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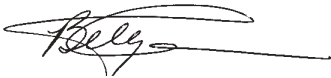


EDITOR'S GREETING

Seems like we've had a long fall which is nice but in this neck of the woods we expect and welcome the arrival of winter. Welcome to Let It Snow –a celebration of winter activities and events whether you head to The Forks, North to The Pas Trappers' Festival or into Northwestern Ontario or the US Lake of the Woods Tourist Region. There are, we discovered, just too many winter events and activities to be compiled in a single publication. We have, instead, worked to list events that reflect a diversity of interests and geography.

Whether you spend time at the cottage, enjoy seasonal shopping, like to visit our provincial parks, take advantage of the many kilometers of groomed snowmobile and x-country ski trails or simply want to get away from it all, our contributing writers and advertisers will temp you and hopefully spur you to action.

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Betty Ann Watts



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A Whiteshell Winter

By Jane Stewart

The snow falls onto an already white ground, making it harder to discern the rocks along the shore. The cold envelops the solitary individual who is returning from the frozen lake with the evening's meal of freshly caught trout. Gathering some fallen branches for kindling, the sound of his footsteps are muffled as he returns to shelter. Inside, a fire is waiting, its warmth and glow welcome after the throat-catching chill of the evening. One last look above, where the stars seem brighter in the winter's night and

the northern lights are starting their dance across the sky, the traveller has returned home.

The scene could be from 100 years ago or just last winter in the Whiteshell Provincial Park. Known to many as a cottage or camping getaway through the summer months, the Park is a winter haven, letting you make the most of the inevitability of winter. You don't have to have your own winterized cottage to enjoy the park in the winter. If a day trip just isn't enough, there are several resorts that remain open year round in the

north and south ends of the Park.

The choices of things to do in the winter are about as diverse as in the warmer months. With almost 3,000 square kilometres of Precambrian Shield ruggedness and boreal forest beauty, the Park's varied terrain accommodates winter hiking, cross-country and downhill skiing, snowshoeing, snowmobiling, horseback riding, and ice fishing. Spending a winter's day in the Park is a whole new experience. An evening is another world again, especially when the moonlight shines on the snow-covered ground and lakes.

Those who have spent many summers cottaging in the Whiteshell appreciate the change of scene in the winter. Winnipegger Jan Schneider spent most of her childhood summers at White Lake. She and her husband have been going to their own cottage now for about 16 summers and recently built a new, winterized cottage.

"I'm really excited knowing we won't have to go through the sad task of having to close the cottage on Thanksgiving weekend and not see it again until spring," Schneider commented. "Not having to say goodbye means we can look forward to getting away from it all to enjoy the serenity and quiet that is so much a part of the lake. I look forward to cross country skiing, hiking, or just curling up with a good book."

The many year-round residents of the park also appreciate the winter months, including those who have businesses catering to winter



visitors. Judy Parnell of Nutimik Lodge in the north end of the park loves the wintertime.

“Winter in the Whiteshell is a joy,” said Parnell. “There are groomed cross-country ski trails and snowmobile trails by the resort. There is ice fishing in the creek.”

There are about 70 kilometres of groomed cross-country ski trails scattered throughout the park from the north to the southern end. Gliding across the winter terrain gives you a whole new sense of the Park. Along the Otter Falls trail, you’ll travel near Eleanor and Margaret Lakes where you might have watched for ducks in the fall or canoed in the summer. Now on your skis, you can retrace your footsteps along the Pine Point Rapids trail and watch for the spectacle of the ice-covered rock formations.

Skiing around the Alfred Hole Goose Sanctuary can be slightly eerie with the geese long gone to warmer waters to the south. For a sense of being away in the wilderness, ski some of the Trans Canada Trail in the south Whiteshell or the trails heading into the woods at Falcon Ridge at the south end of Falcon Lake. The rocky ridges of the Shield country and the evergreens of the boreal forest will play partner to you as you travel along these trails.

Although you are in the wild woods, you generally aren’t far from some warmth. Many of the trails have warm-up cabins or, if you have headed out from one of the year-round resorts, you know you can return to a cosy room and a hot drink.

For those who prefer a little more whoosh with their skiing, Falcon Ridge Ski & Recreation Area manages the Falcon Lake ski hill. There are about 11 runs as well as a snowboarding ‘park’ in addition to the groomed cross-country ski and biathlon trails.



Heading down that lonesome winter’s trail on horseback is another way to see the Park from a new perspective.

“The winter trails give you a really peaceful feeling,” said Marg Imrie from Falcon Beach Ranch. “We ride bare-back in the winter so you are more in tune with the horse, giving you warmth and a nice connection.”

The Ranch also offers sleigh rides, another fun way to check out the trails, with a bonfire and hot drink awaiting you along the way. Moving through the woods when the freshly fallen snow has gathered on the spruce boughs creates a picture-postcard image

Groomed and marked snowmobile trails provide another way to see the Park in the winter. There are 250 kilometres of trails designated for snowmobiling, taking you across the frozen lakes, through the forests and over rocky ridges. You can access virtually every lake on a

marked trail and find your way to many of the resorts or even your own cabin. Just remember to stick to the marked trails to avoid the cross-country ski trails and trap-ners’ trails.

If you are hiking, snowshoeing, or cross-country skiing in the park, take your binoculars with you. Several bird species continue to make the Whiteshell their home all winter long. Keep an eye out for the Great Grey Owl, for a flock of snow buntings taking off from the side of a road, the beautiful pine grosbeak at a feeder, or Bohemian waxwings moving in small groups from tree top to tree top. You probably will hear and see black-capped chickadees as they flit among the trees. There is something utterly charming about these little birds and, if you’re lucky, they might come and take seed right from your hand.

Although the bears likely won’t be visible since they’ll be taking



Winter in the Whiteshell

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their winter nap, you might catch a glimpse of a moose as it searches for twigs and shrubs for its winter meal. If you notice a tree, particularly a poplar, with bark stripped from it, you may be seeing the results of a hungry moose looking for something to eat.

Beneath the frozen lakes, there still is a living world that you can catch, literally, with a fishing rod, a hole in the ice, warm clothes, and patience. Trout, northern pike, and walleye are caught throughout the winter. Some of the favoured ice fishing lakes include Falcon, West Hawk, Lyons, Jessica, and Big Whiteshell. You may be fishing through the ice but remember you still need a fishing licence.

The Whiteshell is home not just to birds, fish, and wild animals in the winter. There are many people who live there year round. They provide the services you'll need while you visit, including groceries, gas, and accommodation. If you want some help in planning a winter adventure, check out the resorts to see what they offer, particularly those with direct access to the ski

and snowmobile trails, and horse-back riding. If you want a secluded getaway, many resorts offer romantic weekends in cabins with fireplaces and hot tubs.

The Ride For Rehab 2006 is a snowmobile fundraiser taking place at different places, including Falcon Lake. Beaver Days is another popular annual event, held the second weekend in February in the Falcon Lake and West Hawk Lake

area. Events include sleigh rides, pig roast, sponge hockey tournament and more. Contact the Whiteshell Community Club at 349-2420 for more information.

There are dozens of fishing derbies every winter in the Whiteshell area. For dates and locations, contact Doug Leroux, Regional Fisheries Manager, at 345-1450. (Details were unavailable at time of writing.) ❄️

REMEMBER!

- You need a Park Pass to enter the Whiteshell Provincial Park at any time of year
- You need a fishing licence for ice fishing
- "Blue Ribbon Trails" are not for snowmobiling – they are trappers' trails that are used by professional trappers in the area. They can be damaged by snowmobiles and they can be unsafe as they are not intended for snowmobiles and may have sudden dead ends.
- Hypothermia is a risk when you exercise outside in the winter. Wear layers of clothing that you can remove and put back on as you warm up and cool down. Let someone know where you will be travelling if you are cross-country skiing or snowmobiling.
- Check out the Whiteshell Provincial Park website (www.whiteshell.mb.ca/) or the Manitoba Conservation's site (http://www.gov.mb.ca/conservation/parks/popular_parks/whiteshell)



NWRA 2006 SNO-X SCHEDULE

Dec. 3 & 4	Aseissippi Ski Hill, MB
Jan. 21 & 22	Dauphin, MB
Jan. 28	Thompson, MB
Feb. 11 & 12	Selkirk, MB
Feb. 18 & 19	Brandon, MB
March 4 & 5	Kenora, ON
March 11 & 12	Selkirk, MB
March 18 & 19	Dauphin, MB

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PHOTO: DEAN STUART



Northern Manitoba Trapper's Festival Well Worth a Visit

By Doreen Pendgracs

If you're looking to have some unique winter fun, how about heading up to The Pas to cheer on the annual World Championship Dog Sled Races? Held the third weekend in February in conjunction with the Northern Manitoba Trapper's Festival, the event is well worth the 600-kilometre journey northwest from the city of Winnipeg.

If you're like us, and you don't care much for winter driving, you might consider hopping aboard what's fondly referred to as the "Trapper's Train." Each year, Daryl Adair of Rail Travel Tours, puts together a package that takes you from the VIA Rail station in downtown Winnipeg to the train station in The Pas without a care in the world. We were fortunate enough to have been part of the group that made the journey in February/05 and had a jolly good time as Daryl looks after every last detail to make sure you're having fun.

So what did we do? We started at The Forks with a scrumptious smoked goldeye dinner. After boarding the train, we were shown to our rooms. Some of our group had the very functional and more economical "roomettes." We had a double bedroom, which consisted of an upper and lower bunk as well as our own washroom. Either way, it's pretty comfortable for the roughly 12-hour journey.

Arriving in The Pas the following morning, we checked into the Wescana Inn. It's a nice full-service facility within walking distance of the train station. As well, the Wascana is located next door to the local legion, which was the headquarters for the Trapper's Festival and where some of the events – such as the local talent show – were held. It was great watching the aboriginal children dance the jig to a variety of musical entertainment including well-known yodeler, Stew Clayton who made the jour-

ney up from Manitou.

The Pas really comes alive during the Trapper's Fest. There are plenty of activities going on all over town. If you're on your own, you'll have to search them out. If you're with Rail Travel Tours, Daryl will either get you there or tell you where to go. At least he does it in a nice way!

Be sure to take in the lunch at the Norlite Hall, where \$5 will get you a homemade – and very ample -- serving of perogies, kobassa, coleslaw and potatoes made by the local ladies auxiliary. There's an



Youth from the Duck Lake First Nation entertain at Festival Headquarters.



Arts & Crafts Fair at the Mary Duncan Elementary School that is worth taking in, where you can buy all sorts of goodies including homemade sausages from Mountain Food Processing of Kelwood. Their naturally smoked meats are free of any preservatives and MSG. As well, you'll likely have the opportunity to see the local gents sporting their "Shaganappis" -- the name for the rabbit fur ties that look pretty darn dapper. Too bad we couldn't find any available for sale.

The Pas has 6,000 residents within the town limits and an additional 4,000 people who live on the neighbouring reserves. The Aseneskak Casino is on the Opaskwayak Cree Nation and well worth a visit, whether you're a gambler or just in search of a good meal and some live entertainment. Take Highway 10 north to get to the casino, the Kikiwak Inn and the adjacent Otineka Mall.

The next morning, it was time to check out the dog sled races. Yes, it was cold, at -26 C. So dress warmly, as you'll be standing around outdoors while you watch the dog

Watching the dog sled races.

teams prepare for the race. We were fortunate enough to have local legend, Sonny Lavallee, be our guide for the races. Sonny has been involved with the dog races all his life -- in fact before he was born! "My mother was pregnant with me for the races in 1948, so you can say I've been participating in the dog races even before I was born," he said proudly.

We spoke with Buddy Streeper from Fort Nelson, BC, who at just 23-years-old has more than 60 wins worldwide. Although a rookie in this particular race, he's a favourite to win. Buddy and his dogs seem to have an incredible meeting of the minds. You can see how excited the dogs are to get going, but all Buddy has to do is talk to them and they immediately calm down.

The Streepers breed and sell sled dogs and have about 200 animals in their kennel. "Ours is an evolving breed," says Buddy. "They're a blend of Alaskan husky, English pointers, and German short-haired pointers -- a superb lean athlete. My job is easy. I just let the dogs do their jobs." The dogs are running

35 miles per day over the course of this three-day race. Today is the final day, when the winner will be named.

We're told that this is one of the only races in the world to have a mass start, meaning all the teams take off at the sound of the gun. And off they go! It will take about two hours for them to complete the course, with the dogs running an average of 17 miles per hour. Daryl has arranged for a van to follow the teams as they run the course. You really are overcome by a feeling of exhilaration as you see the teams speed by. And then on to the next crossing where we'll meet up with them again.

Sure enough, Buddy Streeper wins the race. It is the first time that a rookie has won this race. He gets \$8,500 for first prize. "I've raced all over the world -- on hilly terrains, lakeside terrains and others," he said. "But this is the best and most exciting race I've competed in and I'll be back next year!"

About 15,000 people come up to The Pas for the Trapper's Fest each year. In addition to the dog sled



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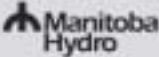
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An illustration showing three people on snowmobiles navigating a trail. A large, white, multi-pointed starburst graphic is positioned in the foreground, overlapping the trail and the snowmobiles, to draw attention to a hazard. In the background, power lines and poles are visible against a dark sky.

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aces, you can take in the endurance activities where the King, Queen and Youth Trapper is chosen from the hearty participants who climb poles, saw logs and haul heavy sacks of flour. There's also a fish fry to see who can fry up the tastiest fish in giant cast iron pans over open fires – out in the rather frigid conditions. The Pas is great for fishing as it's located at the junction of the Pasquia, Carrot and Saskatchewan Rivers.

That makes it great for snowmobiling as well, as it's especially nice to speed along the flat riverbeds and surrounding flat countryside on your snow machine. If you're lucky enough to visit The Pas in summer, be sure to take the 20-minute drive out of town to Clearwater Lake. I'm told it's one of the two clearest lakes in Canada and is one of the three "true blue" lakes of the world.

The Pas is the epitome of northern hospitality. We were fortunate enough to get invited to Rick and Ann Colgan's garage party while we were in town. It was definitely the highlight of the trip for me. The Colgans and their friends cook up a variety of wild game and fish and serve it up to the lucky people who find their names on the guest list. Stuffed venison, moose stew, elk chili, and smoked fish were just a few of the delectable dishes we had the opportunity to sample. I sure wish we were going back this year!

About 15,000 people come up to The Pas for the Trapper's Fest each year.

If you want to learn more about the history of The Pas, take time to visit the Sam Waller Museum, located in the oldest standing brick structure in northern Manitoba. Built in 1916 as the town's original courthouse and jail, the museum is packed with a fascinating display of local artifacts – including a two-headed calf. We also had a tour of the Hudson Bay Railway's Roundhouse. It is a five-stall roundhouse that was built in 1927 and houses the only operating locomotive turntable remaining in Canada. You, too, can have a tour of this facility – if you book ahead. But if you go with Rail Travel Tours, that, too, is just one of the details arranged for you.

Visiting The Pas was a wonderful experience that taught us about the local history, introduced us to some northern hospitality that we'll never forget and drew us into the excitement of some worldclass dog sled races. An experience that you've got to experience – at least once!

See www.thepasarea.com for more information about The Pas. See www.railtraveltours.com or call (204) 897-9551 (1-866-704-3528 toll-free) to book the Trapper's Train for the festival in Feb/06.



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Snopasses Essential to a Safe Trail System

By Duncan Stokes, Executive Director, Snoman

What great winters the last two have been! Here's hoping for a three-peat! What do you expect from the Executive Director of Snoman (Snowmobilers of Manitoba) Inc.? Hopes that El Nino rears it winter warming ugly head again? Yeah right!

Winter means time to skate, time to ski and time to ride. And Manitoba's cottage country provides some great places to do some sledding. Areas around Lac du Bonnet, the Whiteshell and Lake Winnipeg are not only viewed by Manitobans as choice destinations: but by many outside the province too. The Snoman office often receives calls or e-mails from riders from other parts of Canada and from the United States. We often receive very complimentary follow up letters from riders outside of Manitoba about the snowmobile trails in this province. But there might be some things about Snoman Inc. that you didn't know...

Did you know...?

- 1) There is over 10,000 kilometers of snowmobile trail in Manitoba.
- 2) Over 90% of the trail network is groomed, signed and maintained by over 25-hundred volunteers.
- 3) That over 19,000 sleds were registered in Manitoba as of January of 2005.

BUT...Less than 14,000 of Manitobans who registered those machines bought Snopasses. There are 5 to 6,000 East of Lac du Bonnet



riders in Manitoba who ride the trails without a pass.

Understand that not all riders use Snofund trails. Some riders use their sleds in their farming operations over expansive pieces of private property. Of course they don't need a pass. Others have commercial trapping lines or fishing nets, whereby those riders are exempt from requiring a Snopass.



Duncan Stokes

But are there 5,000 snowmobile owning farmers, trappers and fishers in Manitoba who don't need a Snopass? You'll have a hard time convincing me that there is amount even close to 5,000. To the contrary, I think there are thousands of riders who do not bother to purchase a Snopass, but ride the trails for free.

The long-term impact of free loaders on the trail is simple but not a pleasant scenario: The trails as they are now will disappear. The funds provided by the Snopass system are needed to operate, and even those dollars do not meet all the needs of the clubs. Out of the 49 clubs, you'd be hard pressed to find one out there that doesn't do some extensive fundraising to make ends meet. I think that is fair. If you are passionate about an activity and you care about an activity, you fundraise or you pay for it. It's that simple.

It grieves me that there are still thousands of Snowmobilers in this province who don't pay the fee required to ride on the trails. I've heard many arguments that attempt to rationalize this freeloading.

- 1) "That trail was there 30 years ago, and I was riding it before you guys came along and started charging for it." You know what, I used to walk the family dog in a City of Winnipeg park at the end of my parent's street without a leash 25 years ago, and never worried about carrying a plastic bag to pick up after her, but if I tried that now, I'd be subject to a fine. The bottom line is that things change, and while we may not like it, we

should all change with it.

2) "I only use those trails once or twice a year, and paying \$70.00 for a Snopass isn't worth it!" Then don't use the trails. Go ride somewhere else that one or two times per year.

3) I have three sleds, and can only ride one at a time. Why should I have to pay three passes? Because a good percentage of the dollars for each pass you buy, goes toward our liability insurance cost. If you are riding each of your three sleds on Snofund trails, then each should be contributing toward the liability policy. Can you transfer your plate between vehicles? Pick one sled and stick to riding that one on the trail, if you only want to buy one pass.

I'll stop before I get to 'my dog ate my Snopass', but the point I am trying to make is that snowmobiling on Snofund trails comes with a price. And if you don't want to pay it, you shouldn't be riding the trails.

As things stand, no less than three of Manitoba's 49 clubs had some tough decisions to make in the fall as to whether or not they would operate for the coming winter. While some of the challenges were associated with securing a capable, reliable volunteer base, in at least one case, it was an issue of shortage of funds.

But if each one of those 5-6,000 riders bought a Snopass, there would be an additional \$350,000 in fund for the trail infrastructure. As it is the Snopass system took in over \$1 million last winter, but out of 49 volunteer clubs, my guess is that all 49 will tell you the money is not enough. Its costs between \$15.00-\$20.00 to groom 1 kilometre of trail one time. That's \$150,000-\$200,000 to do the province once. If all the people with machines contributed to the system, that would support two more grooms of trail per year. That makes the trails safer and if rid-

ers have smoother trails, they tend to be happier campers.

My point is this. It takes a huge volunteer effort to ensure the trail system in Manitoba is maintained. It also takes hundreds of thousands of dollars each winter in fuel and other maintenance costs. These costs are going up each year. The price of the Snopass held steady at \$70.00 this season (\$100.00 after December 1st). In all likelihood, it will have to go up for the winter of 2006-2007. But it wouldn't have to if more people bought the passes and contributed the system they use. Next time you



Trail groomer

see someone riding without pass, remind them that you are paying for their ride.

Enjoy your winter. ❄️

Manitoba is blessed with thousands of snowmobile enthusiasts, a lot of whom are also energetic volunteers as well. Chances are there is a club near you with a full slate of fun events planned. Following is a list of some of the clubs with a listing of planned activities available at press time. To learn more go to www.snoman.mb.ca

Springfield Pathfinders

Sprucewoods Snowdrifters

Swan Valley Snowmobile & ATV Riders

Turtle Mountain Trail Riders (204) 534-7099

Victoria Beach Snowdrifters

Voyager Trail Grooming Assoc.

Whiteshell Snowmobile Club

Cross Country Snow Drifters (204) 436-2024

Gillam Snowmobile Club • Thompson TripMar 8-10, 2006

Kelsey Trail Riders • Poker DerbyMar 2006

Lee River Snow Riders (204) 345-6090

Maskwa Club, Pine Falls • Boxing Day family derby . .Dec. 26/05

• Thursday Night Ribs . .January- weekly

• Family pot luck superDec. 31/05

• Maskwa Open derby

& Winter WeekendFeb. 18/06

Pembina Valley Snowriders

Nopoming Snomads • Ride for RehabFeb 1, 2006

• Gimli Family RideFeb 10, 2006

• Red Lake TripFeb 24, 2006

North Mountain Riders • Bellsite Poker DerbyFeb 27,2006

Pembina Vally Snowkickers

Prairie Mountain Snow Drifters

The Canadian Power Toboggan Championships

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The Snowshoe Revolution

By Craig Gillespie

Snowshoeing has long taken a backseat to skiing (both cross-country and downhill) and snowmobiling as a winter recreational activity. But in the last decade a snowshoe revolution has begun. Snowshoeing has supplanted snowboarding as the fastest growing outdoor winter activity in North America - no longer are snowshoes merely a decoration to be hung above the mantle. And here in Manitoba and Northwestern Ontario, where winter can last up to six months of the year, is the ideal place to discover what thousands of others across the continent have already found - the joy of snowshoeing.

Snowshoes were invented more than 6000 years ago in Central Asia, and have been a part of North American culture since the first people migrated across the Bering Strait, but until the past decade, they have gone largely unnoticed as a serious recreational pursuit. The first snowshoes were simply pieces of wood that were lashed with rawhide strips to the bottom of the wearer's feet, referred to by some as shoeskis. As differing tribes began to migrate to different environments, these early snowshoes began to evolve. Tribes that migrated west, into

present day Europe and Scandinavia developed Nordic skis. The tribes that migrated east and crossed the Bering Strait into North America developed snowshoes.

Traditional snowshoes are crafted of wooden frames (preferably white ash) with babiche (rawhide) webbing (neoprene, a durable synthetic, has been used as a rawhide alternative since the 1960's). There are a number of traditional styles, each with their own unique features that evolved in response to the environment for which they were crafted in: As the snow conditions changed so did the snowshoes. Snowshoes employed in Alaska differed greatly from those used in Eastern Quebec and Labrador in both appearance and usage. The four main styles, from west to east are Alaskan, Ojibwa, Huron, and Bear Paw. There are other traditional styles, but they are essentially modified versions of the four main styles.

Alaskan snowshoes are the largest of the bunch. Long and narrow, they measure in at up to six feet long with an upturned toe and were designed for traveling long distances over deep snow with breaking trail for dogsleds in mind. Ojibwa snowshoes are unique in that they are



shaped much like another native invention, the canoe - both ends come to a point with a slight upturn at each end to aid in moving through brush and scrub without getting tripped up. Huron snowshoes are the most recognizable - an oversized tennis racquet with a large hole in the middle - and also the most versatile, able to adapt to most snow conditions. And finally, Bear Paws, which are oval in shape and lack a tail. Bear Paws are the most maneuverable traditional snowshoes as they were designed for use in bush and for traveling over hilly terrain. They provide the basis on which most modern snowshoes are designed.

During the 1970's, snowshoes began to evolve. Aluminum was introduced as a framing material. The Sherpa snowshoe, an oval aluminum frame with solid neoprene decking, designed for mountaineering, slowly replaced traditional style snowshoes in popularity. But it wasn't until the late 1980's and early 1990's that snowshoeing's popularity began to snowball. It was during this period that snowshoe racing came into vogue in Colorado. Spurred by the racing community, modern snowshoes began to evolve again, becoming lighter and easier to use than ever. Crampons to aid in traction, and

superior binding systems have also been added.

Despite all the advancements in snowshoe design, traditional snowshoes still hold one advantage over their modern counterparts - better flotation (the ability to stay on top of the snow). Their larger size keep the wearer from sinking in deep powder snow better than modern snowshoes. They simply take a little more practice to master walking in. One needs to get used to a wider stride and not getting tangled up when turning. For best results knowing the type of snow you will be using your snowshoes in will determine the type of snowshoe you will require - the harder packed the snow, the smaller the snowshoe. For hard packed snow, hills or ice you will likely find a modern snowshoe performs best, but on open, fresh snow; a traditional snowshoe is your best bet.

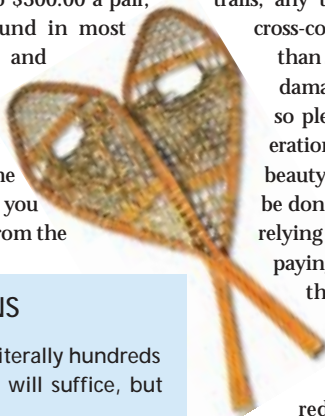
Today there are more than 30 companies producing snowshoes with sales annually breaking the billion mark worldwide. Prices range from \$100.00 to \$300.00 a pair, and can be found in most sporting goods and department stores. Another source for snowshoes is the Internet where you can buy direct from the

manufacturer or browse the listings of new and used snowshoes on e-bay where some excellent deals can be found. But before you buy, I highly recommend renting first. There are so many models floating around out there that you really need to try before you buy - Mountain Equipment Co-op offers snowshoe rentals at a daily or weekly rate. You likely already own everything else you need - winter clothing, making snowshoeing an affordable activity.

Another recent development is the introduction of poles (telescoping ski poles that can be stored in a backpack when not in use) to snowshoeing. Although not imperative, some people find that they help to maintain balance while climbing hills and provide an upper body workout as in cross-country skiing.

Manitoba and Northwestern Ontario, with long winters and plenty of snow provide the ideal location to enjoy this rapidly growing activity. Although there are little in the way of designated snowshoe trails, any trail not designated for

cross-country skiing will more than suffice (snowshoe prints damage the groomed trails, so please show some consideration). And that's the true beauty of snowshoeing - it can be done anywhere. There is no relying on groomed trails, or paying for lift fees. As long as there is snow, you can snowshoe (some snowshoeing enthusiasts have even made snow redundant as they have taken their snowshoes onto sand dunes). Snowshoe users are able to traverse terrains that are impassable during other seasons - frozen swamps and bodies of water become a winter playground. And if that's not enough to get you outdoors this winter on a pair of snowshoes, imagine being able to enjoy life outdoors without mosquitoes. ❄️



POPULAR SNOWSHOEING LOCATIONS

Any provincial park (the Whiteshell alone offers literally hundreds of opportunities) or locations with public access will suffice, but here are a couple of locations that stand out:

Falcon Lake - The south shore starting at Falcon Ridge Ski Area and following the shoreline to the islands and back. Watch for animal tracks such as deer and lynx.

Narcisse WMA - The park is not maintained in the winter and the trails are ideal for snowshoeing. Watch for the abundance of white-tailed deer that winter in the area.

Rushing River Provincial Park - Avoid the groomed ski trails and enjoy a day exploring the shores of Dogtooth Lake.



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Ice Fishing Basics

More family fun in Cottage Country this winter

By David Abbott



Ever thought about trying a little ice fishing but didn't know where to start? Well let me share some basics with you to set you in the right direction. Interestingly, ice fishing as a recreational activity has been growing dramatically over the last decade. Entry into fishing as a sport is an increasingly expensive proposition with the cost of boats and associated equipment soaring. Ice fishing can allow access to great fishing right through the car window and not break the bank.

Another attractive component of ice angling is the social nature of the sport. Unlike open water angling where you are limited to the number of people in a boat, frozen water means your group can include your extended family and friends out for the day. Add in a bonfire, hotdogs, and some marshmallows, and you have a family activity where fishing is just one component of the good times.

Start with picking up a couple of spinning reels (the least expensive Shimano is great for this) and a couple of light action ice fishing poles. These lighter action poles can handle walleye while at the same time are flexible enough to show nibbles from my favorite ice quarry...panfish. I love catching crappie and perch through the ice. Lots of action and they taste great...and with your mobility greatly reduced in winter I like to target species that are greater

in number and provide the type of steady action that keeps the kids into it as well.

Planning a winter excursion around rural festivals such as Beaver Days at Falcon Lake works great. There is a full slate of winter activities to enjoy in addition to angling. In that regard we took the "little ones" into Camp Lake to fish for Rainbow Trout last year and included a fun time at the festival as well. They caught fish and had great fun back at the Falcon festivities to boot.

Back to equipment for a minute... an ice sonar is a real help and there are a number of good units on the market. You don't need one, but they really do help your catch. You can see the depth the fish are holding at and drop your bait right to them, or if there is nothing there you can move on down the line. If you don't have one, it just underscores the need to research where the fish are biting. Call the local tackle store and ask where the bite is strong. When you arrive join the crowd or look for signs of previous ice fishing activity and away you go.

Hand augurs would be the place to start, but remember that with each increment in blade circumference there is an exponential amount of "Armstrong horsepower" you will need to put out to drill your hole. I recommend a 6" augur if you just target pan fish. Up it to 8" if you are chas-

ing Lakers and Pike as well. If you are going to purchase a gas powered augur then make it 10" for sure.

Let's talk about safety for a minute. Be sure to check with the local natural resource folks who will alert you to any trouble areas. Just because all the other lakes have angling activity, doesn't mean you can skidoo across West Hawk for example. Be sure and be safe...make the call to those who know the ice conditions. For rule of thumb it is said that 2" will support a person, 4" a skidoo, 6" a car, and 8" for a truck. For me I want double those figures before I'm on the ice.

I'll share with you a couple of fishing tips for some of the more popular species that will help you enjoy a good catch. Walleye: two great spots that come to mind are Lake of the Woods and close to home - the Red River. Perch: hotspots vary from year to year but consistent areas include Lake Manitoba and a number of smaller shallower environments like

Pelican Lake and the Angling Lakes of Duck Mountain. Perch fishing is very cyclical and a lake that was red hot last year can be less than stellar this year, so do your research.

Crappie is a great early season target (December) at Nestor Falls and Pike are really going strong in March throughout the Whiteshell. Lake Trout fishing doesn't get underway in Ontario until after January 1 but these fish are undoubtedly the most exciting winter catches. If you really get into it and want some phenomenal action plan a trip to the Detroit Lakes area for pan fish or head up North to Snow Lake for trout and walleye. Wekusko Falls Lodge is a great destination there.

As far as lures go, whatever you target you can't go wrong with a basic jig and minnow. Tube jigs and twister tails are popular right now with color preferences dependant upon location and species...so again, a couple of phone calls go a long way to ensuring

success. After a few outings in a favorite lake you will get a feel for other methods that locals are using with results.

For those that capture the vision of the sport a portable ice hut is pretty much standard equipment. There are numerous models on the market but most provide welcome relief from a cold mid winter's day. Add a small heater into the mix and you are good to go. For those without a sonar, covering the windows of these little ice tents with a jacket or towel will allow you to see down the hole in clearer water lakes and watch the fish. This is a lot of fun, especially for kids.

This winter think about adding ice fishing to your list of winter activities in Cottage Country. You may be surprised at how much fun it can be, so round up some friends and family and give it a try. Maybe I'll see you out there! Oh, and remember to purchase the appropriate licence before you head out. ❄️

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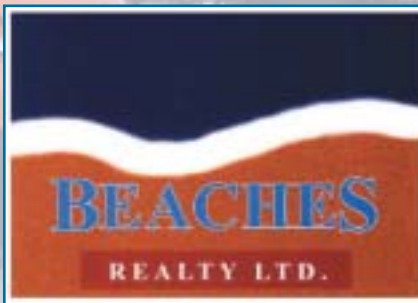


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Things to see, do and learn about this winter

No need to suffer cabin fever this winter. Manitoba offers scores of special events and activities both indoors and out.

Following is a brief listing of activities and events you may want to mark on your calendar. Check them out. You will have so much fun you won't want winter to end:

2005 NOVEMBER

- Nov 24-Dec 17 Manitoba Theatre Centre Presents A Christmas Carol a world premiere
174 Market Avenue
942-6537, 1-877-446-4500
- Nov 25 -
Jan 4, 2006 Assiniboine Valley Railway Christmas Light Run
from 6:30 to 9 p.m. daily with
76,000 lights, new flamingo gulch,
light fountain, new nativity scene
3001 Robling Boulevard
837-1305, 786-4882, 782-7090
- Nov 18 -
Jan 7, 2006 Portage la Prairie Island of Lights Drive-through light show displays through the magic of animation
Island Park 239-8321
- Nov 17 -
Jan 15, 2006 Michael Astil Drums Exhibit
Manitoba Crafts Council
Exhibition Gallery
214 McDermot Avenue 487-6114

DECEMBER

- Dec 1-23 Village du Pere Noel/Santa Claus Village
Magic of the North Pole, songs,
arts, crafts, puppet show
Centre culturel franco-manitobain
233-8972
- Dec 2 -
Jan 8, 2006 Canad Inns Winter Wonderland
Massive drive-through light
show features over 20 animated
theme areas with 150,000 lights,
open 6 to 10 p.m.
Red River Exhibition Park
989-3456

- Dec 2 -
Jan 31, 2006 Morden Pembina Hills Artist's Christmas Show
Pembina Hills Regional Art
Gallery 822-6026
- Dec 2 -4
Park Asessippi Ski Area & Winter
NWRA Snowmobile Snow X
Featuring pro rules from across
Canada 564-2000
- Dec 3 -4 Beausejour
Power Toboggan Races
Season Opener
CPTC Raceplex 268-2049
- Dec 8-30 Victorian/Dickens Historical
Christmas
Russell Inn 306-743-5351
- Dec 10 Hot Shots Turkey Shoot
Grand Marais Recreation Centre
754-3058



- Dec 10 Grand Marais
Eastern Beaches Annual
Santa Claus Parade
- Dec 11 Oak Hammock Marsh
Tree Trimming Party
1-800-665-3825



Dec 15 Oak Hammock Marsh
Astronomy Night Winter
Constellations 1-800-665-3825

Dec 17 Oak Hammock Marsh
Christmas Bird Count
1-800-665-3825

Dec 17-18 Canada's Royal Winnipeg Ballet
Presents Nutcracker
Centennial Concert Hall
956-2792

Dec 18 The Winnipeg Singers Present
The Christmas Oratorio of
J.S. Bach
Westminster United Church
989-6030

Dec 19-23 Riding Mountain National Park
Christmas Bird Count 848-7275

Dec 21 Brandon Folk Festival
Winter Solstice Party

Dec 21 -
Jan 04, 2006 Prairie Theatre Exchange
Presents Munschpalooza, a
family holiday show
393 Portage Avenue 942-5483

Dec 22 -23 Royal Winnipeg Ballet
Presents Nutcracker
Centennial Concert Hall
956-2792

Dec 23 Winkler Tool Show
Southland Mall 325-9074

2006
JANUARY

Jan 5-28 Manitoba Theatre Centre
Guys & Dolls
174 Market Avenue
942-6537, 1-877-446-4500

Jan 17 -19 Brandon
Manitoba Ag Days
Keystone Centre 571-6566

Jan 18 -24 Manitoba Theatre for Young
People Presents Sun Spirits
for ages five to 12
CanWest Global Performing Arts
Centre 942-8898

Jan 19 Oak Hammock Marsh
Astronomy Night - Myths and
Mysteries 1-800-665-3825

Jan 26-29 Canadian Senior National
Diving Championships/
Commonwealth Games Trials
Pan Am Pool 925-5654

Jan 27 -29 Ste-Anne Winter Carnival
422-9599

Jan 27 -29 Pinawa
2006 Eastman Regional Games
1-800-806-0412



Jan 27-29 Arborg
Interlake Regional Winter Games
326-5576

Jan 29 Pinawa
Manitoba Loppet
15 and 30 km ski marathon
753-2515

Jan 28-29 Lockport Children's Winter
Festival
Live entertainment, petting zoo,
tube and snowboard slides,
snowmobile rides, skating, jam
pail curling, pony and sleigh rides
Floodway north of Highway 44
757-2222

FEBRUARY

Feb 1-4 Gimli, Morris, Falcon Lake,
Nopiming Prov. Park, Gimli
Ride for Rehab 2006 Snowmobile
fundraising for children with
disabilities 475-5073





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Feb 1-May 14 **Supernovas**
Winnipeg Art Gallery 786-6641

Feb 1-19
(weekends) **Winter Park & River Trail**
Features special winter activities
The Forks 942-6302

Feb 2-5 **Brandon**
Lieutenant Governor's Winter Festival
Ethnic and cultural celebration
through food, music and
dance 729-2141, 729-2171



Feb 4-5 **Assessippi Ski Area**
Provincial Snowboard Championship

Feb 4 **Morris**
Racoons Poker Derby
Southern Manitoba Convention
Centre 1-866-746-2832

Feb 4 **Annual Snowmobile Derby**
Shellmouth Community Hall
204-564-2124 or 564-2636

Feb 5 **Oak Hammock Marsh**
Groundhog Snow Golf
Tournament 1-800-665-3825

Feb 9-Mar 4 **Manitoba Theatre Centre**
The Innocent Eye Test
174 Market Avenue
942-6537, 1-877-446-4500

Feb 10-12 **River Pond Classic**
The Forks 942-6302

Feb 10-12 **Grand Beach**
Eastern Beaches Winter
Carnival
754-3240

Feb 10-12 **Flin Flon**
Bust the Winter Blues
Dog sled races, outdoor games,
flea market, sliding hills, bonfire,
boot hockey, outdoor curling
681-7542

Feb 10-12 **Shoal Lake**
Thunder and Ice Festival
Amateur snowmobile drag races,
night poker derby

Feb 10-12 **Falcon Lake**
Beaver Days
Snowmobile poker derby, pig
roast, kids carnival, sleigh rides,
cookie and chili cook-offs, sponge
hockey tournament, live entertain-
ment, curling, snowmobile time
trials
Whiteshell Community Club
349-2420, 349-3009



Feb 10-19 **Winnipeg**
Festival du Voyageur
Western Canada's largest winter
celebration of the fur trade era,
joie de vivre of the voyageurs,
more than 300 musical perform-
ances, historical interpretation,
traditional dishes, snow sculptures,
International Sled Dog Classic,
Governor's Ball
St. Boniface 237-7692

Feb 11 **Vassar Poker Derby** 437-2192

Feb 11 **Portage la Prairie**
Winterfest Island Park 239-8321

Feb 11 **Birch River**
Birch River Dog Sled Races and
Fun Days 236-4946

- Feb 11-12 (tentative) Asessippi Ski Area Provincial Style Skier Cross Championship 925-5671
- Feb 11-12 Grand Marais Winter Funspiel Grand Marais Recreation Centre 754-3058
- Feb 12 Angusville Snowmobile Poker Derby 773-2338
- Feb 13-17 A Winter Sculpture Gallery View over 30 snow sculptures of The Fork fur trade legacy The Forks National Historical Site of Canada 983-6757
- Feb 14 Oak Hammock Marsh Astronomy Night Candlelight and Stars 1-800-665-3825



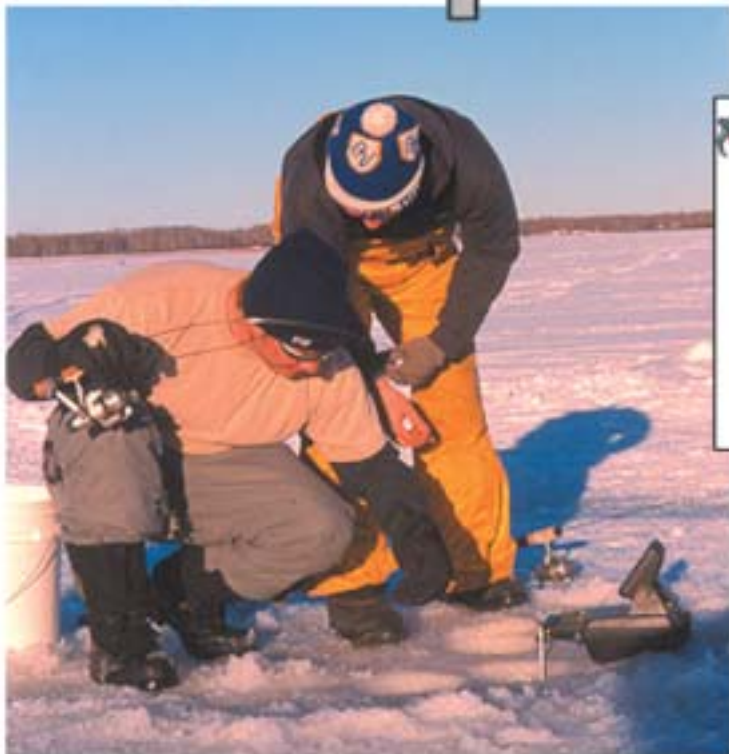
- Feb 15 -19 The Pas Northern Manitoba Trapper's Festival Cultural heritage of northern pioneer, world championship dog race, King Trapper events, bannock baking, evening rendezvous, canoe packing, trap setting, moose calling 632-2912
- Feb 17-19 Winnipeg Beach Wonderful Winter Weekend
- Feb 17-19 Victoria Beach Men's Bonspiel Victoria Beach Sports Club 756-8755
- Feb 18-19 Golf Expo Canada Winnipeg Convention Centre 925-1620
- Feb 18 Driving Miss Daisy Manitoba Theatre Centre Binscarth 3rd Avenue Theatre 532-2287

- Feb 18 Melita Border Snow Riders Poker Derby 522-8363
- Feb 19 Treherne Poker Derby 723-2362
- Feb 25-26 (tentative) Asessippi Ski Area Provincial Free Style Ski Moguls Championship 925-5671
- Feb 24-26 Stick Curling Canada-Manitoba Open Championship Grand Marais Recreation Centre 754-3058

MARCH

- Mar 1-4 NSI Film Exchange Canadian Film Festival presents the best short and feature films of the year, kick-off with Snow Screen, a free unique outdoor movie experience The Forks, Globe Cinema, Hotel Fort Garry 780-3333
- Mar 1-18 North West Marquette Music Festival 532-2107
- Mar 1-31 Selkirk Joe Bouchard Show Selkirk Community Arts Centre 482-4359
- Mar 3-5 St. Laurent Manipogo Festival Manipogo Parade of Bombardiers, fisher's competition, children's activities, traditional Metis food, square dancing, fiddling, Metis culture 646-2259
- Mar 3-6 Beausejour 44th Annual Canadian Power Toboggan Championships CPTC Raceplex 268-2049
- Mar 5 Inglis Annual Snowmobile Derby 204-564-2603
- Mar 16-Apr 8 Manitoba Theatre Centre Driving Miss Daisy 174 Market Avenue 942-6537, 1-877-446-4500

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When you're in our area, if you're not sure of the trails, we will be happy to set you up with professional guides to take you out.

We can also provide you with entertainment while you're in Kenora. Just give us a call and we can let you know what is happening and where the hot spots are.



Winter Skiing Around Kenora

By Rick Vandervliet

With an abundance of hotels, dining rooms and restaurants, Kenora is the perfect spot for a skiing weekend getaway. With four different sets of groomed cross country ski trails near the city and with the downhill runs offered at Mount Evergreen Ski Club, a winter wonderland is as accessible as a two and a half hour drive from Winnipeg.

Mount Evergreen Ski Club is located on the Airport road just off the Kenora by-pass. It was originally formed in the early 1960's and is one of Kenora's best kept secrets. It has 11 named runs and two T-bar tows. The main run has an elevation of 180 feet from summit to base and is a quarter of a mile long. Weekend skiing hours are from 9:30 in the morning until 4:00 in the afternoon. There is night skiing on Friday nights from 6:30 until 9:30. Conditions permitting, the club is also open every day during the holiday season with the exception of Christmas Day. During the season there are a couple of special events, one of which is Mardi Gras night. This particular celebration is a family fun night. To participate you've got to don a costume and be prepared to engage in games and races - a one night carnival of fun and excitement.

The club which has always made its own snow, is in the process of acquiring new equipment to provide even better conditions for a good sustainable base. There are volunteer instructors who give lessons. Costs for these sessions are \$9.00 per hour for groups and \$25.00 per hour for private lessons. The Canadian Ski Patrol is in attendance at the hill and has a compliment of 16 members. For those folks who don't want to purchase their own equipment until they know for sure the sport is for them, ski, boot and pole rentals are available at the Ski Den. Lift tickets are a bargain with day passes available for \$25.00 and seasonal memberships offered at \$225. The chalet also has lockers, a licensed lounge and snack bar.

There are 15-20 kilometres of cross country ski trails at the club which are heavily used. The trails are for the most part moderately difficult with 2.5 kilometres being rated as easy. The trails are groomed on a regular basis by volunteers of the Kenora Nordic Trails Association. The club applied for funding to construct an additional 25 kilometres of trails and lighting to provide night cross country skiing. This has come to fruition and those 25



Mt. Evergreen Ski Tow

km. of trails has been built with 5 km. having the night lighting. This will be a plus in attracting greater crowds to take advantage of the facility. There is a present membership of 250 with a target of increasing that number to 400 in the near future. It's a great place to bring the whole family for skiing and snow boarding. You can learn the basics here and prepare yourself to tackle the mountain slopes anywhere else in the country.

Less than an hour north of Kenora you can find the Minaki cross country ski trail system. They start at Minaki Yurt Adventures on the Trail Head Road just before you get to Minaki. The trails which wander through the diverse landscape of the Canadian Shield were developed in 1987 by Nadine and Jordie McBride of Minaki Yurt Adventures. They are now managed by Club Minaki Inc., a local organization with about 50 members who undertake the maintenance and grooming. There are 25 kilometres of trails with 5 kilometres being rated

beginner and the remainder being a moderate challenge. Trail fees are \$2.00/day which go toward grooming costs. Lessons are available for individuals or groups and the cost is \$80 for a four hour lesson. The only lodging available in Minaki is Minaki Yurt Adventures, a Bed and Breakfast operation. Most people taking advantage of the Minaki trails make the commute from Kenora on a daily basis. There are special events such as moonlight skis with a pot luck supper. These are usually held two times a year. If you do stay at Minaki Yurt Adventures, there are also additional activities such as snowshoeing, skating and tobogganing and there is a sauna for the Nordic skiers. For more information on lodging and activities, you can contact their website at www.minaki.ca. If you're looking for winter solitude in your skiing experience, this is one of the places to go.

For a scenic setting, Rushing River Provincial Park offers three trails with a total length of 16 kilometres. The trails are simply labeled, A, B & C. A & B trails are moderate in rating with C being classified as moderate to difficult. There is room to park 15 vehicles and an outdoor biffy is provided in the way of conveniences. Trail maps are available at the Ministry of Natural Resources office in Kenora or at a drop box in the Vernon Nature Trail Ski Trails

park. There is no fee to use the trails which are groomed by volunteers. People are asked to respect the fact that there is no garbage service so if you bring it in, you take it out. The trails which wind through the Jack Pine and Spruce forest let you ski silently into areas where winter wildlife can be spotted on occasion. Although the locals from Kenora make good use of these trails, not too many out of towners are aware of their existence. It's well worth the thirty minute drive to take advantage of this postcard setting.

The last of the cross country ski areas around Kenora are the Vernon Trails located down the McKenzie Portage road just west of Keewatin. There are 5-8 kilometres of trail rated from beginner to intermediate with the Oak Trail classified as difficult. There are 6 segments to the trails and 2 main loops which are suited to classic skiing only. They wind through stately stands of mature Red Pine, Aspen and Spruce. These trails are very underutilized which is good if you're looking for solitude, but something you're missing out on if you're looking for an easy ski and don't know where to find it. There



Jack Rabbit Cross Country Ski Club

are trail maps posted at every intersection on the system and brochures are available at the local Ministry of Natural Resources office.

All the winter ski trails are for skiers only. No hiking or motorized traffic is allowed on any of them. There's no garbage pickup - the only thing you leave behind are your tracks. There are some things to remember when you set out on cross country ski trails. They're mostly common sense but will help insure your safety. Before you leave, inform someone where you are going and when you will return. Avoid traveling alone - always ski with someone. Know your limits and don't over exert yourself. Be prepared for emergencies - carry a first aid kit and extra ski tip. Bring along a variety of waxes and good scraper for changing snow conditions. Dress properly and be aware of wind chill and the possibility of frostbite on exposed areas of skin. Always stay on the groomed trails.

So pack the car, bundle up the kids and take advantage of the snow and scenery around Kenora. With the ever changing geography and forests, you can ski all weekend long and never see the same vista twice. Take advantage of local hospitality at the inns and dining rooms. Kenorites already know it's here. Out of towners should venture in - you won't be disappointed. ❄️



Kenora Events Schedule



DECEMBER

- 2, 3 15TH annual Christmas Miracle Marathon
Kenora Travelodge
- 2, 3 Festival of Trees LOW Museum
- 3 Craft Sale 9 am – 2 pm Knox Church
- 4 G Clef & Music Men Christmas Concert 8 pm Knox Church
- 8 CPR Train on Lights 4 pm CPR Yard
- 12 G Clef & Music Men Christmas Concert 7 pm Lake of the Woods Museum
- 24-26 Ice Candles Festival of Lights
Lake of the Woods Cemetery

JANUARY

- 5 -7 Jr. Men's & Women's Provincial Playdowns
Kenora Curling Club
- 15 LOW Concert Series Hoebig & Moroz Duo
Violin & Piano Concert 8 pm Knox
- 20-22 Bantam AA Hockey Tourney Kenora Arena
- 20-22 Kenora Figure Skating Regional Interclub
competition Kenora arena
- 28 Masters "Winterlude" Swim Meet
Kenora Wellness Centre

FEBRUARY

- 3-5 Pee Wee Hockey Tourney Kenora arena
- 3-5 Casey's Hockey Tournament Keewatin Arena
- 8 Polaris "WOW" Snowmobile Relay
arrives Kenora Feb 8, departs Feb 9

- TBA Sno X
- TBA Snowmobile Poker Derbies
- 10-12 Novice Hockey Tourney Kenora arena
- 10-12 Nordic Ski Championships
Mount Evergreen Ski Hill
- 11 Take your Sweetheart Ice Fishing Derby
contact Kenora Chamber 807-467-4646
- 12 SunDay Smiles "Fizzical Fizzicks"
2 pm Lakewood School
- 12 Thunder Bay Symphony 8 pm Knox Church
- TBA Ladies Curling Bonspiel Kenora Curling Club
- 24-26 Midget Hockey Tourney Kenora Arena

MARCH

- 1 Manitoba Theatre Centre
"Driving Miss Daisy" Lakewood School
- 3-5 Bantam Hockey Tourney Kenora Arena
- 12 Tiller's Folley Pacific Northwest Celtic
8 pm Knox Church
- 17-19 Atom Hockey Tourney Kenora Arena
- 17-19 Larry Bowen Ham 'N Egger Classic Hockey
Tourney Keewatin arena
- 19 Keewatin Legion Family fish derby
807-547- 2597 Portage Bay, Keewatin
- 26 Rotary Chinese Dinner Ho Ho Restaurant

Dates/Times subject to change.

Contact Tourism Kenora 1-800-535-4549

LUV MANITOBA



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Who's Who for Gifts

By Sylvia Jansen

Something special happens when the right gift finds the right person: the gift becomes an important connection between the giver and the recipient. The right gift might be large or small, modest or extravagant. Whatever form it takes, it says that you have looked over my shoulder as I have moved around my yard, entertained friends, shared my excitement over a special collection, or enjoyed the outdoors.

When it comes to cottagers, there are those who pack up, shut down and move out of cottages for the winter season. There are also those who continue to drive, shovel, and nudge their way to their remote haven throughout winter. But no matter what your friends or loved ones do, they will always enjoy the right gift for the cottage.

So who's who? We might look over a few cottagers' shoulders.

The Inspired Entertainer: Entertainers are those who enjoy opening the door to guests. They take delight in spreading the table with new linens, accessories and unique serving items. They might have small children in their lives—kids they love to entertain with crafts and make-it-yourself keepsakes. They might insist that you write in their guest book and have your picture taken before you leave.

The Gifted Gardener: We all know this one. She or he can make things grow in rock. They are the ones whose gardens are full of life and whose hands are often in the dirt. Their cottage gardens might boast plants not usually known in that climate zone.

The Careful Collector: The Collector is someone with a theme that inspires their living—something that reminds them of their links to the wilds, like bears or rocks, or something that represents their tastes and treasures, like shoes, colours or even famous quotations. The Collector's home and cottage are sprinkled with the collection.

The Outdoor Enthusiast: There are many versions of the Outdoor Enthusiast. They might be those who have kayaks and canoes stacked by the shore. They might delight in towing water skiers, and aim to get every guest up on skis at least once. They might hike. In winter they are seen with their faces bright from the



Bearfoots
"Cody" \$280
Available at
Nature's Wildlife Window



cold air and their smiles broad from the experience. They might enjoy birding, either from the trails or from the warmth of the cottage, looking out at the feeder.

There are many retailers in Winnipeg that offer inspiration to those searching for the right gift on their list of who's who. We visited a few places to see the possibilities.

Starting downtown is Nature's Wildlife Window (Winnipeg Square, 360 Main St. 956-5649). For the collector, the store offers one of the city's largest collections of Big Sky Bears by Jeff Fleming. An ever-evolving assortment in all sizes includes tiny notepads and magnets for a few dollars, or large statues, coat racks and hangers at higher price ranges. For the entertainer, the store offers Canadian-made cabin journals with laser-engraved wood covers (starting under \$40) with pages for photos. The journal covers can also be customized for your own inspired entertainer (call owner Carol Ploen for order times). For the entertainer of children, consider T-shirt painting kits that will be a lasting reminder of their visit (under \$20).

Another Canadian-made activity includes the line of "Forest Faces" that make the backyard tree into art (various prices). For the crafty entertainer, Glass Tile and Marble Coaster kits can transform favourite photos into tile and marble works of art. The outdoor enthusiast might enjoy a wreath-shaped feeder to offer a gift to the birds outside.

At Small Indulgence (Corydon Village Mall 106-1700 Corydon Ave. 487-2040) are gifts for entertainer and collector alike. The Japanese-inspired Maxwell Williams line of dinner- and table-

ware would delight anyone who enjoys a contemporary setting.

The right gift might be large or small, modest or extravagant.

The line includes open stock pieces of square and rectangle plates and tableware, with coordinating napkins, placemats and accessories



Nigella Lawson
5 piece Utensil Set \$109.98
Available at Small Indulgence

(starting at a few dollars). New owner Kirsten Gentes is also featuring local and Manitoba artists. Art rocks, hand selected and painted by Karen Fuhr, include inspirational quotations and hand-done reproductions (magnets start at

less than \$10; larger pieces to about \$150). The collector of words will also appreciate wall tiles with special quotations (under \$35).

In the same neck of the woods is The Garden Room (444 Academy Road 487-1151) where you might easily look over the shoulder of the Gifted Gardener. Anyone who plays in the dirt will enjoy the Soil Scoop (less than \$30), a curved, serrated-edged wonder that will become the tool of choice. The Garden Bandit (\$15 for hand-held, less than \$30 for long-handled) is a bladed hoop that rids the flowerbed of weeds with a few swipes. And Fox Gloves (around \$35) are durable, stylish, and stretchy for those who don't like bulky gardening gloves. Some gardeners love to decorate outdoor spaces with concrete frogs, dogs, cats and even gargoyles (starting at around \$15). When it's time to come inside and wash, scrubs and lotions (starting at less than \$10)

from Upper Canada Soaps will be much appreciated. The Garden Room also offers Canadian-made hand painted, hand carved wood-pecker and bird door-knockers to delight many of our who's who. Finally, hanging bird feeders for the real birds are available in wood, metal and glass (less than \$15 to around \$75).

The gardener will also appreciate gifts that look forward to next spring. Consider gift certificates for a tree or shrub from a nursery close to your gardener's home or cottage. In Winnipeg's west, find Shelmerdine (Roblin Blvd.), in the east, Schreimer's (Molson St.), and in the south, the St. Mary's Road nurseries.



Pacifica
Soy Candles \$16
Available at Small Indulgence

The outdoor enthusiast, the careful collector and just about everyone in between will enjoy a thoughtful and often unique gift from Teekca Gifts, Shekhman Furs and The Craft Cupboard, all located in The Forks Market. The selec-

tion varies from mukluks and aboriginal art items to Russian style fur hats and to art, candles, quilts, cottage type craft items and more. Prices begin at about \$20 with art and craft item prices reflecting the skill and reputation of the artists

and artisans.

For the outdoor enthusiast, Winnipeg's many outdoor stores offer almost endless choices of accessories, gadgets and gear. Mountain Equipment Co-Op (303 Portage Avenue 943-4202) and Wholesale Sports (1904 Nairn Avenue 663-1094) can help you select binoculars for the birder, lifejackets for the boats, outdoor wear for everyone in the family, and even kayaks for that special outdoor enthusiast.

When you pay attention to the things people love to do, to collect, and to enjoy, the right gift is easy to find. So look over your friends' shoulders. And enjoy finding the right gift. ❄️

MANITOBA GROWER CREATE OPPORTUNITY FOR "CUT YOUR OWN" FAMILY OUTINGS

If Christmas is a holiday you celebrate with your family you may want to get into the spirit by visiting a local tree farm to select your seasonal centerpiece. Prices range from \$25 to \$30 for a tree you choose and cut on your own. For more information phone 204-453-3182 or the Manitoba Christmas Tree Growers Association at 204-453-7105; www.realchristmastrees.mb.ca

Where to cut it:

Bird's Hill Tree Farms, Birds Hill
Phone: 204-669-4077

Grauman Christmas Tree Plantation, Stonewall
Phone: 204-467-5808

Walker's Merry Christmas Tree Farm, Oakbank
Phone: 204-444-2376

Windrift Tree Farm, Tyndall
Phone: 204-654-9773

Aspen Acres Christmas Tree Farm, Beausejour
Phone: 204-268-2212

First Street Trees, Beausejour
Phone: 204-268-1372

Timber Trails Tree Farm, Steinbach
Phone: 204-434-9812

CD Trees, Steinbach
Phone: 204-326-6222

Deerhaunt Tree Plantation,
Carman
Phone: 204-745-3635

Hill Haven Christmas
Tree Farm,
Sidney
Phone: 204-466-2654

Sleepy Hollow Christmas Tree Farm, Wellwood
Phone: 204-834-2316

If you are seeking a tree with more character than culture you can cut your own on crown land. You need a permit and information on approved areas. Check the forestry website www.gov.mb.ca/natres for details.

The Annual Festival of Trees and Lights at Assiniboine Park (Nov 18-Dec 4) is a great opportunity to pick up some unique decorating ideas or to purchase a designer decorated tree and support the park and pediatric oncology research and treatment.



MANITOBA TURKEY



Turkey Cheeseball

1½ cups	cooked Turkey, chopped	375 ml
¼ cup	chopped walnuts or pecans	50 ml
¼ cup	dry onion soup mix	50 ml
½ tsp	garlic powder	2 ml
½ tsp	tarragon	2 ml
½ tsp	pepper	2 ml
¼ tsp	thyme	1 ml
1-8 oz	package low fat cream cheese, softened	250 g
¼ cup	light mayonnaise	50 ml
⅓ cup	fresh parsley, chopped	75 ml

In a blender or food processor, blend turkey with nuts, seasonings and a dash of Tabasco. Add cream cheese and remaining ingredients; process until smooth. Wrap in waxed paper and refrigerate

1 to 2 hours. When firm, shape into a ball and roll in more chopped parsley or nuts if desired. Serve with crackers and apple wedges. *Serves: 6-8 (makes 2 cups (500 ml))*

Creamy Turkey Wild Rice Soup

2 tsp	Canola oil	10 ml
1 cup	carrot, grated	250 ml
1 cup	onion, finely chopped	250 ml
1 cup	fresh mushrooms, chopped	250 ml
1 tsp	fresh rosemary, chopped (or ¼ tsp dried)	5 ml
¼ tsp	black pepper	1 ml
3	cloves garlic, minced	3
2 cups	Turkey or chicken broth	500 ml
2 cups	water	500 ml
1½ cups	Turkey breast, cooked, chopped	375 ml
1 cup	uncooked wild rice	250 ml
⅓ cup	flour	75 ml



2 ¾ cups	2% milk	675 ml
2 tbsps	dry sherry	30 ml

Heat oil a Dutch oven or large soup pot over medium-high heat. Add carrot, onion, mushrooms, rosemary, pepper and garlic. Sauté 8 minutes or until browned. Stir in broth and water; scraping pot to loosen browned bits. Stir in turkey and rice; bring to a boil. Cover, reduce heat, and simmer 1 hour and 15 minutes or until rice is tender.

Lightly spoon flour into a dry measuring cup; level with a knife. Combine flour and milk in a small bowl, stirring with a whisk. Add to pot. Cook soup over medium heat until thick (approximately 8 minutes), stirring frequently. Stir in sherry. *Serves: 8 (1 cup (250 ml)) servings*

Roasting Times for Whole Turkeys

Research shows whole turkeys take less time to cook! Simply preheat your oven to 325F (160C) and use these cooking times to prepare roast turkey that's moist, tender and delicious!

Weight	Stuffed	Unstuffed
6 - 8 lbs (3.0 - 3.5 kg)	3 - 3 ¼ hrs	2 ½ - 2 ¾ hrs
8 - 10 lbs (3.5 - 4.5 kg)	3 ¼ - 3 ½ hrs	2 ¾ - 3 hrs
10 - 12 lbs (4.5 - 5.5 kg)	3 ½ - 3 ¾ hrs	3 - 3 ¼ hrs
12 - 16 lbs (5.5 - 7.0 kg)	3 ¾ - 4 hrs	3 ¼ - 3 ½ hrs
16 - 22 lbs (7.0 - 10.0 kg)	4 - 4 ½ hrs	3 ½ - 4 hrs

Your turkey is done when the meat thermometer reads 170°F (77°C) for an unstuffed turkey and 180°F (82°C) for a stuffed turkey. When the turkey is done, remove it from the oven or barbecue. Cover it with foil and let stand 15 - 20 minutes before carving.





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Manitoba Children's Museum

A Festive Celebration for Generations

Santa's Village

There's always something fun happening at the Manitoba Children's Museum, but for the holiday season the museum has a nostalgic treat for visitors young and old with the annual opening of Santa's Village. This cherished display was once an annual feature at the Eaton's store in downtown Winnipeg.

Santa's Village at the Children's Museum features fifteen fairytale vignettes depicting various nursery rhyme classics including, Sleeping Beauty, Rumpelstiltskin, Cinderella, and Snow White and the Seven Dwarfs.

Parents and grandparents will recall the familiar streetscape created at the Children's Museum to mimic the Santa's Village setup at Eaton's. Each vignette sits behind simulated windows in a medieval Lithuanian village setting.

The nursery rhymes (in both English and French) are displayed with every scene to allow adults and children to read each classic fairytale.

For much of the year, the gallery is open as the Once Upon a Time gallery. The mechanical figures remain motionless for this time to preserve the motors. But every year the gallery is closed in preparation for its opening as Santa's Village. That's when the gallery is festively decorated and the vignettes come to life with each character's motor being switched on.

Santa's Village is open and free with general admission to the museum until January 8th.

Photos with Santa are available each Saturday and Sunday until December 18th from noon - 4pm (call 956-1888 for photo prices).



From the Seven Dwarfs display

Spaghetti at 8 in the morning?

It may sound odd, but the Spaghetti Breakfast with Santa is a popular annual event at the museum. Sponsored by the Old Spaghetti Factory, this breakfast event is a chance for kids to try something a little goofy, create a fun craft, and meet Santa Claus. Tickets are available at the Children's Museum for \$6 (or call 956-1888).

Ring in the New Year... Around the World.

The Forks is great place for family entertainment on New Year's Eve and the Children's Museum is at the heart of what's happening.

Every wondered what it's like to ring in the New Year on the other side of the globe? The Children's Museum has a day-long multi-cultural theme for December 31st, called Ring in The World. From 10am - 6pm families can stay warm inside the museum and enjoy crafts and activities from 1 of 10 different countries. At the top of every hour, staff will ring in the New Year in a different country. The best part is that it's

free with museum admission.

If your plans are to take in the fireworks at The Forks that evening, be sure to visit the museum before hand. Even if you miss Ring In The World during the day, the museum is still open until 7:45pm, with half-priced admissions after 6pm.

Of course, if the kids just can't bear to go you can always leave them at the museum. That's right; on New Year's Eve kids can spend the night inside the Children's Museum at the annual Sleep 'til Next Year Sleepover.

Starting at 6pm parents can drop off their kids at the Children's Museum for a kids-only evening. For only \$50, guests enjoy a night of supervised games, crafts, and snacks. Of course, a sleepover just wouldn't be complete without the kids getting the chance to spend the night in one of the museum's galleries.

For the curious

- Santa's Village contains over 300 pieces.
- Santa's Village, as seen in our gallery, has been a Winnipeg tradition for over 30 years, however, some of the storybook vignettes that make up the Village are much older than that!
- When Eaton's closed its doors, representatives met with various non-profit groups who were interested in the Village and ultimately made the decision to give it to the Manitoba Children's Museum.
- Santa's Village officially opened at the Manitoba Children's Museum November 20, 1999.
- The cost of relocating the Village to the Children's Museum: \$70,000.



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MTYP

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- Located at Winnipeg's premiere tourist destination, The Forks, MTYP is the province's only professional theatre company to present a full season of theatre for young people and families.

- Upcoming productions include:

December 9-12: MTYP presents the world premiere of *Silverwing*, the epic bat odyssey based on the best-selling book by Canadian author Kenneth Oppel.

January 13-15: High-powered by flash animation, *The Invisible Girl* tackles our society's preoccupation with fashion and popularity.

January 20-22: Canada's renowned Aboriginal performing arts company blazes into Winnipeg with *Sun Spirits*, an inspiring multi-media production.

All performances at the CanWest Global Performing Arts Centre at The Forks.



Caribou foot

Box Office: 942-8898. For more details, visit our website at www.mtyp.ca

Power Smart Manitoba Games

The Power Smart Manitoba Games are the largest ongoing multi-sport event in the province. Our events follow the Olympic quadrennial meaning we have an event every 2 years alternating between summer and winter. So as Canada's Olympic team is busy preparing for the Olympic Winter Games in Torino Italy we hope Manitoba's amateur athletes are preparing for their own multi-sport Games - the 2006 Power Smart Manitoba Winter Games in Beausejour.

The games provide an excellent opportunity for everyone to support and cheer on our young athletes at a nearby community venue no matter where you live in the province.

To get to the Games in Beausejour athletes must qualify within their respective region. Each of Manitoba's 7 regions will host their qualifiers starting in December and ending in early February. Athletes will then advance to the Provincial Finals in Beausejour March 6-12th, 2006.

For complete event information and registration call 1-866-774-2220 or visit www.powersmartmanitobagames.ca

To the right is a sample of events, locations, and dates:

Winnipeg Region

Alpine Ski	Springhill	Jan 29/06
X-country Ski	Windsor Park Nordic Centre	Jan 11/06
Badminton	Springs Elementary Campus	Jan 19-21/06
Curling	Granite Club	Feb 4-5/06
Volleyball	Maples Collegiate	Feb 10-12/06

Eastman Region

Figure Skating	Hazelridge	Jan 14/06
Five Pin Bowling	Lac du Bonnet	Jan 28/06
Hockey	Lac du Bonnet/Pinawa	Jan 27-29/06

Parklands Region

Artistic Gymnastics	Swan Valley Secondary	Jan 20-22/06
Special Olympics		
Bowling	Gilbert Plains	Jan 21/06
Alpine Ski	Thunder Hill	Jan 28/05

Norman Region

Alpine Ski	Mystery Mountain	Feb 3-5/06
Volleyball	R.D. Parker Collegiate	Feb 3-5/06
Figure Skating	Gordon Beard Arena	Jan 15/06
Artistic Gymnastics	Burntwood School	Feb 3-5/06

Westman Region

Curling	Boissevain Curling Club	Jan 27-29/06
Alpine Ski	Ski Valley (Minnedosa)	Jan 28/06
X-country Ski	Adam's Lake	Jan 22/06
Male Hockey	Boissevain Arena	Jan 20-22/06
Female Hockey	Boissevain Arena	Jan 27-28/06

Interlake Region

Figure Skating	Arborg	Jan 27-29/06
Artistic Gymnastics	Gimli	Jan 14-15/06
Alpine Ski	Spring Hill	Jan 29/06/06
Special Olympics		
Bowling	Gimli	Jan 27-29/06

Central Region

Alpine Ski	La Riviere	Jan 29/06
Curling	Winkler	Jan 22/06
Five Pin Bowling	Carman	Jan 29/06
X-country Ski	Roseisle	Jan 28/06



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Parks are the Place for Active People

Today, more than ever, we recognize the benefits of maintaining healthy, active lifestyles. Physical activity increases energy, reduces stress, strengthens the heart, lungs, muscles and bones and generally improves overall health.

Fortunately, winter in Manitoba offers people of all ages and interests the opportunity to get out and get active. Our winter landscape provides a perfect setting for family-friendly activities such as sleigh rides, ice skating, snowman-building or tobogganing.

Discover the natural and cultural history of Birds Hill, Spruce Woods and Whiteshell parks through winter interpretive programs. These special activities and events are an excellent way for you and your family to better understand our commitment to the environment. Programs will vary from park to park, but all are free-of-charge, informative and fun.

Whatever your activity of choice, head to a nearby Manitoba provincial park for affordable good times in the great outdoors.

Happy Trails to You

Cross country-skiing is an invigorating, enjoyable winter activity. Thick forests shelter groomed trails on even the coldest day.

Enjoy the pristine winter scenery and visit places not accessible in summer. Choose from a variety of trails including gentle

rolling hills, great forest runs and steep valleys, some with warming shelters along the way. For something completely different, try a dramatic moonlight ski under a clear night sky. Trails rank from beginner to intermediate to expert. Some parks offer shorter, child-appropriate ski trails as well as snowshoe trails. All parks have exceptional scenery and unique wildlife viewing opportunities.

Dashing Through the Snow

Snowmobiling is another popular winter activity in

Manitoba provincial parks. From remote northern settings to the striking terrain of the Canadian Shield, parks have an extensive network of groomed snowmobile trails. Ride all day in a park or take a path into a nearby community and stop for lunch. Pass through spectacular snowscapes, forests and lake country.



Fresh, Frozen Fish

Ice fishing is a unique winter pastime available in Manitoba provincial parks. A different sort of challenge than angling in summer, winter fishing involves warm clothes and simple equipment such as a twig for a rod, wool for the reel and a hook. Your catch of the day will stay cold, thanks to Mother Nature...simply clean the fish, pack with snow and enjoy a fresh, tasty meal when you get home.



Pick a Park

Staying active is an excellent way to improve the quality of our lives. With so many things to see and do, and so many places to choose from, Manitoba provincial parks are great places for active people. Go for the day or stay for a few nights and experience the fresh air and invigorating surroundings. Many provincial parks offer year-round resorts with luxurious amenities such as hot tubs and fireplaces. So pick a park, pick an activity and have a healthy, action-packed Manitoba winter.

There's a New Bear out There

Sitting on the back of the snowmobile to get in a little fishing is good. Owning or knowing friends who have one of those pop-up tents to protect you from the chill wind on the open lake while you enjoy your favourite winter sport is better. And you probably thought you and your buds had finally arrived when you cozied up in a heated shack parked on a great spot on a nearby river or lake. As they say in the commercials, "there's no life like it" until a SnoBear rumbles by that is.

Relatively new to the winter recreational vehicle market, this vehicle, is for lack of a better comparison, an RV on ice or as advertised—the ultimate in ice fishing. Snobear vehicle offers the mobility of your snowmobile with the comfort of an RV and all of the amenities needed for a successful weekend of ice fishing.



The SnoBear uses a patent pending Maxtrax suspension technology that prevents loss of traction by balancing the forces across the face of the 220 inch track belt and maintaining constant contact with the riding surface. Another innovation is the Accralift technology. This front ski lift mechanism raises and lowers the SnoBear fish house on the ice with ease and because the skis roll side-to-side while the vehicle is rising, the skis easily break loose from the ice.

Some specs you may find interesting:

Engine: Daiahatsu 4 cycle-3 cylinder liquid cooled.

Power @ 3600 rpm =34 hp

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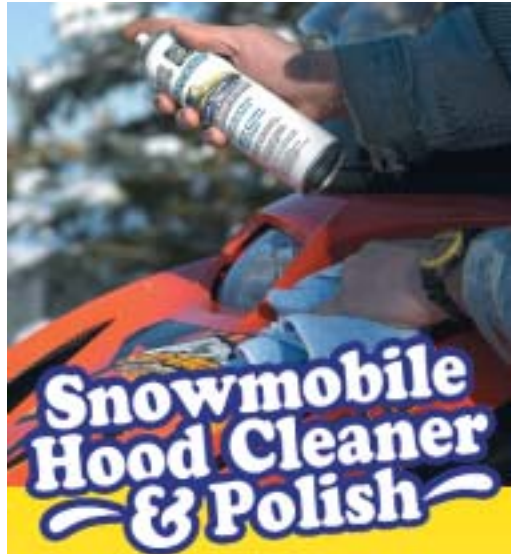
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Exterior Dimensions:

Width 84 inches

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Red River College Manitoba Public Insurance

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This vehicle can travel up to 24 mph across the ice and has a weight of just under 2300 pounds. The composite body design actually allows the vehicle to float and the two-inch thick foam walls not only contribute to floatation but ensure that the interior is cozy and warm. The SnoBear drives like a care with a steering wheel and gas and brake pedals.

With pull down benches/bunks, interior and exterior storage, drop floor with fishing holes, mobility, and options like a microwave and cd player, SnoBear truly is an all in one ice fishing machine.

SnoFox is a variation of the SnoBear designed for winter transportation of people and cargo. It shares many of the SnoBear features including excellent handling and more comfort features than you may expect to find.

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2006 JANUARY

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Night of One Act Plays,
L/W School Auditorium, 7 p.m.
Baudette, MN
Radar Run 11 a.m. – 3 p.m.
(218-634-1792)
Awards Presentation Baudette Bay

FEBRUARY

- 3-4 Winter Fest (1-218-223-4611,
1-800-692-6453) NWA/Is. MN.
11 Moonlight Ski, Zippel Bay State Park,
6-9 PM (1-218-783-6252) Williams, MN
14 Valentine's Day Special Dinner
Sportsman' Oak Island, MN
2006 Fish & Wildlife Licenses go on sale
Progressive Dinner by Sled
(1-218-223-4611, 1-866-692-6453)
NWA/Is.,MN
18 Winter No Boat Escape (L.O.W. Escape)
(204-453-0541)
Steak Fry, Carp Hall (1/218/634-1071)
Carp, MN

MARCH

- 1 Beginning of 2006 license year
"Relay for Life" Kickoff (1-218-783-6601)
L.O.W.
Scrap Iron Run (218-634-1403 or
634-1636) L.O.W.
TBA VFW Ice Fishing Derby
(1-800-382-3474)
Baudette, MN
Marlo Fadness Memorial Run LOW
Drifters (1-218-783-7711) L.O.W.
Lion's Winter Carnival
(1-807-852-1334 or 3575)
(1-218-634-2412) Rainy River, ON
TBA Oak Harbor Lake of the Woods Ice Fishing
Derby off Pine Island 12-3 p.m.
L.O.W.
(1-218-386-3522)
Warroad Dinner Theater
(1-218-386-3692), Legion Club
Warroad

HORSES, HAY AND SLEIGHS

One of the most popular, non-skill, all ages winter adventures for families and groups is a sleigh ride. There are many sleigh ride operators across the province. Several offer cutter and trail rides as well.

For Winnipeggers, Bird's Hill Park Ranch is a nearby destination

that offers an opportunity to experience the sights and sounds of the park on board a hay bale lines sleigh. (204) 222-1137. Within the city, Unique Corral will provide a memorable sleigh ride. (204)889-2748

Russell, Manitoba is a hub of seasonal activity with the

Russell Inn at the centre of much of the action. Take a break from skiing Assesippi and enjoy a sleigh ride. 1-800-665-0678.

Spend a weekend at the Busted Boot Guest Ranch near Holland and you can enjoy one of the guest perks—a sleigh ride. (204) 526-2078

Falcon Beach Riding Stable offers sleigh and trail rides. For the full experience you can check into the Guest Ranch. 1-877-949-2410

Elkhorn Resort just outside Riding Mountain National Park offers amenities for all ages including sleigh rides in the beautiful surroundings of our oldest National Park. (204)848-4583



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MANITOBA EGGS

FESTIVE MERINGUES

6	egg whites, at room temperature	6
1/4 tsp	cream of tartar	1 mL
1-1/2 cups	sugar	375 mL
	Red and green sugar sprinkles or Crushed candy canes	

In a large glass or metal mixing bowl, beat egg whites until frothy. Sprinkle with cream of tartar; beat until soft peaks form. Gradually add sugar, beating until stiff peaks form. Pipe meringue through pastry bag fitted with a large star tip or drop from a teaspoon onto baking sheets lined with ungreased aluminum foil or parchment paper; top with sprinkles or crushed candy canes. Bake at 250°F (120°C) for 45 minutes or until lightly coloured. Turn off heat; leave meringues in the oven with the door slightly open for at least 1 hour or until cool. Remove from baking sheets.
Makes about 4-1/2 dozen meringues.



HOLIDAY TURKEY STRATA

1 bag	frozen mixed vegetables	500 mL
2 cups	chopped cooked turkey	500 mL
4 cups	seasoned croutons	1 L
8	eggs	8
2 cups	chicken broth	500 mL
1/2 cup	chopped roasted red pepper	125 mL
2 tsp	dry mustard	10 mL
1-1/2 cups	shredded Havarti or Swiss cheese	375 mL

Place frozen vegetables in a buttered 13 x 9-inch (33 x 23 cm) baking dish. Top with turkey and croutons. In a large bowl, beat eggs, chicken, broth, roasted red pepper and mustard. Pour over croutons. Sprinkle with cheese. Cover and refrigerate for at least 8 hours or overnight. Remove from the refrigerator 30 minutes before baking. Uncover and bake at 350°F (180°C) for 35 to 40 minutes or until knife inserted near the centre comes out clean. Let stand 10 minutes before serving.
Makes 8 servings.

HOLIDAY CHEER EGGNOG

6	eggs	6
1/3 cup	liquid honey	5 mL
1/4 tsp	salt	1 mL
4 cups	milk, divided	1 L
1 tsp	vanilla extract	15 mL
	Flavourings*	

In a heavy 2 qt. (2 L) saucepan, whisk together eggs, honey and salt. Gradually add 2 cups (500 mL) milk. Cook and stir over medium-low heat for 12 to 15 minutes or until mixture coats back of spoon. (DO NOT BOIL) Pour into a large heatproof bowl; stir in remaining milk and vanilla. Place bowl over ice-water bath, stirring frequently until mixture is cool, about 15 minutes. Cover and refrigerate for at least 3 hours. When ready to serve, whisk in your favourite flavouring.
Makes 10 (1/2 cup/125 mL) servings.

*Flavouring suggestions to add to prepared, cooled eggnog:

- Stir in 1/2 to 1 cup (125 to 250 mL) rum or brandy or a combination of both.
- Stir in 1-1/2 tsp (7 mL) instant coffee granules dissolved in 1 tsp (15 mL) hot water or 1 to 2 tsp (5 to 10 mL) rum extract.
- Stir in 2 cups (500 mL) softened vanilla ice cream and blend with whisk or mixer
- Replace half of the milk with Amaretto, French Vanilla or Irish Cream flavoured dairy blend for coffee

Tip: Eggnog may be covered and stored in the refrigerator for several days. To serve, keep bowl of Eggnog on ice and serve within 2 hours. For creamy Eggnog, fold in 2 cups (500 mL) whipped cream or whipped topping.





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