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GAZETTE

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SERVING THE COMMUNITIES OF BALDUR, BELMONT, CYPRESS RIVER, GLENBORO, GLENORA, NINETTE, STOCKTON, TREESBANK & WAWANESA



The Glenboro Panthers Varsity boys team in action during the MHSAA Provincials held at the Glenboro School this past weekend. PHOTO BY SUZANNE PADDOCK

Christmas Cheer Bins return to support Sara's Pantry initiative

by **Giselle Lussier**
GAZETTE STAFF

If you've noticed collection bins near the checkouts at local retailers recently, it's all part of a familiar and cherished holiday tradition. These bins are set up as part of Sara's Pantry and the Glenboro UCT's annual Christmas Cheer hamper campaign, a collaborative effort designed to spread kindness and ensure no one in the community is left behind during the season of giving.

The initiative has become a cherished tradition in the community, with collection bins already set up at various local businesses, inviting residents to drop off non-perishable food items, toiletries, and maybe even a toy. These donations will be made into Christmas hampers then distributed to individuals and families facing financial hardship, helping to make the holidays a little brighter for all. "We want each hamper to be unique and appropriate for the

Baldur and Glenboro host successful High School "A" Volleyball Provincials

by **Giselle Lussier**
GAZETTE STAFF

Kudos to the Baldur and Glenboro Schools for organizing and hosting highly successful High School "A" Volleyball Provincials from

November 28-30. Ten teams from across the province competed in a thrilling round-robin tournament, with the Glenboro Panthers boys finishing in fourth place after losing the bronze game against the Miami Marlins, while the

Baldur/Cartwright Cougars girls finished in fifth place in their pool.

"It was a fantastic weekend of volleyball," commented Corey Forbes, Glenboro's tournament convenor. "As usual, the visiting teams had

a great time in Glenboro. Thanks to everyone who helped out." Devin McLean, Baldur's tournament convenor, echoed the sentiment, adding, "the teams enjoyed the tournament

CONTINUED ON PAGE 2

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NEWS BRIEFS

■ **New Water Well**

Work on a new 3rd well has been completed that will supply water to the RM of Wallace-Woodworth's public water system. The system will be tested for a period of time before being brought on line.

■ **Big barn**

The Virden Ag Society has built a new 124' x 42' x 14' barn on their grounds. This was made possible in part by a \$100,000 donation by Federated Co-op.

■ **Huge success**

A stunning sum of \$100,800.60 was raised for STARS air ambulance service during the Al Babiuk Memorial Fundraising Event held at Killarney on October 3. A further amount of \$40,000 was also raised, and will cover the costs of a travel ventilator for the hospital.

■ **Thrift Store donates**

Manitou Fire Department has received a generous donation of \$2,000.00 from the Manitou Thrift Store. The money is to be used to purchase a 2 inch supply line for the used ladder truck/rescue truck that will be purchased from Morden Fire in the spring of 2025.

■ **Hunter killed**

A fatal incident took place on November 15th in the Killarney-Turtle Mountain municipality. A 51-year-old male from Winnipeg was exiting his truck, when a firearm, which had been placed into a gun case had fallen, and discharged upon striking the ground, hitting the 51-year-old male. He was transported to hospital, where he succumbed to his injury. The investigation has determined that no criminality was involved.

■ **Major fundraiser**

The Neepawa Rotary Club On-Line Auction that features 150+ items runs from December 6-12.

UPFRONT

Christmas Cheer Bins return to support Sara's Pantry initiative

CONTINUED FROM PAGE 1

families receiving them," Claeys Godard, Sara's Pantry Coordinator explained. "Forms are available from me for those needing assistance. They can fill them out or reach out to me so we know how many people are in the household and the ages of everyone, helping us make the hampers truly special."

For those wishing to contribute, collection bins as well as monetary collection jars will remain in place until the third week of December. Both the Pharmacy and Co-op have premade \$15 packages as well. In Glenboro bins are set up at Glenboro Co-op, Home Hardware and Glenboro Pharmacy. Baldur Trading and Cypress Meats have also provided bins for donations as well. Sara's Pantry also gratefully accepts monetary donations, which allow for the purchase of fresh food items as well as the opportunity to take advantage of sale items to make the dollars stretch further.

Last season their were 35 - 40 hampers distributed

throughout Glenboro and nearby towns and Charlene commented that the number is expected to rise this year. "We are so grateful for such wonderful community support every year."

UCT members, Sara's Pantry volunteers and community volunteers will be making up the hampers which will either be delivered on December 14th or picked up on December 13th. Charlene also commented that for those who are having hampers delivered and can not be home that day to please make arrangements with her. Charlene can be reached at 204-827-2401 and the deadline for ordering a hamper is December 9th.

This heartwarming collaboration highlights the power of unity and the profound impact of small, thoughtful actions. As the holiday season unfolds, Sara's Pantry and Glenboro UCT remind everyone that the spirit of giving is not measured by the size of the gift but by the kindness behind it.

GOT A NEWS TIP OR STORY IDEA ... GIVE US A CALL AT 535-2127 OR EMAIL US AT NEWS.MYGAZETTE@GMAIL.COM



Charlene Claeys Godard of Sara's Pantry accepts a generous donation of food, toys, household supplies etc. from Trent Thornborough on behalf of Glenboro Home Building Centre. PHOTO SUBMITTED

Baldur and Glenboro Schools host successful High School "A" Volleyball Provincials

CONTINUED FROM PAGE 1

and facilities. The canteen was really good, and the officiating was excellent."

The Pantherdome buzzed with excitement, especially during the bronze medal match between the Glenboro Panthers and Miami Marlins. The closely contested games saw the Marlins edge out the Panthers with scores of 25-20, 23-25, and 15-5. The Elm Creek Cobras defeated the Hamiota Huskies to claim the Provincial banner. The Cobras won in 2 straight games with scores of

29-27 and 25-17.

Glenboro's Evan Griffin was recognized for his exceptional performance, earning a spot as one of the tournament's All-Stars.

The Baldur/Cartwright Cougars girls faced tough competition in their matches, losing four straight games. However, the Gilbert Plains Trojans emerged victorious in the girls' championship, defeating the Reston Tigers in three matches to secure the banner.

McLean noted that the results closely mirrored the

teams' rankings going into the tournament, ensuring few surprises but plenty of excellent play.

This provincial championship is always an important and memorable event for all involved, but this year it had a special meaning to former Panther Coach Darryl Ford and MHSAA's Hall of Fame member, as the weekend marked the 50th Anniversary of his first provincial championship tournament (held in Gimli). Even after just regaining his mobility following a recent

surgery, Ford was able to attend the three day event and was provided with his own VIP gaming chair courtside where he watched the games closely and took part in the selection of tournament All Stars. Ford was very appreciative of the invitation and to be a small part of the tournament.

This three-day event highlighted the incredible talent, sportsmanship, and community spirit that high school sports bring to the region, leaving players, coaches, and fans with memories of an exciting weekend of volleyball.



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RCMP investigating discharge of firearm

On November 26, 2024, at approximately 3:30 p.m., Souris RCMP received a report of a fight in progress outside an apartment complex in the community of Glenboro.

When officers arrived on scene, they learned a physical altercation had occurred between a 59-year-old woman, and a 49-year-old male who were known to each other. The female fled in a vehicle before officers arrived.

The investigation revealed the female had arrived at the complex and pointed a gun at the male's dog. The male ran outside to protect the animal, and a physical altercation ensued

resulting in the firearm being discharged.

No one was injured, and officers seized the firearm that was used in the incident.

Souris RCMP issued a Warrant of Arrest for Kimberly Wiggett, of Stockton, who was arrested on November 27, and remanded into custody.

Wiggett has been charged with the following: Pointing A Firearm, Discharge Firearm While Being Reckless, Possession of Weapon for Dangerous Purpose, Careless Use of a Firearm, Assault with a Weapon.

The investigation continues.



The Shamrock School students from Tri Leaf Colony performed some Christmas songs at the Baldur Senior Christmas Dinner which was held at the Memorial Hall on November 27th. The entertainment as well as the meal was enjoyed by all who were able to be in attendance. PHOTO BY SUZANNE PADDOCK

PMH welcomes new doctor

by Gayle Johnson
GAZETTE STAFF

Everyone is thrilled to have Dr. Tais Pujol and her family in Glenboro, soon to become our newest doctor at the Glenboro Clinic.

Prairie Mountain Health Chief Executive Officer (CEO), Treena Slate is pleased to offer the following comment:

"Prairie Mountain Health (PMH) welcomes Dr. Pujol to the province and the community. Dr. Pujol is currently working with PMH Medical Services to compile all of her paperwork required for licensing and medical privileging. Once this is

complete, she will be able to start her practice. This is anticipated to be completed by early in the new year."

Dr. Pujol will join Dr. Salimarouny in Glenboro, which is also served by Nurse Practitioner (NP) Brittney Vrooman at Glenboro's medical clinic.

The question of whether Prairie Mountain Health were looking for an additional Nurse Practitioner (NP) to join the Glenboro Clinic was posed, to which the CEO replied:

"PMH continues to look at primary care needs across the region, which includes NPs. There are no plans for an additional NP in Glenboro at this time."

Belmont used to host movies

by Gayle Johnson
GAZETTE STAFF

Belmont was a hot spot for concerts, orchestras, and travelling shows. They also hosted a variety of dances, suppers, meetings and so much more, including movies.

According to a submission in Belmont's "The Path of the Pioneers" history book, written by G.R. Gowing, in 1922, 'Mr. Andrew Digney of Hartney, arrived in town with one small moving picture projector.'

The initial movies were silent with captioning that had to be read on screen

while the black and white movie played. Mood music was provided by a pianist, as she added appropriate notes to the scenes.

"By the mid 1920's, with the production of the WWI movie 'Wings' and later 'Lilac Time' and 'Romana' the film industry began supplying recordings of accompanying sound effects."

The movie industry kept updating and making changes to help their movies be even more attractive to the viewer.

Unfortunately, it wasn't long before Mr. Digney moved from

Belmont, opening the Oak Theatre in Brandon.

This left a huge hole in the heart of everyone who loved to go to the movies. Even though they could travel to Killarney, it just wasn't the same.

"By 1935 Belmont once again had a regular weekly movie." Two Winnipegers picked up the torch and played movies in Belmont for the next two years before they too moved on, being replaced by another Winnipeger, Frank Farman, who ran a 'five-town circuit'

Frank married and settled in Belmont,

travelling to other towns for movie nights, however, after only one year, Frank and his family moved away. This was when Harold Box and Charlie Eckel formed the Belmont Theatre Company.

Their grand opening took place in the fall of 1937 with the presentation of the Walt Disney creative and beautiful, "Snow White and the Seven Dwarves" they would not be staying for as long as first thought and after two years they closed down the company.

Although many

CONTINUED ON PAGE 7

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Friday: 1 p.m. - 4 p.m.

Saturday: 9 a.m. - 12 p.m.

VIEWPOINT

Poll shows 73 per cent of Manitobans want gas tax cut extended



LET'S TALK TAXES

FRANCO TERRAZZANO
CDN. TAXPAYERS FEDERATION

The Canadian Taxpayers Federation released a Leger poll showing that 73 per cent of Manitobans

want the government to extend the fuel tax cut again.

“The poll results are crystal clear: Manitobans want to keep the tax off at the gas pumps,” said Gage Haubrich, CTF Prairie Director. “Manitoba fuel is the most affordable in the country because of the fuel tax cut. It needs to stay that way.”

The Manitoba government initially cut the 14 cent per litre provincial fuel tax on gasoline and diesel for six-months starting on Jan. 1. After two extensions, the cut is now scheduled to expire at the end of December.

The Leger poll asked Manitobans if they support extending the fuel tax cut for a third time and if they support eliminating the fuel tax permanently.

Results of the poll show:

- 73 per cent support the government extending the fuel tax cut again
- 70 per cent support scrapping the fuel tax for good

Among those who are decided on the issue, 81 per cent of Manitobans support another gas tax cut extension and 78 per cent support making the fuel tax cut permanent.

A two-vehicle family that fills up a minivan and a light duty pick-up truck every two weeks will have saved about \$587 by the end of December. Another three-month extension of the gas tax cut means that same Manitoba family would save about \$147 more.

“Tax relief at the pumps goes a long way to help Manitobans make ends meet,” Haubrich said. “Premier Wab Kinew needs to listen to Manitobans and extend the gas tax cut so they can keep saving money.”

At The Glenboro Gaiety Theatre

RED ONE

Playing at the Glenboro Gaiety Theatre on December 6th, 7th, 8th and 9th. Rated PG13 - Holiday comedy. Running time 2 hours and 3 minutes. Starring: Dwayne Johnson, Chris Evans and Lucy Liu. Show times are Friday, Saturday, Sunday and Monday at 7:30 p.m.

The mission to save Christmas is on. After Santa Claus (code name: Red One) is kidnapped, the North Pole's Head of Security (Dwayne Johnson) teams up with the world's most infamous bounty hunter (Chris Evans) in a globe-trotting, action-packed mission to save Christmas.



(l-r) Chloe Mitchell, Callie Boles, Lily Janz, Ashley Elliott and Emily Elliott helped with the serving at the Senior Christmas Dinner at Baldur Memorial Hall on Wednesday, November 27th. PHOTO BY SUZANNE PADDOCK

Winter has arrived & so has weight gain season



OF INTEREST

GAYLE JOHNSON
GAZETTE STAFF

Winter has arrived and now we enter the phase of the inevitable weight gain season.

Believe it or not, it really isn't inevitable, we just have to be a little more diligent and pay attention to what changes we unconsciously, or maybe consciously, are making.

Setting our clocks back and disrupting our sleep schedules definitely does not help our journey. This is one of the many causes that start adding a few pounds.

Add to that less exercise as we try to avoid venturing out in the cold, fewer hours of sunlight and longer nights, really, who doesn't just want to hibernate and eat comfort foods.

Then we have the holiday season where there are calorically enhanced temptations that we wait all year to indulge in and we have the perfect storm for getting

a little 'fluffy'.

There are ways to cut yourself some slack and still enjoy the sweet and savoury temptations we all love.

If getting out and walking or jogging in the cold is just not something you can motivate yourself to do, bring it indoors. Keep yourself fit mentally and physically, get out, join a class and meet some new people, socializing is as important as exercise. If you aren't able to get out, stay moving in your own home. Gauge your exercises on your fitness level and physical ability. If you are undertaking something new, consider speaking with your healthcare provider, they could also have some great ideas on what exercises would benefit you most.

Stress is a fact of life, but too much stress can make us gain weight.

The stress hormone, cortisol can wreak havoc on our waistline and our overall health. There are a number of ways to help control the stressors in our lives: deep breathing, yoga and meditation are very popular, or

maybe it is time to just recoup and take some 'you' time and do something just for yourself. In the hustle and bustle of life we tend to put our wants and needs on the back burner. If you are finding that your stress is becoming overwhelming, maybe it is time to talk to your healthcare professional, they are your best line of defense.

Are you maintaining your sleep schedule? It is easy to get overtired when you are trying to balance everything this season throws at us. Be mindful and get your proper rest even if that means having a quick nap to recharge.

When it comes to all those delightfully decadent temptations that are put in front of us, be kind to yourself and give in to the temptation, but do it mindfully and with reserve. It is possible to not restrict yourself and to enjoy holiday feasts and treats, just in smaller amounts.

Limit your alcohol intake by enjoying a non alcoholic drink after every glass or bottle of

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LOOKING BACK



AULD DAYS

COMPILED FROM PAST ISSUES OF THE GLENBORO GAZETTE

1934-90 YEARS AGO

In accordance with the wishes of His Majesty the King, all schools were closed in honour of the wedding of their Royal Highnesses the Duke of Kent and Princess Marina.

1944-80 YEARS AGO

Rev. R.L. Morrell unveiled and dedicated the Honour Roll on which is inscribed the names of the men and women of St. Stephen's Church who joined the King's Forces.

1954-70 YEARS AGO

Born to Mr. and Mrs. Bryan Arason of Cypress River Nov. 22nd, a daughter, Vivian Ruth.

1964-60 YEARS AGO

Mr. and Mrs. Gisli Bjornson celebrated their 64th anniversary.

1974-50 YEARS AGO

Glenboro Co-op was selling bananas at 5 lbs. for 89 cents and smoked cod filets at \$1.19 a lb.

1984-40 YEARS AGO

Snow and rain have made streets and roads hazardous to be on.

1994-30 YEARS AGO

Ruth Barr and her rink of Marlene Hunter, Lorraine Makinson and Blanche Carpenter captured the Zone 6 Senior Ladies Berth with a win over Karen Gislason of Killarney. They now advance to provincial playoffs in St. Vital ---- Kurt's Schnitzel House and the Oakland Inn in Wawanesa changed hands when Bob McNeil of Kimberley, B.C. traded his "Inn of the Rockies" business for the two businesses in Wawanesa.

2004-20 YEARS AGO

An armed robbery took place at a residence northwest of Holland ---- Any mistakes in names and dates will be printed on a correction page which will be supplied to all purchasers of the Glenboro history book; "Beneath the Long Grass" ---- Named to the Provincial All-Star volleyball team were Brittany Cullen and Kayla Thornborough following Provincials at Pilot Mound. The Panthers won Bronze ---- There are 26 middle years students curling under the middle years students curling direction of Shelley Arason.

2014-10 YEARS AGO

Brett Cline from Wawanesa has been awarded a Gold Medal from The Royal Conservatory for scoring the top mark in Manitoba on the Grade 7 Voice examinations ---- George Hutlet was the man of honour on Nov. 28th at the Cypress River Hall as friends and family gathered to celebrate his 85th birthday.

GLEANINGS

COMPILED FROM PAST ISSUES OF THE BELMONT NEWS

1914-110 YEARS AGO

The Belmont Rink is again in the hands of Jas. Gordon and Frank Sampson.

1924-100 YEARS AGO

Nomination Day on Nov. 18th saw Reeve George Tumoth re-elected by acclamation; Ward 1 - J.R. Stephenson by acclamation; Ward 2 is contested by Thos. McClay and A.F. Burnett. Mr. Tumoth had some criticism to make on the new road 5 miles south of town, it being too narrow and high. The Council was to look forward to building the west boundary road in conjunction with the neighbouring municipality. Mr. Maxwell of Ward 3 had built 1 mile of new grade for the sum of \$80.00 ---- Tenders are out to fill the ice houses at Belmont Creamery.

1944-80 YEARS AGO

Funeral service was held for Mrs. Sid Trentor, age 80, in Christ Church, Belmont Nov. 28th ---- Dr. Stevenson was involved in a car accident on his way home from Brandon. In the car were Mrs. Stevenson, Clara Yeo, Marg. Barr and Mamie Martin who were all badly shaken.

1954-70 YEARS AGO

Born to Mr. and Mrs. Boyd Cline, a son, November 23rd ---- Miss Noreen Fargey and Miss Lois Little are in Winnipeg for a week as delegates to the 4-H meeting there ---- Mr. and Mrs. O.C. Ishier of Rock Lake, N.D. have completed their cabin at Y-Point.

1964-60 YEARS AGO

The annual meeting of the Belmont Pool Elevator was held Nov. 20th. New directors are Ernie Dubyts, Mac Wanless and Harry Dubyts. Basil Sykes was elected president and John Chambers vice president with Maurice J. McPhail as secretary ---- A miscellaneous shower was held at the home of Mrs. Wyatt Polson of Neelin on Nov. 27th for Miss Margaret Ducharme, bride elect of December 5th to Mr. George Cooper ---- A card party was held in Hilton Hall to honour Mr. and Mrs. Harvey Harrison.

1974-50 YEARS AGO

Dianne Patricia Budd and John Harder of Winkler were united in marriage ---- Knox United Church was the scene of the wedding of Georgina Scott and Bruce Anderson of Glenboro.

1984-40 YEARS AGO

Mr. and Mrs. Bob McDonald of Ninette were wed Nov. 10th ---- Rain and snow on Sunday and Monday covered wires and trees with ice.

YESTERYEARS

COMPILED FROM PAST ISSUES OF THE BALDUR GAZETTE

1954-70 YEARS AGO

Tryggvi Johnson Jr. was elected president of the Pool Elevator ---- A delegation appeared before Council to present a petition complaining of basement flooding reputed to be caused by the Oak Creek dam ---- An oil drilling crew is working on the F. Walley farm south east of Baldur ---- Norman Guilbert was promoted to Troop Leader of the Baldur Scout group.

1964-60 YEARS AGO

The total grain handle at the Pool Elevator was 163,000 bushels ---- Siggie Johnson and John Bardarson are the caretakers at the rink ---- The local theatre has closed for the winter ---- Buzz Winram was presented with the meritorious service medal.

1974-50 YEARS AGO

Workers at the rink have cut a doorway through a cement wall in the basement to provide a second entrance to the hockey rooms ---- Leading the regular curling standings are Myrna DeKezel and Ken Odell.

1984-40 YEARS AGO

The Barons have hung a "Tiger Hills Champs - 1983-84" banner at the rink ---- Mr. and Mrs. Leo Boulet's new home has arrived in town ---- George Harold McWilliams passed away Nov. 25th at age 86 ---- Playing with the Baldur Barons this year are: Dave Chevalier, Glen MacGillivray, Gord Dearsley, Dan DeKezel, Warren Mead, Honore Desrochers, Jeff Parsonage, Guy Williams, Doug Roeges, Doug Sigurdson, Rick Bomak, Brad Williams, Mike Johnson, Gerald Barr, Curtis Plaitin, Garry Hiscock, Darcy Dearsley and Scott Williams.

1994-30 YEARS AGO

Mainstyle Variety in Ninette has changed hands with Joyce MacGregor taking over from Joyce Main ---- Born to Grant and Darlene Shewfelt, a daughter, Nov. 21st ---- Gerry Janz, Mark Collins, Wayne Bolack and Bill Gordon won the Legion Zone and will now travel to Churchill.

2004-20 YEARS AGO

88 attended the Baldur Seniors' supper ---- Jared Porter of Glenora received a bursary/scholarship sponsored by the Blue Cross.

2014-10 YEARS AGO

Ginny Grenier of Baldur recently returned from Kyoto, Japan where she and two other students from Prairie Spirit presented at the Japan Super Science Fair ---- Grant Shewfelt and Bronwen Dobson defended their title and won the Baldur Curling Club's Two-Person bonspiel.

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TAKE A BREAK ...

WONDERWORD By DAVID OUELLET

HOW TO PLAY: The words are found in all directions - vertically, horizontally, diagonally, backward. Circle each letter of a word found and strike it off the list. The letters are often used more than once so do not cross them out. It is best to find the big words first. When you find all the words listed in the clues you'll have a number of letters left over that spell out the WONDERWORD.

BABY, IT'S COLD OUTSIDE December 02, 2024

E S W L L I H C G U S T Y W H
T S O R E Z U F F D H A R A I
A T L V E D R R N Y O C A R B
M S E U D O I I R S V T U N I
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L G E T I H U L R M L V B N T
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S M S E V O L G N I I K S L D

Activities, Arctic, Below, Bitter, Blanket, Chill, Climate, ColdSnap, Cool, Cope, Crisp, Cuddle, December, Drizzle, February, Feel, Frigid, Frost, Gloves, Gust, Hats, Heater, Heavy, Home, January, Meteorologists, Mittens, Pellets, Shovel, Skating, Skiing, Sleet, Slush, Snowsuit, Soup, Squalls, Temperatures, Warnings, Winds, Windy, Zero

Solution: 9 letters

Wildcats downed by the Huskies 6-2

The Glenboro-Carberry-Baldur Wildcats had one game this past week in the Westman High School Hockey League when they travelled to Rivers to battle the Hamiota, Rivers, Elton, Strathclair Huskies.

The Huskies held period leads of 3-1 and 4-1 before posting a 6-2 win.

The Huskies opened the game with a powerplay goal and added another goal before Austin Dubyts scored to cut the lead however the Huskies added another powerplay goal to end the first.

The Huskies scored the lone goal of the second period and opened the third with another powerplay marker. Tucker Forbes scored on the powerplay from Austin Dubyts and

the Huskies added one more to end the game.

The Huskies outshot the Wildcats 33-12. Tyler Knol made 27 saves in the Wildcats net.

The loss leaves the Wildcats record sitting at 3-4 heading into a very busy upcoming week. Tuesday, December 3rd in Boissevain against the winless Broncos followed by four home games. Wednesday, December 4th in Glenboro at 7 p.m. against Minnedosa; Friday, December 6th in Carberry at 7 p.m. with Roblin/Grandview/Gilbert Plains visiting; Saturday, December 7th in Glenboro against Crocus Plains at 7 p.m. and Sunday, December 8th in Glenboro at 2 p.m. with Dauphin the visitors.

Winter has arrived & so has weight gain season

CONTINUED FROM PAGE 4

alcoholic beverage.

Try drinking a glass of water before, and have another with your meal, fill your plate with vegetables and proteins leaving a smaller space for carbs, sauces and gravies. Remember, everything in moderation.

Never forget that even

if it is cold and miserable outside, try to get out in the fresh air even if it is just for 15 a day. It helps to reset, rejuvenate and restore!

This is just a few ideas of things to try on your quest.

Let us know what has worked for you and we will share them with our readers.



PHOTO BY SUZANNE PADDOCK

The Baldur/Cartwright Cougars Varsity girls in action in Baldur as they hosted the MHSAA Volleyball Provincials November 28-30. The Cougars lost their four matches to Hamiota, Miami, Rivers and the eventual gold medal winners from Gilbert Plains.

Air Greenway curling league

The Air Greenway Curling League completed another draw on November 28th with all three games coming down to last rock and 2 games going an extra end. Jeremy Sundell got by Mike Johnson in an extra end, Chris Wytinck stole a point in the extra end over Dean North and Steve Pauls scored 2 in the 8th end to beat Anthony Friesen.

Standings:		
Reimer	3	1
Sundell	3	1
Johnson	3	2
Janz	3	1
Friesen	2	3
Pauls	2	2
Wytinck	2	3
North	0	5



Glenboro Panthers Boys Volleyball team hosted the Provincial A championships this past weekend and reached the semi-finals. They ended up losing the bronze medal game to Miami. (front row, l. to r.) Ashton Potvin, Caleb Lussier, Dalton Potvin, Evan Griffin. (back row, l. to r.): Jaxson Vanwynsberghe, Brandon McCulloch, Brydon Cornock, Austin Dubyts, Ben Fillion, Kylan Diehl, Owen McLean, Tucker Forbes, Jayden Patterson. PHOTO SUBMITTED

Glenboro's 'Tis The Season happening this weekend



RECREATION REVIEW
BY JEN MARTIN
SPRUCE LAKES DISTRICT

'Tis the season is happening this weekend. (The 7th) A Christmas Market & Cake Walk at the hall, a cookie walk at the Library, free Santa pics, a free Christmas movie at 2:30 p.m. - "Jingle all the Way", sleigh rides from the barn at the ag grounds, hot dogs and hot chocolate at the Legion, deals at participating

businesses and more! Last but certainly not least the Parade begins at 5:30! What an amazing day!


Our Free Ski Lending program has begun and Indoor skating every weekday between 3:30 and 5 p.m. (helmets are required). Pickle Ball will continue at the School every Sunday at 2 p.m. Looking forward to our winter sessions starting in January and we are offering another session of Karate. If you are interested in this, please let me know. We will also offer Yoga again in January for a 2nd 10-week

session. Step 2 will continue into the new year, as well as an upcoming indoor playground and tumbling class. Dance will start up January 14th in Glenboro with Miss Sienna so stay tuned for information on this fun class. All classes MUST be pre-registered for.

For our 55+ gang ...The Raystone is offering games, exercises & more to seniors each week. Bring a friend or two and enjoy the provided space! Monday, Wednesday & Friday; 9 a.m. exercise classes, time for coffee at

10 and 3, games and pool at 1:30 p.m. Also, a bingo time and allotted time for quilters too. Memberships are free until the end of the year ... when the new year hits a membership will be required for just \$100 for the whole year. A great Christmas idea?

Keep in mind there will be no 55+ movie in December but keep in mind there will be plenty of movies during our regular schedule (at regular pricing) you can choose to go see if you want to.



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WEDNESDAY, DECEMBER 11, 2024

7:00 p.m. to 8:00 p.m.

Join us virtually to learn more about Manitoba's Crown corporation dedicated to energy efficiency.

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Baldur School plays host to Provincial A Volleyball championships



EDUCATION HIGHLIGHTS
Laurie Glenn-Martindale
BALDUR - PRINCIPAL

Baldur School proudly hosted the Manitoba High Schools Athletic Association Girls 'A' Provincial Volleyball Championship, welcoming teams, coaches, and supporters from far and near, including Hamiota, Rivers, Reston, Miami, Chief Sam Cook Tataskwey, Deloraine, Gilbert Plains, Morweena and Ste. Rose. Gratitude was expressed to the referees, team parents, staff, and student volunteers for their contributions to the successful tournament. Special thanks go to local sponsors Baldur Trading, J&D Sawatzky Farms, Pembina Co-op, Prairie Mountain Health, Sunrise Credit Union, and Baldur Pharmacy.

The Baldur/Cartwright co-op team concluded the tournament in 5th place in their pool, showcasing their best performance of the year. Congratulations to the team and coach

Riley Kemp for their dedication and hard work.

HIGH SCHOOL STUDENT COUNCIL

The high school student council has organized the grade 9-12 Spirit Week from December 16-20. Monday is PJ day, Tuesday is Ugly Christmas Sweater day, Wednesday is Dress as Your Age day, Thursday is Christmas Chaos day and Friday is Red and White day. See the back of the Baldur School Calendar or the Baldur Viking Newsletter for details on how to dress for these special days. During the month of December, the high school students will be decorating their locker doors with festive decor. Judging will take place on December 16th.

MIDDLE YEARS STUDENT COUNCIL

K-8 Spirit Week will be on December 16-20. Monday is Merry Monday, Tuesday is Twinkle Tuesday, Wednesday is Santa's Workshop, Thursday is Christmas Chaos and Friday is Night before Christmas. See the back

of the Baldur School Calendar or the Baldur Viking Newsletter for details on how to dress for these special days.

CHRISTMAS CONCERT

Our annual K-6 Christmas concert is at the Baldur Hall on December 13th beginning at 7 p.m. Everyone is welcome to attend. If you cannot attend the evening performance, you are welcome to attend the dress rehearsal at 10 a.m. at the Baldur Hall on December 13th. A silver collection will be taken at the door for both performances. We hope to see everyone there!

UPCOMING EVENTS

- December 13 - Christmas concert rehearsal @ 10 a.m.
- December 13 - K-6 Christmas Concert @ 7 p.m.
- December 16-20 - K-12 Spirit Week
- December 20 - Gr. 7-12 Wildcats vs. Raiders hockey @ Killarney
- December 20 - Last day of classes before break
- January 6 - First day back from break.



BALDUR CARTWRIGHT COUGARS GIRLS VOLLEYBALL TEAM ... (back row l. to r.) Bronwyn Everett, Annelouise Gie, Coralee McDonald, Kathryn Gillis and Coach Riley Kemp. (front row l. to r.) Chelsea Desrochers, Lisa Enns, Jailyn McDonald. PHOTO SUBMITTED

Holland United Church News

The Advent I Candle Lighting service, kicking off the Christmas season, was led by Wendy Denbow of Plumas. Readings Jeremiah 33:14-16 (Gardens You May Never Get to See), Luke 21:25-36 and Psalm 25 guided Wendy's message. Advent hymns included "Lo, He Comes with Clouds Descending",

"Come, Thou Long-Expected Jesus" and "Hark the Glad Sound". Attendance was 17-adults and 3-youth. Advent activities are in full swing including the Genesis House Donation Box (items need to be in the donation box by December 18th), the Memory Tree project (slips available at

various businesses) and the Poinsettia Project (donations can be forwarded to Joyce Elder). Advent II Sunday sees a communion service with Sacraments Elder Delores Early. Heather Grobb leads the remainder of the service, which begins at 10:00 a.m. Until then, keep the faith!

Belmont used to host movies

CONTINUED FROM PAGE 3

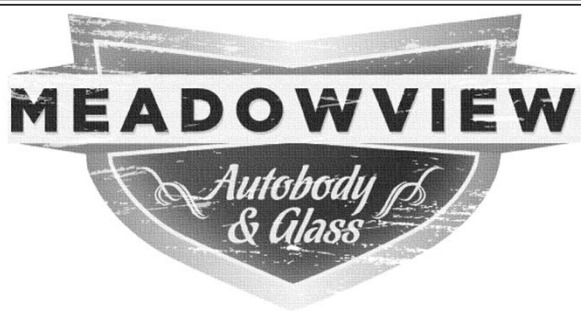
others tried to bring movies back to Belmont, including, Alex Reid and his wife, Jack McLeod and his son Eddie and Morley Myers, it was thought that it was changing

times and the popularity of television sets that, 'spelled the death toll for small town movies.'

Sadly, many small

towns lost their movie nights and theatres, although there are still a few around that are very popular.

SOME SUBSCRIPTIONS TO THE GAZETTE ARE DUE. CHECK YOUR DATE ON THE ADDRESS LABEL ON THE FRONT PAGE. IF YOURS IS DUE, PLEASE RENEW. WE DO ACCEPT VISA OR MASTERCARD OR E-TRANSFER TO NEWS.MYGAZETTE@GMAIL.COM CALL 204-535-2127.



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Glenora 2025 Bonspiels



January 4, 2025 3-person Funspiel

- \$90 team entry
- 3 person teams

- 6 end games
- 2 events/cash prizes

• Draw to button competition

January 24-26th, 2025 Open Bonspiel

- \$120 team entry
- 4 person teams

- 8 end games
- 3 events/cash prizes

• Steak Fry Saturday Night (open to the public)

February 17th, 2025 11 a.m. Jr 16 & under

- \$5 entry
- 3 person teams

- 2 events
- Great pick-a-prize

• Can enter individually or as a team

• Different age categories as well as tots learn to curl

Call or text entries to Shawn Van Damme at 204-825-7570 or Anne Desrochers at 204-535-2053

Prairie Spirit School Division minutes

The Regular Meeting of the Board of Trustees of the Prairie Spirit School Division was held at the Division Office, Swan Lake, Manitoba on Wednesday, November 13th, 2024.

A motion to approve the accounts in the amount of \$2,239,237.67 was passed.

REPORTS OF SENIOR ADMINISTRATION

Graduation rates of June 2024: A comparison of the divisional rates and provincial rates was provided.

Board of Reference Results: The provincial Board of Reference

provided a report of their decision to deny the applicant's request to move their property from Prairie Spirit School Division to Western School Division.

The following motions were passed:

- authorize the Secretary Treasurer and the Chairperson to sign a Limited Term Teacher contract with Kendal Rink for a .66 FTE term position, effective February 3rd, 2025 to June 27th, 2025, and assign her at Baldur School;

- ratify the employment of Taylor Kennedy as educational assistant at the Holland

Elementary School for 5.50 hours per day, effective November 12th, 2024 to June 26th, 2025;

- ratify the employment of Teresa Nicolajsen for 7 hours per day as administrative assistant at the Nellie McClung Collegiate Institute, effective November 25th, 2024;

- grant Cheyanne Melnyk a leave of absence from her position as educational assistant at the Shady Lane Colony School, effective November 29th, 2024 to June 13th, 2025, as per her request;

- grant Sarah Amani a leave of absence from her

position as educational assistant at the St. Claude School Complex, effective November 25th, 2024 to June 26th, 2025, as per her request;

- ratify the employment of Maria Mangin as educational assistant at the Ste. Marie School for 5.67 hours per day, effective November 4th, 2024 to June 26th, 2025;

- accept the resignation of Diana Bertram as regular bus driver for the division, effective November 15th, 2024;

- accept the resignation of Lloyd MacIver as regular bus driver for the division, effective November 29th, 2024;

- ratify the employment of Lloyd MacIver as spare bus driver for the division, effective December 2nd, 2024;

- ratify the employment of David Pollock as regular school bus driver for the Division effective October 30th, 2024;

- award Janzen GMC

Winkler with the truck tender, with pricing as per their quote, for the Bus Garage;

- approve the minutes of the Teacher Liaison Meeting held on November 7th, 2024;

- grant Pilot Mound Collegiate permission to take students for an extended overnight field trip to Asessippi Ski Area and Resort at Russell on February 2nd and 3rd, 2025, at no cost to the division and subject to the conditions of Policy IFH-P.

COMMUNICATION FOR INFORMATION

Manitoba Education and Early Childhood Learning, October 23, 2024, Manitoba Recognizing Yellowquill Bachelor of Education Program.

Coach of the GCB Wildcats, October 23, 2024, Letter of Concern, PSSD Hockey Restrictions.

Manitoba Education and Early Childhood Learning, October 28,

SCHOOL BOARD

2024, Governance and Policy Branch, Board of Reference Award.

Manitoba Education and Early Childhood Learning, October 30, 2024, Teaching Certificates and Qualifications Regulation Amendments Letter.

Manitoba Education and Early Childhood Learning, November 5, 2024, Bullying Awareness and Prevention Week.

The above constitutes a partial account of the meeting. A full transcript of approved minutes is posted on the website www.prairiespirit.mb.ca. If you wish to receive a full transcript of the minutes or have any questions about this regular meeting of the Board of Trustees please contact Prairie Spirit School Division, Secretary Treasurer, Box 130, Swan Lake, Manitoba, R0G 2S0, phone 204-836-2147.

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Wawanesa Office

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Wawanesa, MB R0K 2G0
(204) 727-8461
Tues. 1-4 pm
wawanesa@mhlaw.ca

Lawyer in attendance:
Karla Dane

Cypress River Office

133 Railway Ave.,
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(204) 743-2181
Tues. 9 am-12 pm
cypressriver@mhlaw.ca

Glenboro Office

604 Railway Ave.,
P.O. Box 100
Glenboro, MB R0K 0X0
(204) 827-2009
Tues. 1-4 pm
glenboro@mhlaw.ca

Lawyer in attendance:
Trent Sholdice

Brandon Office

110 - 11th St.,
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Have you ever heard of fairy fingers?

by **Gayle Johnson**
GAZETTE STAFF

Unless you have raised horses, ponies or other equines, you have probably never seen the feet of one of their newborns.

When you see babies romping in paddocks with their watchful mothers, their tiny feet are miniatures of a full grown animal, drastically different from their appearance when newly born.

The hooves of the newborns are encased by a keratinous material that is actually soft and looks rather like alien tentacles, garnering the names fairy fingers, golden slippers, or foal slippers. This is just another way of nature adapting and making

things work out for the best.

The proper name for their in vitro hoof formation is actually eponychium, and is designed by nature to protect the mother from injury throughout the baby's in vitro growth and birth. It also allows for the foal to more easily get up and take their first few steps.

As soon as the fairy fingers are exposed to the air they quickly begin to dry and as the newborn begins to walk, the dried fairy fingers are quickly sloughed off. This allows the newborn to begin walking immediately after birth and follow its mother.

Fairy fingers, just like hooves, are made of keratin, a fibrous protein.



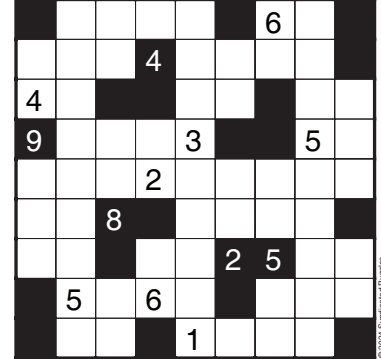
Fairy fingers, just like hooves, are made of keratin, a fibrous protein. PHOTO BY SUZANNE PADDOCK

Keratin offers protection to many animals including humans, where it helps form our hair, skin and nails. Even though fairy fingers may look alien, it is just nature doing what nature does best.

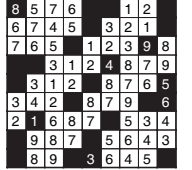
TAKE A BREAK ...

STR8TS

No. 728 Tough



Previous solution - Medium

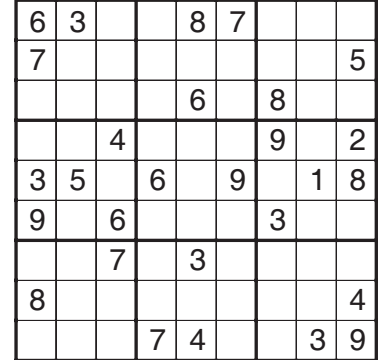


How to beat Str8ts - Like Sudoku, no single number can repeat in any row or column. But... rows and columns are divided by black squares into compartments. These need to be filled in with numbers that complete a 'straight'. A straight is a set of numbers with no gaps but can be in any order, eg [4,2,3,5]. Clues in black cells remove that number as an option in that row and column, and are not part of any straight. Glance at the solution to see how 'straights' are formed.

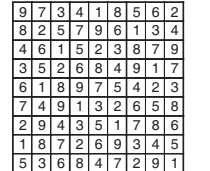
You can find more help, tips and hints at www.str8ts.com

SUDOKU

No. 728 Easy



Previous solution - Very Hard



To complete Sudoku, fill the board by entering numbers 1 to 9 such that each row, column and 3x3 box contains every number uniquely.

For many strategies, hints and tips, visit www.sudokuwiki.org

If you like Str8ts, Sudoku and other puzzles, check out our books, iPhone/iPad Apps and much more on our store at www.str8ts.com

The solutions will be published here in the next issue.

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Car & Truck Accessories
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Tim Wytinck
204-743-2300 or email
cypresscycle@mts.net

CTS

Cypress Technology Solutions

Offering a wide range of custom networking, camera, computer and automation products and service.

- Whole property WiFi •Calf cameras •Surveillance systems
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- Implement & Vehicle cameras •Davis weather stations

Call Jeff at: 204.208.0299 for a custom quote.
Jeff@cypress-tech.ca • www.cypress-tech.ca

CAMBRIA EAVESTROUGHING

Supplier/installer of eavestrough, leaf guard, soffit, fascia, and snow stop.



Linford Dueck
Cartwright, MB
Phone 204-523-4221

When your home is your castle and you don't want a moat.

Meighen Haddad LLP

LAW FIRM

Notice to Clients

Due to the retirement of Elia Arraf from our Killarney office, Karla Dane will be relocating to our Killarney office from our Baldur location effective January 1, 2025.

We understand the importance of accessible legal support and are committed to providing you with the same high-quality service at our Glenboro office with Trent Sholdice. The Baldur office will close effective December 31, 2024.

We thank everyone for your trust and support throughout the years!

T10 - 11th Street, Brandon, MB R7A 4J4
T: 204.727.8461
F: 204.726.1948
glenboro@mhlaw.ca

www.mhlaw.ca
@mhlaw.ca
@MHLAWCA

COMMUNITY CALENDAR

2ND ANNUAL PANCAKE BREAKFAST WITH SANTA! Belmont Community Hall, Sunday, December 15 from 9:30 a.m. to 11:30 a.m. Kids eat free. Adults \$5.00. Fun and games for all. Santa invites everyone, bring the kids, bring a friend, or just bring yourself. 5,6c

UNITED CHURCH DAINTY SALE, Saturday, December 7th, 12 - 4:00 p.m. at Glenboro Hall. Dainty donations gratefully accepted at CE Building on Thursday, December 5th, 5:00 - 8:00 p.m. or Friday, December 6th, 8:00 - 10:00 a.m. 5c

SPRUCE LAKES REC PROGRAMS: Pre- Register with Jen at 204-827-2575 or glenbororec@gmail.com
DANCE FUSION - \$125, Tuesdays, January 14 - March 18 at Glenboro Hall - times vary. 5:30 - Ballet Tap Combo (ages 3 to 6); 6:00 - Jazz (ages 7 & up); 6:45 - Tap (7 & up); 7:45 - Lyrical (9 & up). Contact Jen at glenbororec@gmail.com 5c

GLENBORO - SPRUCE WOODS CHRISTMAS BIRD COUNT, Saturday, December 14, 2024. We will be coming to farms and homes around Glenboro to count birds. Call feeder counts to Lorelie Mitchell 204-827-2548. 5,6c

SENIORS INDEPENDENT SERVICES, GLENBORO will be hosting a Christmas Tea at the Raystone Memorial Centre on December 13th at 2:00 p.m. Music by Lyle Baldwin. Door prizes. No need to be a Raystone Member. Please call Carol to register 204-827-2788. 5c

THANK YOU

THANK YOU: I would like to thank everyone from Baldur and the surrounding communities who supported me by purchasing Christmas shoe boxes for needy children around the world. I had a total of 222 purchases this year. I appreciate your support and generosity. Angela 4p

IN MEMORIAM

IN MEMORIAM: In memory of Russell and Emma Williamson. *Deep are the memories Precious they stay. No passing of time Can take them away.* Lovingly remembered by Lloyd, Joyce and family 5p

CURLING PANTS FOR SALE: Asham Brand, Men's Medium Size. Never worn. \$40.00. Call 535-2127

GRANT APPLICATIONS WANTED

The Glenboro Area Foundation Inc. is seeking grant applications from qualifying community groups and/or organizations.

Monies are available from 2024 Investment Income for granting from:

- The Community Fund
- The Health Care Fund – including scholarships for the continuation of studies in the human medical field
- George and Verna Notman Memorial Fund
- John Harvard Smart & Caring Community Fund
- John Tosh Memorial Fund

Groups or organizations promoting health, youth, education, social services, seniors' programs, recreation, the arts and religion may apply.

Application forms are available on-line at www.glenboro.com (click on Residents then Glenboro Area Foundation), or at Guild Insurance Group. Health Care Scholarship applications must include a summary of course fees.

Mail completed forms and accompanying documentation to:

**The Glenboro Area Foundation Inc.
 Box 147, Glenboro, Manitoba R0K 0X0**

Deadline is December 31, 2024.

For more information contact Ron Jefferies 204-827-3987 or Connie Feader 204-827-2560. 5,7c

WANTED

WANTED

COIN COLLECTIONS



CASH FOR COIN COLLECTIONS & ACCUMULATIONS OF COINS! ROYAL CANADIAN MINT COINS, OLD COINS, OLD PAPER MONEY, SILVER COINS, GOLD COINS, RARE COINS ETC.

Also buying all Silver, Gold, Nuggets, Scrap, Coins, Old Jewelry, Bullion, Ingots, Sterling Silver, Old Quality Watches working or not, Rolex, Omega ++

**Todd
 204-904-9705**

Jamieson's Funeral Service Candlelight Memorial Service

Holland, MB

United Church

Monday, December 2, 2024
 7:30 p.m.

Glenboro, MB

Willmor Chapel

Thursday, December 5, 2024
 7:30 p.m.

For more details and/or to have your loved one added to our tribute video (who passed away prior to 2024), contact us at 204-827-2480 / jamiesonfuneral@gmail.com before November 29, 2024.

Jamieson's Funeral Service - Glenboro-Holland
 www.willmorchapel.com 3,4,5c

Baldur Christmas Greeting Fund



DEADLINE IS DECEMBER 6TH

Your name, as you usually sign your Christmas cards, will be printed in the Christmas Edition of The Gazette once again this year. You can either mail your donation to: The Gazette, Box 280, Baldur, MB, R0K 0B0 or drop off at The Gazette office in Baldur.

Make cheques payable to:
BCDA (Baldur Community Development Association)

This year the monies raised will go to the Baldur Arena Upgrade Project 3-5c

Mari-Gyle Game & Fish Awards Night



**Saturday,
 December
 14th
 Mariapolis Rec. Centre**

Supper by Chicken Chef
 Book Tickets by Wednesday, Dec. 11th
 Call: Corey (204) 825-8435, Walter (204) 825-8322

Adults \$20.00, 5 & Under Free

Heads to be scored Noon-3

Prizes include:

- Member Draws • Door Prizes
- Chinese Auction



Everyone Welcome! 5,6c

The Vault Salon & Wellness (Glenboro)

The Vault is looking for a Licensed Hair Stylist to join our team. We have a Station available to rent on a Part time to Full time basis. Available January 2025. Amenities of the building are included. For more information please contact Sara Smith at 204-901-0488 (cell)



The Vault is looking for a Registered Massage Therapist to join our team. We have a Treatment Room available to rent on a Part time to Full time basis.



Available Immediately. Amenities of the building are included. For more information please contact Sara Smith at 204-901-0488 (cell)

AREA CHURCH DIRECTORY

UNITED CHURCH
 Rev. Emmanuel Menyereve
 Ninette Pastoral Charge
 Ninette (St. Andrew's) 9:15 a.m.
 "The sharing of one's faith promotes the knowledge of all the good that is ours in Christ."

BELMONT PENTECOSTAL ASSEMBLIES
 Rev. Scott Miller
 At the Church
 Sunday Services 11:00 a.m.

ROMAN CATHOLIC
 Father Philip Malayil
 Baldur 9:00 a.m. (Sun.)
 Dunrea 11:00 a.m. (Sun.)

ANGLICAN CHURCH OF CANADA
 Glenboro
 December 8, 2024
 No Service

BALDUR UNITED CHURCH
 Sandra Rex
 Sunday, December 8th
 No Service

CYPRESS RIVER UNITED CHURCH
 Rev. Sandra Rex
 Sunday, December 8th
 No Service

GRUND FRELSIS CHURCH

GLENBORO UNITED CHURCH
 Sunday, December 8th
 Service 10:30 a.m.

HOLLAND UNITED CHURCH
 Sunday, December 8th
 Service 10:00 a.m.

ROMAN CATHOLIC
 Pastor Jean Marcel Kabongo
 Sat., December 7
 Mariapolis 5:00 p.m.

Sun., December 8
 Swan Lake 9:00 a.m.
 St. Alphonse 11:00 a.m.

GLENBORO BIBLE CHAPEL
 Pastor Bob Coutts
 519-717-3333
 Sun., December 8, 2024
 Sunday School 10:00 a.m.
 Church Service 11:00 a.m.

TREESBANK COMMUNITY CHURCH
 Pastor Garnet Hodges
 garnethodgestcc@mymts.net
 Sunday, December 8, 2024
 Sunday School 10:00 a.m.
 Church Service 11:00 a.m.

WAWANESA UNITED CHURCH
 204-724-6389
 Sunday, December 8th
 Service 11:00 a.m.

ST. PAUL'S ANGLICAN CHURCH, WAWANESA
 Service of Holy Communion
 1st and 3rd Sunday at 2:00 p.m.
 Rev. Christopher Evetts

BETHAL WAWANESA CHURCH
 Pastor Couple Cal & Laurie Young
 Wawanesa Hall
 Sunday service 10:30 a.m.

THIS DIRECTORY PROVIDED FREE OF CHARGE BY THE GAZETTE

SENIORS INDEPENDENT SERVICES

HANDI VAN

FIRE OR POLICE - CALL 911

R.M. of Glenboro-South Cypress
 Carol Marshall - Ph. 827-2703
 sis@glenboro.com

R.M. of Prairie Lakes
 Myra Jonsson - Ph. 528-3374
 seniorsprairielakes@gmail.com

Baldur / RM Argyle
 Brittany Van De Kerckhove
 204-825-4323
 E: seniorsargyle@gmail.com

Mun. of Oakland Wawanesa
 Dale Seafoot - Ph. 761-8805
 sisoaklandwawanesa@gmail.com

Glenboro -
 Cell 204-720-3413
 Monday - Friday 8-4

Baldur -
 Ph. Colleen VanWynsberghe
 Monday - Friday 8:30-4:30
 204-535-2527

AREA FIRE CHIEFS:
 BaldurMark Everett
 BelmontRod Durham
 Cypress River ... Wes Wytinck
 Dunrea Gerry Paradis
 Glenboro Steve Nelson
 Ninette Craig Kozak
 Wawanesa Dennis Gullett

RCMP COMMUNITY DETACHMENTS:
 Killarney 523-7255
 Treherne 723-2345
 Crystal City 873-2413
 Souris 483-2123
 Carberry 834-2131
 Crimestoppers 1-800-222-8477

The silent struggle of holiday loneliness



MOTIVATIONAL MUSINGS

BY I'M A WORKINPROGRESS

Have you ever been in a room full of people, surrounded by chatter and laughter, or standing in the midst of a bustling city with life swirling around you, yet you've never felt so alone?

It's a strange and heavy feeling, isn't it? To be surrounded by connection yet feel utterly disconnected. It's happened to me, and I believe I'm not alone in this experience. That's why I feel it's an important subject to discuss, especially with Christmas around the corner.

For many, Christmas

conjures images of warmth and togetherness - time at the table with family, laughter by the fire, and the comfort of shared traditions. But the reality isn't always so picture-perfect. Some of us don't have that table to sit at. Others may have it but still feel like a ghost, drifting unseen through a world that doesn't truly see them or touch the core of who they are.

It's a paradox that can be hard to articulate. How can one feel lonely in a crowd or disconnected amidst loved ones? Yet, it happens more often than we admit, especially during the holidays, a time that seems to amplify both joy and pain.

The reasons vary. Perhaps it's unresolved grief, strained relationships, or the pressure to present a version of happiness that doesn't align with how we really feel. Or maybe it's a longing for deeper connections than the surface-level interactions that dominate so much of our lives.

I've felt lonely and isolated during various seasons of my life, and although the situations may have been different, the feeling inside me was the same. My first experience of feeling lonely was my first day of school. I was so scared as it was a new school for me and the other first graders spent the prior year together in

kindergarten and believe it or not I was an extremely shy child who until that day had never really left my moms side.

Unbeknownst to me, that day changed my life and shaped who I am today. It gave me empathy for people who are alone. That lonely little girl learned to look for the quiet faces in the room, to notice when someone felt out of place, and to reach out in small, meaningful ways.

It's a lesson I carry with me, especially during this season, when so many feel left out or disconnected. That lonely first grader inside me still remembers how much it meant when someone noticed and reached out. And now, as

adults, we have the power to do the same for others - to turn loneliness into connection, one small act of kindness at a time.

This season, let's acknowledge that not everyone experiences Christmas as a time of joy. For those of us who feel unseen or out of sync with the festive spirit, it's okay to feel this way. You're not alone in your solitude.

But let's also remember that even in our loneliest moments, connection is still possible. It may come in small, unexpected ways - a kind word from a stranger, a shared laugh with a coworker, or even a moment of peace found within yourself.

If you're someone who

feels connected during this season, consider reaching out to those who might not. A simple gesture - a phone call, an invitation, or even a smile - can remind someone that they're not as alone as they feel.

And if you're the one feeling like a ghost this Christmas, remember: your feelings are valid. Give yourself permission to honor them, but don't be afraid to seek the connections you need. Whether it's a friend, a support group, or even an online community, there are people who understand.

Sometimes, the best gift we can give or receive during the holidays is the reminder that we're seen, valued, and not alone.

So next time the loneliness comes, remember: it's okay to feel it. But also know, deep down, that this feeling won't last forever. Connection, in all its beautiful forms, is waiting. You just have to be willing to open the door.

'Tis the Season for Baking

See page 12

<p>\$7.29 / lb \$16.07 / kg</p> <p>Boneless Skinless Chicken Breasts</p>	<p>\$9.99</p> <p>Maple Leaf Natural or Schneiders Applewood Smoked Ham Assorted 600 or 700 g</p>	<p>\$4.99 ea</p> <p>Raspberries Imported, 6 oz (170 g)</p>
<p>\$2.99</p> <p>Primo Pasta Assorted 900 g</p>	<p>\$1.99</p> <p>Maple Leaf Flakes of Chicken, Ham or Turkey 156 g</p>	<p>\$8.99</p> <p>Maxwell House Coffee or K-Cups Assorted 631 - 925 g or 12 pk</p>
<p>2/\$4.50</p> <p>Primo Thick & Zesty Pasta Sauce Assorted 680 mL</p>	<p>\$2.49</p> <p>Philadelphia Dips Assorted 227 g</p>	<p>\$4.49</p> <p>Kraft Singles Assorted 410 g</p>
<p>\$9.99</p> <p>Kraft Parmesan Grated Cheese 250 g</p>		

Baldur United Church News

December 1st we celebrated Hope and Peace for the Advent season and shared in the Holy Sacrament of Communion. Baldur United Church services will be held in the Drop In for the winter months.

We will once again be collecting for the Westman Women's Shelter until December 15th. The staff at the shelter sent this message - "Items that are always needed are new pajamas, socks, shampoo/conditioner, body wash, blankets, and winter wear. Home made items are also accepted and always appreciated (knit, crochet, quilted)"

December 15th we will celebrate Advent Joy and Love and on December 22nd we have a special Christmas service with the story of the Journey to Bethlehem.

Services in Baldur are at 11:30 with Sandra Rex and everyone is most welcome to join us to celebrate Christmas.



Open Monday to Saturday - 9 a.m. - 5:30 p.m.
Ph. 204-535-2291 - Flyers in-store & on Facebook



'Tis the Season for Baking

See page 12



\$7²⁹
/ lb
\$16.07 / kg

**Boneless Skinless
Chicken Breasts**



\$9⁹⁹

**Maple Leaf Natural or
Schneiders Applewood
Smoked Ham**
Assorted 600 or 700 g



\$4⁹⁹
ea

**Raspberries
Imported,
6 oz (170 g)**

**Primo
Pasta
Assorted
900 g**

\$2⁹⁹



**Primo
Thick & Zesty
Pasta Sauce
Assorted 680 mL**

2/\$4⁵⁰



**Kraft Parmesan
Grated Cheese
250 g**

\$9⁹⁹



\$1⁹⁹

**Maple Leaf
Flakes of Chicken,
Ham or Turkey**
156 g

**Maxwell House
Coffee or K-Cups
Assorted
631 - 925 g or 12 pk**

\$8⁹⁹



\$2⁴⁹

**Philadelphia
Dips
Assorted
227 g**



\$4⁴⁹

**Kraft
Singles
Assorted
410 g**

SALE PRICES IN EFFECT DECEMBER 2024

Mon	Tue	Wed	Thur	Fri	Sat	Sun
2	3	4	5	6	7	8

Due to store size, all items in this flyer may not be available at all locations or exactly as illustrated. Dates may vary by retail outlet. Stores have the right to limit quantities and add enviro and deposit where applicable. All beef cut from Western Canadian Grade AA beef or better. Some items may only be available at stores with an in-store bakery.



Grocery



2/\$6

Hamburger Helper Assorted
158 - 220 g



2/\$5.50

Chef Boyardee Entrées Assorted
418 or 425 g



NEW FLAVOURS

2/\$6.50

Tim Hortons Soups Assorted
400 or 540 mL

V8 Vegetable Cocktail Assorted
1.89 L



\$4.99

Tilda Rice Assorted
250 g



\$3.49

Minute Rice White
700 g



\$5.99



\$3.99

Catelli Gluten Free Pasta or Lasagne Noodles Assorted
250 - 500 g

Old Dutch Popcorn Twists Assorted 175 g, Orville Redenbacher Gourmet Popcorn Assorted 3x82 g



2/\$7



\$10.99

Coca-Cola Beverages Assorted
20x355 mL

Coca-Cola Beverages Assorted
2 L

2/\$4.50



Miss Vickie's Potato Chips or Cheetos Snacks Assorted
180 - 285 g

2/\$8.50



Nature's Nuts Peanuts Assorted
400 g



\$4.99

Dasani Water
12x355 mL

\$5.49



Powerade Sports Drinks Assorted
710 mL

2/\$3.50



Tim Hortons

Coffee
Assorted
283 or 300 g

\$9⁹⁹



K-Cups
Selected Varieties
10 or 12 pk

\$10⁹⁹



Premium
Instant Coffee
Colombian 100 g

\$8⁴⁹



Hot
Chocolate
500 g

\$4⁴⁹



Oasis
100% Juice
Assorted
960 mL

2/\$4⁵⁰



RISE AND SHINE

Tang
Flavour Crystals
Orange
2.2 kg

\$9⁹⁹



\$5⁴⁹



Hills Bros.
Cappuccino
Drink Mix
Assorted 453 g,
MJB Premium Coffee
Classic Roast 300 g



\$6⁹⁹



Planters
Peanut Butter
Assorted
1 kg



\$6⁹⁹



BeeMaid
100% Canadian
Honey
Assorted 500 g



\$3⁹⁹

Quaker
Oat Bran
625 g



\$1⁹⁹



Five Alive
Beverage
Citrus
1 L



\$3⁹⁹

Kellogg's
Eggo Waffles
Assorted
280 or 330 g

Charmin
Bathroom Tissue
Ultra Soft or Strong
Triple Rolls 8 pk,
Bounty Paper Towel
Select-A-Size 4 pk

\$7⁹⁹



Dawn Ultra
Dishwashing Liquid
Assorted 431 or 473 mL

\$2⁹⁹



Febreze
Air Fresheners
Selected Varieties 250 g or 1 pk

\$3⁹⁹



\$5⁹⁹

Arm & Hammer
Liquid Detergent
Original 1.63 L



\$7⁹⁹

Arm & Hammer
Cat Clumping Litter
Assorted
6.4 kg



Festive Baking



Fine Foods All-Purpose Flour
10 kg,
Canola Oil
100% Pure 3 L

\$12⁹⁹

Christie HoneyMaid Graham Crumbs or Wafers
400 g,
Crisco Canola Oil
473 mL

\$5⁹⁹

Philadelphia Cream Cheese
Selected Varieties
227 or 250 g

\$4⁴⁹



Pillsbury Cookie Dough
Chocolatey Chip
468 g

\$3⁹⁹

Crisco All-Vegetable Shortening
Assorted 454 g,
Kraft Cool Whip
Whipped Topping 225 g

\$3⁹⁹

Fleischmann's Baking Powder or Canada Corn Starch
340 or 454 g

\$4⁴⁹

Pacific Evaporated Milk
354 mL

2/\$5

Arm & Hammer Baking Soda
Assorted
500 g

\$1⁹⁹

Lucky Leaf Pie Filling
Assorted
540 mL

\$5⁴⁹

Nature's Nuts Raisins
Assorted 375 g

\$4⁹⁹

Nature's Nuts Pecan Halves or Sweetened Coconut
Assorted 100 or 200 g

\$3⁹⁹

Crosby's Molasses
Assorted
675 g

\$4⁹⁹

Fry's Premium Cocoa
227 g

\$5⁹⁹

Club House Pure Almond or Peppermint Extract
43 mL,
Artificial Vanilla Extract
250 mL

\$4⁴⁹

BALDUR TRADING

Baldur, MB ph: (204) 535-2291

Store Hours:

• Monday - Saturday, 9:00 am - 5:30 pm • Sunday, Closed •

<https://www.facebook.com/Baldur-Trading-105051291353476/>

www.baldur-glenborogazette.ca

MB 1 MB AB ON DL N

MB DL PG 12

12 - Meat DL Week 49_24



Fresh Meat



\$8.29
/ lb
\$18.28 / kg

**Boneless
Outside Round Roast**



\$3.99
/ lb
\$8.80 / kg

**Boneless Pork Sirloin Chops,
Pork Stir Fry Meat,
or Chicken Thighs**



\$8.99
/ lb
\$19.82 / kg

**Top Sirloin
Grilling Steak**



\$5.99
/ lb
\$13.21 / kg

**Pork
Back Ribs**



\$3.49

**Sweet Baby Ray's
Barbecue Sauce
Assorted 425 mL**



\$5.99

**Guy Fieri's
Flavortown Sauces
Assorted 355 mL**

**Pam
Cooking Spray
Original
170 g**



\$5.99



Deli

\$1.99
/ 100 g
\$9.03 / lb

**Schneiders
Deli Best
European Bung
Bologna**



\$3.49
/ 100 g
\$15.83 / lb

**Schneiders
Jumbo Summer
Sausage**



**Schneiders Deli Best
Napoli Style Pepperettes**

\$3.99
/ 100 g
\$18.10 / lb



**Brandt
Black Forest Salami**

\$3.89
/ 100 g
\$17.64 / lb



Packaged Meat



\$4.99
/ lb
\$11.00 / kg

**Sugardale
Hickory Smoked
Honey Ham
Spiral Sliced**



\$1.99

**Mitchell's
Pot Pies
Assorted
190 g**



\$3.99
/ lb
\$8.80 / kg

**Dunn-Rite
Grade A Roasting
Chicken
Frozen**



\$3.99

**Schneiders
Wieners
Assorted
375 g**



\$4.99

**Main Street Deli
Smoked Black Forest
Ham, Honey Ham, Turkey
or Chicken Breast
200 or 250 g**



\$7.99

**Maple Leaf
Prepped & Ready
Assorted
250 g**



\$8.99

**Carver's Choice
Thick Sliced
Bacon
1 kg**

Bakery



\$3.99

**D'Italiano
Bread or Buns
Selected Varieties
620 or 675 g,
6 or 8 pk**



**D'Italiano Gusto!
Hamburger Buns
Assorted
8 pk**

\$5.49



**Rhubarb
Strawberry or
Apple Pies
Assorted 8" 620 g**

\$6.99



**Fresh Baked
Canadian
Harvest Bread
1 pk**

\$3.99



**Fresh Baked
Large Sub Buns
or Crusty
Panini Rolls
4 or 6 pk**

\$2.99





Fresh Produce

Del Monte Bananas
Imported

99¢ / lb
\$2.18 / kg



\$3.99 ea

Blackberries
Imported,
6 oz (170 g)



Honeycrisp Apples
Canada,
Extra Fancy

\$1.99 / lb
\$4.39 / kg



Iceberg Lettuce
USA #1

\$2.49 ea



\$4.49 ea

Cauliflower
USA #1



\$2.19 ea

Long English Cucumbers
Imported



\$2.49 ea

Cooking Onions
Canada / USA,
Medium,
3 lb (1.36 kg)



3 LB BAG

Pure J.L. Kraft Dressing & Marinade
Assorted
355 mL

\$5.99



\$3.49

Fresh Gourmet Crunchy Toppings
Assorted 99 g

Nature's Nuts Almonds
Assorted
100 g

\$2.49



Litehouse Dressing & Dip
Assorted 384 mL,
Dip Assorted 340 g

\$3.99



Keurig DrPepper

McCafé Premium Roast Coffee
Assorted 640 - 950 g

\$24.99



\$7.99

Laura Secord Hot Chocolate or Kahlua Coffee K-Cups
12 pk



2/\$5



Snapple Beverages
Assorted
945 mL



\$2.49



RealLemon or RealLime Juice
440 mL

HOLIDAY SAVINGS

\$5⁹⁹

TRESemmé Hair Care
Selected Varieties 311 g, 255 - 828 mL,
Axe Body or Hair & Body Wash
Assorted 473 mL,
Phoenix Antiperspirant
or **Daily Fragrance**
76 or 113 g,
Dove Hand Wash
Assorted 300 or 400 mL

Stocking Stuffers



Aussie Hair Care
Assorted 360 mL,
Ivory Bar Soap
Original 3x90 g

2/\$7



Aussie Kids Moist Hair Care
Assorted 475 mL

\$6⁹⁹



Head & Shoulders Dandruff Shampoo
Assorted 370 mL

\$6⁹⁹



Blistex Holiday Lip Moisturizers
3 pk

\$3⁹⁹



2/\$3⁵⁰

Colgate Toothpaste
Cavity Protection
Assorted 95 mL

Colgate Toothbrushes
Assorted 1 pk

\$1⁹⁹



Dial Body Wash
Assorted 473 mL

\$3⁹⁹



Blistex Lip Medex or Conditioner
Assorted 7 or 10 g

\$3⁴⁹



2/\$6⁵⁰

Irish Spring Bar Soap
Original 3 pk

Irish Spring Face + Body Wash
Original Clean 591 mL

\$5⁹⁹



Lady Speed Stick Antiperspirant or Speed Stick Deodorant
Assorted 45 or 70 g

2/\$7⁵⁰



\$12⁹⁹

Nabob Coffee
1896 Tradition 930 g



\$2⁹⁹ **Kool-Aid Jammers**
Assorted 10x180 mL

Heinz Tomato Ketchup
Pickle Flavoured 375 mL

\$2⁹⁹



\$3⁹⁹

KD Deluxe
Assorted 340 g



\$4⁴⁹ **Crave Entrées**
Assorted 200 - 312 g



Kraft Savings

HOLIDAY SAVINGS TWO WEEKS OF DEALS

DECEMBER	M	T	W	T	F	S	S
	2	3	4	5	6	7	8
	9	10	11	12	13	14	15



Pineapple Assorted 398 mL
\$2.99



Good Crunch Fruit Bites Assorted 40 or 71 g
\$3.49



Fruit or Fruit + Gel Cups Assorted 4 pk
\$4.99



Pineapple 100% Juice No Sugar Added Assorted 4x240 mL
\$5.49



Pineapple 100% Juice Not From Concentrate 1.36 L
\$5.99



Purex Detergent Assorted 1.92 or 2.03 L
\$6.99

\$16.99 Prairie Chef Chicken Breasts, Strips, Souvlaki or Pork Cutlets Assorted 1 kg

\$13.99 Montana's Pork Back Ribs Texas Style BBQ 650 g

\$9.99 Swiss Chalet Pot Pies Assorted 650 or 655 g

\$14.99 Montana's Angus Beef Burgers Smoky BBQ 6x151 g

\$8.99 Red Baron Fully Loaded Pizza Assorted 805 or 815 g

\$3.99 Boneless Skinless Chicken Breasts Frozen 4 kg

\$4.99 Chapman's Creamery Ice Cream Assorted 2L

\$2.99 Smucker's Toppings Butterscotch 250 mL

\$7.99 Fine Foods Ice Cream Assorted 4L

\$2.99 Red Lobster Cheddar Bay Biscuit Mix 322 g

2/\$4.50 Green Giant Vegetables Assorted 341 or 398 mL

\$1.99 Bush's Best Baked Beans Assorted 398 mL

2/\$7.50 Old Dutch Potato Chips Assorted 220 g

\$4.99 Baba Jean's Donuts or Quinn's Bake Shop Swiss Rolls Selected Varieties 4 or 6 pk

2/\$4.50 Holiday Luncheon Meat 340 g

2/\$4.50 Campbell's Soup Assorted 284 mL

\$3.99 Cavendish Farms French Fries Assorted 800 g

\$4.99 Armstrong Cheese Slices Assorted 220 or 240 g

\$7.99 Promise Gluten Free Bread, Rolls, Buns, Seeded Sandwich Thins or English Muffins Assorted 160 - 480 g

\$3.99 Dairyland Chocolate Milk Beverage 1% MF 1.89 L

\$6.49 Cavendish Farms All-Day Breakfast Hash Brown Patties Original 1.2 kg

\$4.99 International Delight Coffee Whitener Assorted 946 mL, Dairyland Coffee Cream 18% MF 946 mL

\$2.99 Nestle Nesquik Assorted 510 or 700 mL

\$6.99 City Bread Rye Bread Assorted 480 or 500 g

\$5.99 Schneiders Breakfast Sandwiches or Bites Assorted 204 - 288 g

\$5.99 Nestle Carnation Hot Chocolate Assorted 400 or 450 g

\$3.99 Quaker Instant Oatmeal Assorted 240 - 344 g, Pearl Milling Company Pancake & Waffle Mix Assorted 905 g, Syrup Assorted 710 mL

\$4.99 Oasis 100% Juice Assorted 8x200 mL

\$4.99 Chalet Dinner Napkins 2 Ply 100 pk

\$3.99 Hefty Ecosave 100% Compostable Plates Assorted 20 - 40 pk, Bowls 100% Compostable 12 oz 15 pk

\$3.99 - \$10.99 Splenda No Calorie Sweeteners or Sugar Blends Selected Varieties 40 - 100 pk, 275 - 908 g

\$2.99 Crosby's Flavour Crystals Assorted 3x80 g

\$4.49 Nestle Coffee mate Assorted 828 or 946 mL

\$3.99 - \$9.99 Hefty Ecosave 100% Compostable Plates Assorted 20 - 40 pk, Bowls 100% Compostable 12 oz 15 pk

\$10.99 Purina Kitten or Cat Chow Assorted 1.6 - 2 kg

\$8.99 Purina Dog or Puppy Chow 2 kg

\$1.99 Milk-Bone Soft & Chewy Assorted 113 g

\$4.99 Milk-Bone Dog Snacks Assorted 900 g

\$3.99 Palmolive Dish Liquid Assorted 828 mL

\$9.99 Cascade ActionPacs Dishwasher Detergent Platinum Plus Canadian Rockies Scent 21 pk

\$3.49 Glisten Machine Cleaner & Disinfectant Assorted 354 mL, Cleaning Pads 8 pk

HOLIDAY SAVINGS



\$5.99 Cadbury Mini Eggs
200 g



\$2.99 Werther's Original Candy or Riesen Caramels
Assorted 70 - 135 g



\$5.99 Nestle Pops or Candy
Selected Varieties
135 - 203 g



\$3.49 Toffifee Assorted
123 g

Nestle After Eight Straws
90 g



\$6.49



\$1.49 Toblerone Swiss Milk Chocolate Bar
50 g

Maynards Sour Patch Kids
Assorted 100 g



\$1.99



3/\$4 Nestle or Cadbury Chocolate Bars
Selected Varieties 32 - 60 g,
Cadbury Mini Eggs 33 g



\$7.99 Nestle Turtles Gift Box, Quality Street or After Eight
150, 190 or 300 g

2/\$3.50 Kinder Surprise Assorted 20 g, Ferrero Rocher, Raffaello or Collection
3 pk



Cadbury Family Size Chocolate Bars
Assorted 100 g



2/\$6.50

Planters Cashews or Trail Mix
Selected Varieties
145 or 170 g



\$4.49

Holiday DELIGHTS

Pringles Mingles Assorted
155 g



2/\$7

Cheez-It Baked Snack or Kellogg's Town House Crackers
Assorted 191 - 391 g



2/\$6.50

Goldfish Crackers or Crisps Assorted 177 - 200 g, Dare Veggie Crisps Assorted 100 g

\$2.99



Pringles Potato Chips Assorted
148 or 156 g



2/\$6

Dare Juicee or Mints Assorted 200 or 250 g, Real Fruit Gummies Assorted 120 or 180 g

\$2.99



\$3.99 Dare Wagon Wheels Assorted
315 or 360 g



\$4.49 Werther's Original Caramel Popcorn
170 g

Christie Mini Cookies or Ritz Assorted 200 g

2/\$7



NATURAL CHEESE
Armstrong
1902



\$9.99

Shredded Cheese
Assorted
450 or 500 g

Cheese Strings
Assorted
12x24 or 12x28 g

\$5.99



Nestlé



\$6.49

Nestlé Aero Truffle or
Toblerone Ice Cream
Assorted 450 mL,
Häagen-Dazs
Selected Varieties
400 - 450 mL, 3 or 4 pk

Frozen & Dairy



\$4.49

Cavendish Farms
Fries, Wedges
or Quick Crisp
Assorted 400 - 750 g



\$19.99

Bassili's Best
Meat Lasagna
2.27 kg

I Can't Believe
It's Not Butter!
Original
212 g

\$1.99



Milk 2 Go
Assorted
6x200 mL

\$4.99



Dairyland
Egg Nog
Original
946 mL

\$2.99



Dairyland
Chocolate Milk
Beverage
1% MF
946 mL

\$2.49



Dairyland
Yogurt
Assorted
650 g

2/\$6.50



Fine Foods
Margarine
907 g

\$3.99

