Location: Rural Municipality (RM) of Grahamdale
 - Project: Lake St. Martin Outlet Channel Access Road.
- Paving: Maple Leaf Construction Ltd.
 - Location: RM of Roland, RM of Grey and RM of Dufferin
 - Project: Paving on Provincial Trunk Highway (PTH) 3.
- Special Projects: Maple Leaf Construction Ltd.
 - Location: RM of Woodlands
 - Project: Paving and shoulder work on Provincial Road (PR) 227.
- Urban Works: Nelson River Con-

struction

- Location: City of Winkler
- Project: Concrete reconstruction (twinning) including land drainage systems, sidewalks and traffic signals on PTH 32.

- Major Structures: M.D. Steele Construction Ltd.

- Location: RM of West St. Paul
- Project: Structure at Grassmere Drain on PTH 9.

- Minor Structures: Coco Paving (Canada) Inc.

- Location: Grandview Municipality
- Project: Reinforced concrete box culvert at Munson Creek on PTH 5.

- Water Management: WBS Construction

- Location: Town of Morris
- Project: Pump station and gravity outfall at the Morris Ring Dike.

"The long history of these awards shows the strength of the working relationship between Manitoba Infrastructure and the heavy construction industry," said Chris Lorenc, president of MHCA.

"The Highways Capital program runs by annual budgets, but it is this

relationship of trust and respect between our industry and the department that ensures the program rolls out successfully, each year."

In addition, the province also released the 2021-22 fall advertising schedule for construction, engineering service provider and material supply tenders for projects across the province. The 2021-22 tendering list includes projects such as intersection improvements at the Trans-Canada Highway and PTH 16, upgrading 61 km of PTH 59 to improve trade from the U.S. border to PTH 52, and upgrading 91 kilometres of PTH 23 to remove spring road restrictions. Other work includes surfacing, grading, structures, intersection improvements, culverts and dust control.

To learn more about Manitoba Infrastructure's construction projects, visit www.gov.mb.ca/mit/.

To view the 2021-22 fall advertising schedule for construction, engineering service provider and material supply tenders, visit www.gov.mb.ca/mit/contracts/index.html.

Donate to The Drive for 85

Staff

Community members have the chance to show how much they care by making a donation to help others in need.

The annual We Care Walk, an initiative of Stonewall Church of the Ascension and CJNU, has adapted its approach this year.

"Our Annual We Care Walk will not be a meet and greet on the street this year," said Ross Thompson, one of the organizers.

"Normally, our volunteers walked the streets of Winnipeg every December passing along donations of clothing, hygiene products, food items and treats in sturdy reusable bags to the less fortunate — but not this year."

Instead, this year's drive will focus on food products, hygiene items and monetary donations. Siloam Mission is not currently accepting donations of clothing, blankets, linens or towels due to pandemic restrictions.

Organizers aim to provide a gift bag on Christmas morning to every person housed at The Madison, which is Siloam Mission's supportive housing residence located in Winnipeg's Wolseley neighbourhood. The Madison is

home to 85 residents, including some young adults who have aged out of foster care. Some of these young adults also have small children of their own.

Organizers are seeking donations of shampoo, conditioner and body wash sets; chocolates and other candies; puzzle books (crosswords, word searches or Sudoku); small unwrapped toys for children; and \$10 or \$20 gift cards for Giant Tiger, Dollarama or McDonalds. Donors are asked to keep in mind that 85 bags will be created.

For more information, contact Thompson at 204-467-2438 or ross-thompson@mts.net. The deadline to donate is Dec. 7.



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Donations are needed for gift bags for The Madison supportive housing.

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I will turn the darkness before them into light, the rough places into level ground.

These are the things I will do, and I will not forsake them. (Isaiah 42:16)

Nov. 29 is the first Sunday of Advent. For Christians all around the world, this day marks the beginning of a journey towards Bethlehem which ends on Christmas Day. Most years, it is a familiar one, with hymns and scriptures to mark the way. Advent candles are lit, pageants begin to be rehearsed, as young and old relive the story.

This year, we will journey down a road we have never travelled. Instead of sharing this season in our churches with friends and neighbours, our experience may be entirely solitary or virtual.

For many around the world, this Advent includes the reality of loss. How can we walk faithfully through this time of darkness and the unknown as we make our way to the stable?

The first Christmas has much to teach us about how to make it to Bethlehem this year. Mary and Joseph travelled to the city of David under government orders. Emperor Augustus had decided that all the world should be registered, and so their journey began. It must have been a dangerous one for a young couple with Mary heavily pregnant at the time. It was not a journey of their own choosing.

Mary and Joseph must have had such faith in God. They set out, not even knowing where their child might be safely born. The first Christmas was no elaborate celebration. Instead, in a humble stable, surrounded by animals, and later shepherds and angels, they welcomed Jesus.

This year, all of us will need to re-discover the simplicity that lies at the heart of the Christmas story. We will be asked to remember the vulnerable who may be travelling this time in danger and with few resources. We will need to trust God's promise to guide us along paths we have never known, making them smooth for our journey.

May this Advent be a time of rediscovering the miracle of God with us, Emmanuel, at every turn of the road you take to the manger this year. May you travel in safety and in good health.

Rev. Mona Denton
Stony Mountain &
Lilyfield United Churches
stonymountainlilyfieldpc@gmail.com
204-344-5426

 at Stony Mountain-Lilyfield
Pastoral Charge

Canada's first and largest 5G network expands to Manitoba

Submitted by Rogers Communications Canada

Rogers Communications announced last Friday that it has turned on its 5G service on Canada's most trusted and reliable network in Winnipeg and Brandon.

Customers in these locations on Rogers Infinite and Rogers for Business Shared Unlimited Data plans with compatible 5G devices will now have access to this next generation wireless technology. More than 2.2 million Canadians are on 5G-ready Rogers Infinite unlimited data plans.

Including these communities, Rogers 5G network powered by Ericsson, now reaches a total of 134 cities and towns across the country offering 10x more coverage than any other carrier. See full 5G coverage map here.

"The arrival of 5G in Manitoba will change the way we live, work and do business here," said Larry Goerzen, president of Prairies and Alberta for Rogers Communications.

"5G represents a massive technological transformation that will connect everything in our world from people and machines, to homes and cities. Beyond that, strong digital infrastructure and this next generation technology are critical to fuel productivity and innovation in the future as

we reset the competitive landscape in Manitoba and for Canada, globally."

5G will introduce new capabilities that are significantly more advanced than previous generations of wireless technology. Over the next several years, 5G will transform businesses and industries with increased speed and capacity, more efficient use of spectrum and lower latency.

5G will also support a massive increase in the number of connected devices that require near instantaneous access for applications like augmented and virtual reality, smart cities, robotics and driverless vehicles.

"On behalf of the Manitoba government, we welcome the expansion of Rogers 5G network into Win-

nipeg and Brandon, along with the benefits it will bring to our economy and communities," said Ralph Eichler, Manitoba minister of Economic Development and Training.

"This expansion will bring new technology to our businesses and contribute to Manitoba's long-term competi-

tiveness."

In addition to providing Canadians with the latest technology, wireless industry investments in 5G networks are expected to contribute an estimated \$40 billion annually to the country's economy and 250,000 permanent new jobs by 2026.

Rogers has invested over \$30 billion over the past 35 years to build Canada's most trusted and reliable wireless network.

In 2020, the company was awarded the best wireless network in Canada for the second year in a row by umlaut, the global leader in mobile network testing and benchmarking. Rogers is also ranked number one in the West, including Manitoba, and Ontario in

the J.D. Power 2020 Canada Wireless Network Quality Study.

A recent 2020 Ookla Speedtest report found Rogers wireless network delivers the most consistent speeds of any national wireless network in Canada.

"THE ARRIVAL OF 5G IN MANITOBA WILL CHANGE THE WAY WE LIVE, WORK AND DO BUSINESS HERE."

Warren's Poplarwood project complete

By Evan Matthews

The repaving of Warren's Poplarwood Drive is complete.

RM of Woodlands Reeve Lori Schellekens announced the project's completion last week. The project has one more "walk-through" according to Schellekens. She added that any "deficiencies" would be addressed at that time.

Since its completion, the RM has received a couple of complaints from Poplarwood residents, who alleged the sidewalk hadn't been paved properly and contained uneven stretches.

"It runs the lay of the land. ... We would have had to do a lot more backfilling and grading on people's yards. It was

more economical and easier to do this way," said Schellekens, emphasizing it is a beautiful walking path.

"Part of this was accessibility. A couple people have suggested we should have left it as a gravel path. We have a resident on (Poplarwood) in a wheelchair. ... We want everyone to be able to use it."

The project involved repaving and widening the older part of Poplarwood Drive, everything west of Morton Drive, and adding a sidewalk. Broughton Bay is to the east.

Contractors tore up the old road, filled in one of the ditches, and installed pipes for drainage prior to repaving.

The project had never been completed despite having spanned many councils, so Schellekens made it her priority to have the street uniform, the old part matching the new.

Schellekens noted the sidewalk stops at the new development at the end of Poplarwood, as the development's original plans did not accommodate a sidewalk. Schellekens said if there is a need or a want to expand the sidewalk in the future, it could be looked at.

Though the administration could not confirm total cost for the project by presstime, CAO Adam Turner noted the RM's budget for the project is \$700,000.

The RM is currently awaiting invoices, he added.



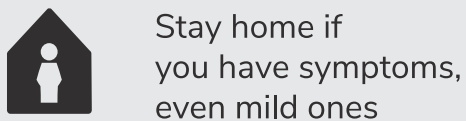
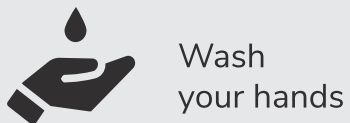
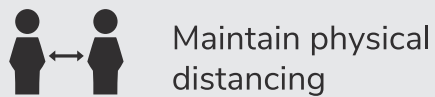
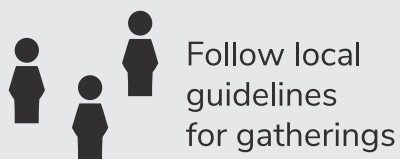
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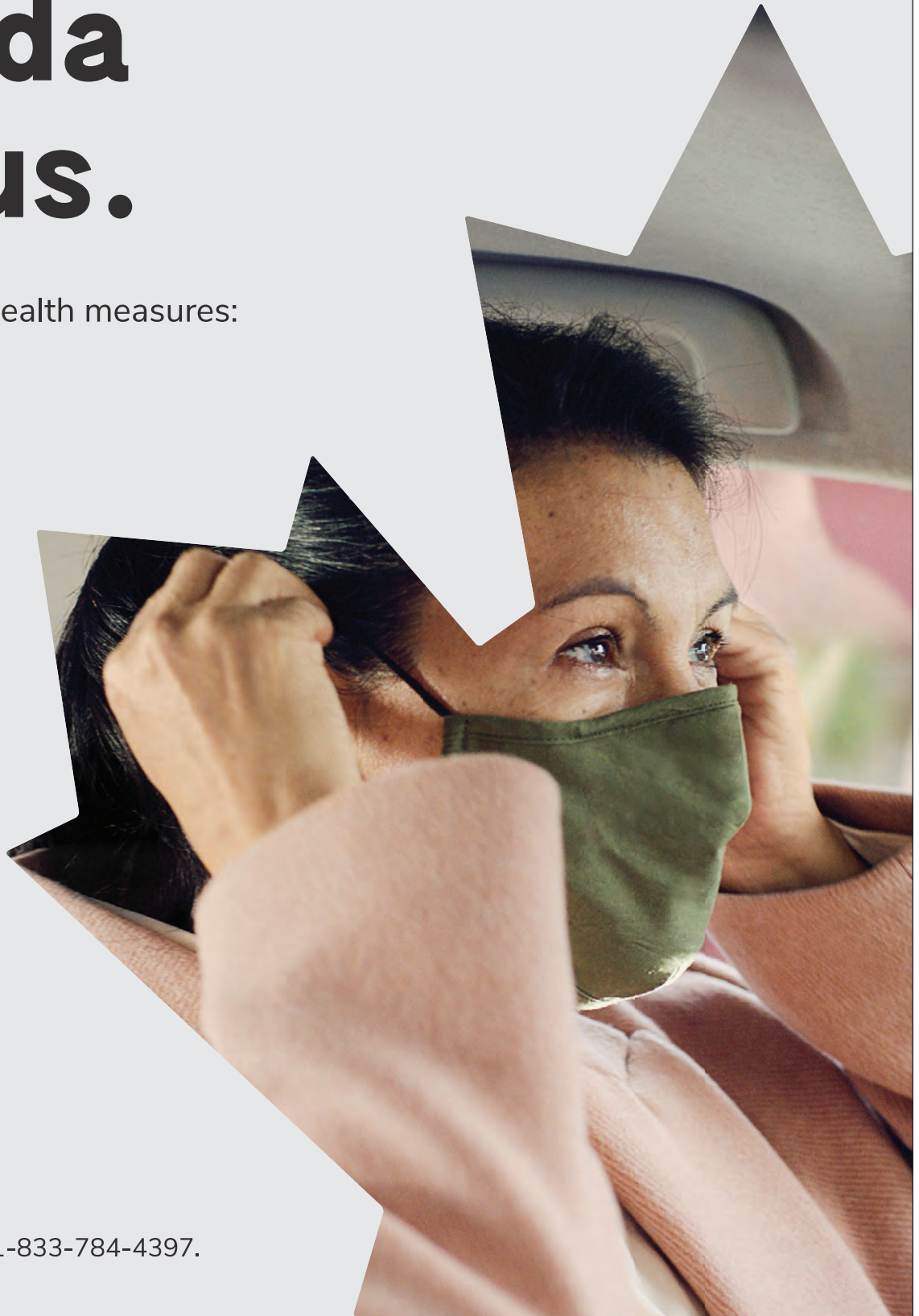
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Stonewall/Rockwood fibre project continues to progress

By Jennifer McFee

At a time when many people are feeling more isolated than ever before, preparations are underway for increased connectivity through high-speed fibre optic internet.

The Connecting to Opportunity project is a partnership between Manitoba-based internet service provider RF-NOW Inc. along with John Q Public, which is the economic development arm owned by the Winnipeg Metropolitan Region.

In late September, the mayors and Reeves of Winnipeg Metropolitan Region and founders of John Q Public Impact Inc. launched Phase 1 of the project. The six communities involved in this phase — Rockwood, Stonewall, Ritchot, Macdonald, Headingley and the RM of Portage la Prairie — can expect to be connected over the next year, followed by other Winnipeg Metro Region communities.

Colleen Sklar, executive director of the Winnipeg Metropolitan Region and John Q, said work has already begun in the RM of Portage la Prairie.

“Six of the communities pooled \$250,000 each to get this project started,” she said. “The plan is to service the entire Winnipeg Metropolitan Region, leaving no one behind.”

Clive Hinds, the mayor of Stonewall and one of the founding members of John Q, believes communities are much stronger when they work together, especially to deliver essential services.

“Through John Q, we are using taxpayers’ dollars in the most effective and responsible way possible,” he said.

“We’re slowly moving forward and the business case will dictate how fast we can get moving on this project.”

Similarly, Rockwood Reeve Wes Taplin stresses the importance of internet connectivity, particularly now that more people are meeting through Zoom and other video



TRIBUNE PHOTO SUBMITTED

Fibre optic internet will improve connectivity in local communities.

conferencing platforms.

“Connectivity is huge right now,” he said. “It can’t happen quick enough.”

Chris Kennedy, chief operating officer of RF-NOW, encourages residents to contact the company if they would like to sign up for the service.

“We’ve been gathering lots of interest over the last six to eight weeks in the whole area from the RM of Rosser and through to Stonewall — and north, south, west and east,” he said.

“We gather all the information to see who’s interested and to help us with plans to make the project work from a business perspective. Over the next few weeks, people in the area will start to see a contract they can sign to get signed up and get installed next year.”

And so far, the project has been proving popular with local residents.

“We’ve had hundreds of people from the area already contact us. If people are interested that have not contacted us yet, please do reach out. It will help the case,” Kennedy said.

“The areas with the most interest and sign-

ups are where we head to first. You don’t have to sign up in Phase 1, but the more that do, the faster we get there.”

Now that so many people are working from home during the pandemic, Kennedy believes that reliable internet has become a necessity.

“We’re really excited to come to some of these new areas and partner with municipalities. All the municipalities have worked really hard to try to make the internet better and connectivity better in their region,” he said. “We want to gather as much information as we can to make sure we’re there in a timely fashion.”

Kennedy notes that work will continue even after the snow falls.

“We can use the drills all through the winter. At some point, the ploughs get frozen out, but we continue to drill,” he said.

“People will see drills in the area throughout the winter and we’re excited to be there.”

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10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
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Wrapping up a Stonewall Christmas

By Jennifer McFee

Savvy shoppers who choose to keep their money in town will have the chance to win valuable prizes during the lead-up to the holiday season.

In an effort to encourage local shopping, the *Stonewall Teulon Tribune* and the Stonewall & District Chamber of Commerce have teamed up to offer an exciting initiative called Wrapping Up a Stonewall Christmas.

This promotion launches Thursday, Nov. 26 and continues for four weeks until Dec. 24.

To participate, all you have to do is post a picture of your local shopping experience on Facebook, Twitter or Instagram and tag the Stonewall business on social media, while also including the hashtag #ShopLocalStonewall.

Participants have the chance to win over \$1,500 worth of prizes,

including 23 weekly \$50 gift cards or other prizes to the businesses shown in their photos. In addition, one lucky grand-prize winner will receive \$500 in Chamber Bucks to their favourite Stonewall business at the end of the campaign.

Lana Meier, publisher of the *Stonewall Teulon Tribune*, stresses that local businesses need support from the community, now more than ever.

"This can be done safely. Order from the store and have safe curbside pickup," she said, urging everyone to follow all public health orders.

"If you must go into one of our essential retailers, do it safely, as mandated, and get in and get out of the store quickly. I'm afraid our local businesses won't be around next year if they don't get our support now. This shop local campaign is more important than ever."

With stringent restrictions in place

due to the pandemic, the need is even more urgent to invest in the local economy.

"The *Tribune* and the Stonewall & District Chamber of Commerce are encouraging Manitobans, as they stay home to save lives, to consider supporting local businesses by purchasing online or by phone for curbside pickup or delivery — or buy a gift card to use down the road. Invest in your independent retailers and restaurants; invest in your community," Meier said.

"Every dollar matters. Every purchase counts. In communities, small towns and cities, independent retailers and restaurants need your support now. As Manitoba navigates non-essential business shutdowns, find ways to shop safely and locally, online or by phone. Invest in each other — and #ShopLocalStonewall and #CodeRedBuyLocal."



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Choosing local over big box

By Sydney Lockhart

Many people are choosing to shop local this holiday season to support small businesses that have been struggling through the pandemic.

A survey done by Giant Tiger found that 84 per cent of Canadians who took the survey think that supporting Canadian retailers is more important since the pandemic began.

"I pretty much have all my shopping done. For the most part it's been 75 per cent local and the other odds and bobs are just really specific things I can't find locally," said 42-year-old Stony Mountain resident Sarah Stoecklin-Falk.

She added that she likes to buy gifts from local artisans because they usually end up being one-of-a-kind gifts. "A lot of my stuff hasn't been store made stuff," said Stoecklin-Falk, "Just seeing other people's artistic sides is amazing. I love seeing it."

She said she has shopped from nine or 10 hobbyists, Home Hardware, Facebook Marketplace, Town Apparel and many more local stores.

Last Friday the provincial government announced a "#ShopLocalMB" campaign and is planning to spend

over \$75,000 on it, just days after announcing further COVID-19 restrictions that forced more businesses to shut down.

Stoecklin-Falk said that even outside her holiday shopping she has been trying to shop as locally as she can to help keep businesses afloat.

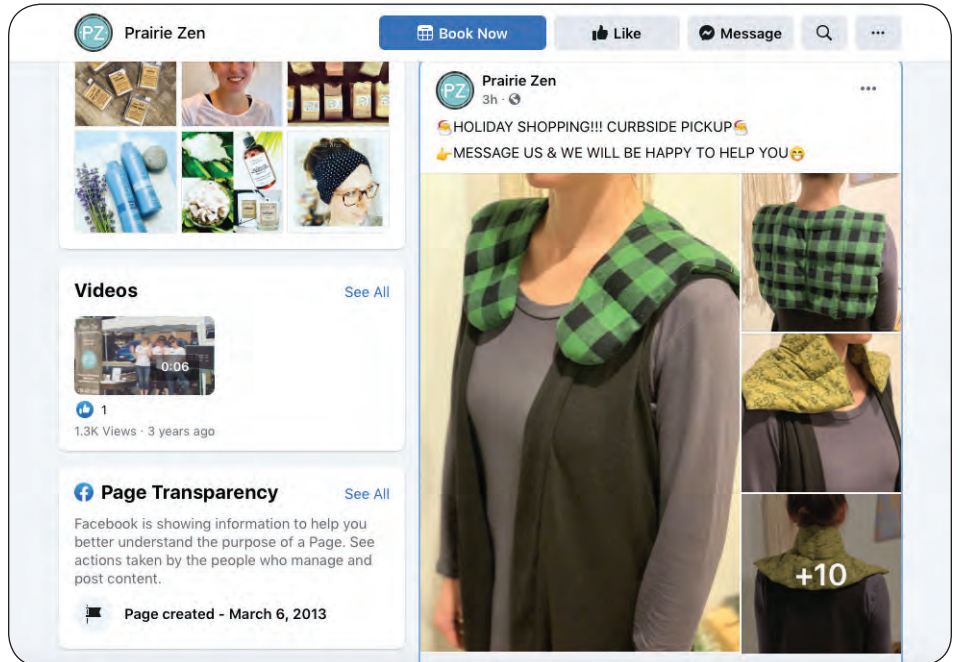
"My hairdresser in town is one of the only businesses in town. Every time we have a lockdown, I reach out to her and buy shampoo and conditioner from her even if I have enough of my own stuff to last a month," she said.

Breanna Figur, owner of Prairie Zen in Stonewall, says she has seen an increase in new customers supporting her business.

"Ninety per cent are not a current client of mine or a name I recognize," said the 34-year-old.

Prairie Zen is one of the registered vendors in the Interlake Holiday Market Facebook page where small businesses and crafters can sell their products this winter.

Figur said she has always tried to shop locally because she wants to support the community she grew up in.



TRIBUNE SCREENSHOT

Prairie Zen is one of several businesses that is offering curbside pickup.

"I always try to look in town first, it's not always possible but I definitely have been trying," she said.

Figur said her family didn't eat take-out much before the pandemic but has now made an effort to order local food more often in attempt to keep restaurants open.

"The pandemic opened my own eyes on how much our businesses depend on us to stay open. For some

people, it's the difference of closing their doors."

Figur said so far her family has ordered from the McLeod Tea House, The Rock, Cravings and Pizza Den, and they plan on supporting as many places as they can.

On top of doing holiday shopping locally, Figur says she tries to shop from both grocery stores. "I try to go to both because they both need it."

Rosser council news in brief

By Jennifer McFee

- At the Nov. 10 meeting, Coun. Angela Emms was appointed as deputy reeve for the RM of Rosser for 2020-21 and was granted alternate signing authority for municipality documents.

- The RM of Rosser approved East Interlake Watershed District's proposed boundary changes for Willow Creek and Netley Grassmere sub-districts.

- Council authorized Reeve Frances Smee to send a letter to the provincial government regarding COVID-19 financial relief for smaller event-based enterprises.

- Two culvert applications were approved in BrookPort Business Park, with costs of supplies and installation to be covered by the applicant.

- The RM of Rosser will enter into an agreement with Broda Properties regarding municipal legal and engineering fees for a development agreement. The RM also entered into an agreement with Paterson Global Foods Inc. regarding a development agreement.

What's *Your* Christmas story?

Pick one of the following themes and tell us your best story:

- It was the most awesome Christmas break EVER! Here's what happened ...
- What is the best gift you've ever given someone and why was it so special?
- You open your eyes and realize ... you're a SNOWMAN! What's your life like?

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Mail or email your letter to us by Wednesday, December 9th, and we'll make sure it appears in our special section on December 24th.

Please remember to include your first name and age on your letter!
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Sherry Cherry Pork Loin Roast

teaspoon salt.
Season roast evenly on all sides with 2 teaspoons salt and 1 teaspoon pepper.
Place large skillet over medium heat. Add 2 tablespoons oil to pan. Sear pork loin 3 minutes on each side until golden brown. Transfer roast to slow cooker on top of onions.

Cover and cook on low 3 hours.
To make Sherry Cherry Sauce: In blender, blend sherry cooking wine, garlic, 1/2 cup cherries, mustard powder, balsamic vinegar, soy sauce, parsley, remaining olive oil, remaining salt and remaining pepper until smooth; set aside.

After pork loin cooks 3 hours, add Sherry Cherry Sauce around pork roast. Cover and cook 2-3 hours on low.

To glaze, brush roast with warm sauce 3-4 times in last hour of cooking.

Once pork reaches internal temperature of 145 F, remove and let rest 15-20 minutes before slicing.

To finish sauce, remove 1/4 cup cooking liquid and mix with cornstarch to make a slurry. Whisk slurry and remaining cherries into sauce. Cook in slow cooker on high 15 minutes, stirring occasionally.

Slice roast 1/2-inch thick, garnish with fresh parsley and serve with Sherry Cherry Sauce and braised onions.

Recipe courtesy of Cate Meade of "Cate's Kitchen Fit"

Prep time: 20 minutes

Cook time: 5-6 hours

Servings: 8-10

7 tablespoons avocado or grapeseed oil, divided

2 large Vidalia onions, halved and thinly sliced

4 teaspoons kosher salt, divided

1 pork loin roast (4-4 1/2 pounds), trimmed and patted dry

3 teaspoons freshly ground black pepper, divided

Sherry Cherry Sauce:

3/4 cup Holland House Sherry Cooking Wine

5-6 cloves garlic

1 cup frozen Bing cherries, divided

1 1/2 tablespoons dry mustard powder

4 tablespoons Holland House Balsamic Vinegar

2 tablespoons soy sauce

1 bunch fresh parsley, large stems removed, plus additional reserved for garnish

3 tablespoons cornstarch (optional)

In large slow cooker on high heat, add 2 tablespoons oil, sliced onions and 1



Tuscan White Bean Soup

1 cup carrots, diced
6 large cloves garlic, minced
3 cans (15 1/2 ounces each) cannellini beans, rinsed and drained

1 can (13 3/4 ounces) artichoke hearts, rinsed and drained

1 bay leaf

1 teaspoon poultry seasoning

1 teaspoon salt

1 teaspoon ground black pepper

1/4 teaspoon dried rosemary

4 cups kale (about 6 ounces), cleaned, destemmed and chopped

5 ounces pancetta or bacon, diced

8 teaspoons Parmesan cheese, shaved (for garnish)

Place chicken stock, white cooking wine, tomatoes, onion, celery, carrots, garlic, cannellini beans, artichoke hearts, bay leaf, poultry seasoning, salt, pepper and rosemary in slow cooker. Cover and cook on low 7-8 hours or high 4-5 hours.

About 30 minutes before serving soup, stir in kale and cover.

In 10-inch skillet over medium heat, cook pancetta until crispy, about 4 minutes. Move pancetta to paper towel-lined plate to drain.

Ladle soup into bowls and sprinkle with pancetta and Parmesan cheese shavings.

Recipe courtesy of Jillian Wade of "Food, Folks & Fun"

Prep time: 15 minutes

Cook time: 8 hours

Servings: 8

4 cups chicken stock

1 cup Holland House White Cooking Wine

1 can (14 1/2 ounces) diced tomatoes

1 medium yellow onion, diced small

1 cup celery, diced



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Expert patient here to help!

By Susie Schwartz

There's no denying that sometimes we need the medical system. You want your team working for and with you. Self-advocacy sits at the heart of this - a skillful art that many have never needed to learn, or don't understand. I want to use my experience to help.

The tip below has 'saved' me more than I can say. It's saved time, errors from being made, and one day might save my life. (Think: high-risk for covid-19 complications or alternatively - car accident.)

Tip: Carry a typed document at all times with your health conditions, medication/doses and the name of your GP or relevant specialists. (Include the date and be sure to keep it current.)

Averaging 100 appointments a year, every new doctor or medical professional I see asks for this information. Their faces light up with surprise and respect as they look it over. I always offer them a copy and knowing they usually keep it, carry two.

But recently, in these confusing covid-19 times, I realised I needed to be even more proactive. With all the talk of hospital/ICU admissions and knowing that our loved ones are no longer always allowed to be at our side to help care for us, for me the aforementioned list is not adequate. Thanks to having Type 1 Diabetes, Gastroparesis, ME/CFS and many food intolerances, a detailed diabetes plan in case of intense weakness or unconsciousness is needed. As an insulin pump user and being a tricky case for regulating blood sugars, even the 'experts' cannot hold the expertise that I and my husband Don carry when it comes to keeping



Susie Schwartz

me out of danger zone. (It really is a matter of life or death.)

I'll be honest. Creating this care-plan has been an emotional process. Picturing myself on a respirator unable to communicate or operate my insulin pump without Don by my side has brought both anxiety and tears. I didn't want to face it. Every time I went to type the necessary instructions, I felt my chest tighten and thought, later.

Guess what? Procrastinating proved worse. Once done (and I asked for input from Don to put it together), I had no anxiety about getting it done. I could rest knowing I'd prepared all I could for myself, and those who care for me. (Bonus tip: This applies to wills, end-of-life directives and funeral wishes, too.)

Trust me. Whether in the hot seat at a new clinic or admitted to hospital, you'll thank yourself.

Less health stress, yes?

A published author and motivational speaker, Susie currently lives in the UK. She welcomes feedback and questions. Find her on FB @ medicalmissstress, Instagram @ medicalmiss_stress and her website lesshealthstress.com



Sweet Potato Casserole with Pecans and Toasted Marshmallows

Position oven rack in upper one-third of oven. Preheat oven to 350 F.

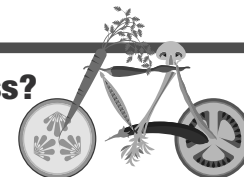
In blender, blend pecans into sweet potatoes.

Divide between two 1-cup ramekins sprayed with nonstick cooking spray. Sprinkle with marshmallows and bake about 15 minutes, or until marshmallows are toasted and browned.

Servings: 2
1/4 cup chopped pecans
1 pouch Honest Earth Mashed Sweet Potatoes
nonstick cooking spray
1 1/2 cups miniature marshmallows

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Living with pandemic restrictions as a Stonewall senior

By Sydney Lockhart

Manitoba COVID cases continue to rise along with tighter restrictions. For many seniors, these case numbers are worrisome.

But Irene Pearson is 90 years old and still picks up her own groceries despite the pandemic. She said it is a place for her to get out of the house.

"You don't get a chance to visit with people in the stores anymore or anything like that. You don't have time to say anything other than hello."

She added that she often doesn't recognize people she knows in the store underneath their masks.

"I make sure I wear a mask and stay comfortably away from the other people. I try to go when there aren't many people in the parking lot," she said.

While she takes precautions for her own health, she is still worried about the chance of contracting COVID-19.

"Getting the virus would not be the best thing for me being elderly. It would be easier to fight off for an 18-year-old," said Pearson.

She recently moved from her home to a smaller apartment and said the move has been helping her keep busy while restrictions are in place.

Pearson's son was scheduled to help her move, but with restrictions, he was unable to fly in from Ontario.

"He'll be here after," she said. "I keep in touch with Facetime and the phone."

"I'm an active person so I've just been putting up my Christmas decorations to brighten things up to make the best of the season."

Pearson said that she misses having a large deck like the home she moved out of because she no longer has a safe outdoor space to visit with her friends.

"We have to cool it for the time being. There isn't too much interaction between my friends," she said.

Pearson used to enjoy coffee and meals with friends but now spends her free time knitting and watching the news.

"We have no other choice; we have to abide by the rules," she said. "The situation with the hospitals, they can only hold so many people."

Pearson added that she thinks younger people need to listen to the restrictions more to look out for the elderly people who could get very sick.

"The regulations need to come down even more strict."



TRIBUNE PHOTO BY CRYSTAL KIRK
Ninety-year-old Irene Pearson is keeping herself busy hanging Christmas decorations during the code red pandemic shutdown.

Anxiety program aims to squash pandemic fears

Six-week course to help with pandemic worries

By Nicole Buffie

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

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

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

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

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

Mary Williams, executive director of

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

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

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

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

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

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

As the province moves into new public health orders, Williams said the need for mental health program-

ming is crucial.

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

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

"The importance of a program like this at this time can't be understated or overstated," she said.

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

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

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

Stonewall council news in brief

By Jennifer McFee

- At the Nov. 18 council meeting, the CAO was authorized to sign a snow removal agreement between the provincial government and the Town of Stonewall.

- The province has provided municipalities with broader authority to directly enforce public health orders. Council supports administration's application to the municipal enforcement support program,

which provides municipalities with financial and other supports to enable successful local enforcement of public health orders related to COVID-19.

- The Town of Stonewall aims to revive the Apple of Appreciation initiative to acknowledge educators in the community. The town also hopes to bring back the Blue Light Campaign in December to honour frontline health-care workers.

Local schools continue to adapt to COVID

By Jennifer McFee

It's been an interesting three months in the realm of education, but the Interlake School Division continues to roll with reality.

As of Nov. 22, the Interlake School Division has navigated a total of nine COVID-positive cases connected to local schools. The first positive case was reported to Stonewall Collegiate Institute on Oct. 4, followed by cases reported to Warren Elementary on Nov. 2 and 5, as well as cases reported to Warren Collegiate and Stonewall Collegiate on Nov. 11. Then Grosse Isle School had a case reported on Nov. 12, followed by a case reported at Teulon Elementary on Nov. 13, and Ecole RW Bobby Bend School cases reported on Nov. 14 and 17.

Supt. Margaret Ward said the Interlake School Division schools have now entered their 12th week with 2,919 students in their classrooms.

"There has definitely been opportunity for new learning for our system as we deal with positive cases of COVID-19 connected to our schools," she said.

"As new cases are identified, we are fortunate to work closely with our colleagues on the IERHA public health team."

Public health is responsible for investigating the details of a confirmed case; identifying those deemed to be close contacts of a confirmed case; and contacting those identified as close contacts and providing instructions for self-isolation.

At the same time, the ISD tackles a two-fold role.

"First, we are able to assist with information so that public health can do their job as quickly as possible," Ward said.

"Second, ISD has a part to play in helping public health with clear mes-

saging for school communities and for those identified as close contacts."

Each of the nine positive cases presented a unique set of circumstances, she added.

"In some cases, public health has determined no close contacts and in other cases there have been both student and staff close contacts identified. In some cases, an entire class has had to self-isolate and in other cases there have been only a few students and staff self-isolating," she said.

"One thing is consistent and that is the fact that each positive case is thoroughly investigated by public health before they determine close contacts. Once close contacts are determined, public health contacts them directly and advises next steps."

All public health letters provided to school communities are posted on the Interlake School Division website (www.interlakesd.ca) within the COVID-19 tab, just below the front-page picture, Ward noted.

"There is no doubt that the recent rise in positive cases within the province poses a significant challenge for public health. ISD's experience with the IERHA has been very collaborative — everyone is doing the best they can, given the current situation we find ourselves in," she said.

"ISD schools are doing everything they can to mitigate the risk of exposure to and transmission of COVID-19. Schools are creatively utilizing every space available to them and they are actively teaching our children about the fundamentals."

These now-familiar fundamentals include staying home when feeling unwell, practising good hand hygiene, physically distancing, minimizing close contacts and wearing a mask (for all who ride a bus, all staff, and all students in grades 4 to 12).



TRIBUNE PHOTOS SUBMITTED

A Grade 1/2 classroom relocated to the gym at Balmoral School to provide additional space.

"While our communities are living in the Critical (Red) Level in Manitoba's Pandemic Response System, all ISD schools continue to operate in the Restricted (Orange) Level as per direction from Manitoba Education and Public Health. As a system, we are proactively preparing for the possibility of one or more of our schools being placed in the Critical (Red) Response Level," Ward said.

"A letter was distributed to all ISD families on Nov. 13 outlining the Province of Manitoba's guidelines for a Critical (Red) Response Level in schools and asking families for information regarding their classification as critical service workers."

This letter is also available on the Interlake School Division's website within the COVID-19 tab.

"It is our sincere hope that our communities will remain healthy enough to allow us to either maintain our current Restricted (Orange) Level or, better yet, return to the Caution (Yellow) Level," she said.

"Regardless of the response level assigned to schools, ISD remains focused on providing in-class learning

in a safe and nurturing environment for our students and families."

As ISD schools continue to operate in the Restricted (Orange) Response Level as per direction from Manitoba Education and Public Health, Ward said the No. 1 priority is in-class learning.

"We continue to believe that the best place for teaching and learning is in our classrooms," she said.

"We are doing all that we can to meet in-class learning needs via our current teaching and support staff, strengthened by dedicated substitutes and a group of eight supply teachers who are busy every day filling in wherever necessary."

The school division also supports a group of 33 kindergarten to Grade 12 students who have been medically advised not to attend in-class learning. In addition, 35 students in grades 1 to 8 opted into temporary remote learning while schools are in the Restricted (Orange) Response Level.

"While we acknowledge that there has been interest expressed for additional enrolment in temporary remote learning, we simply do not have the teaching time to spare as we point our available resources towards ensuring in-class learning continues," Ward said.

"Should we be in a position to offer another entry point to temporary remote learning, all ISD families will be notified."

Even with all of the changes implemented due to the pandemic, schools continue to offer an environment for students to thrive.

"If you were to walk the halls of one of our schools," she said, "you would surely see what we see: students happy to be at school, ISD staff ensuring our schools are safe spaces, and learning around every corner — and these days, that includes learning how to learn together amidst a pandemic."



Cheer board donations

TRIBUNE PHOTO SUBMITTED

Last week, Sunova's Stonewall and Teulon branches donated \$500 to the Stonewall and District Cheer Board and \$500 to the Teulon and District Cheer Board to help support those in need this holiday season. Pictured, Rae-Anne Lychak did a contactless drop in Stonewall.

The community is reminded that the local cheer boards are only accepting monetary donations this year. All donations can be dropped off at Sunova through the night deposit drop. The donation envelope should include the donor's name and address and be addressed to the cheer board.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Maxwell flying offensively for the Jets

By Brian Bowman

James Maxwell has played games in a lot of different rinks during his junior career.

But he's having the most fun in a rink just five minutes from his home.

The Stonewall Jets' forward was off to a terrific start to this season, leading the team with eight points (goal, seven assists) before the Manitoba Major Junior Hockey League regular season was put on pause due to COVID-19.

Maxwell, a centre, was pleased with his start, playing on a line with Marcus Dewey and Matthew Smith. The trio has played very well together.

"Dewey is probably the quickest one on our line, he rushes the puck a lot, and Smitty is kind of a shooter," said Maxwell. "I would say, for myself, I'm kind of a pass-first kind of guy and I think my points kind of explain that."

Team-wise, the Jets have also been collecting points with seven in four games to sit in second place in the 10-team league.

"I think we have a pretty good team," said Maxwell, who turns 21 years old next Tuesday. "We have an older team. We have a lot of returning guys...and we have a pretty tight team. Everyone has a good relationship with each other so I think that helps."

"I'm looking forward to getting our

season started back up, hopefully, in the new year."

Maxwell joined the Jets last season after beginning the year with the Manitoba Junior Hockey League's OCN Blizzard.

In 30 games with Stonewall, Maxwell put up some very good numbers, scoring 18 goals while producing 41 points.

Maxwell gelled really well with Keegan Daniels-Webb.

"I was pretty happy with (the points)," he said. "(Keegan and I) had really good chemistry."

Maxwell started his junior career in the MJHL with the Waywayseecappo Wolverines. He also played for the Swan Valley Stampeders, the OCN Blizzard twice, and the Winnipeg Blues.

Maxwell enjoyed his time in the MJHL.

"It was really good," he said. "It was a great learning lesson for me and I met a lot of new people that I was fortunate to have met. I made a lot of new friends playing for all sorts of communities. I don't regret anything about it. I thought it was a great life lesson and I'm going to miss it, for sure."

Despite the great experience of Junior "A" hockey, playing with friends that he grew up with in the Interlake is pretty special.



TRIBUNE PHOTO BY LANA MEIER

James Maxwell leads the Stonewall Jets with eight points (goal, seven assists) in four games this season.

"I really enjoy it," he said. "It's super fun. The rink is only five minutes from my house, so it's awesome. I love Stonewall as a town so it's really fun playing for the team. This is where I played all of my minor hockey so it's

fun and some of the guys I haven't played with since AAA or even minor hockey.

"It's good to reconnect with them and get all of my old friendships back."

Volleyball Manitoba announces dates for club season

From Volleyball Manitoba's website

As with all aspects of life, COVID-19 continues to affect our community and by extension our sport. As we move through the current COVID-19 restrictions within our province, Volleyball Manitoba has continued to plan for the upcoming club volleyball season.

We all have to understand that the club season will look different than normal, with Return to Play protocol implementations being required for team training and for competitions. Competitions themselves will also likely involve modified formats to meet public health and Return to Play guidelines. The current focus is on be-

ing able to offer as many athletes as possible across the province an opportunity to return to or join a program that will allow them to grow and develop as volleyball players.

We would like to advise you of the following changes and adjustments at the current time relating to the club season:

New Early-Signing Windows:

Volleyball Manitoba will be instituting two additional early-signing periods. This is being implemented due to facility access challenges and safety considerations. With the uncertainty of gathering sizes and limitations to facility availability, holding tryouts may pose a significant chal-

lenge for clubs, risk to our membership and community and be against public health guidelines. Hopefully these early-signing windows can significantly limit the number of tryouts that need to take place.

Beginning immediately, the communication blackout currently in place will be lifted and clubs can begin to communicate directly with athletes.

The first re-signing window opened on Nov. 16, where clubs were permitted to re-sign athletes who participated in their club last season. This re-signing window was open to 14U, 15U, 16U, 17U and 18U age groups.

Beginning this past Monday, an open signing period began, where

clubs will be permitted to sign any remaining athletes. This will include 13U athletes in addition to 14U, 15U, 16U, 17U and 18U.

The process around clubs making offers to athletes is as follows:

The re-signing offer and agreement form was made available on the Volleyball Manitoba website on Nov. 16.

The open signing offer and agreement form was made available on Nov. 23.

Athletes may receive offers from a club at any time during the window; however, clubs must give athletes three days to consider any additional

Cockerill brilliant in South Africa

Staff

Aaron Cockerill was at his very best at his most recent European Tour event.

Cockerill posted a career-best fourth-place finish at the Joburg Open in South Africa last Sunday.

Cockerill, a Stony Mountain product, fired a solid 68 on Sunday to finish at 13-under 271 which tied him with South Africa's Brandon Stone and England's Steve Surry.

The trio were six strokes back of winner Joachim B. Hansen of Denmark. It was Hansen's first European Tour victory.

"Personal best T-4 finish on the Eu-

ropean Tour this week," Cockerill said on his Twitter account. "Getting closer and closer."

Cockerill opened the tournament with a sizzling 64 and then carded rounds of 68 and 71.

Cockerill, 28, is currently ranked 118th on the European Tour and is the only Canadian on the tour.

The Joburg Open returned to the European Tour schedule this year for the first time since 2017. It's the first of three straight tournaments in South Africa before the season-ending World Tour Championship in Dubai from Dec. 10 to 13.



TRIBUNE PHOTO BY LUKE WALKER/GETTY IMAGES

Aaron Cockerill with fiancée Chelsea Scrivener.

MJHL/Hockey Manitoba release review regarding Winnipeg Blues, Freeze practice in Warren

From the MJHL/Hockey Manitoba

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

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

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

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

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

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

gramming.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

> VOLLEYBALL MANITOBA, FROM PG. 21

offers they may receive.

Once clubs have a signed, accepted offer they must register their athletes/team into the online registration system (opened Nov. 19) in order for those athletes to be considered pre-signed. Membership fees will not be collected at this time. Clubs/teams should wait until they have a complete list of early-signed players before they complete the online registration.

Registered teams will be updated on the Volleyball Manitoba website weekly beginning on Nov. 20.

It is recommended that athletes do not choose a club outside of their community if at all possible. For commu-

nities without clubs, athletes should try to ensure that they stay within their region.

Clubs pre-signing athletes should be confident that they will be able to secure the appropriate gym time to host the teams that they are signing athletes to.

Later in December, teams will still be required to complete the usual online registration where they will purchase memberships for all of their players and coaches.

Tryouts:

Pending health authority regulations, the tryout period will still begin on Dec. 12 for 16U and younger teams,

and Dec. 13 for 17U and 18U teams. We will be continually re-evaluating these dates as more information becomes available to us.

Volleyball Manitoba will be releasing additional tryout regulations at a later date, expected to be inclusive of group size restrictions and other health and safety protocols.

It is expected that the online registration system will open on Dec. 21 to begin formal team registration, including membership purchase. Teams that have been Early-Signed will still need to go through this process.

Season/Training/Competition:

Assuming tryouts can begin on Dec. 12, any teams that have been pre-

signed will be permitted to begin training at this time.

The traditional holiday break training blackout will also be lifted this year, and replaced by a shorter training blackout from Dec. 24 to 26.

We are still reviewing numerous options about how the season could look in terms of competition, and will be providing more details on our plans in the coming weeks. Competition would not begin until Feb. 1 at the earliest. As everyone is aware, this is a constantly evolving situation and we thank you for your patience and understanding as we continue to process and evaluate our options.

Town of Stonewall seeking to recognize our educators

By Laine Wilson

In early June, the Town of Stonewall launched its Apple of Appreciation project, which encouraged residents to use an apple as a symbol to recognize educator's contributions through the pandemic.

For the duration of this pandemic, teachers, support staff and early childhood educators have continued to engage our youth and provide education. As the impact of the COVID-19 pandemic continues, these same educators resume their efforts to ensure no one is left behind because of the pandemic. The need to boost spirits and continue to support each other is clear.

The town wishes to revitalize the project once again with an additional option for recognition. We encourage our residents to use an apple (clear of copyrights) as a symbol, in a creative way, to recognize all educators for their contributions to our community.

Additionally, thanks to a partnership with the *Stonewall Teulon Tribune*, children are welcome to submit letters and photos on or before Dec. 11, through email, to be published in the paper at greatteachers@stonewallteulontribune.ca.

Residents are also invited to submit a photo of their participation through email at info@stonewall.ca to be shared on the town's social media.

www.facebook.com/stonewallmb/.

"Through a variety initiatives such as the Home Town Heroes and the Blue Light campaign, we have recognized frontline workers and medical staff for their courageous and unprecedented efforts since the start of the pandemic. Council felt it was important to also recognize the hard work of educators during this time," stated Mayor Clive Hinds.

Stonewall is a vibrant community, and by working together, council is confident we can reduce the health and safety risks for town residents during these unprecedented times. Please help us celebrate our educators.



RCMP briefs

Staff

- Stonewall RCMP are asking for the public's help to identify two suspects in relation to multiple break-and-enters in the Stonewall area.

On Nov. 9, Stonewall RCMP received several calls from local businesses reporting that they had been broken into and property had been stolen. In total, seven break-ins occurred during the early morning hours at businesses and even the town office.

Police canvassed several properties, speaking to owners and obtaining video surveillance. When reviewing the video surveillance, police noted two suspects in relation to the break-and-enters.

The first suspect was wearing a black mask, red gloves, and a black jacket with a white and red logo on the upper left arm.

The second suspect was carrying a crowbar and was wearing a black mask, black gloves, black Adidas pants with a light-coloured stripe running halfway up the pant leg, and a black hat with a white log on the back.

RCMP Forensic Identification Services is helping with the investigation.

Stonewall RCMP thanks the businesses that provided video surveillance to help with the investigation.

Anyone with information can call Stonewall RCMP at 204-467-5015 or Crime Stoppers anonymously at 1-800-222-8477, or submit a secure tip online at www.manitobacrimestoppers.com.

- RCMP offered information about what to do when an emergency vehicle approaches from any direction with its alarm sounding and lights flashing.

"Drivers are all supposed to pull over to the far right and stop on both sides, unless there's a divided highway," said Staff Sgt. Sean Grunewald.

"If there's a divided highway, then



TRIBUNE PHOTO SUBMITTED

Stonewall RCMP seek the public's help to identify two suspects.

the other side doesn't need to, but if it's a non-divided highway, both sides are supposed to pull over and stop."

In addition to yielding right-of-way,

they must remain at the edge of the road until the emergency vehicles have passed.

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Tribune

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SHOP LOCAL and help your local economy

Rural Municipality of Woodlands EMPLOYMENT OPPORTUNITY



The Rural Municipality of Woodlands invites applications for the position of **Public Works Foreman**.

The Public Works Foreman is responsible for the direction, co-ordination, efficient operation, construction, maintenance and repair of municipal infrastructure. The foreman supervises and coordinates the work of a variety of equipment operators, labourers, tradespeople, and contractors. A more detailed job description is available on the RM's website www.rmwoodlands.info

This full-time union position will report to the Operations Manager. Hours of Operation are 40 hours a week, November 1 to April 30 and 50 hours a week, May 1 to October 31. Salary and benefits are as per the collective agreement.

Interested applicants are invited to forward a cover letter, resume and references by 12:00 P.M. Monday, December 14, 2020 to: RM of Woodlands
PO Box 10,57 Railway Avenue, Woodlands, MB. R0C 3H0
admin@rmwoodlands.ca
Fax: 204-383-5169

We thank all applicants for their interest, however, only those selected for an interview will be contacted.

METAL RECYCLING

Autos, farm scrap, brass, copper & batteries wanted. 47 Patterson Dr. Stonewall Industrial Park. Interlake Salvage & Recycling Inc. 204-467-9344.

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TRUCK BOX WANTED

GMC or Chevy 8 foot box. Years 1973 to 1987. Willing to repair some damage, but needs to have a good floor. Price offered would depend on condition. 204-770-7790.

APARTMENT FOR RENT

Age 55+ Apartments - INWOOD SENIORS LODGE bachelor & 1bdrm suites. RGI & capped rent. Meal program & activities on site. Call Tina for more info 204-278-3534 email: inwoodm@highspeedcrow.ca

HELP WANTED

Rockwood Victoria Co-op Ltd. Is looking to hire a full time driver with a Class 1 license to haul bulk milk from dairy farms in Stonewall and Marquette area to dairies in Winnipeg. Work rotation four days on two days off. Call Ted for more information 204-467-8009 or cell 204-461-2038.

HELP WANTED

Now hiring! Palliser/EQ3 has an exciting career opportunity for experienced sewers. Offering competitive wages, benefits and employee discounts. Show off your skills, apply to hadmin@palliser.ca today!

K'AWAT'SI Construction Company is now hiring - Red Seal Carpenters - third and fourth year apprentices - experienced carpenter's helpers. If you are interested in this great career opportunity, please send your resume at hr@kedc.ca or call us at 250-230-5498.

HELP WANTED

Class 1 driver required. Minimum 3 years experience. Scheduled runs to north western Ontario and Manitoba. Call Derek at 204-785-3984.

BOOKKEEPING

Prairie Bookkeeping offers bookkeeping solutions to small business 204-998-4789.

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Prairie Bookkeeping offers personal & small business income tax preparation. Certified to efile with CRA. 204-998-4789.

MISCELLANEOUS

For sale - 4 winter tires on rims, Champiro Ice Pro, 215/70 R15, studdable, 5 bolt. They were on a 2003 Chev S10, used only a couple of winters, \$200. Please call Lucy, work 204-785-1618 or home 204-334-8786 or text 204-791-9059.

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

Fun By The Numbers

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

Here's How It Works:

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

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

Sudoku Answer

S	T	R	I	N	G	S	A	S
M	E	T	R	I	N	G	S	A
V	H	A	P	O	S	A	S	S
I	B	R	R	R	E	R	R	E
V	N	V	O	B	R	O	N	V
S	O	W	T	V	H	N	V	A
R	U	Q	I	U	T	S	N	V
O	T	A	P	O	N	V	R	E
O	Q	W	V	V	E	O	R	V
V	H	V	R	P	O	S	T	I
E	T	R	I	N	G	S	A	S
O	E	V	N	E	R	V	E	R
I	L	O	U	M	V	A	P	S

Crossword Answer

X CROSSWORD

CLUES ACROSS

- Cold War player
- Flat-bottomed sailboat
- Jamaican tangelo
- Debauched man
- Less covered
- Require to live
- Patrick and Aykroyd are two
- Mixes
- Insurance claim expenses
- Tries to persuade
- Equal (prefix)
- Czech name for Prague
- London soccer team
- Greek letter
- Small Eurasian deer
- Swiss river
- Miller beer
- Less appealing
- 8th month (abbr.)
- Alto, California city
- Grandmothers
- American time
- NW Chinese people
- "Westworld" actress Rachel Wood
- Northeastern US university
- Poplar trees (Spanish)
- Hip hop legend Kool Moe
- Not or
- Corpuscle count (abbr.)
- Comedienne Gasteyer
- Fonts
- Female cattle mammary gland
- Down time
- Spiritual leader
- Small brown and gray American rail
- Trimmed by cutting
- NY Giants owner
- A long narrative poem
- Old World lizard
- Product for sale
- Shut Your Pie Hole (abbr.)
- Pacific Island country
- Whale ship captain

CLUES DOWN

1	2	3	4	5	6	7	8	9	10	11	12	13	
14				15					16				
17				18					19				
20				21	22			23					
24	25					26							
27	28	29	30			31			32	33	34		
35			36			37			38				
39					40			41					
42					43			44					
45					46			47			48		
49								50			51		
52	53	54				55			56		57	58	59
60						61			62		63		
64						65					66		
67						68					69		

- Language
- Fly high in the air
- Made musical sounds
- Organized again
- TV channel
- Unable to fly
- Get up
- Air traveler
- Married woman
- Take weapons from
- Sicilian city
- Actress Remini
- Thought
- Infections
- Golf score
- Hill or rocky peak
- Witch
- Adjusted
- Succulent plant
- Forearm bones
- Hot fluid in the earth's crust
- Subatomic particle
- Part of an organism
- 007's creator
- Burned material residue
- Brain layer: mater
- Unable to partake
- Lesion
- Historic railroad company (abbr.)
- Basics
- Scottish port
- Flower cluster
- Instruct
- Untamed
- Moth genus
- Utilizes
- Foolish
- Fall in small drops
- A place to get clean
- La Tar Pits
- Metrical foot
- Semiliquid food
- Small crow

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Wanted - older string musical instruments & amps, etc. Call 204-494-0517.

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FARMLAND WANTED

Young farmer looking for farmland to rent in the RM's of Rosser, Rockwood or Woodlands area. Call or text Nolan at 204-461-1784.

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Local unpasteurized honey for sale. Sold in various sizes, 1 kg & up. Ph 204-461-1267.

STRAW FOR SALE

Small square wheat straw & flax straw bales for sale. Call 204-482-5101.

HAY FOR SALE

Barley & oats green feed, 1200 lb. bales, \$65. Call 204-612-2324.

Large square Alfalfa bales first and second cut. Round bale silage third cut. Call or text Ken 204-981-7593.

NOTICE TO CREDITORS

IN THE MATTER OF: The Estate of Milton William Sampson, late of the Town of Stonewall, in Manitoba, deceased. All claims against the above estate, duly verified by Statutory Declaration, must be filed with the undersigned at their offices, P.O. Box 1400, Stonewall, Manitoba, R0C 2Z0 on or before the 6th day of January, 2021. DATED at Stonewall, Manitoba, this 20th day of November, 2020. **GRANTHAM LAW OFFICES** Solicitor for the Executors

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LEGAL SECRETARY

Grantham Law Offices requires a legal secretary for a full-time position, preferably with legal experience but not required. Duties will include preparing legal documents and dealing with clients. Specific training will be provided. Salary will commensurate with experience. Please forward your resume to:

Grantham Law Offices,
Box 1400, Stonewall, Manitoba, R0C 2Z0
Attention: Doug Grantham

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- Using full scope of duties, apply sealants, place rubber dams, and perform whitening treatments;
- Foster a results-oriented, team environment.

Required Qualifications and Experience:

- Registered, Level 2 Dental Assistant license, in good standing, as well as up-to-date CPR and First Aid training is required;
- Experience providing exceptional, patient-focused care, is an asset;
- Strong organizational and time management skills, including the ability to prioritize work and multi-task.
- Demonstrated interpersonal skills, with the ability to work effectively both independently and as a team player;
- Excellent attention to detail, with the ability to understand and comply with Privacy Legislation.

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PRSD will review applications and if you are a successful applicant, PRSD will submit your application for processing under a Limited Teacher Permit. PRSD will cover the cost for this process.

The following is a list of schools by region:

- Region A – Carman Collegiate, Carman Elementary, Elm Creek School, Miami School, Roland School
- Region B – École St. Eustache, St. François Xavier School, St. Paul's Collegiate
- Region C – St. Laurent School
- Region A, B, and C - Hutterian Colony Schools

For more detailed information, please contact Human Resources Manager at (204) 745-2003.

Application must include up-to-date resume detailing qualifications, experience and/or other relevant information and three references who can provide information on your ability.

Human Resources, Box 1510, 45 Main Street South, Carman, MB R0G 0J0; by Fax: 204-745-3699; or e-mail to: prsd@prsdmb.ca

Clear criminal record and abuse checks are required of all employees of the school division. Prairie Rose School Division reserves the right to verify the authenticity of all submitted references.

CARRINGTON DENTAL CENTER

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OFFICE ADMINISTRATIVE TEAM MEMBER TREATMENT COORDINATOR

The Treatment Coordinator is responsible for welcoming guests to the office and ensuring they feel comfortable and "at home" during each visit. Along with helping patients navigate the complex world of dentistry, the Treatment Coordinator ensures treatment is properly tracked and that accurate files are maintained.

Responsibilities (Monday to Friday):

- Create a positive patient experience while guiding patients through the appointment process;
- Create a welcoming environment by warmly greeting and directing patients, both in office and over the phone; answering and referring inquiries as required;
- Coordinate treatment and insurance benefits for patients;
- Foster a results-oriented, team environment.

Required Qualifications and Experience:

- Experience providing exceptional customer service, including the ability to communicate effectively both in person and over the phone;
- Demonstrated interpersonal skills, with the ability to work effectively both independently and as a team player;
- Excellent attention to detail, with the ability to understand and comply with Privacy Legislation;
- Superior computer skills, combined with the ability to work in a fast paced environment;
- Strong organizational and time management skills, including the ability to prioritize work and multi-task.
- Prior experience is a dental office an asset, but not required

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Announcements

IN MEMORIAM



Laura Ledochowski

March 10, 1932 – November 23, 2019

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

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

IN MEMORIAM



Terrie Allard

March 8, 1947 – November 29, 2016

Let this be a reminder,
That someone is missing today;
Someone your hearts still hold on to,
As you move along life's way.
Someone who made your life special,
For you and your family here;
Someone who won't be forgotten,
But cherished from year to year.
And now as you pause to remember,
Your love will hold them near.
Your smile has never left us.

-Love always,
Don,
Alberta and Jayson (Jolene)
Malia, Jaz and Kat

Don't forget to send your special wishes to your friends and family.

Tribune Stonewall Teulon Call 467-5836 or email igraphic@mts.net

BIRTHDAY



Happy 65th Birthday
To the Captain!
-Love, your crew

ANNIVERSARY



Happy 25th Wedding Anniversary
Debbie and Darren!
-Love from the
Chester and Goodman families

IN MEMORIAM



Jonathan Watson

March 11, 1994 – November 20, 2005

Jonathan, you were so young!
We weren't ready to say good bye
You were an amazing little boy
You would have been an amazing young man
15 years have passed, hard to believe
Sometimes it feels like yesterday
Sometime it feels like a million years ago
We will love you and miss you always

-Mom, Dad and Kent

IN MEMORIAM



In Loving Memory of
Ryan Fairlie

May 21, 1975 - November 28, 2005

Those we love don't go away,
They walk beside us every day;
Unseen, unheard, but always near,
Still loved, still missed and ever dear.

-Lovingly remembered by your family

OBITUARY

Doreen Alma Huffman

October 19, 1933 – November 20, 2020

It is with great sadness and broken hearts we announce the passing of our Mother (Nana). Mom passed peacefully, on Friday, November 20, 2020 at the age of 87 years, with her children at her side.

Doreen, Mom (Nana) will be deeply missed by her two sons Tom (Jeannette), Greg, and her daughter Tracy (Cliff); six grandchildren, Michelle (Steve), Jolene (Eldon), Ryan (Jessica), Madison (Luke), Dillon, Jordyn (Jon) as well as two great-grandchildren Mikayla and Greyson. She will also be sadly missed by numerous family and friends.

Mom was born October 19, 1933 in Peterborough, Ontario. Thomas and Doreen were married January 31, 1953. Doreen pursued a career in the finance department with the Solicitor General where she worked alongside her husband. Thomas and Doreen retired back to Stony Mountain in 1986. Mom (Nana) will always be remembered for her ability to recite the alphabet backwards.



Mom (Nana) you will be forever loved and missed. Heaven has gained another beautiful angel. We would like to thank the doctors and staff of Stonewall Rosewood Lodge, we appreciate all the comfort and care they provided to mom.

A private family interment has taken place.

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Announcements

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OBITUARY



Ruth Watson
March 19, 1935 – November 18, 2020

On the morning of November 18th at Grace Hospital, Mom peacefully passed away following complications from hip surgery. Mom was born in Teulon on March 19, 1935 to Irene and Gordon Kennedy. Mom and Dad were married in 1956 and lived in Stonewall having two sons, Ken and Bob. In 1969 we moved to Teulon. Mom was an avid baker and always had something to donate to a shower, funeral or event that was happening in the community. Through the years Mom loved to entertain and was always happiest when family or friends would stop in for coffee and a sampling of her baking or better yet, a Sunday dinner. Once Dad was retired, Mom looked forward to the winter months as, most years it would involve a trip to Palm Springs, CA where they both enjoyed the warm sun and visiting with family and friends, but

we think Mom enjoyed the shopping most of all as sometimes the trunk and the back seat would be loaded down by the time they arrived home, everyone got a gift!!

Mom was predeceased by beloved grandson Jonathan, husband Gordon and brother Jack. Left to cherish her memory are her sons, Ken (Brenda), Bob (Kim) and much loved grandchildren: Kent (Alycia), Brandon and Kaliegh; Mom was especially close to her loving sister Lois Ritchie (Bill). Many nieces and nephews will also cherish the memory of Auntie Ruth.

The family would like to thank Dr. Loudon and the wonderful staff at Goodwin Lodge and Teulon Memorial Hospital for their care and compassion towards Mom. As well we would like to thank Dr. Abbot and the staff on 4N at the Grace Hospital for taking such good care of Mom while she was there.

Cremation has taken place, due to COVID-19 a service will be held at a later date.

In lieu of flowers donations may be made to the Goodwin Lodge Foundation or a charity of your choice.



OBITUARY



Donald Stanley Taplin
July 27, 1929 - November 19, 2020
Don was born the third of six boys on the farm at Argyle to Cerce and Eva Taplin and peacefully passed at Stonewall Hospital at the age of 91. He attended school in Grassmere, Argyle and completed Grade 12 at Stonewall High School in 1947.

Don and Muriel (Griffin) were married August 8, 1953 and moved to Stonewall where they built their new home and buildings used for their livelihood. He is survived by his beloved wife Muriel, daughter Donna (Larry Carlson), sons George (Marie) and Murray (Bev) and grandchildren Hans (Jenelle), Erick (Nicole), Adam (Sara), Matthew (Bryana), Justin (Holly), Evan (Meghan), Tyler, Alex, Robyn, Brett and Kaitlyn as well as 13 great-grandchildren. Also survived by two brothers Fred (Elaine) and Ken (Sharon), sisters-in-law Shirley and Audrey. He was predeceased by son Keith (survived by Kyla) and brothers Orval, Ray (Elza) and Lloyd.

The Griffin family was an important part of his life. Surviving are sisters-in-laws Ruth Gee, Gwen Griffin, and Jean Griffin. Predeceased by parents-in-law Reg and May Griffin, and brothers and sisters-in-law Jim Griffin, George Griffin, Elsie (Ross) McDonald and Bill Gee.

As a young man, Don belonged to the Stonewall Grain Club and represented Manitoba at the Toronto Royal Winter Fair in seed judging. He travelled western Canada purchasing grass seed for Federal Grain and later worked on grain elevator construction. He eventually started his own business in Stonewall doing landscaping, snow removal and excavation as well as giving driving lessons and driving school bus. Don was a self-taught craftsman. He was skilled at wiring, plumbing, welding, carpentry, mechanics, and wood working. He enjoyed being a member of the Rocklands Antique Club. He was an avid reader of nonfiction. He loved to learn, had an incredible memory, and enjoyed exploring Manitoba in particular. Trees were a passion. He enjoyed planting them on his properties and transplanting for others. He was also a member of the Manitoba Woodlot Association.

In lieu of flowers, donations can be made to South West District Palliative Care, Inc., Box 1282, Stonewall, MB R0C 2Z0 or a charity of your choice.

Heartfelt thanks to South West District Palliative Care and the Stonewall and District Health Centre.



OBITUARY



Gladys McDonnell (nee Torgerson)

It is with deep sadness that we announce the passing of Gladys McDonnell on November 19, 2020, at Teulon Goodwin Lodge with her loving husband by her side. Although they could not always be together, Gordon never missed a day seeing his wife.

Left to cherish her memory are her husband of 68 years, Gordon "Corky." Daughter-in-law Lesley (Ray), Brook and Reed (Leanne); son Joe (Linda), Lori (Greg), Courtney and Carolyn, Karin (Patrick); Jordan, Jesse, and Jaxson, Derek (Emily), Nolan, Oliver and Finn; son Owen (Roseanne); Janna and Jared; son Grant (Bev), Stephanie; daughter Carol (Tom), Jill (Kevin), Whitney, Wes (J'aime), Easton, Tamsen; daughter Sharon (Scott), Sarah and Keith. Sister Agda (Gary) and family.

Gladys is predeceased by her parents, John and Beda, brothers Roy and Gus (Jean), granddog Max, and the heartbreaking loss of

her son, Doug.

Gladys was born in her family home in Lillesve, Manitoba, on February 8, 1931. She enjoyed her time at Morning Star School, trapping rabbits after school and weekends, and then working at Eaton's Mail Order. Mom loved to dance and listen to country music, meeting Corky at a hockey game in Lundar thanks to her sister, Agda's matchmaking. Corky and Gladys were married in 1952, first residing in Warren to start farming, where all of their six children were born. The family moved to Gunton to pursue dairy farming; Mom became involved with the community volunteering at the local hall. Gladys and her husband built deep relationships with their neighbours and dear friends, the Carlsons and the crew down Greenwood Road. During their retirement, they moved to Teulon, where she joined the Teulon Junior Hospital Guild. Wherever Gladys lived, she took great pride in her yard, especially her spruce trees, flowers, and rocks. Winning awards and a popular destination for local wedding pictures. Mom was a fabulous cook; her grandchildren's favourites include her various cookies and homemade bread and buns. Her family will miss her Swedish baking, such as lefse, donuts, and gingersnaps. Gladys was always on the move travelling to Palm Springs, Maritimes, Sweden, Nashville, British Columbia, Booster Lake, and Falcon Lake. Gordon and Gladys enjoyed travelling around southern Manitoba for fiddling concerts and casino trips. The trips didn't have to be big; she was happy to just be cruising the countryside; all roads seemed to lead to Gus and Jean's.

Mom's family was her passion; she may have been small in stature, but she had the biggest heart. She loved going to Polo Park with her daughters, shopping, getting a perm, and people watching. Gladys liked to look good, always up to date with the latest fashions and home decorations. Mom had a love for horses beginning during childhood. She liked to play bingo and the slots and happy hour with her sons at the T.M.H. Her grandsons remember her love for watching them play hockey (two hands on the stick) and staying at hotels during tournaments. Mom loved her family holidays, Christmas tree hunts at Chatfield and her Halloween costumes. She was by far the coolest Grandma in the world, a real shining star.

Due to COVID-19, the family will have a gathering at a later date.

In lieu of flowers, donations may be made in Gladys's memory to Teulon Goodwin Lodge.

We are extremely grateful for the care Mom received at Teulon Hospital and Goodwin Lodge. The family would like to especially thank ALL THE STAFF for their support and compassion. It truly made a difference!

In memory of Gladys, please smile, be kind to each other, and live each day to the fullest. We love you, Mom, Grandma, and Great Grandma. We will miss you, dearly. Rest in peace with Doug by your side. It's not a goodbye, it's a see you later till we meet again, Darling.



OBITUARY



Jessie Margaret (nee Borthistle) Nodwell

It is with great sadness that we announce the passing of Jessie at Warkworth Place on Sunday, November 15th, 2020, in her 93rd year. Loving daughter of the late Arnold and Mary. Beloved wife for 64 years of the late Reverend R. Gordon Nodwell. Adored mother of children David (Ruth Harnden Nodwell), Tina (Bill Long), and Paul (Carrie Loring). Proud grandmother of Jonathan (Melissa Geleynse) and Amy (Will Mitter), Ethan and James, and great-grandmother to Jordan, Adelynn and Taya. Dear sister of Helen, Terry, and the late Aldie and David. She is also remembered by her many nieces, nephews, and close friends.

Jessie was born and raised on a farm in Manitoba and studied to become a teacher. She met Gordon at a summer mission field where they were counsellors. They married, and Gordon's studies and work took them to many wonderful places they would call home, including Scotland, Nova Scotia and Ontario. Jessie was a gifted Special Education teacher and was active in the United Church of Canada.

With an adventurous spirit, she enjoyed travelling the world with Gordon. She was passionate about social justice issues, particularly supporting the work of Amnesty International. A freed African dissident named his son 'Nodwell' in Jessie's honour.

Jessie was a devoted wife and loving mother who encouraged her children and grandchildren to explore the world and pursue their dreams. She was a soft place to land if things went wrong, and a source of wisdom when needed. She was a therapeutic touch practitioner who soothed many with her healing hands and heart. She was always learning, reading and writing, reflecting on new ideas. Jessie was loved by all who knew her. She had the sweetest smile, the greatest laugh, the Biggest heart, the warmest hugs, and the best cookies. She is forever in our hearts.

A memorial service will be held at a later date.

As an expression of sympathy, donations to Amnesty International would be appreciated by the family.

Online condolences at www.weaverfuneralhomes.com

Your memory will live forever Engraved within our hearts

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Thursday, November 26, 2020

*Your
Holiday
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The Selkirk Record

THE EXPRESS
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1ST ANNUAL **2020 HOLIDAY FAVOURITE** *Recipes*



Appetizers

Devonshire Pasties

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

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

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

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

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

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

June Letkeman, Plum Coulee

Baked Mexican Pinwheels

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

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

Shirley Prins, East Selkirk

Cheese Ball

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

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

Lauri Thomas, Lockport

Swedish Nuts

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

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

Gilmour & Braul Law Office, Winkler



Salads & Pickles

Carrot Salad

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

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

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

Sylvia Thorgilsson, Lundar

Mandarin and Lettuce Salad

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

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

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

June Letkeman, Plum Coulee

Mushroom & Tomato Salad

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

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

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

Dianne Medwid, Dauphin

Christmas Pickles

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

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

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

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

Margaret Hyrciw, Selkirk

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



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1ST ANNUAL 2020 HOLIDAY FAVOURITE

Recipes



Baking & Desserts

Best Rolled Sugar Cookies

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

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

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

Margaret Hryciw, Selkirk

Cherry Chocolate Chip Cookies

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

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

Sandra Pott, Lundar

Gingersnaps

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

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

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

The Gayleard Family, St. Andrews

Gingerbread Men

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

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

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

Brenda Johnson, Morden

Empire Cookies

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

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

Candied cherries to decorate

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

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

Shirley Prins, East Selkirk

Monster Cookies

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

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

Lauri Thomas, Lockport

Hot Chocolate Cookies

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

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

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

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

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

Jennifer Duggan

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1ST ANNUAL 2020 HOLIDAY FAVOURITE Recipes



Baking & Desserts

Pecan Crunch Cookies

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

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

Dianne Medwid, Dauphin

Sugar Cookies

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

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

Margaret Hryciw, Selkirk



Chocolate Cherry Shortbread

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

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

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

Marion E. Hodgson, Roland

Shortbread

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

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

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

Lois Cash, Winnipeg Beach

Easy Fudge

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

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

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

Patsy Zdrill, Selkirk

Filled Strawberries

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

Janice Thiessen, Selkirk

Raspberry Bars

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

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

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

Rosemary Pugsley, Petersfield

Rum and Butter Toffee

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

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

Deb Wolfe, Winkler

Cranberry Pie

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

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

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

Becky Plett, Arborg

Betty's Maple Cream Fudge

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

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

Add:
1 tsp vanilla
½ cup walnuts (optional)

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

Joan & Karrie Burzuik, Selkirk



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1ST ANNUAL 2020 HOLIDAY FAVOURITE Recipes



Baking & Desserts

Gum Drop Cake

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

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

Lal Froebe, Carman

Mini Cheese Muffins

Combine:

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

Stir in:

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

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

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

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

Helen Glowienka, Selkirk

Almond Roca Bars

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

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

Sandra Pott, Lundar

Chocolate Coconut Mousse

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

In a small blender combine:

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

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

Elizabeth Logan R.H.N.

Nutritional Counselling and Workshops

Caramel Toffee Squares

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

Base:

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

Filling:

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

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

Topping:

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

Marion E. Hodgson, Roland

Nana McRae's Rum Sauce

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

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

Joan & Karrie Burzuik, Selkirk



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1ST ANNUAL 2020 HOLIDAY FAVOURITE Recipes



Filet of Beef

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

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

June Letkeman, Plum Coulee

Chicken George

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

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

Becky Plett, Arbog

Stovetop Casserole

This only works in a heavy bottomed frypan

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

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

Christine Dann, Gimli

Spaghetti Squash Au Gratin

Tastes like a Potato Casserole without all the carbs!

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

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

Noreen Grenier, St. Leon

Parsnip Fritters

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

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

Prize Winning Mushroom Casserole

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

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

Dianne Medwid, Dauphin

Sweet n' Sour Meatballs

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

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

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

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

Deb Wolfe, Winkler - Family favorite recipe

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1ST ANNUAL 2020 HOLIDAY FAVOURITE

Recipes



Ethnic Favourites Flourless German Fruitcake

Cut up the following:

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

Submitted by Vera Loewen, Moosehorn

Pönnukökur

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

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

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

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

Filling:

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

Patsy Zdrill, Selkirk

Mom's Bannock

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

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

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

Sandra Kurbis, Selkirk

Polish Khruchiki (Nothings) Recipe

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

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

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

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

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

Fran Kowalski-Mickey, Beausejour

Vinarterta

Dough:

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

Filling:

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

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

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

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

Patsy Zdrill, Selkirk

Ukrainian Christmas Kutya

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

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

Welsh Cakes

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

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

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

Erika Hanneson, Gimli



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