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# THE EXPRESS

VOLUME 2 EDITION 43 THURSDAY, OCTOBER 22, 2015

WEEKLY NEWS

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## Ashern students are making sure no one goes hungry

We Scare Hunger is the first initiative for students making a difference

By Jeff Ward

Students from grades 6, 7 and 8 at Ashern Central School have been participating in a We Act group designed to teach students about social responsibility and kindness. And as a part of that group, those students have challenged the rest of the school to donate food for the We Scare Hunger cause.

We Scare Hunger is a Halloween food drive to help food banks stock up on everything they need to fight hunger.

The donated food will be going to the Lakeshore Women's Resource Centre in Ashern and is just the first step in social responsibility these students are taking. The We Act group has 38 students and is part of a much larger program called We Day. We Day started in 2007 in Toronto and now is held annually across Canada, the United States and the U.K. The day is designed to empower youth to create a global community bound by

Continued on page 4



EXPRESS PHOTO BY SHANNON KOSOLOWSKI

Students from Ashern Central School are collecting food for the Lakeshore Women's Resource Centre until Oct. 30 as part of their We Act club. The club helps teach social responsibility and how contributing to your community helps build a better world. Pictured from left to right: Tristan, Lily, Korissa, Sydney, Calley and Chelsea.

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# James Bezan wins local seat in landslide victory

By Brandon Logan and Lindsey Enns

James Bezan reassured his Selkirk-Interlake-Eastman Conservative supporters Monday night he will continue to fight for them, despite a Liberal majority government win.

"We will be there to question how they're going to spend our tax dollars, we'll be there to hold them to account," the re-elected MP told the large crowd which packed the Selkirk Golf and Country Club on Monday night to watch the 2015 federal election results roll in. "I'm going to continue to fight for infrastructure dollars and investments in Lake Winnipeg and making sure our farmers and everyone that we have in the area are taken care of."

According to Elections Canada unofficial results Monday night, Bezan garnered 25,617 votes, or 51.9 per cent of the vote, while Liberal candidate Joanne Levy had 15,508 votes.

Bezan also beat out NDP candidate Deborah Chief who received 5,649 votes, the Green Party's Wayne James with 1,707 and lastly Libertarian Donald Grant with 888 votes. A total of 49,369 voters cast ballots across Selkirk-Interlake-Eastman, giving the riding a voter turnout of 69.21 per cent. Nationally, voter turnout was 68.49 per cent.

Levy's small campaign team gathered at Gaffer's in Lockport Monday night with high hopes of bringing change to the riding.

Before results started pouring in for the riding, emotions were already running high as Levy and her team celebrated the news Justin Trudeau and the Liberals had unseated Stephen Harper and the Conservatives.

Not long afterwards there was another celebration, this time for the announcement of a majority Liberal government win.

Despite her loss, Levy was happy with the way her party made ripples across the country.

"This is nothing but a night for celebration. We have a majority Liberal government, we have a whole new tone and attitude that is going to be coming back to Canada," an excited Levy said Monday night. "The fact I didn't win here seems like pretty small potatoes when you compare it to a majority government."

When asked about her future in politics, Levy said her status is up in the air for now, but she wanted to thank local and area community members for voting for her, and voting for change.

"I can't do anything more than sa-



EXPRESS PHOTO BY LINDSEY ENNS

As many ridings across the country turned red Monday night, Selkirk-Interlake-Eastman MP James Bezan stayed overwhelmingly blue. Bezan, flanked by his daughters, pictured from left to right, Cortney, Taylor, Cassidy and his wife Kelly, thanks his campaign staff and a room full of his Conservative supporters at the Selkirk Golf and Country Club.

lute them (my campaign team) and the people who did vote for me in Selkirk-Interlake-Eastman," she said. "I have enjoyed meeting them everywhere around the riding and I look forward to keeping up some of those connections in the future."

Trudeau, 43, will become Canada's next prime minister after his party claimed more than 180 seats in the newly expanded 338-seat House of Commons.

Harper, who called the 78-day election on Aug. 2 after nearly 10 years in power, said Monday night he will step down as party leader.

The Liberal Party of Canada capturing a majority in the House of Commons made for mixed emotions for Bezan.

"It is a bittersweet win for us," Bezan said. "We know what we have to do, and the role that we play ... it is still an important job being an opposition."

"I'm not thrilled about it, but at the same time you have to accept the verdict led by the voters of Canada."

Bezan said the NDP vote collapsing Canada-wide definitely hurt the Tories.

"That vote went to the Liberals," he said. "I was expecting a better result

nationally, I wasn't expecting the big Liberal majority win."

Bezan's wife and arguably one of his biggest supporters, Kelly Bezan said although they are happy to win the riding, it was a "disappointing" result nationally.

"But ... everybody will get together and regroup and we'll form a strong opposition and go from there," Kelly said. "We never took nothing for granted and we worked hard from the minute the summer started ... and we've had tons of people helping us and that's what does it."

Bezan also took the time to thank his family, friends, campaign team, supporters and the candidates that ran against him on Monday night.

"It's always a very brave thing to put your name on the ballot," he said, adding his first order of business will be catching up on constituency work. "We'll see how things play out over the next couple of weeks when caucus gets together and what portfolio I might look at carrying when I get back to Ottawa."

Trailing Levy in third place by approximately 10,000 votes was the rid-

ing's NDP candidate.

"I did the best I could and I would like to congratulate Mr. Bezan for winning the riding," Chief said on Monday night.

Chief, who is no stranger to politics, said campaigning on the federal level was a new and exciting experience she's proud she participated in.

"It was a good experience, I met a lot of good people and I got to visit all of the communities practically," she said. "It was just a good experience overall."

While she wouldn't commit to running in the federal ranks again, Chief said she would be involved politically again at some level of government.

With fewer than 1,000 votes, Libertarian candidate Donald Grant finished last in the riding.

However, Grant was positive about his election takeaway, noting his first time campaigning with the Libertarians was a success.

"As far as me going as a first timer in my party, I have one of the most votes of all the candidates in our party, so for my first election I'm doing well," Grant said. "We all have to start somewhere and I think it's a good start."

Now that the Libertarian Party is on the map in Selkirk-Interlake-Eastman, Grant said his future goals are to continue to grow the party in the riding and to gain future campaigning experience.

The Green Party's Wayne James could not be reached before press time.

**"WE WILL BE THERE TO QUESTION HOW THEY'RE GOING TO SPEND OUR TAX DOLLARS, WE'LL BE THERE TO HOLD THEM TO ACCOUNT."**

# 'Bill's Room' unveiled at Arborg's Riverdale Place Workshop

By Patricia Barrett

Arborg's Riverdale Place Workshop threw a party last Friday to honour one of its long-serving workers and his family for making a generous donation to the organization.

Bill Andrieshyn has worked at Riverdale for approximately 40 years and is one of the day service's original members. He and his family donated two leather sofas and two leather reclining chairs to the workshop, a not-for-profit organization that offers people with disabilities a chance to participate in the workforce.

"About two or three years ago, Bill's mom came to pick him up," said Henry Kolada, Bill's brother-in-law, "and she looked in the [leisure room's] window and saw people lying on hand-me-down furniture and exercise mats."

That prompted Pauline Andrieshyn to use some of her savings to purchase the luxurious furniture from Smitty's Furniture & Appliances in Arborg.

She passed away last year before the purchase was finalized, but Bill's two sisters, Iris Kolada and Pat Michaleski, and his brother-in-law were able to proceed with her wishes — after jumping through a few governmental hoops.

"When you look at what dedicated people can do with so little income," said Kolada, who with his wife, Iris, brings Bill to their home every few weeks or so, "it's amazing."

Mrs. Andrieshyn lived on a small pension. She also used to arrange family dinners with Bill at the workshop, even having one catered by Chicken Chef.

Flanked by family, friends and co-workers, Bill was the centre of attention during the official dedication ceremony, led by workshop manager Alex Janower.

"This is Bill's day," said Janower, who has overseen the work-

Continued on page 7



**EXPRESS PHOTOS BY PATRICIA BARRETT**  
Bill Andrieshyn and his workshop friends celebrate the donation of luxurious leather furniture that was purchased by Bill's mother, Pauline Andrieshyn was honoured Oct. 16 by Riverdale Place Workshop, which renamed the leisure room Bill's Room. Right, Bill's family attended the dedication ceremony. Left to right: Iris Kolada, Henry Kolada, Bill Andrieshyn (sitting, centre) and Pat Michaleski.



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# Winnipeg Beach School's new playground up and swinging

By Patricia Barrett

Winnipeg Beach School completed the final phase of its playground project last week with the installation of Oodle swings and an Omni spinner.

As soon as the equipment was ready for use, about half of school's 150 children were at the playground on the weekend.

"They couldn't wait before school started," said principal Shawna Rudd, "and were out there giving it a trial run."

It has been about 15 years since the school has had an upgrade to its playground equipment. The old structure was on the verge of passing current safety codes.

The Oodle swings, with their wide seats, allow a number of kids to swing at one time, either side to side or back and forth, and the Omni spinner (merry-go-round) has easy-access transfer points permitting children with disabilities to get in and out. Its high-backed seats offer improved stability.

The children loved the first phase of the project in the summer of 2014, said Rudd, which included a zip line and slides.

She said the Parent Advisory Committee was instrumental in choosing the play structures, which meet the needs of both the younger and older children.

"The Omni spinner proved to be just as popular with the 12-year-olds," said Rudd, "as it has been with the younger children."

Winnipeg Beach School serves kindergarten to Grade 7 students from Winnipeg Beach, Matlock, Whyteford, Dunnottar, Ponemah and Sandy Hook.

Funds for the new playground came from the community and other generous donors. Local businesses, church groups and a knitting group were among those that pitched in.

"Operation Red Nose was a big supporter," said Rudd, who has been principal for six years.

The total cost was about \$115,000, for which most has been paid. The school has yet to raise \$8,000 for the remainder of the project.

And it's pulling out all the stops to pay off the bill.

"We sent donation letters to our faithful," said Rudd. "We're hoping for more support from our local government."

Last year the school had a Freezie fundraiser, rais-



EXPRESS PHOTOS BY PATRICIA BARRETT

Students at Winnipeg Beach School push their friends in the Omni spinner.

ing about \$1,000 towards the cost of the playground. Rudd said the school will hold another one next spring, aiming to raise between \$1,200 and \$1,400.

In November and December, the school hopes to raise about \$2,000 through a Cash Calendar Fundraiser.

And students will be organizing another fundraiser, using a new Bushnell 660X telescope as a raffle prize. The telescope was donated by Rhea and Gerald Collin of Winnipeg Beach. Students will be selling tickets, hoping to raise between \$200 and \$300.

"I'm glad we were able to make it happen," said Rudd, referring to the new playground. "Now we need a long fall — even though they'll be out there in the middle of winter."

If you would like to help Winnipeg Beach School pay for the new playground, visit the playground's Facebook page at [www.facebook.com/Winnipeg-BeachPlaygroundProject](http://www.facebook.com/Winnipeg-BeachPlaygroundProject) or contact the main office at 204-389-2176. Tax receipts are available.



Principal Shawna Rudd and grades 1 and 2 students at Winnipeg Beach School send up a cheer for their new playground.

## > WE SCARE HUNGER, FROM PG. 1

compassion. So far, students have collected 87 food items for donation and have challenged the school to get to 500 items by Oct. 30.

"This is a student-driven program that really helps them be better citizens and help create a better world," said Sharron Kosolowski, one of two teachers at Ashern Central who is assisting the students with their goals.

"It's about starting small and breaking them out of their shells at first. Once the initial shyness wore off, students really began to get into the idea and have become excited about what

they're doing. It's started to snowball and has really been turning into the kind of project you would hope."

Students in the We Act group have already organized and conducted a school-wide assembly to let the rest of the school know what they're doing and asked for their assistance in gathering food to donate. They also write and read morning announcements at the beginning of the day, and every other day they go around to each class to take a tally of the food collected in each classroom. They try to instill a competition between classrooms to

help maximize donations.

The We Act group is hoping to add as much as they can to the 4.6 million pounds of food donated to local food banks worldwide by all We Day participants.

"A student made contact with the resource centre on their own and made arrangements to donate the food. The students will also walk over together and donate in person. They've really taken this goal and ran with it," said a proud Kosolowski.

The students will continue to collect food until the end of the month and then decide on what goal they should pursue next.

"THIS IS A STUDENT-DRIVEN PROGRAM THAT REALLY HELPS THEM BE BETTER CITIZENS AND HELP CREATE A BETTER WORLD."

# Poplarfield gets scary for All Hallows' Eve

By Patricia Barrett

A Poplarfield couple are turning their property into a scare park set to open on Halloween and are inviting everyone to visit.

"There is no Halloween theme park in Manitoba," said Trevor Penner, who bought the 160-acre property this spring with his wife, Dawn. "This year we're testing the waters."

Penner is providing the scary delights free of charge and is also throwing in free snacks.

He has already rigged up a crumbling barn with scenes from slasher flick *Friday the 13th* and a zombie apocalypse.

"If you've seen *Friday the 13th Part 3*," said Penner, "you know he [Jason Voorhees] does his killing in a barn."

When darkness descends on Halloween night, the air cannon, the sound effects, the huge spiders crawling along the barn and the fog machine spewing out an eerie green mist will turn the pleasant rural property into a proper horror zone.

"There's nothing to traumatize small kids," Penner said.

Visitors won't be allowed to go into the dilapidated barn as it is unsound.

Penner will have it cordoned off with security tape.

But they can wind their way through a cattail maze that will contain some scary twists and turns. The wind storm a few weeks ago blew part of the structure away, but Penner is determined to rebuild.

Volunteers will be on hand to help visitors navigate the property. Penner will be dispensing free popcorn from his food truck, the Lemon Grill, which he and his wife take to various events such as the Morden Corn and Apple Festival and Dauphin's Countryfest.

Tired parents — or kids — can take the weight off their feet near a fire pit.

After the Halloween event, Penner is considering developing parts of the property into a zombie paintball venue, somewhat along the lines of the Six Pines Haunted Attractions just outside Winnipeg. Patrons of zombie paintball take up loaded paintball guns, travel through hayfields and shoot at zombies.

The Halloween scare event takes place Oct. 31 when the sun goes down. Admission is free. Popcorn and candy are also free.

Penner's property is south of the



EXPRESS PHOTO BY PATRICIA BARRETT

Trevor Penner and some of his ghoulish attractions that will send shivers up the spine of visitors on Halloween.

town of Poplarfield on an unmarked road [we're not kidding] that goes to the Poplarfield Waste Disposal Site. Penner said he may put up directional signs on the highway.

From Highway 68, turn south onto Highway 17 and travel approximately half a mile. Where the highway begins to curve to the left (eastwards) is

a gravel road that heads due south. It has a sign that says Waste Disposal, or something to that effect. Take that gravel road to the end of the line then turn right (west). Travel for about a mile and a half — past a few farmsteads and the waste disposal site — to the end of that line, where you'll find Penner's front gate.

## Province to invest \$375K in Child Care Nutrition Strategy

Staff

The province plans to invest \$375,000 to promote healthy eating for young children by encouraging positive eating environments in child-care settings.

"It is well-known that what we learn as a child greatly influences our habits later in life," Healthy Living and Seniors Minister Deanne Crothers announced late last month during the launch of the province's new Child Care Nutrition Strategy. "By investing in this new Child Care Nutrition Strategy, our government is making an investment in Manitoba children's health and quality of life for years to come."

Crothers added the strategy was developed through a consultative process including Manitoba Early Learning and Child Care branch of Manitoba Family Services as well as representatives from the Manitoba Child Care Association and Dietitians of Canada, a national professional association for dietitians.

"Our government is committed to providing high-quality child care to Manitoba families and ensuring that children eat healthy meals and snacks is part of our goal," Family Services Minister Kerri Irvin-Ross said. "We

are excited to now have a strategy that will support early childhood educators and parents in working together to create positive eating practices for children."

Over the next three years, the Child Care Nutrition Strategy goals are to:

- increase children's access to healthy, fresh, wholesome and safe food every day;
- provide a positive eating environment for children on a daily basis; and
- help educate children, early childhood educators, parents and more about early childhood nutrition and recommended feeding practices.

The handbook provides ideas for healthy, child-friendly meals and snacks. This information can be shared with parents to help make informed healthy meal choices, Crothers said, adding healthy meal options will include a variety of fresh, wholesome foods including at least three of the four food groups with a strong focus on vegetables and fruit, water and milk.

Dietitians of Canada will be a lead partner in the implementation of the strategy over the next three years by providing practical support and education to early childhood educators to help children make healthy food choices.

"Our ability to work hands-on with child-care facilities and families is a strength of this strategy," said Jennifer Wojcik, regional executive director for Manitoba, Dietitians of Canada. "As the experts in food and nutrition, dietitians will provide support and practical solutions to help adapt and implement the strategy to meet the individual needs of each facility."

Along with the launch of the strategy, the province released the Manitoba Nutrition Handbook for Early Learning and Child Care, a resource

designed to provide practical advice to early childhood educators on how to work with families to create healthy eating practices at their facility.

All licensed child-care centres and homes in the province will be provided with the handbook and can also access it online by visiting [manitoba.ca/healthyliving/foodinchildcare](http://manitoba.ca/healthyliving/foodinchildcare).

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PUBLISHER  
Lana Meier



SALES  
Brett Mitchell



SALES  
Rick Reimer



SALES  
Robin Chestnut



REPORTER/PHOTOGRAPHER  
Jeff Ward



REPORTER/PHOTOGRAPHER  
Austin Grabish



REPORTER/PHOTOGRAPHER  
Patricia Barrett



SPORTS REPORTER  
Brian Bowman



PRODUCTION  
Nicole Kapusta



DISTRIBUTION  
Christy Brown



ADMINISTRATION  
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## > ARNIE WEIDL Fisherman shares catch of the day for photo opportunity

Hi folks. Thanks for dropping in. Although there was a cool fall wind coming out of the northwest, the sun was bright in a cloudless blue sky as I left my car at the end of the sloping gravel road to the Balsam Bay pier last Tuesday. I was glad to see a commercial fishing boat making its way into harbour through the choppy Lake Winnipeg waters since I felt it was time to touch base with the commercial side of our fishing family.

The sturdy white skiff sliced through the last few heavy waves before rounding its way into harbour, then rode smoothly along in the still water coming to rest in its slip. The three men in the boat immediately began unloading boxes and equipment. I stepped quickly along the wobbling wooden pier as I called out to them, asking if the fishing was good. I took little time in idle conversation with our new local friends John Hourie and sons David and Lyle, recognizing that they had to clean and deliver their catch quickly. We talked about how lifetime fisher John had taken over from his dad, George, and now the boys were about to take over from him.

John — a well-conditioned man enjoying the benefit of an active life on the water — had a commanding voice, a strong, furrowed face and greying red hair. His humour and good nature broke through the minute he and his sons began joking around about their good catches lately.

Dave and John got a kick out of giving Lyle a hard time when it was his turn to line the skiff up and drive it onto the trailer. They would yell and direct him to the point of confusion



EXPRESS PHOTO BY ARNIE WEIDL  
Allen Topnik of Winnipeg with a pickerel caught in Lockport by a new-found buddy who shared his catch for the photo.

as he tried to fight crosswinds while staying away from the rocks. Lyle smiled, quietly confiding in me that soon it would be his turn to give them the gears to land the boat.

Toward the end of last week, I drove over to Lockport and was happily surprised to see that the west side pier at the "locks" had finally been reopened. I strolled up and down the pier chatting with anglers as they caught and released smaller pickerels or saugers.

One chap, Allen Topnik of Winnipeg, said he had a story for us. A few weeks ago, he was fishing a bit downstream by the spillway and got a heavy hard strike. The fish felt like a 10-ton weight bending Allen's rod

almost in half. Suddenly the end section broke off, sliding down the line disappearing under the water.

Allen was not a man to give in and played the fish with the back end of his rod. In his determination to land this fish, he stepped out into the soft mud of the riverbank. Soon he heard a sucking sound and looked down to see he had lost his shoes in the mud. Still resolute, he stood, legs apart, his socks half off his feet. He eventually brought in a gigantic master catfish.

After catching his breath, down on his knees, covered in mud, he released the monster. Now as he was telling his story, he had been catching and releasing a few of those pickerel I was mentioning earlier. When he finished his story, I wanted to take a picture of him with a fish but momentarily he was without one. Then a tall, thin fellow with long snow-white hair by the name of Peter Berek from Winnipeg, who had been silently standing by listening to the story, held up his rod with a fish on it and said "Go ahead, Allen. Use mine!"

Well, that's exactly what we did and thank you, Peter, for your gentlemanly kindness.

Come the weekend, I went over to north Shoal Lake, stopping on what I like to call the "big white curve." Cars were lined up on either side with their owners fishing off the south side of 229. What was interesting, though, was for the first time there I saw anglers Earl Deobald, his son Landen and friend Tom Rosnoski launching their boat off the road. Shoal is really getting popular.

Until next time my friends. So-long for now.

### > CONTACT US

Express Weekly News - Interlake Graphics  
74 Patterson Drive, Stonewall Industrial Park Phone 467-5836 Fax 467-2679  
Letters to the Editor: [letters@expressweeklynews.ca](mailto:letters@expressweeklynews.ca)  
Classified: [classifieds@expressweeklynews.ca](mailto:classifieds@expressweeklynews.ca)  
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or call our office at 204-467-5836

### OUR EDITORIAL STAFF

**Jeff Ward** (Highway 6) 204-298-3381  
[jeff@expressweeklynews.ca](mailto:jeff@expressweeklynews.ca)

**Austin Grabish** 204-785-1618  
[austin@selkirkrecord.ca](mailto:austin@selkirkrecord.ca)

**Brian Bowman**  
Sports Reporter  
[sports@expressweeklynews.ca](mailto:sports@expressweeklynews.ca)

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# Gimli Chamber of Commerce getting down to business

By Patricia Barrett

The Gimli Chamber of Commerce held its first official membership meeting last Wednesday at the Lakeview Resort to explore business and networking opportunities in the community.

Gimli hasn't had a chamber of commerce for about 10 years. But in May, the business community — encouraged by Gimli's Mayor Randy Woroniuk — established a chamber and a council made up of 12 business people. Its focus is on supporting the local business community, which includes helping new businesses get established.

Brittany Isfeld of the Gimli Community Development Corporation presented her ideas for a retail and tourism event in November called Rediscovering Christmas (formerly Moonlight Madness).

Last year, Isfeld said she implemented a passport system. Each visitor would have their passport stamped at participating retailers and be entered into a number of prize draws (\$50 gift cards) that local businesses sponsored.

This year, Isfeld wants to have more local businesses participate. The chamber — with its extended range of

business contacts — can help create awareness of the program.

"Instead of me going door to door to reach businesses," said Isfeld by phone, "there's a network which can get the word out."

She also wants to tap into the chamber's wealth of business expertise.

"I would like to focus on the event side of things," said Isfeld, who is also the RM's economic development clerk, "and have businesses focus on the sales side — how to bring people into their stores."

Rediscovering Christmas is currently scheduled for Nov. 27 and 28.

Shelly Dankochik, career and technology studies co-ordinator for Gimli High School, spoke about collaboration between the school and local businesses through the school's internship and apprenticeship programs.

Students in the internship program can work in local businesses acquiring job-specific skills and soft skills, such as interpersonal communication, problem-solving and leadership. They earn a credit for participating in the program.

"A lot of businesses are interested in mentoring students," said Dankochik. "I want to foster positive relationships



EXPRESS PHOTOS BY ROBIN CHESTNUT

Shelly Dankochik of the Gimli High School Career & Technology Program spoke about the benefits of working with high school student interns. The Evergreen School Division supports an internship and apprenticeship program in its schools.

with the business community."

She said the school has had students explore a number of careers in local industries such as food services, pharmacy, mechanics and physiotherapy.

The province's High School Apprenticeship Program allows students who have finished Grade 10 to start working in a trade while still in school, obtaining credits towards their diploma and earning money.

Dankochik said there are about 50

trades in which students can participate. The program gives them vital job experience by the time they graduate.

The provision of a future workforce is a benefit of both programs.

"Having young people learning skills helps our community to be more sustainable," Dankochik said.

For more information about the chamber, email [gimlichamber@gmail.com](mailto:gimlichamber@gmail.com).

## > "BILL'S ROOM", FROM PG. 3

shop for 28 years. "We are honoured by [the donation]. The leisure room will be called Bill's Room, and we're going to have a plaque installed on the door."

Bill, who is in his early 60s, lives in Riverdale Place Homes in Arborg. The workshop is on the outskirts of town. He has barely missed a day of work.

"He wanted to work every day," said Janower. "He loves it."

Bill used to go with the workshop's driver to pick up recyclables but now works exclusively in the warehouse, where he sorts and packages them.

"We are very proud he stills wants to come to work," said Janower. "We feel we've done something right."

Riverdale's workers pick up blue box recyclables in Arborg and Riverton and recyclable materials from the BAR Waste site in the RM of Bifrost. Back at the shop, they sort, compress, wrap and ship recyclables such as cardboard, paper and plastics to Winnipeg.

The workshop also has a full-scale repair shop in which workers repair pallets for the Diageo plant in Gimli, which produces Crown Royal whisky.

Some workers make craft items, such as piggy banks, lawn ornaments, scarves and Icelandic coffee bags (a very popular item), which are sold in the front shop area.

The Riverdale Place Workshop, which has about 12 staff members (full time and part time) overseeing 32 workers, does more than provide work and a small monthly income for adults with disabilities.

"This workplace is a family," said Kolada, who thanked Janower and his staff in a speech. "There's a sense of belonging to a team."

He said the workshop has "instilled a sense of self-worth in Bill. He's friendly, enthusiastic and has a good work eth-

ic." And when they talk to him on the phone, he has "an Energizer Bunny attitude."

After the speeches, Bill, his family and his friends tried out one of the sofas.

"This marks the fulfilment of Mrs. Andrieshyn's wishes," said Kolada, "to establish a lasting legacy for Bill to relax on."

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Complete workshop dates and locations are available at [manitoba.ca/agriculture](http://manitoba.ca/agriculture). Contact your local MAFRD GO Office to register for November workshops by **Friday, November 6** and for December workshops before **Friday, December 4**.

### Apply for funding

Applications for Growing Assurance will be accepted starting at **9:00 a.m. on Monday, February 8, 2016 until midnight Friday, February 12, 2016**.

# Ashern rancher sells calves online from Alberta

By Jeff Ward

The Internet is helping connect millions of people every day in relationships, e-commerce and social media, and Ashern farmer Jake Rawluk is using it to live broadcast the sale of his calves with encouraging results.

Rawluk lives in Ashern but is currently in Vermillion, Alta., finishing his post-secondary education at Lakeland College. He's a full-time student taking Ag Business with a Crop Technology focus, as well as a rancher who's managing a herd of 22 calves in Alberta with his girlfriend, Laura Horner, also from Ashern. The herd was auctioned off via a live webcast on Sunday, Oct. 18 and averaged a price of \$3,430 per calf.

"This was a prospect sale so we're targeting the youth customer base," said Rawluk, who owns Rawluk Livestock and shared in the success of the sale with his girlfriend, Horner of Horner Cattle Company.

"I grew up in 4-H clubs in Ashern

(Lakeside 4-H Beef Club) and I think it's important to keep the youth active in the industry. We also want to get our names out there as well and market our cattle so we're able to do double duty on this sale."

A typical day for Rawluk and Horner is waking up around 7 a.m. and tending to the calves before sneaking in a quick breakfast and heading to class. Both Rawluk and Horner attend classes throughout the day and are back out in the field for a few hours in the evening before it gets dark. The schedule doesn't leave much time for leisure but both ranchers are hard work-

ers who want to move forward with building their herd and that takes dedication in the early years.

Rawluk mentioned that building up the herd back here in his hometown is his top priority. They begin the marketing of their calves from almost the moment they are born.

"It's really a never-ending cycle and we're really trying to market them right at birth. We're also trying to keep on top of the industry as well, and I think we've been able to build a real quality herd so far," said Rawluk.

This is the first time Rawluk and Horner have attempted an auction like this over the Internet, but the results were very encourag-

ing. Rawluk sold a few calves privately last year but figured that doing a larger sale would not only be better exposure for himself and Horner, but it would be a chance to do something really exciting as well.

Each calf for sale had video and pictures detailing the sale. The day before the sale, Rawluk and Horner had an open house for people to come by and see the calves first hand.

"So how it works is both myself and Laura and our marketing agent will be on camera. Each lot will have their picture show up and a play through a video as well to help set the overall picture of how much work we put in. It's the same as any other auction except you can buy the calves from your living room," explained Rawluk.

The sale was a big success, taking in \$78,900 in total across all lots. All money earned in the auction will be funneled back into the businesses as Rawluk and Horner look to continue building the herd.

**"I GREW UP IN 4-H CLUBS IN ASHERN (LAKESIDE 4-H BEEF CLUB) AND I THINK IT'S IMPORTANT TO KEEP THE YOUTH ACTIVE IN THE INDUSTRY."**

## Business owner faced more than frustrations with Hydro upgrade

By Jeff Ward

The expansion of a business should be an exciting time, but for one Eriksdale business owner, it has proven to be one of the most frustrating experiences of her life.

Delays from Manitoba Hydro caused not only general frustrations for Lisa Sobry, owner of Healing in Style, but also caused some significant financial adjustments.

Sobry originally called Manitoba Hydro in May to request electrical service for her new building. That service would take months to install and was only finally hooked up just a few days before the grand reopening — and only after Sobry fronted the cost of a new 400-amp transformer. The increase from the basic 200-amp service to a 400-amp service was necessary because of her inclusion of a laundromat in the building as well.

"Originally, they told me that hooking my new building up would cost just over \$1,000, but that turned into \$7,500," said a frustrated Sobry.

"I was prepared for the \$1,000 trench, but when they realized I needed a 400-amp service instead of 200, that cost shot up. They told me they needed to build a new transformer and that I have to pay for all up front before they start building it."

The total cost to Sobry was \$7,585.39, which came as quite a shock to the business owner, who then had to reevaluate her finances to make sure she could pay the cost. The bitter irony of the whole situation is that Sobry would have never needed a 400-amp service if she wasn't also adding in a laundromat. But because of the increased costs to Hydro, she had to severely cut back on the laundry service. So the service that necessitated the new transformer to be built had to be cut back because of that cost.

The back and forth with Manitoba Hydro about getting her building hooked up took weeks and pushed back the scheduled grand reopening of Healing in Style as a result.

"I completely understand her issues and what she's saying. I'm absolutely sympathetic to her in this situation," said Scott Powell, Manitoba Hydro spokesperson.

"The reality is this is how we've always done service extensions. It's all governed by policy. It would be the same for every other customer as well. It's a standard procedure. The reason we charge up front is because we don't want a situation where we put in all the work and then it's no longer needed. It's also unfair to ask residents around the area to help pay the cost of the service as well."

Sobry stressed that she would never ask the residents of Eriksdale to help pay the cost of the new transformer, but she did mention that maybe it should be Manitoba Hydro's responsibility to cover these costs, as she'll be buying the electricity from them anyway — or at the very least allow her to pay the cost off in installments on her bill rather than up front all at once.

Powell explained that Sobry is already getting a discounted rate with three years basic charge being credited back to her. And while those numbers haven't come out in the wash yet, Powell also mentioned that the cost of building the transformer is much higher than the \$7,500 that Sobry is paying. Powell was unable to provide the exact figure of what the transformer is worth.

"Depending on service level, the costs change. We need to spec different cables, there's labour and she also wanted an underground connection, and that also costs more," said Powell.

Now that the business has its power and things



Lisa Sobry, owner of Healing in Style is happy to be open for business but is still frustrated by the experience working with Manitoba Hydro during her renovations.

are moving ahead, Sobry is trying to put all of this mess behind her to focus on building the business and serving her customers. She's not bitter or angry with Manitoba Hydro, but she is disappointed in the service she received. And at the very least, she would have liked to have known the cost of the transformer long before so that she could have planned for the financial burden it became.

"The sad part about it is this is economic development here and it shouldn't be this hard to just get electricity into my building," said Sobry.



# Winnipeg Beach students learn to exercise their democratic rights



EXPRESS PHOTO BY JAY EWERT

A student at Winnipeg Beach School casts her ballot in the federal election during the Civix Student Vote program.

By Patricia Barrett

Grades 6 and 7 students at Winnipeg Beach School took part in the federal election Monday by researching political parties and issues and casting their ballots.

The students were among thousands across the country taking part in the Student Vote program sponsored by Civix, a non-partisan organization that helps elementary and secondary school teachers deliver hands-on learning programs in democracy and citizenship.

"We want kids to get involved in exercising their democratic rights," said Jay Ewert, who teaches English language arts, math, science and social studies.

The Student Vote program is an election (federal, provincial, territorial, municipal) for students under voting age that engages them in the electoral process. Civix has conducted 26 Student Vote programs since 2003.

The organization provides schools with resources such as ballots, ballot boxes and instructional videos that cover Canada's electoral system, levels of government and the right to vote.

Students also watched clips of the leaders' debate, hosted their own debates and researched some of the major election issues, such as Bill C-51 and the niqab.

Ewert assigned each student a party to research and a particular issue. They had to find out what each party's stance was on an issue then stage a debate.

"If they were doing the Conservatives," said Ewert, who has taught at the school for three years, "they might note they appealed the Supreme Court's decision [on the niqab]."

The students also got to play one of the party leaders and others could weigh in MPs.

"I wanted them to understand they're not voting for an individual, but for an issue," said Ewert.

Students also had to write a persuasive piece about what party to vote for – or not to vote for – and learned about swing voting.

Ewert had polled them about a week and a half ago about what party they favoured and found that as they debated issues over the course of the week, some students changed their mind.

After the debates, students got to cast their ballots. Ewert created an interactive PowerPoint slide that tallied the votes as they came in.

"They got excited watching the votes being tabulated," said Ewert who's been with the Evergreen School Division

for about eight years.

The majority of the students said they enjoyed the exercise.

"Awesome," said one student.

"The debate was fun," said Tyler.

A number of students said they found the research aspect of the exercise "complicated."

"I think the research was complicated and hard to find," said Jade. "But I liked how we learned."

"It was like a giant brain teaser," said TJ. "The research was complicated."

"We didn't know anything about them," said Kylie, referring to Canada's political parties.

"But now we know how things work."

One student, exercising her democratic right to free speech, said she didn't like learning about politics.

Not wishing to participate in voting was something Ewert wanted the class to respect.

"I'm not telling them they have to vote," said Ewert. "They have every right to scratch their vote."

He said one of the most important aspects of the exercise was the students' opinions and their learning to respect the opinions of others.

But it all came down to "educating them to form opinions."

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**Manitoba** 

# Manitoba signs Suzuki's healthy environment declaration

**Staff**

Manitoba is the first Canadian province to sign the David Suzuki Foundation's Blue Dot Declaration showing its commitment to a healthy environment.

The province will also invest \$400,000 over the next two years in the new Prairie Climate Centre at the University of Winnipeg, Premier Greg Selinger announced last Friday.

"Manitobans and their families have seen the effects of climate change first-hand, and the financial and emotional impacts severe weather events can have on our communities," Selinger said. "By investing in this centre, it is clear that our government views the environment and the effects of climate change as some of our highest priorities. By becoming the first province to sign the Blue Dot Declaration, we are committing to introduce legislation to provide all Manitobans with a healthy environment. We are ensuring sustainable prosperity for future generations."

The centre is a partnership between the U of W and the International Institute for Sustainable Development (IISD) and will be hosted by UWinnipeg's Richardson College for the



PHOTO COURTESY OF CHRISD.CA

Premier Greg Selinger announced the province will invest \$400,000 over the next two years in the new Prairie Climate Centre at the University of Winnipeg, alongside Dr. David Suzuki at the Manitoba Legislative Building last Friday. Manitoba also became the first Canadian province to sign the David Suzuki Foundation's Blue Dot Declaration showing its commitment to a healthy environment.

and people," UWinnipeg president and vice-chancellor Dr. Annette Trimbee said. "By collaborating and pooling our research and expertise and making that easily available to others, the new Prairie Climate Centre is meeting a real-world need."

Dr. David Suzuki, co-founder of the Suzuki Foundation, said, "We are undoubtedly living in a warming world, with serious implications for future generations, and we must increase our capacity to understand and act on this pressing global issue."

"Research, education and outreach facilities like the Prairie Climate Centre will generate meaningful solutions, and I congratulate Manitoba for committing to this important initiative."

One of the first of many projects for the centre is to support a documentary film by Dr. Ian Mauro on Manitoba's boreal forest and the vital role it plays in carbon capture and implications of climate change, the premier noted.

"The boreal forest is one of the most important ecosystems on the planet. It helps sustain us, both globally and locally, and is home to many Indigenous and non-Indigenous communities whose knowledge of this landscape is integral to its protection," said Mauro. "Through film, we will engage the region and its people, and provide Manitobans an opportunity to reflect on this ecological and cultural richness and strategies to conserve it."

The province will invest \$200,000 in 2015-16 and \$200,000 in 2016-17 in support of the centre.

"Now more than ever, protecting our boreal forest and the status of the proposed east side UNESCO World

Heritage Site and advancing environmental science are critical to Manitobans," Selinger said. "Together with all of our partners, we need to embrace scientific research in order to prevent further climate change and restoring the health of Lake Winnipeg and our waterways while also lessening the immediate and long-term impacts on Manitobans."

Environment. The centre's goal is to provide municipal governments, the private sector, civil society organizations and other practitioners with practical information and tools to engage in effective climate-change adaptation planning.

"Planning for the effects of climate change is critically important for Manitoba municipalities, as well as industries in our province. Floods, storms, fires, droughts — all can have catastrophic impacts on communities

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# Tough bulls cut down even tougher riders

By Jeff Ward

Some of the toughest bulls to ever step hoof into the Eriksdale Recreation Centre were able to toss off some of the most talented riders in Canada last weekend at the 19th Annual Boyz and Bullz.

The event, presented by the Healthy Chef, took place Saturday, Oct. 16. It was a high-energy bullring event that saw 28 riders attempt to ride some very powerful bulls. But in spite of the large number of riders, it proved to be much harder than anyone had expected, with only five riders — including Eriksdale's own Austin Kinkead — staying on for the eight-second time limit for qualified rides.

"The list of guys we had this year was by far the most talented bull riders we've ever had," said Ben Kinkead, organizer of the event and owner of Crossfire Bullriding Promotions.

"The system we used with the bull draft where guys get to pick their bulls usually ends up with some more qualified rides, but the bull pen was really strong this year. All of those rides were very tough."

The winner of this year's event was Tim Lipsett from Lumsden, Man., who was one of the five qualified riders in the short round. Lipsett managed to win by having the highest score carried over from the long round as there were no qualified rides in the short round. Not a single rider was able to hang on for eight seconds during the Top 8 short round.

Austin Kinkead, who's only 16 years old, was able to dazzle the hometown crowd with some impressive riding skills as he went head to head with some of the best riders in the coun-



Tim Lipsett was this year's Boneyard General Repair Boyz and Bullz champion taking home \$2,500 cash and a trophy buckle.



Karson Turel was the Boneyard General Repair Boyz and Bullz 2015 junior champion.

try and was able to make it into the Top 8. His ride in the short round was brief, however, since he was tossed off quickly, but nonetheless impressive considering the power of the bulls on display.

"He shows how quickly this sport can take you from zero to hero. He's only 16 and he did a great job, really



EXPRESS PHOTOS BY JEFF WARD AND CHERYL LAW

Some of Manitoba's top bull riders took part in the 19th Annual Boyz and Bullz event in Eriksdale last Saturday.

held his own against these tough riders," said Ben Kinkead.

For his efforts, Lipsett walked away with a little over \$2,500 in prize money and a trophy buckle.

If you're interested in catching the next Crossfire Bullriding Promotions event, it's on Oct. 30 in Brandon called the Wheat City Wild.

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# Renovations approved for primary care clinic in Lundar

By Jeff Ward

A tender has been released for a project to renovate the Lundar Clinic to allow for better co-ordinated primary health-care services for families closer to home.

The Lundar Clinic is due for renovations, and if things go the way the Interlake-Eastern Regional Health Authority hopes, the project could be complete in six months.

Both provincial Minister of Conservation and Water Stewardship Tom Nevakshonoff and Interlake-Eastern RHA CEO Ron Van Denakker were on hand at the Lundar Clinic to announce the tender with Coldwell Reeve Brian Sigfusson on Friday, Oct. 16.

The current facility was built in 1982 and includes a 20-bed personal-care home and a 23-suite seniors housing complex. The renovations will improve the primary health-care clinic with two more clinic rooms and two consult rooms to accommodate a range of services.

This will include primary care and

chronic disease prevention services, mental health care and home-care services, with an enhanced focus on promoting good health and preventing disease.

"We're improving the delivery of care in Lundar with this new clinical environment that benefits patients and staff. Improved efficiencies in patient flow will let care providers accommodate more clients in rooms designed to ensure patient confidentiality," said Van Denakker.

**"THIS IS A SIGNIFICANT CAPITAL INVESTMENT IN THIS COMMUNITY."**

"At the same time, we're looking ahead as part of regional clinical services planning to see where we may need to evolve in Lundar to enhance our service delivery based on residents' needs.

"It will be a very effective clinic from a flow point of view and will be able to provide better care overall."

Once construction begins, the services offered by Lundar Clinic will be temporarily moved to Eriksdale during the renovations.

"This is a significant capital investment in this community and the communities that are not too far away will benefit as well, like Eriksdale. This clinic will help keep people healthy and out of the hospital system," said Van Denakker.

The clinic will also offer chronic disease management education programs as well as mental health programs designed for patients to use at



EXPRESS PHOTO SUBMITTED

Pictured left to right: Interlake-Eastern RHA CEO Ron Van Denakker, MLA for Interlake and provincial Minister of Conservation and Water Stewardship Tom Nevakshonoff and Coldwell Reeve Brian Sigfusson were at the Lundar Clinic Oct. 16 to announce funding approval of significant improvements to the clinic expanding primary and mental health care.

home.

The Lundar Primary Care Clinic is expected to become part of the My Health Team initiative, which connects care providers in home clinics with other teams in primary-care

practices, the regional health authority and community organizations, the minister added.

Van Denakker expects the renovations to take six months once a tender contract has been accepted.

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# Noventis iTMs really 'interac' with you

By Patricia Barrett

Noventis Credit Union is the first financial institution in Manitoba to install iTMs, or interactive Teller Machines in its branches.

You won't be interacting with a mere computer, though: iTMs have a live teller behind the glass who can help customers with a range of financial services, including making cash deposits and withdrawals, paying bills, transferring funds, exchanging U.S. currency, booking appointments with staff and making RSP and TFSA deposits.

"It's a tool to forge connections with our members," said Adrienne Percy, manager of branding and communications at the Noventis branch and corporate office in Gimli. "It's for people who want to talk to someone."

In March the credit union launched its first iTM in Selkirk and opened another in Gimli a few weeks ago. If you forget your debit card at home, you can still use the iTM if you can show the teller identification and answer security questions.

A member wrote to the credit union to thank it for installing the machine.

"He had switched jackets and had no wallet," explained Percy. "He went

into the Selkirk branch with no debit card but was able to conduct business, so it wasn't a wasted trip for him."

Among the many benefits of the machine are not having to wait in a long teller line but still being able to talk to a real person. And when the branch is closed, the iTM is up and running between 7 a.m. and 7 p.m. It also allows customers to withdraw more cash than the ATM.

The machine is housed in its own private glassed-in cubicle that's located in the foyer across from the ATM.

Gimli resident Conrad Kerasted was in the branch Wednesday. He said he prefers dealing with the tellers rather than with a machine. But after Percy explained the concept of the iTM, Kerasted was curious.

With a simple press of the iTM's Start button, Kerasted was instantly connected with Jason Gevoga, a Noventis customer service representative.

Gevoga took Kerasted through a tour of the service, explaining how it could serve Kerasted's unique financial needs, as well as being available for an extended period of time in the

Continued on page 14



EXPRESS PHOTO BY PATRICIA BARRETT  
Adrienne Percy, manager of branding and communications, helped Noventis customer Conrad Kerasted use the new iTM service.

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evening.

"It sounds really good," said Kerasted.

Noventis has 11 locations across the province, including branches in Arborg, Ashern, Eriksdale, Fisher Branch, Riverton and Winnipeg Beach. At the beginning of October, it merged with Starbuck Credit Union and Headingley Credit Union.

"One of our core values is being connected with the community we live in," said Percy. "It's part of our organizational DNA."

In 2014, Noventis gave more than \$170,000 to community projects such as school playgrounds and breakfast programs, Riverton's Friendship Centre programs, Moosehorn's community club, a new roof for the Ashern arena, a new day care in Arborg and a Sno Coach Ambulance, according to its 2014 annual report.

Because the iTM has proven so popular in Selkirk, attracting patrons from across its member regions, Noventis may install them in other branches.

"We haven't ruled out where we're going

with it," said Kevin McKnight, chief executive officer of Noventis. "We're always analyzing where we want to go next."

Once people become familiar with Gimli's iTM, he expects usage will mushroom.

"They may be apprehensive to try it out because it's new technology," said McKnight. "But it's very user-friendly."

All age groups have responded favourably to the iTM, including seniors who like personal contact, he said. For people who aren't members, Noventis will provide them with a demonstration. That got the attention of other credit unions, which have sent representatives out to Selkirk to see how it works.

"To have this technology and these services in smaller communities," said Percy, "really shows an innovative spirit."

Noventis may have started out "humbly," she said, but it has become "the little credit union that could."

The iTM can serve only Noventis credit union members. There is no fee to access the machine. For more information about its services, visit the Noventis website at [noventis.ca/personal/interactive-teller-machine-itm](http://noventis.ca/personal/interactive-teller-machine-itm).

# Gimli Public Library gets in the Halloween spirit



EXPRESS PHOTO BY PATRICIA BARRETT  
Melanie Dryden and Valerie Eyoifson.

By Patricia Barrett

To celebrate Halloween, and to encourage kids to get into the reading spirit, Gimli Public Library is offering children 11 and under a chance to win one of three prizes.

Melanie Dryden, who takes care of patron needs at the circulation desk, and head librarian Valerie Eyoifson said the library always offers free gifts to celebrate holidays such as Easter, Valentine's Day and Christmas.

"We purchase the gift items from the library's book supplier," said Dryden. "Then we buy the chocolate and candy."

In addition to the goodies, prizes include a sketch pad and paint box for artists, a 3-D puzzle, a build-your-own-dog paper craft, a step-by-step doodles game and a Dr. Seuss matching game.

Entry forms are available at the circulation desk. The draw takes place Oct. 30.

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# Cult classic Rocky Horror Show live on stage in Winnipeg



PHOTO COURTESY OF QUINN GREENE

The wacky cast for *The Rocky Horror Show* will provide audience members with an experience like no other.

By Jeff Ward

The cult classic musical that turned into a cult classic film is now back on stage in its original form for all to see, starting tonight in Winnipeg.

*The Rocky Horror Show* — produced by Wasteland Productions the same team who brought you *Evil Dead: The Musical* last year — is a show like no other. It tells the story of a newly engaged couple who get caught out in a storm and wind up at the house of a mad transvestite scientist. What follows is a barrage of incredible music, dancing and some of the best live entertainment one could ask for right before Halloween. One of the show's producers, Quinn Greene, grew up in Moosehorn and was able to foster his creativity in the Interlake before moving to Winnipeg and becoming involved in the film industry.

"After *Evil Dead: The Musical*, we were looking for a new project that would bring out the same emotions in an audience," said Greene.

"We loved how the audience responded to [*Evil Dead: The Musical*], and the interactivity from that show was great. So we went looking for a similar cult classic to do the same thing. We ended up going with the best cult classic of all time."

*Rocky Horror* has its fans, who will undoubtedly come out in droves for this stage version. But even if you're not a hardcore fan of the musical or

film you'll still get a ton of enjoyment out of a truly unique atmosphere.

The audience, who will likely will be dressed up as their favourite character and are encouraged to do so, will be yelling and singing along with the performers and even throwing items on stage as well.

"We actually will be doing a rehearsal gauntlet tonight. We have the full show blocked out, but tonight our crew will act as the audience and are going to yell and throw things — really bombard our performers so they can get used to having that experience," said Greene, who's encouraging the audience to not throw things directly at the performers.

"People who go to the film have the experience of yelling things at the screen, but if you yell at us, we'll yell right back at you. It's going to be a very interactive show," noted Greene.

With the creativity dial turned all the way up, there's almost no limit to the mayhem that will happen on stage and that audience members will be a part of.

*The Rocky Horror Show* begins tonight, Thursday, Oct. 22 at 7 p.m. at the Park Theatre in Winnipeg, located at 698 Osborne St. It will continue each night until Oct. 31 (there will not be a show on the 26th). Tickets are available online at [www.parktheatrevideo.com](http://www.parktheatrevideo.com) or at the door for \$35.



## Ruff House Open House

The Ruff House Open House will be held on **Saturday November 21** from 11 am to 4 pm at Ruff House - 91026 Hwy 7. Everyone welcome! Come on by and say hello.

There is nothing that the RUFFians like better than playing with their dogs and showing off their tricks and skills. Throughout the day there will be demos and entertainment by **Do It Again Agility Group, SMART Dogs, the Ruff House Rowdies** and **Diamond Disc Dogs**.

We will have our always popular

warm chili lunch. There will be vendors to help get Christmas shopping started and a Rainbow Auction. And Pooch Pictures with Santa! There will be door prizes and goodie bags while they last.

All proceeds from the lunch counter, auction and Santa Pictures will go to the Teulon Food Bank and the Senior Resource Centre.

Join us in our family fun day and support our community at the same time!



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# Riverdale Place Workshop hoping for staff wage increase

By Patricia Barrett

Day service programs for people with disabilities, such as one offered at Arborg's Riverdale Place Workshop, are struggling to attract and retain staff because of low wages.

"It has been a tough go the last few years," said workshop manager Alex Janower. "New staff start at minimum wage."

Manitoba's minimum wage is \$11 per hour.

Some staff at Riverdale stay for a while to gain work experience then leave for better paying jobs in the health-care sector, he said. That in turn affects the workshop's clients, who go through a period of adjustment whenever a staff member leaves or a new one comes aboard.

"We have some long-term staff," Janower said, "who stay because they love their job."

But he wants to see staff wages improved so that the workshop can continue to provide a high level of service and ensure that people with disabilities can participate in the labour force.

Unemployment for people with disabilities is nearly double that of people without disabilities, according to the provincial government's 2015-2016 Annual Plan with respect to The Accessibility for Manitobans Act.

A 2014 report titled *The Community Living Funding Crisis in Westman and Parkland* looked at 15 agencies serving the needs of people with disabilities in the western half of the province. It found four agencies (serving 134 people) expecting to end service because of financial collapse, and several more that would have to close over the next five years if the province didn't increase staff wages.

In response to the crisis, the province implemented a \$6 million wage enhancement program this July to boost the starting wages of staff caring for people with disabilities in residential settings.

But the program excluded staff working in day programs.

"People have been here for a number of years,"



Day service programs at Arborg's Riverdale Place Workshop include recycling of glass, aluminum, plastics and cardboard.

said Janower, who has overseen the workshop for 28 years. "They should be getting a better wage."

Riverdale employs seven full-time and five part-time staff that attend to and supervise 32 workers throughout the day. It also provides one-to-one daily care for people in wheelchairs.

The workers operate a recycling depot, which picks up recyclables such as glass, cardboard and paper from the blue box program in Arborg and Riverton. It also collects materials from the RM of Bifrost's waste disposal site. The workers sort, package and ship the recyclables to Winnipeg.

"Different organizations in Winnipeg help fund

the overall operation," said Janower. "And the Town of Arborg and the RM Bifrost-Riverton have always been supportive."

Riverdale also has a carpentry shop that repairs about 280 pallets every two months for the Diageo whisky plant in Gimli.

The workers themselves are paid a gratuity wage. Janower doesn't understand why day service programs were left out of the funding equation. "They're all important services."

The province recognizes there is a wage discrepancy between staff working in residential and day services.

"We know this is a huge issue with low salaries within that sector," said Minister of Family Services Kerri Irvin-Ross, "and it's difficult to attract and retain people."

The government wanted to focus first on stabilizing the residential services side where there was a demonstrable staff turnover, she said.

And it is currently examining the wages of staff working in day services.

"There is a day service review that is happening now that will be finalized, we're hoping, by January," said the minister, who is also the NDP MLA for Fort Richmond.

She said when the report is released, the province will determine how to move forward.

Staff from the family services department have met with a number of service providers across the province and have visited different day service programs, said Irvin-Ross.

In the Interlake, the department visited the Association of Community Living in Stonewall, Hearstone Community Group in Selkirk and Riverdale Place Workshop in Arborg.

"Three people did a survey, but I've not heard anything further," said Janower. "I've told government officials we're trying to operate programs efficiently."

# False alarms officially outlawed in Winnipeg Beach



Mayor Tony Pimentel enjoys a bit of light-hearted banter with Winnipeg Beach councillors.

By Patricia Barrett

Winnipeg Beach council reviewed and passed a bylaw at its regular meeting Oct. 14 that will enable the town to impose penalties on property owners or occupants who experience a number of false alarms.

The False Alarm bylaw (13-2015) will apply to alarms that either detect fire or unlawful or unauthorized entry but exclude motorhomes and car alarms.

False alarms tie up emergency services and are an added cost to the town.

Property owners or occupants can be charged for "excessive" alarms, which are defined as three or more false alarms in any 12 continuous month period. The town will be notified of all false alarms.

"We'll get a report of everything," said Chief Administrative Officer

Kerry Lawless.

Fines for a first and second offence will see property owners or occupants receive a written warning and a requirement to have the alarm inspected with a report forwarded to the town. A third offence would result in a fine of \$500 for each separate offence.

## Other council briefs:

Council had its first reading of an amendment (14-2015) to the Zoning Bylaw of 2012.

"We want our zoning bylaw to be consistent with other municipalities," said Mayor Tony Pimentel.

Some of the proposed changes include:

- Construction of garages to a maximum 1,200 square feet. The current bylaw allows for a maximum of 800

square feet, and anything larger requires a variance hearing before council.

- Residential units allowed on the first floor of commercial buildings, which Pimentel said can help develop the downtown.

- Multiple-family dwellings or row house developments in commercial zones along the highway.

- Bathrooms installed in garages and sinks in workshops.

Council discussed the issue of graveling roads before the snow flies. Based on a report it read from a Saskatchewan rural municipality, graveling may not be worthwhile until early spring.

"With snow removal," said Lawless, "gravel is pushed into ditches."

The mayor cited the need for a solid base for plowing.



# Samples show zebra mussels now present in Cedar Lake

Staff

Manitoba Conservation and Water Stewardship reports water sampling results show zebra mussels are now present in Cedar Lake.

Water sampling results found a single larval zebra mussel, called a veliger, for the first time in a water sample collected from Cedar Lake. Ongoing sampling is being conducted as part of the Co-ordinated Aquatic Monitoring program, conducted by the Manitoba government and Manitoba Hydro.

This finding strongly suggests that the overland movement of uncleaned

watercraft or water-related equipment resulted in the appearance of a veliger because Cedar Lake has no direct connection to a waterway where zebra mussels have previously been found, according to a provincial press release.

The provincial government is currently implementing its early detection and rapid response protocol at Cedar Lake. This involves collecting additional water samples, conducting site evaluations of watercraft and shorelines and inspecting water-based infrastructure such as docks, wharves and buoys to evaluate the

extent of the spread of zebra mussels in Cedar Lake and surrounding water bodies.

Manitobans are being reminded that under the federal Fisheries Act, it is illegal to possess or transport zebra mussels. Penalties for possessing zebra mussels may result in fines or prosecution under this act.

The measures watercraft owners, including owners of water-based aircraft, should undertake if moored for longer than 24 hours in Lake Winnipeg, the Red River or Cedar Lake to prevent the spread of zebra mussels are explained in a document called

The Zebra Mussel Directive. It is available by emailing fish@gov.mb.ca, online at manitoba.ca/stopais, or in person at Manitoba Conservation and Water Stewardship regional offices in Riverton, Gimli, Winnipeg Beach, Selkirk, Pine Falls and Grand Beach between 8:30 a.m. and 4 p.m., Monday to Friday.

To report a zebra mussel or any other AIS from a location, take pictures and visit the website at www.manitoba.ca/stopais or call 1-87-STOP AIS-0 (1-877-867-2470).

## Businesses hurt by minimum wage increase

By Jeff Ward

The recent increase of minimum wage from \$10.70 an hour to \$11 has been met with some criticism from the Canadian Federation of Independent Business (CFIB), which says that the wage increase could do more harm than good.

This is the 11th increase in the last decade for minimum wage. And while 95 per cent of Manitoba employers are already paying more than minimum wage, according to the CFIB, it's the small businesses in the retail and hospitality sector that will be hit hardest by the increase. The CFIB is a lobbying organization that represents the interests of more than 100,000 small business across Canada, and nearly 5,000 here in Manitoba.

"There are more effective ways to help low-income Manitobans than simply higher minimum wages," said Elliot Sims, Manitoba provincial affairs director for the CFIB.

"The government should explore these avenues, like reducing taxes on low-income workers and helping them upgrade their skills before they price employees out of jobs and entrepreneurs out of business."

On the surface, an extra 30 cents an hour doesn't seem like a lot, but let's do the math. If an employee is working 40 hours a week, that 30 cents is an extra \$12 per week. Again, it doesn't sound like a lot, but multiply that by the 52 weeks in each year and a minimum wage employee is now making an extra \$624 per year before taxes. For a small business owner who might have multiple minimum wage employees on staff, that could add up to thousands of dollars over the year.

Small business owners already have a tough time staying competitive against larger companies, and now that battle becomes harder if they have to choose between hiring a new employee or raising prices for the

consumer.

"It's very difficult for small businesses to raise their prices without their customers going to other organizations. So now they have extra labour costs and can't raise their prices to compensate, so adjusting for that cost could mean reduced hours for workers or even layoffs," noted Sims.

There's also another potential problem that come up when minimum wage gets increased. If a business owner has staff that's been a part of the business for a long time, the gap between their wage and the wage of someone who's just starting becomes smaller. And while that might seem like a petty problem, it can be discouraging for some to see someone start at a wage it took them a few years of hard work to earn.

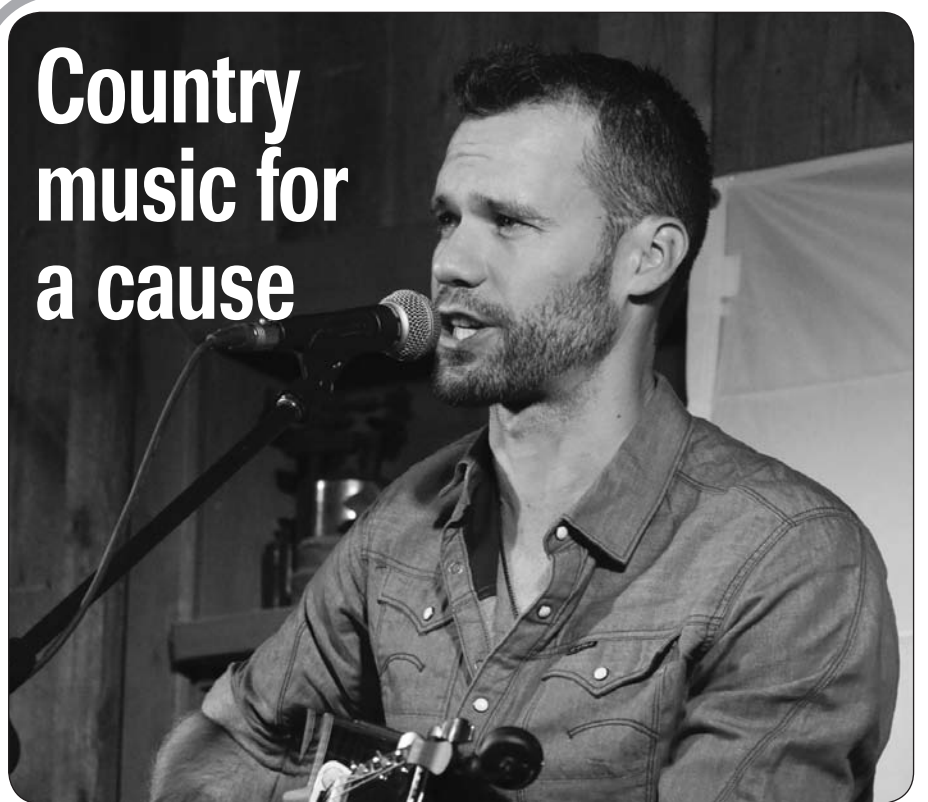
"You can't have that gap getting smaller because it's just not fair," said Ken Peterson, manager of the Ashern Chicken Chef.

"I certainly know that it wouldn't be easy to live on minimum wage, and even at \$11 an hour, it's not easy to live on. We're in a chain business here, so this increase has already started the conversation in upper management about raising our menu prices, which is something I don't want to do."

Peterson is worried that because of the hike in minimum wage, he'll have to raise his prices to compensate, which would take more money out of peoples pockets. And if that happens at other businesses around the area, then that extra \$624 per year becomes net neutral in the grand scheme of things. So who's really being helped here?

The CFIB maintains that the backlash to the wage hike isn't about greed but about practicality. And that, for small businesses like Peterson's, the added cost makes an already tough job tougher.

## Country music for a cause



EXPRESS PHOTOS BY LINDSEY ENNS

ABOVE: Canadian country singer Chad Brownlee performs for a sold-out crowd at the fourth annual Ducks Unlimited fundraising dinner and concert at the Hitch 'n Post in Grosse Isle last Friday night. BELOW: Brother and sister duo Gord and Rosalyn Church open up for Chad Brownlee at the Ducks Unlimited fundraiser last Friday.



# Doctor shortage continues to frustrate Interlake residents

By Jeff Ward

In a town hall meeting last week, Interlake-Eastern Regional Health Authority (IERHA) CEO Ron Van Denakker and VP of Primary Care and Chief Medical Officer Myron Thiessen spoke to a crowd of more than 150 in Lundar about the crisis facing area residents.

The shortage of doctors in both Lundar and Eriksdale is making for a dangerous situation along Highway 6, and residents want to know when more doctors are coming. There wasn't much good news to share, unfortunately, as the Interlake-Eastern RHA has been facing a number of challenges lately in the recruitment of doctors to the area. One of the biggest challenges is that the incentive structure for new doctors to go to other parts of the country is aggressive and very attractive, coming with six-figure signing bonuses and access to every form of entertainment you could want, which makes it tough to compete with for the Interlake-Eastern RHA.

"We don't have all the answers yet," said Van Denakker.

"If we had three doctors come to us today and say, 'We want to work in Eriksdale,' we'd sign them up immediately. But that's not likely to happen. We have to go out and find them, and that's where things get difficult."

This was not the news that residents who attended the meeting wanted to hear, and the frustrated scoffs from those in the church echoed a clear anger towards Interlake-Eastern RHA's top brass. The room was able to keep a fairly calm and orderly question period throughout, however, and only a few times did mediator Keith Lundale have to step in and get the discussion back on track.

"There is some real passion and resentment in that audience because we keep getting told they're going to do all these things for us and then nothing happens. They have sent the wrong signals to the general public based on their past practices," said Keith Lundale, a member of the Lundar/Eriksdale health committee, recently formed to deal with the problem.

According to Van Denakker, the biggest problem

facing the Interlake-Eastern RHA right now is recruiting doctors into the region, and it has caused significant gaps in service. In order to keep emergency rooms open, like the one at E.M. Crowe Hospital in Eriksdale, you need to have physicians servicing the area. And right now they don't have any.

Dr. Michael Sullivan from Ashern Hospital will be moving into Eriksdale in November to help provide service there but will be working out of the Eriksdale Wellness Centre instead of the hospital. And while the addition of Sullivan to Eriksdale will be a step in the right direction, his placement in the wellness centre is disturbing to area residents.

The rationale for that move from Van Denakker is that their research shows that this will be the best model for primary care going forward. But residents aren't convinced.

"You come here in January and try pushing a wheelchair through the snow to get across the street for tests at the hospital and then back to the doctor's office and see

how you like it," exclaimed one resident.

Thiessen also spoke about how they're aware of the problems in the system and how they're working at stabilizing and creating a long-term solution at the same time.

"We recognize your situation today, and this is not the model for sustainability. These are Band-Aid solutions to keep the building (E.M. Crowe Hospital) open. We don't know what our long-term plan is today, but we're working on it," said Thiessen.

For all of the frustrating news given to attendees of the meeting, there was one silver lining. Both Van Denakker and Thiessen owned the situation, not trying to make excuses or blame those who came before but instead taking each and every question to heart and allowing residents to be angry. Van Denakker thanked those for their questions and comments because, as he put it, "this will help us better understand the issues you all face."

This is a complex problem and one that will likely require some patience to see through, but now that the dialogue has started, the Interlake-Eastern RHA can get to work to fix it.

"They're (the Interlake-Eastern RHA) not our enemy. We have to work together. And now that we've

**"WE RECOGNIZE YOUR SITUATION TODAY AND THIS IS NOT THE MODEL FOR SUSTAINABILITY."**



EXPRESS FILE PHOTO

Interlake-Eastern RHA CEO Ron Van Denakker spoke for nearly two hours to residents from Lundar and Eriksdale about their primary and emergency care physician shortage.

opened the dialogue, we want to make sure we have the same considerations that the other parts of the region do," said Lundale, who is frustrated but recognizes that this is the first step in a very important journey.

Van Denakker isn't able to commit to a timeline, as there is no formal plan to tackle the doctor shortage just yet. But he did mention that they will invest heavily in the international recruitment of doctors and in getting more nurse practitioners in the area.

"It will be a multi-phase plan and, in our minds over the next six months, we'll have a plan that we believe will be able to give the community confidence in the system. We will work with the community to establish a plan," said Van Denakker.

The Lundar/Eriksdale health committee (which doesn't have a formal name yet) will likely host another open house when more is known.

## Hospital tea will help to furnish Eriksdale's palliative care room

By Jeff Ward

The E.M. Crowe Hospital Guild is holding their annual fundraiser this weekend and is hoping to raise enough money to furnish the palliative care room in the hospital.

The annual hospital guild tea will be held Saturday, Oct. 24 at the Eriksdale Community Centre from 1 until 3 p.m. and will feature a silent auction, raffle and door prizes as well as a light lunch. Last year's fundraiser raised more than \$1,000 and the hospital guild hopes to repeat that success this year.

Over the years, the hospital guild has been able to purchase items like new beds for both the hospital and care home, blood pressure machines and supplies for doctors. They've been able to do all this with the generosity of many members of the com-

munity.

"We've always gotten great support for Eriksdale residents but also from many people in Ashern and Lundar," said Gail Holmes, president of the E.M. Crowe Hospital Guild.

"We have very good support from our surrounding areas because we all use the hospital and know how important it is."

The guild has to spend 80 per cent of their accumulated funds each year and is in constant communication with members of the hospital to understand what they need the most. Each year, the needs of the hospital staff change and the guild responds as well as possible with the funds they have available.

If you're interested in taking part in the fundraiser this year, there are a few interesting prizes that you

could walk away with. For the raffle, first prize is an outdoor solar clock, second and third are both food hampers, while fourth and fifth are a free oil change from R & B Auto and \$25 respectively.

"We'll also have baked goods for sale as well. The tea has always been a popular fundraiser, and I think we'll do well again because now more than ever people understand the value of our hospital," said Holmes.

There are currently 14 members in the hospital guild and many of them come from backgrounds in medicine, either having worked in the hospital or personal care home in Eriksdale. For more information about the fundraiser, you can call Gail Holmes at 204-739-5523.

# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Johannesson adjusting to life in the MJHL

By Brian Bowman

Wayde Johannesson has gone through a lot of change the past month or so.

He's living in a new town, playing for a new team, and adjusting to a new league.

But so far, Johannesson has been making those changes with ease.

The former Interlake Lightning defenceman is now manning the blue-line for the Waywayseecappo Wolverines of the Manitoba Junior Hockey League.

The speed and size of the players in the MJHL are much different than playing Midget "AAA" hockey, said Johannesson. The 5-foot-11, 208-pounder has been paired with veteran Braden Pettinger on the Wolverines' back end this season.

"Some of the 20-year-olds here are pretty big guys," said the 17-year-old defenceman from Arnes earlier this month.

Johannesson has been getting plenty of ice time in Waywayseecappo under long-time Wolverines' head coach Barry Butler. He had one assist in nine games heading into last Friday's 5-3 road win over the Steelers in Selkirk.

But Johannesson had three assists in that victory and was deservedly named the game's second star.

Johannesson is one of seven rookies on this year's Wolverines team that has struggled to a 3-6-2 record

through their first 11 games.

With so many rookies on this year's roster, an MJHL title would be a stretch this season, but this squad still could be pretty good.

Three players in Waywayseecappo — Johannesson, Rhett Lough and Kristjon Finnson — have each played for the Interlake Lightning. Familiar faces made the move to Waywayseecappo more comfortable.

"It (made for) a lot easier transition," said Johannesson, now a Grade 12 student at Russell High School.

Butler had high praise for the talented, young defenceman from the Interlake.

"He plays with Braden Pettinger and they are the guys we go to for our No. 1 PK unit and key faceoffs and when we want to get the puck out of our zone," said the Wolverines' coach Monday afternoon.

"He's adjusted to having a pretty important role on our hockey club."

The future looks very bright for Johannesson in the MJHL.

"He's such a tenacious, hard-working kid," Butler praised. "He never gives up on a battle and that's why he gets in on those key situations — you know he's going to give his best effort to get the puck out or clear the zone."

Butler said his staff liked Johannesson when they selected him in the MJHL Bantam draft a few years ago. They like him even more now in a Wolverines' uniform.

**"HE NEVER GIVES UP ON A BATTLE AND THAT'S WHY HE GETS IN ON THOSE KEY SITUATIONS."**



EXPRESS PHOTO BY LANA MEIER

The Wolverines' Wayde Johannesson (11) of Arnes was named the game's second star last Friday during Waywayseecappo's 5-3 road win over the Steelers.

"We liked him when we drafted him and we like him even more as he goes along here," Butler said. "He's just a sponge when you're talking about game plans and structures of the game and what you need to do to do more. He takes it all in and goes right

at it. It's a pleasure to coach kids like that."

Waywayseecappo has a pair of home games this weekend. The Wolverines will host the Steinbach Pistons Friday and then the Winnipeg Blues on Saturday.

## Lightning lose pair at Showcase

By Brian Bowman

The Interlake Lightning had a tough weekend at the Manitoba AAA Midget Hockey League Showcase in Portage la Prairie.

Interlake lost both of its games — 4-1 to the Winnipeg Wild on Friday and 4-3 to the Yellowhead Chiefs Saturday — to fall to 3-3 on the season.

In the loss to the Chiefs, Yellowhead took a 2-0 lead on goals by Dayton

Heino and Josh Belcher. Jack Einarson cut that lead in half late in the opening period but Brian Mentuck regained the Chiefs' two-goal advantage midway in the middle frame.

Interlake's Riley Vautour scored at 15:57 of the second period but the Chiefs' Tucker Scantebury struck on the power play early in the third. Vautour currently leads the Lightning in goals (three) and points (six).

Karson Collins pulled the Interlake to within a goal once again when he scored at 13:56 of the third.

Adam Swan made 24 saves in the loss.

Last Friday, the Lightning were defeated by the first-place Winnipeg Wild.

The Wild took a 3-0 first-period lead on goals by Conor Timlick, Caiden Dailey and Brendan Arnold. Rylan

Bettens made it 4-0 midway in the second period and then the Lightning's Sean Loutit tallied at 17:40 of the third.

Jordan Kristjanson and Collins drew assists on Loutit's goal.

Winnipeg outshot Interlake 53-18, including 36-12 through the first two periods.

Nathan Cvar made 49 saves in the loss. The Lightning are back in action this weekend with a pair of home games in Teulon. Interlake will host Southwest Saturday (6 p.m.) and then Norman on Sunday (2 p.m.).

# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## KJHL teams see plenty of action last week

By Brian Bowman

The Fisher River Hawks had a tough weekend. Fisher River was outscored 9-7 by the Cross Lake Islanders on Saturday and then defeated 6-1 by the OCN Storm Sunday in Keystone Junior Hockey League action.

In Sunday's loss, Evan Thickfoot scored a third-period goal for the Hawks.

While Fisher River had trouble scoring goals against OCN, that's wasn't the case against Cross Lake.

Brennan Cochrane led Fisher River with two goals and an assist while Tristin Starr, Jared Thickfoot, Gavin Mason, Darryl Thaddeux and Daulton Waulhouse scored for the Hawks.

On Oct. 13, the Hawks were doubled 4-2 by the Fishermen in Selkirk.

After Gavin Mason gave Fisher River a 1-0 first-period lead, Selkirk's Scott Thomas and Milan Horanski scored in the second.

In the third, Auzzie Loewen put the Fishermen up 3-1 but Mason made it a one-goal game with a power-play marker.

Jeremy Pachkowsky then closed out the scoring with an empty-net goal with just a second remaining in the game.

Selkirk outshot Fisher River 53-25, including 40-16 through the first two periods. The Fishermen were 0-for-7 with the man advantage while the Hawks were 1-for-5.

Jarrett Hogue was a busy man in goal, making 49 saves in the loss.

Fisher River (0-3) hosted the Peguis Juniors last night but no score was available at press time. The Hawks will visit Cross Lake Saturday and Norway House on Sunday.

Peguis was also in action last weekend, defeating the Lundar Falcons 6-4 on Friday before losing 6-3 to the OCN Storm Saturday.

In Saturday's loss, DJ Stevenson, Jared Tobacco and Harold Linklater scored for Peguis.



EXPRESS PHOTO BY JO-ANNE PROCTER

Fisher River Hawks' goaltender Jarrett Hogue was a busy man in goal last Tuesday, making 49 saves in his team's 4-2 loss against the Selkirk Fishermen.

Against Lundar, Waylon Neault led Peguis with two goals and an assist while Montana Tanner, Stevenson, Matthew Cameron, and Linklater also tallied.

Trent Laycock (two), Aldyn Gray, Bryce Horning replied for Lundar. Keifer Tacan made 32 saves for the win.

Lundar also hosted St. Malo Sunday afternoon, defeating the Warriors 3-2 in a shootout.

Trent Laycock and Bryce Horning scored for Lun-

dar in the shootout while Jared Magne replied for St. Malo.

In regulation time, Aldyn Gray and Horning scored second-period goals for the Falcons.

Jonathan Kostek and Dustin Wiebe replied for the Warriors.

Randy Quick made 28 saves for the win.

Lundar (2-1-0-1) will visit the undefeated Selkirk Fishermen (3-0) on Friday (7:30 p.m.) and then host Lundar Saturday (8 p.m.).

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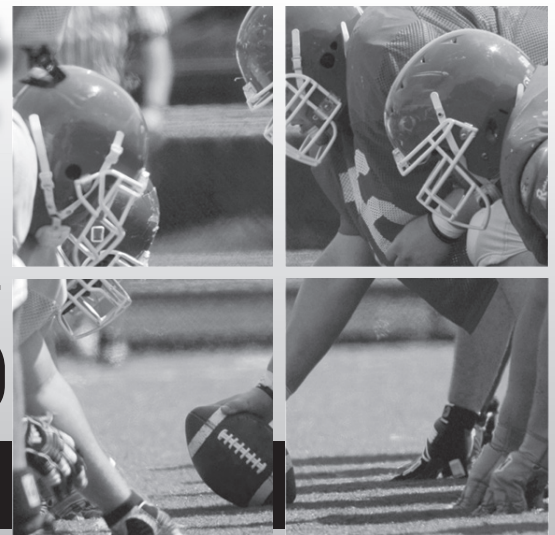
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3rd Quarter ..... \$100 \$25	●
Final Score ..... \$250 \$100	●
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# Ice Dawgs awesome last weekend in KJHL action

By Brian Bowman

To say that the Arborg Ice Dawgs had a good weekend would be a major understatement.

Arborg won both of its games last weekend — outscoring the opposition 21-5 — in Keystone Junior Hockey League action.

On Sunday, the Ice Dawgs blitzed the Norway House North Stars 14-3.

Spencer Kilbrei led Arborg with three goals and an assist while Joshua Boone and Cal Finnson each had two goals and an assist. Cory Kuldys scored twice and added a pair of assists while Connor Jonasson also had a four-point game with a goal and three helpers.

Braydon Chwartacki, Clint Torfason, Nico Morrow-Litke and Travis Kilbrei also scored for the Ice Dawgs.

Jon Narverud made 32 saves for the win. Preston Wesley, Tanner Poker and Kelton Queskekapow scored for Norway House.

Last Friday evening, Arborg spanked the St. Malo Warriors 7-2. The Ice Dawgs, which held period leads of 3-0 and 7-0, were led by Clint Torfason's two goals and a goal and an assist effort from Ryan Pochailo, Spencer Kilbrei, Travis Kilbrei and Colton Davies.

Boone scored Arborg's other goal.

Derric Gulay had four assists.

Jared Hunter and Bryden Johnson scored third-period goals for St. Malo. Narverud made 39 saves for the win.

On Oct. 13, the Ice Dawgs were doubled 4-2 by the Satelites in North Winnipeg.

North Winnipeg's Colin Yarchuk opened the game's scoring early and then Glen Paupanekis made it 3-0 with a pair of goals, the second coming with the man advantage.

Davies cut into that lead, however, with a goal, assisted by Spencer Kilbrei and Gulay, before the first period ended.

After a scoreless second period, Arborg's Ryan Pochailo scored to make it a one-goal game (assisted by Travis Kilbrei and Davies) but North Winnipeg's Jesse McIntosh then closed out the scoring with an empty-net goal with 1:30 remaining.

North Winnipeg outshot Arborg 32-26. The Satelites with 1-for-3 with the man advantage while the Ice Dawgs were 0-for-2.

Narverud made 28 saves in the loss.

Arborg (2-2) will host North Winnipeg tonight and then will visit Lundar on Saturday. Both games start at 8 p.m.



EXPRESS FILE PHOTO

The Ice Dawgs' Ryan Pochailo had a goal and an assist in his team's 7-2 win over the St. Malo Warriors.



EXPRESS PHOTO BY LANA MEIER

The Thunder's Rory Doak heads up the sideline after catching a pass in the first half of his team's 56-0 loss.

## Falcons fly past Midget Thunder

By Brian Bowman

The Interlake Thunder's Midget football season is now over.

Interlake was on the wrong side of a 56-0 decision to the Greendell Falcons in a Midget Football League of Manitoba quarter-final matchup Saturday afternoon at the University of Manitoba.

Greendell led 26-0 at the break and didn't let up in the second half.

"Our offence struggled to get things going," said Thunder head coach Kris Johnston. "We were definitely trying to get the running game going and the passing game wasn't quite on its mark like it normally is."

"It was just an off day offensively for us."

Interlake completed just two passes for 49 yards the entire game. On the ground, the Thunder produced just 78 yards between three players.

Defensively, the Thunder played very well, at times, especially in the first half. Greendell was kept in check during that first half but did explode for some big plays.

"They managed to get us on a couple of missed tackles and blown assignments," Johnston said. "Minor things, but they added up to big gains for ma-

ior first downs and, in several cases, touchdowns."

Looking ahead to next season, the Thunder expects to lose 12 players due to graduation from the Midget league. Several of those players were very good for the Interlake this past season and played key positions.

In fact, four of the Thunder's five starting offensive linemen, and two of three starting linebackers, have played their final game of Midget football.

"It's certainly a significant number but I have coached teams where we have lost more," Johnston said. "It's a good group of guys, for sure, but we do return some tremendous football players."

Despite the lopsided loss in the playoffs — and a 2-6 regular-season record — Johnston felt the Thunder had a successful season.

"There were a lot of positives to this season," he stressed. "We saw a lot of growth with our players throughout the course of the year. And, although we lose a lot of key starters, we're really excited about the future of this team. There are a lot of good Bantams coming up."

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# take a break > GAMES

## SUDOKU

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

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

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### Here's How It Works:

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

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

Sudoku Answer

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

Crossword Answer

# X CROSSWORD

### CLUES ACROSS

- Angling worm
- Tissue that conducts food in plants
- 1937 Steinbeck novella
- Feed storehouse
- Raised pattern cotton cloth
- Prophetic signs
- Cowboy competitions
- Ophthalmic products company, \_\_\_\_\_ Worldwide
- Prefix meaning inside
- Arousing or provoking laughter
- Plant spike
- Atomic #94
- Himalayan goat
- Patti Hearst's captors
- Rock TV channel
- Pen point
- Tiny bite
- Organized work group
- Atomic #58
- Food fish of the genus Alosa
- Fleshy slice of meat
- Shallowest Great Lake
- Tapered tucks
- Winter muskmelon
- Isaac's mother
- Picasso's birthplace
- Lowest hereditary title
- Streisand/Reford film
- Verb states
- Soluble ribonucleic acid

### CLUES DOWN

- Sink in
- Hairdo
- Muslim leaders
- Ringworm
- Oppresses or maltreats
- Cut fodder

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

- Natural logarithm
- Not divisible by two
- Independent Islamic ruler
- Written proposal or reminder
- Tilt or slant
- Nests of pheasants
- Portable shelters
- Swiss singing
- Body of an organism
- Opposite of "yes"
- 41st state
- 007's Fleming
- They speak Muskogean
- Payment (abbr.)
- "Spud Papers" author's initials
- Large vessel for holding liquids
- Nanosecond (abbr.)
- Worn to Mecca
- 1/100 rupee
- Of I
- Distributed cards
- Public promotion of a product
- Hard to find
- Thinks or supposes
- More lucid
- Thai monetary unit
- Phil \_\_, CIA Diary author
- Dialect variant of "heron"
- One of the tender bristles in some grasses
- Pass
- Hot or iced brewed beverage
- Equally

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> MEAL IDEAS

## Caramel Apple Popcorn



**Ingredients**  
 6 cups popped popcorn, buttered and salted  
 3/4 cup roasted salted peanuts  
 1 package (10 ounces) Caramel Apple Candy Melts candy  
 1 bottle (2.5 ounces) Spider Mix Sprinkles

**Preparation**  
 Spread popcorn and peanuts on parchment paper-lined cookie sheet. In disposable decorating bag, melt candy in microwave at 50 percent power for 1 minute; remove bag and knead. Continue melting candy for 30-second intervals at 50 percent power until completely melted. Snip off end of bag and drizzle melted candy over popcorn. Immediately top with sprinkles. Let stand until candy has hardened, about 20 minutes. Break into pieces to serve.  
 Serves 6 cups

## Spooky Snack Mix



**Ingredients**  
 5 cups crispy corn cereal squares  
 2 cups cinnamon-flavored bear-shaped graham crackers  
 2 cups salted peanuts  
 2 cups tiny twist pretzels  
 1 cup sugar  
 1/2 cup Karo® Light Corn Syrup  
 1/2 cup butter OR margarine  
 2 teaspoons Spice Islands® Pure Vanilla Extract  
 3/8 teaspoon yellow food coloring plus 1/8 teaspoon red food coloring, OR 1/2 teaspoon orange paste food coloring  
 2 cups mini marshmallows  
 2 cups small candies such as candy corn, candy coated chocolate pieces, etc.  
 1/2 cup white OR semi-sweet chocolate chips  
 2 teaspoons Mazola® Corn Oil

**Preparation**  
 Mix together cereal, crackers, peanuts and pretzels in large bowl sprayed with cooking spray. Combine sugar, corn syrup and butter in saucepan over medium-high heat. Stirring frequently,

bring to boil and cook for 1 minute. Remove from heat and add vanilla and food colorings (mixture will bubble). Drizzle glaze over snack mix and toss to coat. Gently stir in marshmallows and candy; immediately spread on baking sheet sprayed with cooking spray. Melt chocolate chips and oil until smooth. Drizzle over snack mix and refrigerate for 30 minutes to set chocolate. Store mix in air-tight container.  
 Preparation Time 25 minutes  
 Chill Time 30 minutes  
 Serves Makes: 18 cups



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— Allana Sawatzky —  
 isaallana@hotmail.com

— Janice Karaim —  
 jkaraim@mymts.net

— Rose Sawatzky —  
 isa.rose1957@gmail.com

[www.isaproduct.com](http://www.isaproduct.com)

# The Skill: Giving Your Family Toward Healthy Eating



**Part 3: Eating a wholesome diet is a behavior like any other: It must be taught and practiced, again and again, by everyone.** When researchers from the University of Newcastle in Australia surveyed nearly four hundred parents of preschoolers about the home food environment and their children's fruit and vegetable intake, they found a strong association between kids' fruit and vegetable consumption and their parents' intake; moreover, the more often parents provided their child with fruit and vegetables each day, the more produce the young kids ate on a daily basis. So don't underestimate the power of parental modeling or repeated exposures to healthy foods!

Once these wholesome eating habits take root, they have a better chance of thriving and becoming sustainable for the whole family. The best way to get there is together. When researchers from the University of Minnesota tracked the eating habits of 677 adolescents from middle school through high school, they found that the teens who had regular family meals over the five-year period had higher daily intakes of vegetables, fiber, vitamins (such as A, B6, and folate), and minerals (including calcium, magnesium, potassium, iron, and zinc) than their peers who had less frequent family meals. In other words, sharing regular family meals when your kids are in early adolescence can help them maintain healthier eating habits when they

reach their late teens. Cooking well doesn't have to be an elaborate affair. You can keep it simple and healthy and still create delicious meals and a pleasant dining experience. With regular practice, planning and cooking nutritious meals will become second nature to you. You'll become more efficient in the kitchen, and your taste buds will likely develop a preference for your own healthful fare. Cooking healthfully will become the new normal for you, which is just as it should be.

- Get in the habit of planning meals ahead of time so you can be sure to have ingredients available when you need them.
  - Build healthier, more satisfying salads and sandwiches by taking a layered approach.
  - Use meal preparation shortcuts when you're especially busy, such as choosing canned or frozen veggies marinated tofu, rotisserie chicken, and other precooked ingredients.
  - Give recipes a nutritional makeover by using healthy oils instead of butter, nonfat Greek yogurt instead of sour cream, and broths, herbs, and spices instead of heavy sauces.
  - Get family members invested in developing healthier eating habits by finding ways to manage food conflicts or making healthier versions of your family's favorite foods.
- Disease-Proof: "The Remarkable Truth About What Makes Us Well" by David L. Katz, MD, MPH, FACPM FACP  
 Brenda Stafford - Juice Plus - Team Pursuit - find us on FACEBOOK

1 1/2 cups (375 mL) 1% milk  
 1 1/2 cups (375 mL) loosely packed fresh baby spinach  
 1 cup (250 mL) frozen blueberries  
 1 banana, peeled  
 Pinch ground cardamom or nutmeg  
 1 tbsp (15 mL) pure maple syrup

**Directions**  
 In a blender, combine milk, spinach, blueberries, banana, cardamom and maple syrup and blend until smooth. Serve immediately.



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