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EXPRESS PHOTO BY PATRICIA BARRETT

The descendants of Icelandic settlers in Gimli hosted an annual pilgrimage Oct. 21 to the big white rock on Willow Island to mark the 140th anniversary of Icelandic settlement in the area. Connie Magnusson and Carly Welham place roses on the big white rock to honour their forebears' arrival near Gimli in 1875.

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First Nation and Icelandic descendants mark 140 years

By Patricia Barrett

The descendants of Icelandic settlers in Gimli hosted an annual pilgrimage Oct. 21 to the big white rock on Willow Island to mark the 140th anniversary of Icelandic settlement in the area.

Among them was the descendant of a First Nation man who helped the new arrivals survive their first winter on the shores of Lake Winnipeg.

Ruth Christie, the great-granddaughter of John Ramsay, takes part in the walk whenever she can.

"He is credited with saving 35 Icelandic families from starving," said Christie, who is member of Peguis First Nation. "A lot of Icelandic people honour him."

Economic conditions in mid-19th century Iceland brought immigrants to various locations in North America. A group came from Kinmont, Ont., when jobs on the railway did not come to pass, said Tammy Axelsson, executive director of the New Iceland Heritage Museum.

Their destination was an area around Riverton, known as Sandy Bar, which was already home to a First Nation band to which John Ramsay belonged. He lost his land during the settlement.

In 1873 the Dominion government created a reserve for Icelandic immigrants, called New Iceland. It stretched 58 kilometres along the western shore of Lake Winnipeg between Boundary Creek (near present-day Winnipeg

Beach) and Hecla Island.

At Lower Fort Garry, about 235 Icelanders boarded flat-bottomed scows that were pulled north up Lake Winnipeg by a steamer called the Colville. But late in the afternoon, the captain refused to go any farther, citing a "ruffled" lake, according to a 1975 book titled *Gimli Saga: The History of Gimli, Manitoba*.

The Icelanders rowed to a small bay on Willow Island (a peninsula just south of Gimli). Here they were forced to sleep in the boats and on the beach in buffalo-hide tents they got from the Hudson's Bay Company.

"A child was born that evening," said one of the walkers, whose great grandfather was on one of the scows.

The annual walk started with Gimli resident Connie Magnusson to memorialize the arrival of the Icelanders and to recognize the hardships they endured. Her great-grandfather came with the first wave of settlers.

When the 50 or so walkers arrived at the white rock — about an hour after they started out from the New Iceland Heritage Museum — Magnusson paid tribute to the settlers and laid a rose on the rock.

She was joined by Carly Welham, a fifth-generation descendant of the woman who gave birth to the first child in New Iceland.

Welham read the poem *Arrival at Willow Point* by Don Martin, which

Continued on page 8



About 50 people took part in Gimli's 2015 Walk to the Rock. They gathered in front of the rock at Willow Point to pay tribute to the first Icelandic settlers, who arrived Oct. 21, 1875.



Left to right: Connie Magnusson, descendant of the Icelandic pioneers of 1875, and Ruth Christie, great-granddaughter of John Ramsay, a First Nation man who helped the settlers survive.

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Jeff Wharton, PC candidate for the Gimli riding, took part in the Walk to the Rock Oct. 21.

EXPRESS PHOTOS BY PATRICIA BARRETT

Province king of beer throne: hotel owner

Higher returns from booze sales demanded

By Austin Grabish

A massive throne built out of empty beer bottles is symbolic to the control the Manitoba government has over rural hotel owners, says Angelo Mondragon.

Mondragon, the president of the Manitoba Rural Hotel Association, was outside the provincial legislature Monday protesting in front of a giant beer throne he constructed.

Tombstones representing shuttered rural hotels led a path to the giant throne made up of over 160 empty beer bottles, and a crown cut out of an old beer keg sat high above Mondragon as he protested.

"The main reason I'm here is to just call attention to the province's role in what Manitoba Liquor and Lotteries has been doing to the rural hotels," said Mondragon, who also owns the Notre Dame Hotel.

"The idea is that they have sought to take over the beer industry, so now I'm saying you've wanted to be the masters of the beer industry, so now you are, and here's your throne."

Mondragon and other rural hotel owners have been complaining for months that the province's take on booze and VLT revenues is too high.

Mondragon said while the province continues to take money from beer and VLT sales, many rural hotels are struggling to turn a profit.

The association is calling on the province to lower the amount it takes from hotel revenues.

"If they changed the margins, we'd have a stronger foundation. We

wouldn't all of the sudden become successful, but we'd be able to at least have some room to grow and adapt," Mondragon said.

Mondragon couldn't say how many rural hotels have closed from low earnings but noted that one closed every six weeks in Manitoba last year.

And just last week one more closed in Holland, Man., he said.

Ron Lemieux, minister responsible for Liquor and Lotteries, said Manitoba's "modern" liquor laws give rural hotel owners an advantage other businesses don't have.

"Only hotels have a private beer store. No other business can do that," Lemieux said.

He added beer vendors are given a low

volume discount when a bad year of sales happens.

Lemieux said it's not the job of Manitoba Liquor and Lotteries to pay for businesses that can't turn a profit.

"If they're struggling or having a real challenge with regard to their business, Liquor and Lotteries is not to be subsidizing them," he said.

But Mondragon said the decrease in business at rural hotels in Manitoba shouldn't be blamed on hotel owners.

"People are so quick to blame the owner, but they don't realize ... people don't come into the bar anymore for lots of different reasons," he said.

Ron Schuler, the Progressive Conservative critic for Liquor and Lotteries, said while he couldn't say if the

"IF THEY CHANGED THE MARGINS, WE'D HAVE A STRONGER FOUNDATION."



EXPRESS PHOTO BY AUSTIN GRABISH

Manitoba Rural Hotel Association president Angelo Mondragon stands next to a giant beer throne he constructed in front of the Manitoba legislature Monday. He wants the province to lower its take on VLT and beer revenues that come from rural hotels.

PCs would raise profit margins for owners, rural hotels should be held to a different playing field than big city bars.

"Small business cannot be competing where there's just no fairness in-

volved," Schuler said.

Meanwhile, Mondragon said he's looking to sell his hotel.

"I've basically wasted five years of my life," he said.

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Zebra mussel law still missing from the books

Provincial legislation may finally come into force next week

By Austin Grabish

Legislation that would make it illegal to transport zebra mussels while giving the province the authority to hand out fines as large as \$100,000 has yet to become law, but that may change next week.

On Monday, the province held a press conference announcing an "additional" \$1 million in funding for the fight against zebra mussels.

However, reporters learned the province will actually only spend an additional \$500,000 on the fight against the mussels.

Conservation and Water Stewardship Minister Tom Nevakshonoff couldn't say if the money announced Monday was new or redirected from the provincial budget.

"Budgets are a complicated thing," he said.

Nevakshonoff reminded reporters it's illegal to possess zebra mussels in Manitoba despite the fact provincial legislation on the mussels has yet to become law.

Nevakshonoff told the *Express Weekly News* the province's aquatic species legislation, which could see boaters who are caught with zebra mussels fined up to \$100,000, would come into effect "very soon."

He hinted that could be as early as next week.

He also said while the Manitoba legislation is not yet law, the federal Fisheries Act makes it illegal for anyone to be in possession of zebra mussels.



Zebra mussels are seen in this file photo.

"The illegality of possessing them is what is fundamental here," he said.

Nevakshonoff said provincial officials were busy working on the frontlines this summer, and that's why the legislation has yet to come into force.

"Our efforts were on containment and so forth," he said.

The funding announced Monday will pay for scientific resources, decontamination units and watercraft inspection stations that will be set up throughout the province next summer.

The stations have already been set up near docks in places like Selkirk Park, where boats were screened for



EXPRESS PHOTOS BY AUSTIN GRABISH

Conservation and Water Stewardship Minister Tom Nevakshonoff (centre) speaks to reporters about zebra mussels at a press conference in Winnipeg Monday.

zebra mussels this summer.

Nevakshonoff said he disagrees with University of Winnipeg biologist Eva Pip, who told several media outlets earlier this month Lake Winnipeg was a lost cause that couldn't be saved.

"I do not think the lake is dead or will die," he said.

"I don't think any of us should contemplate a moment on giving up on any struggle to combat this invasive species."

Tory Conservation and Water Stewardship critic Shannon Martin said additional funding for the fight against zebra mussels is "long overdue."

"It's important to remember that zebra mussels were first discovered in the Red River Basin over six years ago," he said.

Longtime Lake Winnipeg angler

Robert Kristjanson said he and other fishers warned the government years ago about zebra mussels.

He couldn't say what impact the mussels have had so far on his family's fishing business but admits he's worried.

"The devastation has yet to be seen, and it's not only Lake Winnipeg," Kristjanson said.

"The beaches around Lake Winnipeg and the hard bottom all along the east side will be absolutely devastating."

University of Winnipeg president Dr. Annette Trimbee was also appointed to a provincial science advisory committee Monday.

She will work as a partner who will help aid in the fight against the mussels.

Fall supper to benefit Eriksdale Recreation Centre

By Jeff Ward

Organizers of the annual fall supper in Eriksdale are hoping to raise money this year to purchase a new commercial fridge for the Eriksdale Recreation Centre.

The fall supper hosted by the Eriksdale United Church will be held this Sunday, Nov. 1 at the Eriksdale Recreation Centre at 4:30 p.m. Over the last few years, the funds raised from the popular event have gone to worthwhile causes around town. This year, organizers of the fall supper hope to raise at least \$3,500 that will be used for the purchase of a new fridge.

"We felt we didn't need the extra money so we decided to use what we raise to help our community," said Donna Kingsley, a member of the Er-

iksdale United Church and one of the organizers of the perennial feast.

"This year, we were throwing around ideas and I know that the fridge in the [Eriksdale Recreation Centre] has been needing to be replaced for a while. So we decided that it would be a good cause."

In the first year of this initiative, the money was given to the E.M. Crowe Hospital Guild, which helped purchase a new bed for the Eriksdale Personal Care Home. Last year, the \$2,500 raised was donated to the Eriksdale Fire Department, which helped purchase the new side-by-side they have today. The Eriksdale Museum Board has committed to helping fund half the cost of the appliance.

The Eriksdale Recreation Centre

was built in 1965 and, according to Eriksdale Recreation Centre Board member Gerry Saunders, the fridge has been around for 25 years.

The old fridge has been fixed numerous times but doesn't have many good days left. The cost of acquiring a new fridge, however, is heavy, as Kingsley has found out. And while \$3,500 isn't impossible for the Eriksdale Recreation Centre Board to come up with, it is impractical when there are many other things that need attention.

"It's not out of reach. We have money in the bank, but there are 100 different places it could go," said Saunders, who's been with the museum board for as long as the fridge has been in the building.

"The donation will make a huge

difference because we can then use that money on new siding or general maintenance. It's kind of impressive the way everybody comes together to help out for things like this. In the upstairs kitchen, there's something happening just about every week, so a new fridge up there will really go a long way."

The fall supper will include all the traditional favourites with turkey, meatballs, mashed potatoes and gravy and many tasty pies for dessert.

The cost is \$12 with all proceeds going towards the new fridge.

Tickets are available at the door, and anyone wanting takeout service can please call Carole at 204-739-5525.

Riverton Rifle returns home to start book tour

Reggie Leach will be at book-signing at McNally Robinson Nov. 7

By Jeff Ward

Making an important trip back to his hometown, the Riverton Rifle signed copies of his new autobiography, *My Story Reggie Leach The Riverton Rifle Straight Shooting on Hockey and Life*, and spent time connecting with the place where his story started.

The book-signing, which took place Sunday, Oct. 25 at the Riverton Fellowship Circle, had Reggie Leach signing copies of his new book that chronicles the life of the small-town hockey star to his rise into super-stardom as an accomplished NHL right-winger.

The Riverton event comes on the heels of a three-day hockey camp that he and his son, Jamie Leach, put on in Riverton. Naturally, the book-signing became a great way to close out his visit back to his hometown.

"It takes a whole town to help someone build their career," said Reggie Leach, who's now 65 and speaks very highly of his Riverton roots.

"From my end, it's very important to start the launch here. I have a sign up in town with me on it, and there's a street named after me here. There are hundreds of people here that helped me with my career. I remember all my coaches and I have some very special people that pushed me a little more to get me to where I am today. It's a very important place."

Reggie Leach mentioned that he's always been humbled by the support of the community and that his success lives through them. Whereas many might believe that it was Leach who put Riverton on the map, all you need to do is speak with him for a few minutes to realize that he sees it the other way around.

Reggie Leach didn't start skating until he was 10 years old but once the hockey spark was lit inside of him, it was all he could think about — practising as much as possible and working on his speed and shooting skills, which later gave him the nickname "the Riverton Rifle." Drafted in the third round by the Boston Bruins when he was just 20 years old, Reggie Leach played 23 games with the team. Boston would trade Reggie Leach in 1972 to Oakland, where he played for the California Golden Seals for three seasons before being traded to the Philadelphia Flyers in 1975.

During the '75 season, Reggie Leach would set a career high with 61 goals and 91 points with 11 game-winning goals. Reggie Leach's goals record is still a franchise record for the Flyers today.

Today Reggie Leach and his son, Jamie, who has



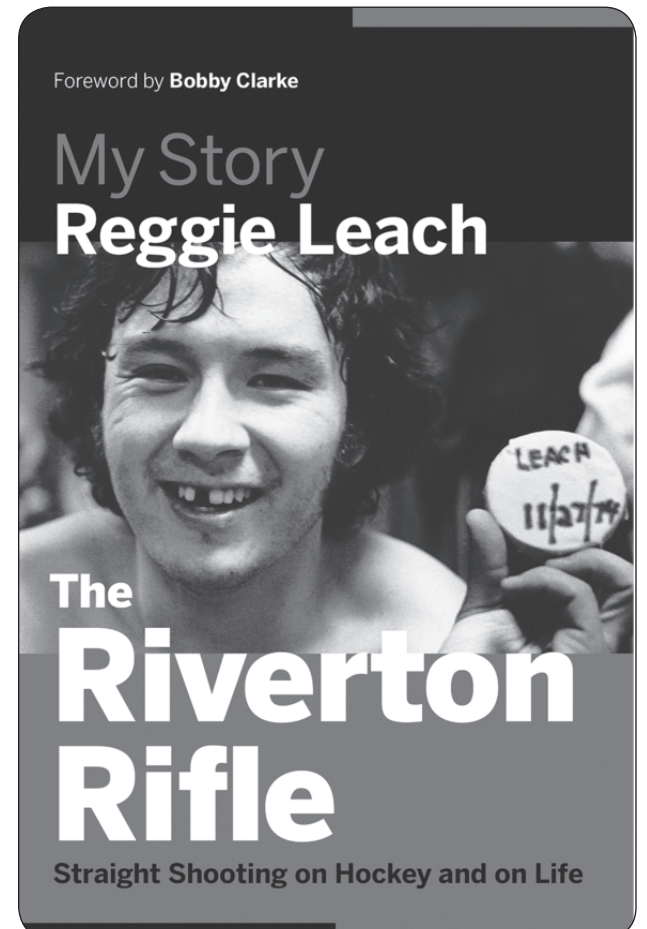
EXPRESS PHOTO BY LLOYD ROCHE

Eight year old Ryder Triska of Riverton got up close and personal with local NHL legend Reggie Leach during the book signing of Leach's book "My Story Reggie Leach The Riverton Rifle Straight Shooting on Hockey and on Life." Ryder's grandfather Bob Triska played with Leach for the Riverton Lyons early in his career. Receiving a signed copy of Leach's book and a photo with the hometown hero was a thrill for the young hockey fan.

two Stanley Cup rings himself, focus on training new hockey stars with their training camp Shoot to Score Hockey School. The school has made Leach well-known for his passion in guiding Aboriginal youth towards making positive choices. Hosting hockey camps and also writing your life's story can wear you down, but Reggie Leach found the experience fun.

"It took about 14 or 15 months to get everything out. My wife, Dawn, knew how to get things out of me during the interviews with the ghostwriter and that helped a lot. It's really difficult to remember things that happened so long ago. With the book, a lot of the time you're talking about something early in your life but you don't remember all the details. Then something jogs your memory a few weeks later and it all comes rushing back," said Reggie Leach.

Life for the retired hockey player wasn't always great. Dealing with alcohol addiction, Reggie Leach admitted himself into rehab in 1985 and remains sober to this day. The book doesn't deal with that part of his life much, but Reggie Leach mentioned that it is important, as the experience



Reggie Leach will be in Winnipeg at McNally Robinson on Nov. 7 at 2 p.m. for a book signing of his new release *My Story Reggie Leach The Riverton Rifle Straight Shooting on Hockey and Life*.

helped him grow into the person he is today. Leach is a proud member of the Berens River First Nation and a pillar of the Aboriginal community.

"I want the lessons I've learned to be more of a teaching tool for my grandkids and young kids who are struggling," noted Reggie Leach.

If you missed your chance to get your copy of *My Story Reggie Leach The Riverton Rifle: Straight Shooting on Hockey and Life* signed, Reggie Leach will be in Winnipeg at McNally Robinson on Saturday, Nov. 7 at 2 p.m.

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> **ARNIE WEIDL**

Hnausa pier better luck for Kiernicki boys

Hi gang. Boy, the news that the bigger walleye have come to the south end of Lake Winnipeg's waterways sure got around fast.

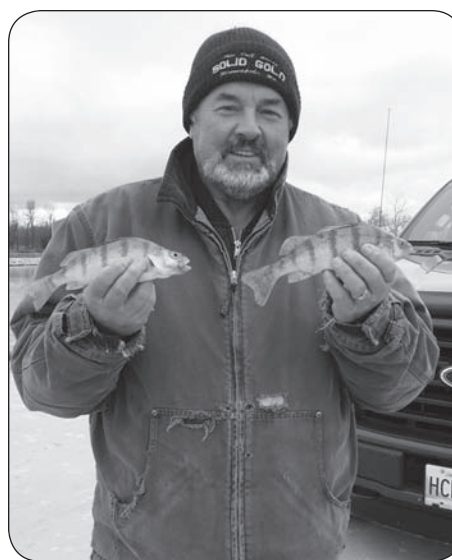
Early last week, I drove over to Breezy Point and there had to be 20 or 30 truck-trailer rigs parked along the road with half of them showing licences from Iowa, Minnesota and the Dakotas. I finally found a spot for "Old Red" without having to walk a half-mile back to the boat ramp. Standing there in the warm overcast afternoon, I watched a chap trying to run his boat onto his trailer. He was having an awful time lining up the boat because of a stiff side current. I went over offering to help and jumped into his truck backing the trailer into deeper water. It worked.

That reminded me of a commercial I saw on TV where an angler, launching his boat, pushed it off the trailer to open water then activated the boat's trolling motor with a remote control, steering the boat to shore while he stood there high and dry.

As soon as the ramp was free, another guy and gal pulled up with their boat. As the fellow went for his rig, the girl stood waiting by the boat, so I went over and asked if they had caught any fish. She laughed saying, "I did, but Dad didn't and this was my first time out with him."

Our new friend, Winnipegger Sammy Peebles, continued, "He gave me this ratty old rod that was broken then stuck together with electrical tape, but it worked."

She said the reason she hadn't gone with her dad, Lesley Burke, before was because she didn't think she



EXPRESS PHOTO BY ARNIE WEIDL
Lawrence Kiernicki with some of his perch catch at Hnausa pier.

could take a fish off a hook. Unfortunately for Sammy, Les did take her catch off her hook, but since he has a sense of humour, he tossed one at her, smacking her on the shoulder. She was not a happy angler.

As freeze-up approaches, we anglers will once again be faced with the challenge of finding safe ice or open water to keep fishing. This has almost never been a problem for Tim Heldt of Powerview, who I met a few weeks ago. He told me he can fish open water at Manitou Falls until the south Lake Winnipeg basin ice is safe to navigate on every year.

Last Thursday, I was convinced it was time for another story from Riverton or Hecla but when I rolled up to Riverton's pier, there wasn't a soul around. Fine, I thought to myself, I'll just go to the Hecla piers. Well, there were lots of "souls" there — hundreds

of them — seagulls that is, but not an angler in sight.

On Saturday morning, however, still determined to find some fellow fishers up there, I went right back to the Riverton pier. Lo and behold, two chaps were sitting in a truck, their rods stuck in pails, lines in the water. I parked beside them and introduced myself to Lawrence and Dennis Kiernicki of Winnipeg. These easy-going, soft-spoken brothers actually looked alike with their salt and pepper hair, white beards and large frames. They hadn't caught anything yet, so after a bit, I said goodbye and headed for Hecla.

Again, both piers were completely covered with seagulls — not an angler among them. By now I was getting a little frustrated so I thought, OK, maybe Hnausa. As I slowly drove onto Hnausa pier, the truck closest to me looked very familiar. Sure enough, it was the Kiernicki boys who we met at the Riverton pier and one of them was just reeling up a fish. We laughed, looking at each other as I pulled alongside them.

On the pier, in the drizzle, we again traded stories while Lawrence held up some perch as I took a picture. Lawrence told how when he was younger he used to be with the Wonder Shows. He said in the summer, they would take the amusements to Bloodvein Nation via the Pine Dock to Bloodvein Ferry. He remembered it as some of the greatest times of his young life and was saddened to hear that the Ferry was about to be retired.

Well, thanks for coming along. Let's get together again next week. Bye.

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Arborg Play Group inviting public to ribbon-cutting ceremony

By Patricia Barrett

The Arborg Play Group is inviting the public to an Open House Saturday to tour its new and expanded facility, which opened in early August.

The 3,458-square-foot licensed child care centre broke ground last fall on land it's leasing from the Evergreen School Division.

"We have had a waiting list for several years," said director Heather Lowe. "There was a high demand for infant spaces."

In addition to its preschool space, the new building has a separate infant care room that can accommodate eight babies.

"We can take infants as early as nine months," said Lowe.

Designed by architect Gerald Korzeniowski and built by Redi-Form Construction using local tradespeople, the sprinkler-equipped daycare has large picture windows throughout the building, allowing a lot of natural light into the space. It also has a reading nook with window-bench seating, children's lockers, a commercial

kitchen and a staff room.

The daycare offers its charges a range of activities, including art, music, drama, sensory tables (sand, water and rice), skating and outdoor play. It also has a library and a toy centre containing a number of games and puzzles.

It hired three new staff members from the Arborg and Riverton area, and recruited "spares" who will be on call to help out on an as-needed basis.

Manitoba Early Learning and Child Care, which monitors and licenses child-care facilities, provided 40 per cent of the funding. The remainder came from municipal government, several community organizations, local businesses and individuals.

"There were so many," said Lowe, referring to the community support.

Among its many sponsors were the Town of Arborg, the RM of Bifrost-Riverton, the Thomas Sill Foundation, Interlake Consumers Co-op, Chilifest, Manitoba Community Places, the Manitoba Community Services Council, Interlake Auto & Tractor



PHOTO COURTESY OF HEATHER LOWE

Arborg's Play Group will be hosting an open house Saturday, Oct. 31, with a ribbon cutting at 1 p.m.

Parts, Redi-Form Construction and Don and Shirley Sigurdson.

Under its Corporate Social Responsibility Program, Noventis Credit Union provided the centre with "generous mortgage terms," said Lowe.

The Open House will start with a ribbon-cutting and an unveiling of

the wall of sponsors. Coffee and a light lunch will be served. There will be children's Halloween activities and door prizes.

It runs from 1 to 4 p.m. on Oct. 31 at 495 Mill Ave. For more information, call the Play Group at 204-376-5109.

Canadian Patient Safety Week Oct. 26-30

News Release

Canadian Patient Safety Week is Oct. 26-30, 2015. This year, the Interlake-Eastern Regional Health Authority will be celebrating by promoting the theme "Good Communication is Good for Patient Safety." Community pharmacies, physician and nurse practitioner offices have also been invited by the RHA to participate.

"Communication is as essential to good health as exercise, eating right and the company of a good companion," says Kathy Pragnell, quality and patient safety manager. "We want to encourage all Interlake-Eastern residents to think about their role in good communication."

To promote this theme, the RHA will be distributing tips and tools to get the conversation started through health-care service places, including medication cards and "Tips for Talking" to help prepare for medical appointments or any interaction with the health-care system.

Here are five tips to get you talking:

- Bring someone with you to take notes during your appointment.

- Be sure to share a list of all your medications with your health-care provider.

- It's all right to ask your health-care provider to clean their hands.

- Repeat back what your provider

said to ensure you understand correctly.

- Ensure you understand next steps. This will help your care plan.

Interlake-Eastern RHA is a member of the Manitoba Institute for Patient Safety (MIPS), which is a strong advocate for patient safety awareness and education. They have many valuable resources for health-care providers and the general public, including how to engage with your health-care provider and advocate for yourself or a loved one. For more information, visit www.mips.ca and click on "Resources & Tips," then "Patients & Families" and then "Advocating for yourself and others."

Canadian Patient Safety Week encourages health-care providers, patients and citizens to become more engaged in their own health-care and was created by the Canadian Patient Safety Institute (CPSI) in 2005 to "inspire extraordinary improvement in patient safety and quality." For more information about CPSI, please visit www.patientsafetyinstitute.ca.

Additional patient safety information, including the communication resource "Tips for Patients and Families," is also available online at www.ierha.ca. Click on "About us" then "Your safety."

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> ICELANDIC DESCENDANTS, FROM PG. 2

tells of the 1875 landing and what happened after the storm blew over.

The Icelanders surveyed their surroundings and "liked what they saw." They christened their new home Gimli, which means paradise in Icelandic.

It was hardly paradise for them that winter.

"They didn't know how to build log cabins and leak-proof boats," said Christie, who is a storyteller and took part in a cultural exchange program with Iceland, travelling there in the spring of 2003 to tell Ramsay's story. "They didn't know how to fish."

The nets several fishermen brought with them from Iceland could not land lake fish because the mesh was too large.

Even though John Ramsay lost his land (and cabin) to the new colony, he taught the pioneers how to survive in the Manitoba wilderness, said Christie. And he took a physician through the settlements when the smallpox epidemic raged the following year.

"I took [his] headstone by canoe from Lower Fort Garry to Sandy Bar,"

said Christie. The site where he is buried had remained unmarked until she had a blue granite stone made. The journey was filmed by the CBC. Christie contributed details of her family's history and Icelandic settlement to the documentary.

"There were lots of good relationships between the Icelanders and the First Nations," she said.

And in 1998, a group of young people came from Iceland to paint the fence erected around John and his wife Betsy's graves, which lie just south of Riverton, she said. The RM of Bifrost designated it a heritage site.

Among those paying homage to the first Icelanders and the First Nations people that helped them were Gimli Mayor Randy Woroniuk, PC candidate for Gimli Jeff Wharton and Evergreen School Division Trustee Robert Arnason. On the walk back to Gimli from Willow Island, a brow northerly wind made it easy to understand just how unsettling that first night on new shores must have been for the Icelanders.



Some of the walkers taking part in the Walk to the Rock to honour the 140th anniversary of Icelandic settlement in the Gimli area pose in front of the New Iceland Heritage Museum. Far left, front: Connie Magnusson and Ruth Christie. Far right, front: PC candidate for the Gimli riding Jeff Wharton. Centre, back: Mayor Randy Woroniuk.



Connie Magnusson and Carly Welham on the way to the big white rock at Willow Point to mark the 140th anniversary of Icelandic settlement in the area.

EXPRESS PHOTOS BY PATRICIA BARRETT

Corrections

In the Oct. 22 edition of the *Express Weekly News*, we published the article "Doctor shortage continues to frustrate Interlake residents" and reported that Dr. Michael Sullivan was the physician coming to Eriksdale; however, it should have read Dr. Ayman Soliman.

The *Express* apologizes for any confusion this might have caused.

In the Oct. 15 edition of the *Express Weekly News*, we published the article "Lundar Goose Shoot a perennial

success" and reported that checkers and guides were assigned randomly to each field and that hunters try to shoot as many geese as possible.

The *Express* would like to apologize that this information was incorrect. In actual fact, checkers and guides are chosen before the team is drawn and the limit for each team is 20 geese.

We also reported that the total weight of the geese shot is used to determine the winner; however, the total weight is only used as a tiebreaker if more than one team shoots 20 geese. For the past several years, the weights have determined the winning team.

Ten first responders graduate, ready to serve St. Laurent

By Jeff Ward

Ten St. Laurent community volunteers recently passed their first responders certification and will be ready to serve the people.

First responders provide vital services in emergency situations and can help save lives. The flood of 2011 hit St. Laurent hard and volunteers who had taken the course weren't able to re-certify the next year as required because of the devastation. Many of the volunteers previously certified as a first responder came back to take the test again, but there were some new faces as well.

"I was really proud to see some of our younger generation stepping up to volunteer as well," said Cheryl Smith, Reeve of St. Laurent who made first re-

sponders one of her top priorities for her first year in office.

"The community of St. Laurent stepped up to the plate and I believe that we even have one individual from Oak Point which is fantastic, and was very important to us. We have a really good experience base and it's worked out well. I'm so proud of our citizens. If it wasn't for them this wouldn't have been possible."

All 10 volunteers have graduated from their certification course and are now taking their provincial exam. Once completed the training will allow these volunteers to be the first on scene during an emergency and, because of their connection to the community as a resident, might even help bring calm to an extreme situation. The thinking

being that if you live in the community you can become much more invested in helping out during emergency situations. The budget for the services is still being worked out by council and as Smith explains there is still work that needs to be done on that end.

"We're going to be meeting with the EMR graduates and the fire department and we'll work collaboratively and figure out how we make it work and [we've also] got to look at budget requirements. We're hoping to address those budget requirements in our upcoming budget and then hit the ground running," noted Smith.

RM council and Reeve will be holding a celebration dinner for the 10 graduates who've volunteered to be apart of this initiative in Nov.

Go-op Housing in Gimli

There will be an

information forum

held at **Gimli New Horizons Harmony Room**
Monday, November 2nd
3-5pm

Attending to give information and answer questions will be Manitoba Co-op Housing Development and members of the Co-op Housing Federation.

Gimli Teachers presented with award for producing Loran scholars

By Patricia Barrett

Two Evergreen School Division teachers were presented with a 2015 Loran Teachers Building Leaders Award at the division's regular board of trustees meeting Oct. 21.

Patti Stouffer and Scott Powers of Gimli High School were nominated by two former students for their dedication to teaching and mentorship.

Danya Dziedzic (graduate of Inwood School) and Carly Welham (graduate of Gimli High School), recipients of Loran student scholarships, gave a short speech and presented the teachers with the award.

"We're recognizing all the hard work Mr. Powers and Ms. Stouffer have done inside and outside their classroom," said Welham, who received a Loran scholarship in 2011 and is currently working on a master's degree in public health at the University of Victoria.

"Mr. Powers showed a deep level of care for how his students were doing in class."

Patti Stouffer was Welham's teacher in grades 7 and 8.

"I credit her with setting me on my path from the age of 13," said Welham, who is researching environmental threats to health, "and for the amount of support she gave me and my peers."

Dziedzic received a Loran scholarship in 2009. She earned a bachelor of science, with a triple minor in psychology, sociology and biology, from Mount Allison University. She later studied at the University of Limerick (Ireland). She currently works as a services and community development coordinator for Muscular Dystrophy Canada.

The Loran Scholars Foundation sponsors young Canadians who possess character, service and leadership qualities. It selects 30 students from across the country each year, providing each with a scholarship up to \$100,000 over four years for undergraduate studies.

"The award comes from the nomination of a student," said Assistant Superintendent Scott Hill. "It says a lot about Patti and Scott's dedication to learning."

Other divisional news:

International Student/Enrolment Co-ordinator Michael Hudon gave a presentation on how the division could improve its recruitment of international and home-schooled students, and attract candidates to its Northern non-resident (NNR) program.

The division currently has 29 students in the NNR program. Hudon said not all will stay throughout the year. Some will likely return home after Thanksgiving because of a lack of homestay families to billet them.

"We don't just want numbers," said Hudon. "We want these families to be quality families to give these students the best chance to succeed."

He said the division has promotional resources explaining how to billet students. Forthcoming initiatives will try to recruit homestay families. He will send brochures to local chambers of commerce and the Interlake Immigrant Settlement Services.

The division will also be partnering with the Riverton Friendship Centre to host a dinner event at which current students will be celebrated and future homestay families can learn about billeting.

The home-schooling community expressed interest in accessing the division's textbooks and other resources, Hudon reported. It would like to participate in individual courses "without jumping back in full time."

"We have to work with school administrators to figure how to give these families access to our resources," he said.

Attracting international students would be easier if the division had a sufficient number of homestay families.

"Once we have those families," said



EXPRESS PHOTO BY PATRICIA BARRETT

Evergreen School Division teachers Patti Stouffer and Scott Powers were nominated by students Carly Welham and Danya Dziedzic for a Loran Teachers Building Leaders Award. Pictured left to right: Dziedzic, Stouffer, Powers and Welham.

Hudon, "we can find students."

- The division reported that it was below the median in the Provincial Standards Tests Results for the 2015 school year. The scores in Grade 12 English Language Arts and Essential, Applied and Pre-Calculus mathematics were likely those earned at the start of the school year rather than those earned at the end, said the assistant superintendent. The division offers students who are struggling with the curriculum a second chance to improve their understanding by letting them re-take courses.

- Fuel tenders (for school buses) for 2015-2016 were awarded to the following: Petro Canada (Arborg), Agri Auto Repair (Riverton), Co-op (Gimli) and Domo (Winnipeg Beach).

Snow clearing tenders 2015-2017 were awarded to the following: Bochoruk Brothers (Gimli), John Karatchuk (Riverton) and Eddie's Gravel (Winnipeg Beach). Tenders for Arborg closed Oct. 27.

- The board watched an eight-minute trustee education video put together by the Manitoba School Boards Association that covers the rules for sus-

pending debates. The video explained postponing to a definite time (in the same meeting or a different meeting), tabling (putting aside a question with no specification as to when it will be taken up again) and postponing indefinitely (not intending to consider the question again unless it is put on the agenda at a future time).

- Ruth Ann Furgala, a parent advisory council liaison, attended the Winnipeg Beach School's PAC meeting and reported that the school has \$8,000 yet to raise for its new playground.

- Penny Helgason, PAC liaison for Arborg Collegiate, reported that the Arborg Band Boosters will join forces with Riverton's Community Music Alliance.

- Dianna Auer reported that the breakfast program is underway at Dr. George Johnson Middle School in Gimli.

- The board's Dec. 16 meeting will be cancelled. Members will be attending Christmas concerts at Riverton's Early Middle School and Dr. George Johnson Middle School.

Province advises winter operation of Fairford control structure

Operation to help Control Potential Ice Damages Downstream on the Dauphin River

News Release

Manitoba Infrastructure and Transportation will conduct a winter operation of the Fairford Control Structure to control potential ice damages in downstream communities on the Dauphin River. This will help reduce the flow of the Dauphin River during the transition from open water to a solid ice cover, reducing the frazil ice flood threat that occurs from the start

of freeze-up to completion.

The purpose of reducing outflow from Lake Manitoba through the Fairford River is to reduce flows on the Dauphin River, which is located downstream of Lake St. Martin. Lower flows on the Dauphin River reduce the potential for frazil ice to develop, which could result in ice jam-related flooding of communities located on the Dauphin River downstream of

Lake St. Martin. The Fairford flow setting will provide Lake Manitoba with a continued decline in levels while helping to reduce the potential impacts of frazil ice downstream.

Flows will be reduced starting next early week, to 5,000 cubic feet per second (cfs) from the current flow of approximately 6,000 cfs. Lake Manitoba is currently at 811.9 feet above sea level, which is within the desired op-

erating range.

This year, flows will be reduced from mid-October to mid-January and then will be opened again to full discharge should conditions permit. Manitoba Infrastructure and Transportation will be continuously monitoring conditions on both the river and lakes, and will make further adjustments as required to manage water levels.

Interlake-Eastern RHA mobile medical clinic hitting the road

By Jeff Ward

The third mobile clinic to pop up in Manitoba will be starting its dry run here in the Interlake and the Eastern part of the province by end of the year, providing residents the chance to see a primary care nurse weekly.

The Interlake-Eastern RHA mobile clinic is a state of the art medical facility that has two clinic rooms, a bathroom, a central waiting area and administration desk as well as a counter area for lab processing.

The clinic is essentially a primary-care clinic on wheels and will be based in Gypsumville, Prawda, Grand Marais and Seymourville, while servicing the people in the broader area.

Each site in these communities will be located close to their respective community centres or halls to ensure that resident will have the easiest year-round access.

"Each unit will have a nurse practi-

tioner and a primary-care nurse. With this system we can make sure that each community has access to primary health care in some way. We'll be doing dry runs in December and that will be fantastic. It'll give us a great idea of how things are going to work," said Annabelle Reimer, regional manager for primary health-care services for the Interlake-Eastern RHA.

Each site needs to have the correct electrical, Internet and phone hookups so that the unit can operate as intended. This is not a system that can be deployed on the side of any highway, and although it might look like a cozy

RV on the outside, it is a very effective health-care outlet on the inside. The mobile clinic will be on rotation for each of those four communities with Selkirk operating as a home base for the clinic. Each community will have one day each week when the mobile clinic is scheduled for their area, for

"IF WE NEED TO MAKE ADJUSTMENTS, WE DEFINITELY WILL DO SO TO SUIT THE NEEDS OF THE COMMUNITY."



EXPRESS PHOTO SUBMITTED

The Interlake-Eastern RHA mobile clinic will be based in Gypsumville, Prawda, Grand Marais and Seymourville and will be servicing people in the broader area.

Gypsumville that day is Wednesday.

The mobile clinics are all part of the initiative the provincial government promised back in November of 2011 to make sure that any Manitoban who wants a family doctor will have access to one by 2015. And the nurse practitioners and primary-care nurses within the mobile clinics are effectively just that. Nurse practitio-

ners are able to give vaccines like flu shots while catering to all the preventative medicine that any family doctor would engage in.

"It's something that will have a continual evolution as we see what else we need to do to have good patient engagement and understanding. If we need to make adjustments, we definitely will do so to suit the needs of the community," said Reimer.

Clocks fall back this Sunday for end of daylight savings

Staff

Most Canadians will turn their clocks back by an hour Sunday, Nov. 1 for the switch from daylight savings time to local standard time.

Local standard time officially starts at 2 a.m.

Clocks are turned back one hour in the fall for what's commonly called "the end of daylight savings time," an

idea first used in Germany during the First World War with the goal of saving energy. It aims to take advantage of daylight hours in the spring so that people don't sleep through the first few hours of sunshine.

When the daylight period gets shorter in the fall, the clocks are readjusted to the proper "local standard time."

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Province commits to helping protect threatened caribou

By Jeff Ward

Since 2002, Manitoba woodland caribou have been a threatened species, and now after a considerable amount of analyzing data, the provincial government has released its comprehensive strategy to keep the population alive and well.

The report, which was released Oct. 15 and is 30 pages long, breaks down the ecological issues facing woodland caribou and how to effectively bolster and sustain their population numbers. It is not known exactly how many woodland caribou have been lost since 2002; however, it is known that caribou from the southern range in the Whiteshell are gone.

The province has enacted aggressive timelines to help rehabilitate these ranges, with all ranges that are considered high-risk needing a management unit action plan by 2018. Ranges deemed not high-risk need an action plan by 2020. The action plan is a document that provides direction and information on recovery measures in those areas.

"It's not a full-blown crisis, but many caribou ranges in Manitoba are seeing a decline in population," said Ron

Thiessen, executive director of the Canadian Parks and Wilderness Society (CPAWS), who worked closely with the province in creating the strategy.

"It's very important to nip this issue in the bud and it's going to take fairly extensive measures to help preserve the species. Thankfully, the province has done a lot of science in caribou survival and has taken years of data to develop their strategy."

"IT'S VERY IMPORTANT TO NIP THIS ISSUE IN THE BUD AND IT'S GOING TO TAKE FAIRLY EXTENSIVE MEASURES TO HELP PRESERVE THE SPECIES."

There are nine areas that are designated caribou management units: the Interlake, Atikaki-Berens, Kamuchawi, Molson, Naosap, Owl-Flinstone, Patridge Crop, The Bog and Wabowden. Of those nine, five have been designated as high-

risk zones, with the Interlake being one of them.

The report says that the Interlake area presents a much more difficult challenge since this zone is separated from other zones and that makes the area more at risk. However, the recovery of caribou across all ranges are both technically and biologically feasible, according to the report.

"I often get asked why there are so many environmental organizations concerned about caribou and



SUBMITTED PHOTO

The province government of Manitoba has enacted aggressive timelines to help rehabilitate the threatened woodland caribou.

not other species. The answer is that caribou need very similar things from the land that we do and by protecting what they need, we protect what we need," noted Thiessen.

So how does the government plan to protect the caribou? There are quite a few ways listed in the report but some of the more important are redefining caribou habitat boundaries, improving population monitoring, protecting their habitat, managing predator populations, and even developing a boreal caribou science review and status report by 2021.

The plans are extensive and detailed in the report, which you can view at www.gov.mb.ca/conservation if you'd like to read more.

The timeline over the next few years is to establish a provincial boreal caribou committee in 2016 as well as the completion of recovery habitat studies and the completion of a standardized monitoring program. In 2018, the action plans for high-risk management units will be completed with the moderate- to low-risk units action plans being finished in 2020.

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Live and die by the sword: Grettir's Saga

By Patricia Barrett

A solo performance of *Grettir's Saga* by Icelandic actor, writer and director Elfar Logi Hannesson delighted a packed house at the Aspire Theatre in Gimli last Friday.

The play was part of the celebrations marking the 140th anniversary of Icelandic settlement along the western shores of Lake Winnipeg.

"I've wanted to come for many years," said Hannesson addressing the audience before the start of the play. "It's a very nice place; I'm not sure if I'm going back to Iceland."

Grettir's Saga dates to the 14th century and is one of the last Icelandic sagas detailing life during the middle ages. It is a "live by the sword, die by the sword" tale of a red-haired Icelandic outlaw, Grettir Asmundson, who possesses great strength and a rebellious personality.

On a sparsely set stage with a shaggy sheepskin draped over a chair (representing Grettir), Hannesson told

Grettir's birth-to-death story by assuming a number of characters, who either performed monologues or engaged each other in debate.

Gesturing to the sheepskin, one of Grettir's brothers tells us he was proud and lazy, but there was, nevertheless, something redeemable in his character for he killed a number of "bad guys."

Grettir's wrathful and unruly childhood, which included maiming and killing animals and refusing work on his father's farm, sets the stage for his future lifestyle and eventual violent demise.

On a wayfaring trip when he was a teen, Grettir buried a hatchet in a man's skull while

struggling over a bag of food and is exiled from Iceland for three years. He lands in Norway, where one of his brothers lives.

Between the 10th and 13th centuries in Iceland, when the saga is said to have taken place, there were few methods of punishment other than fines and outlawry. Once outlawed, a person was excluded from society and from the protection of existing laws. People were forbidden to assist, feed or harbour outlaws, according to "The Life of an Icelandic Outlaw" in Volume 2 of the journal *Innervate Leading Undergraduate Work in English Studies*.

Grettir doesn't stop long in any one place — whether Norway or Iceland — but kills a number of people.

"A man's got to do what a man's got to do," comments his brother.

"THEY'RE WILLING TO HELP YOU IN A SMALL COMMUNITY."



EXPRESS PHOTO BY PATRICIA BARRETT

Elfar Logi Hannesson holds up Grettir's severed head.

In some cases, Grettir has no choice but to act in self-defence. He performs heroic feats that either engender praise or revenge. He kills trolls, a bear, bandits and a ghost named Glam, who curses him to a life of darkness and isolation — a life barren of Christianity.

"I can't be alone in the dark," said Grettir, who goes on to burn down a farmstead with several Icelanders inside. That earns him a second banishment.

Hannesson's physical expressivity, rhythm and voice made each new character come alive throughout the hour-long production. The careful use of background music helped underscore scenes marking a significant point in Grettir's life.

Grettir's last days are spent at the home of his brother on the island of Drangey, where an enemy ambushes him and cuts off his head.

After the performance, Hannesson chatted with various audience members, including Jeff Wharton, the PC candidate for the Gimli riding.

Hannesson shared stories about life in the relatively isolated

northwest coast of Iceland where he lives, his theatrical career and his arrival in Canada.

At the airport, security wanted a closer look at Grettir's severed head, which Hannesson's wife, Marsibil Kristjánsdóttir, an artist and set designer, had made using real human hair.

"They opened the bag and took it out," laughed Hannesson. "Some Viking coming from Iceland with a head."

Summer and winter, Hannesson said he takes his shows on the road throughout Iceland.

In 1997, he founded Comedytheatre, the first professional theatre group in the Westfjords, a peninsula in northwestern Iceland.

"They're willing to help you in a small community," said Hannesson, who has performed in a number of films, such as *Fiasco*, *Gláma* and *Kuml*. "They'll lend you a chair for your set."

Hannesson has also written books and made a documentary about the second-largest town in the Westfjords.

Under his direction, the company has staged about 40 plays, a number of them solo plays. The company also creates audio books, which contain stories from Icelandic folklore and tales from the fjords.

"I like the outlaws very much," said Hannesson, who learned English and Danish in school.

In addition to the two performances of *Grettir's Saga* in Gimli, Hannesson performed in Winnipeg last week.

For more information about Comedytheatre, visit www.komedia.is.

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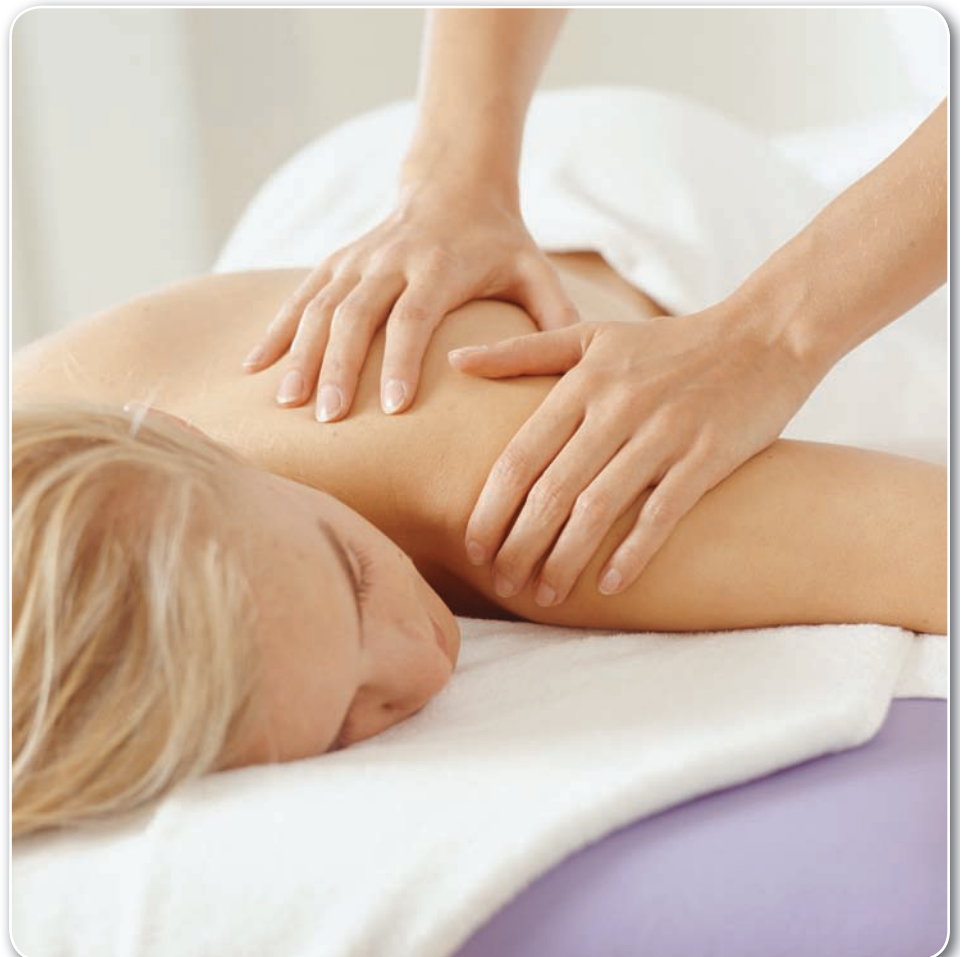
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Gimli Garden Club learns about killer gardens

By Patricia Barrett

A prominent University of Winnipeg biologist gave the Gimli Garden Club a fascinating and frightening lecture last week on how the common flowers, fruits and vegetables in the garden can kill us.

Dr. Eva Pip, who has gone head-to-head with the province over the state of Lake Winnipeg, said plants invented chemical warfare, which they wage against various enemies such as insects, bacteria or fungal parasites.

"So many of these compounds are very potent," said Pip, who has written over 100 research papers and books primarily on water quality.

Some of those compounds may be corrosive to skin and mucous membranes. They may produce allergens that cause rashes. They can cause hemorrhaging and interfere with neurotransmitters, causing paralysis or death. Some can alter brain function, damage the liver and kidneys and cause heart muscle and intestinal muscle contractions.

Certain plant compounds can also interfere with the absorptive capacity of the intestine, thus reducing the amount of nutrients one can derive from food.

When they interfere with respiratory enzymes, "that's death in a matter of minutes," said Pip, who is currently researching blue-green algal toxins in Lake Winnipeg.

Some of those deadly compounds can be put to good use in medicine, she said. Digitalis compounds, for example, are helpful as heart drugs.

The lecture took place in Gimli's multi-purpose building, attracting about 30 people who were either



The Castor bean plant can cause death and is one of the common toxic plants many people have in their gardens.

members of the club or gardeners from surrounding areas.

This is the second time Pip has given a presentation to the club, said Rose Marie Hess, one of the club's members. "We hope to have her back."

The biologist focused on a few primary compounds, such as oxalic acid, lactones, glycosides and alkaloids.

Alkaloids interfere with neurotransmitters, which can cause cardiac arrest or respiratory failure. Common alkaloid-producing plants include the tulip, monkshood, larkspur, anemone, columbine, delphinium, summer forget-me-not and milkweed.

Pip said all parts (leaves, flowers) are toxic and recommended wearing gloves as the juice can be absorbed through the skin.

Milkweed can cause cardiac arrest, she said. Monarch butterfly caterpillars are immune to the toxin. "But if blue jays eat monarch butterfly caterpillars, they will die."

An audience member — perhaps partial to monkshood —



Dr. Eva Pip, biologist, spoke with approximately 30 gardeners at the Gimli Garden Club on poisonous plants.

asked whether there was anything good about the plant.

Pip said aconite can be extracted from it and used to slow down the heart rate.

"If you try to use it yourself, it will slow down to stopping," she said, which elicited much laughter from the audience.

"What about for rheumatism or arthritis if boiled down 10 times?" asked the man.

"I would never use it, never, never," said the biologist. "It doesn't degrade on boiling."

Snap dragons, another common garden flower, are toxic, even though the flowers are eaten by some people.

"The leaves, if you ingest them, are a strong laxative," said the biologist. "You probably won't die, but you might feel like you want to."

People wishing to die by suicide ingest anemones or gloriosa lilies.

"In India, [the gloriosa lily] is the No. 1 way in which people commit suicide," said the biologist, who also gives lectures on edible flowers.

Audible gasps and cries of disbelief rang through the darkened room as Pip relentlessly pronounced toxic such beloved flowers as paperwhites, daffodils, comfrey, hydrangea, bleed-

ing heart, periwinkle and lily of the valley.

"Iris — all parts toxic," declared Pip. "You're kidding," replied a woman.

The scientist didn't go any easier on vegetables.

"Any fruit that has a pit in it," she said, "be very careful."

Fruits like plums, cherries, apricots and peaches have cyanogenic glycosides (cyanide) in their seeds, which if chewed up, can cause death.

"A child died from a single apricot seed in the pit," said Pip.

When making jam out of chokecherries and other berries, she recommended boiling them for a while and then putting them through a sieve to get the pits out before boiling the remainder of the pulp.

Rhubarb leaves contain oxalic acid crystals and should not be consumed. In Manitoba, a few times a year, poisonings do occur.

"In some of these rural fairs, some old babcha ... will use rhubarb leaves for cabbage leaves," said Pip.

Ditto for beet leaves. Some varieties can contain up to 17 per cent oxalic acid. If you eat them on a regular basis, you can develop kidney failure.

"Tomatoes and potatoes and peppers are in the same family as deadly nightshade," she went on. "We should never eat any green part."

When green, they contain the poison solanine, which can be found in the tubers, leaves and fruit. Injury can speed up solanine production.

In the European Union, it's illegal for restaurants to cut up potatoes and store them in cold water several hours before cooking, said Pip.

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Female Hockey Fights Cancer to hit the ice Nov. 1

By Brandon Logan

Female Hockey Fights Cancer is set to return to Selkirk for a third year on Sunday, Nov. 1.

The annual Cancer Care Manitoba fundraiser, which has three games scheduled throughout the day, will first take place at the University of Manitoba on Halloween before travelling north to Selkirk the following day.

Opening the festivities in the early afternoon will be a matchup between the Pee wee AA Predators and the Pee wee AA Saints. That game will be followed by a bantam game with the Winnipeg Avros and St. Mary's Academy Flames from the Manitoba Female Midget Hockey League.

Organizer Dennis Park said it's the generosity of community members that makes the event a success each year.

"I think it gets all the kids involved in the fundraising aspect and it's a way for them to give back to the community," Park said. "Hockey is a community-driven sport and everybody wants to get involved when something like this comes along, so it's good."

In the first two editions of the fundraiser, more than \$37,000 has been donated to Cancer Care Manitoba.

Park said the organizing team doesn't really have a dollar amount in mind for this year but noted players on every team are required to raise at least \$100. While he won't estimate a final total, he said it will likely exceed everyone's expectations.

"The goal is for the kids to have fun



EXPRESS PHOTO SUBMITTED

Female Hockey Fights Cancer teams presented a cheque to Cancer Care Manitoba for more than \$13,000 during last year's event at the Selkirk Recreation Complex. This year's event will take place on Nov. 1 in Selkirk.

first and foremost. I don't think the dollar amount really matters at the end of the day because there will be money raised," he said. "Players are expected to contribute \$100 worth of fundraising, so each team should generate at least \$1,700."

As for what drives him back every year to organize the fundraiser, Park said it's seeing the joyful faces, both young and old.

Without the players and teams, he said, the Female Hockey Fights Cancer fundraiser wouldn't be what it is today.

"My favourite part is just working with all the teams and seeing the

excitement on the kids' faces when they're participating in the games," Park said, adding the Selkirk Recreation Complex will be decorated for game day as well. "You can organize this fundraiser all you want, but if the kids aren't interested or involved and take it to heart and work real hard, it

wouldn't be successful. It's really the kids and teams that make the day successful."

Game time at the Selkirk Recreation Complex for the pee wee game is scheduled for 12 p.m., followed by the bantam game at 2 p.m. and the midget matchup at 4 p.m. on Nov. 1.

> GIMLI GARDEN CLUB, FROM PG. 14

She said people hosting a dinner shouldn't cut their potatoes ahead of time. Once cut, the potato begins to produce excessive amounts of solanine.

"If you have to do that, don't store them raw in cold water," she said. "Bring them to a boil first. Then you can store them and cook them later."

And if your potatoes have begun to bud in the cellar, don't lop off the buds and eat the potatoes.

"You never, ever, ever eat potatoes that have started to sprout because the spouts are manufacturing solanine."

Pip said she has had a battle with a well-known Manitoba vegetable grower over its potatoes. If the potatoes are hollow inside, many people — especially poorer people — will cut it away and eat the good part. But it's actually a fungus infection closely

related to the blight that occurred in Ireland in the mid-19th century.

"Those potatoes are poison if they're hollow inside."

Pip ended the lecture by imparting some gardening safety tips and reminding people to never assume a plant is safe if they see another species eating it.

"Deer will eat young delphinium," she said. "It's another one of those queer things about alkaloids — they're not equally toxic among different species."

She said we humans can eat onions and chocolate, but they're lethal to dogs.

"This is important knowledge because we need to handle these plants safely," she said. "And we need to be aware — especially with our kids and pets — that if they're in the garden, this can affect them."

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St. Laurent Reeve breaks ground on new EMS facility

By Jeff Ward

St. Laurent Reeve Cheryl Smith announced that construction is now underway on a new emergency medical services facility (EMS) last Friday.

Provincial Health Minister Sharon Blady, Interlake-Eastern RHA CEO Ron Van Denakker and provincial Minister of Conservation and Water Stewardship Tom Nevakshonoff were also at the fire hall for the announcement.

The \$680,000 facility includes space for one ambulance and will have an attached crew area that includes a washroom, kitchenette, workrooms and large multi-purpose room.

"Emergency medical services are an essential part of sustainable health care in rural Manitoba, and paramedics are indispensable parts of our care teams," said Ron Van Denakker, CEO, Interlake-Eastern RHA.

"On-call work is demanding for care providers, and facilities like the new station in St. Laurent help to ensure paramedics continue to be at their best when responding to calls in our communities."

The facility is the fulfillment of a promise Smith made during her campaign for reeve. Smith made the announcement one year and one day after being elected in 2014.

Smith is excited for her community and called it



EXPRESS PHOTO BY JEFF WARD

St. Laurent Reeve Cheryl Smith was excited to announce a new emergency medical services facility in St. Laurent that will be completed by early 2016.

a proud moment for St. Laurent residents who've been trying to get this facility built since 2004. There

had been a committee in place made up of council members as well as community members who worked hard on getting a plan in place. During her campaign, Smith had been hearing from many residents who still wanted a resolution to that issue and decided to get involved.

"We made a promise to look into it right away when we got elected in and we did," said Smith, who credited her council's ability to work together as a big help in getting the situation figured out.

"Basically the stalling of the [facility] was down to the transfer of the land that needed to be done. So we just took the bull by the horns and made sure we were in contact with our lawyer to get it done and got it done as quickly as possible."

Smith added that as soon as the land transfer was completed the IERHA and Manitoba Health grabbed it and moved quickly to get things set up for the facility.

"We remain committed to ensuring high-quality emergency medical services are available in communities across the province," said Minister Blady.

"This new facility will also provide our paramedics with employment opportunities closer to home in the St. Laurent area."

The facility will be built by Langreen Ltd. and is expected to be completed early 2016.

Task force examines provincial veterinary services

By Natasha Tersigni

Last week the public had a chance to weigh-in on the performance of the provincial network of veterinary services at three public consultations held in Dauphin, Brandon and Stonewall.

On Oct. 22 members of the Rural Veterinary Task Force (RVTF), assembled by the provincial government as part of a periodic review, spoke with the public at the Red Barn in Stonewall about the current state of rural veterinary services.

In Manitoba there are currently 27 clinics and 145 practising veterinarians in rural Manitoba that are part of the Veterinary Service District (VSD) program. The program is funded by both the municipal and the provincial governments.

The RVTF began gathering information in June regarding the state of Manitoba's veterinary services including the current veterinary structure, funding, clinic infrastructure, residents' needs and the roles veterinary services play in food safety, biosecurity and animal welfare.

"The main emphasis is to find out what is working, what is not working quite as well and what could be changed. We are listening to rural Manitobans everywhere to hear what their thoughts are on the services they



EXPRESS PHOTO BY NATASHA TERSIGNI

Members of the Rural Veterinary Task Force (RVTF) Dr. Paul Schneider, left, and Merv Starzyk gathered information on provincial veterinary services during public consultations held at the Red Barn in Stonewall on Oct. 22.

are getting. We also want to look at where we can grow and change the services," said RVTF Chairman Dr. Paul Schneider.

Volunteers for the Pawed Pals Animal Rescue, a non-profit organization that fosters and finds permanent homes for cats and dogs in the Selkirk, St. Andrews and St. Clements area, spoke at the meeting in Stonewall on how there needs to be more access and subsidies for spay and neutered programs in order to control stray cat

and dog populations from continuing to grow.

"We think that spay and neutering is the only way we are actually going to control the cat and dog population. There are more than 50 rescues in Manitoba and the number of unwanted animals and the number of cats wandering the streets without adequate food and shelter is growing," said Pawed Pals Animal Rescue Chairperson Veronica Walsh who added if the number continues to

grow Manitoba could soon face issues of stray animals spreading diseases such as rabies.

Schneider told the *Tribune* the RVTF is still in the information gathering stage and is not ready to release any recommendations. He added so far the RVTF is receiving positive feedback about the current state of veterinary services in rural Manitoba.

"A few things that we are noting is that overall when we look at users of veterinary services everybody is fairly positive and satisfied with the service they have. A big reason of why they are talking with us is they hope to maintain that," said Schneider who added one topic that has come up several times that needs to be addressed is the work load for vets that run rural clinics.

"One issue is when you get into the smaller clinics with only one vet, essentially that person is on call 24 hours a day, seven days a week.

"We recognize that is not a great lifestyle and it is a barrier for vets to come into that type of practice. We are trying to find ideas on how to share on call duties with other vets."

For those who want to provide input on any aspect of veterinary services in rural Manitoba, you can go to manitoba.ca/agriculture to fill-out the Rural Veterinary Task Force's online survey.

STARS Air Ambulance assists with transfers

EMS helicopter called to Stonewall hospital to transport patient to Winnipeg

By Jennifer McFee

STARS Air Ambulance landed in Stonewall last Friday morning to transport a patient to Winnipeg for treatment.

Cam Heke, STARS spokesperson, said that the STARS helicopter went airborne from the base in Winnipeg at 8:32 a.m. on Friday, Oct. 23 to transport a patient experiencing a medical emergency from Stonewall to Winnipeg.

The type of medical emergency remains the personal information of the patient, but Heke said these situations usually involve heart attack, stroke, respiratory illness, pregnancy-related complications or a number of other serious illnesses.

"We always have a doctor on call 24-7 guiding missions by phone but they also fly with us as well. Today happened to be a day when one of our emergency docs went on the flight, so we did have an emergency physician that was brought in along with the critical care nurse and the advanced care paramedic," Heke said Friday.

"Traditionally, about half of our calls are inter-hospital and the other half are direct to the scene of an emergency, so landing on highways and open fields. In Manitoba, a larger propor-

tion of our calls are direct to scene, but we're starting to see more of those inter-hospital transports happening as well."

Helicopter emergency medical services are beneficial to patients who are experiencing critical life- or limb-threatening illnesses or injuries, he said.

"There are two factors involved: the time in actually transporting a patient, which can be significantly reduced by helicopter EMS, and also the level of care. Time and talent are the two equations for a successful helicopter EMS program," Heke said. "In addition to that, we also bring out specialized equipment like onboard ultrasounds, different medications, pumps, monitors and equipment that you would find in a major intensive care unit. You wouldn't have much of that in a ground ambulance unit."

The STARS medical staff works in conjunction with rural hospitals and rural EMS.

"The outcome of our patients is really dependent on how they all work and interact together so it's a big team effort right from somebody calling 911 to rehabilitation at a hospital and extended rehabilitation after the fact.

We call it the chain of survival, and STARS is one link in that chain," Heke said.

"It's about time in that we're moving patients quickly in a helicopter, and it's also about the care we're providing inside the aircraft by bringing those medical providers with advanced care out to the rural communities. They can begin the level of care that they need from the moment our crew arrives versus waiting until you bring them all the way into a hospital in Winnipeg." In hospital situations, STARS is based on physician-directed protocols and decisions, Heke explained.

"If the physicians in the rural community in the hospital decide that STARS is required, they would have a consult with our physician. They would decide the best care that the patient needs, and if they feel STARS is going to help that patient, that's when STARS is called in," he said.

"For all of our calls, we're being called out when there is potential for a patient to be in critical condition, be that from a medical illness or a traumatic injury."

However, STARS does not do routine medical transport that would often be done by ground ambulance. Instead, they only participate in emergency calls when the doctor believes that STARS could help save a patient's life or improve the long-term outcome.

In addition to hospital situations, STARS is automatically called out

to head-on collisions since there is a high likelihood that the patients will be in critical condition.

In Manitoba, STARS has flown more than 445 missions since January.

"We're getting busier, and that's a sign of STARS being more integrated in the health system in the province. There's a lot of great work and co-operation with rural hospital staff, physicians within Winnipeg, with EMS and paramedics in rural areas, RCMP, dispatch 911 out of Brandon, and everyone coming together to make this work," Heke said.

"We're flying more and more, and when the helipad opens at Health Sciences Centre, that will likely increase our viability for many of the calls closer into the city as well. We anticipate those numbers to go up — and for us, obviously, each of those numbers represents somebody who's potentially in a life-threatening situation. So while we don't want those numbers to increase, we're happy that we're able to help more and work with the rural hospital staff and EMS to save lives in the province."

As for the patient who was transported from Stonewall, Heke does not have any additional information about the current condition.

"I hope the patient is doing well," he said. "I really don't know, but I certainly hope so."

Universal Newborn Hearing Screening program to launch by 2016

Staff

A universal program set to launch across Manitoba by September 2016 aims to offer hearing screening tests to all newborns before they leave the hospital.

"Manitoba is one of the last jurisdictions in North America to implement the Universal Newborn Hearing Screening program," Carol Rampaul, regional manager of allied health for the Interlake-Eastern Regional Health Authority told the *Express* via email. "Early detection and intervention is key to successful outcomes in addressing hearing loss issues and assisting children to reach their developmental milestones."

On Sept. 17, 2013, the Universal Newborn Screening Act became law in Manitoba, and for just over a year, a provincial working group has been involved in the planning and rolling out of this new initiative. The group is comprised of representatives from all regional health authorities across the province as well as representatives

from Manitoba Health, Rampaul said.

"Every family deserves access to the screening and supports they need to give their baby the best chance for a healthy start," Health Minister Sharon Blady said in a release last Thursday. "Each year, a small number of the 16,000 to 17,000 babies delivered in Manitoba are born with some hearing loss."

"This expanded program will make sure that these children can be diagnosed and treated as early as possible."

Blady noted the quick diagnosis and treatment of children with hearing loss can be key in helping them develop cognitive, speech-processing and learning skills, adding the biggest gains are made if hearing loss is detected and diagnosed before a baby is three months old.

Hearing screening services are currently offered at the Brandon Regional Health Centre and in Winnipeg neonatal intensive care units for infants at high risk of hearing loss. In

addition, the Thompson General Hospital provides hearing screening services to most babies born there.

"Children learn so much by being able to hear the world around them," said Diana Dinon, pediatric audiologist, Health Sciences Centre Winnipeg. "We're pleased the work to implement this important legislation is moving forward, so children around the province can have their hearing screened at birth and, if needed, get the supports they need more quickly."

Blady said as part of the universal program, hearing screening services will expand and be available to newborn children in Manitoba at sites including the Selkirk and District General Hospital in the Interlake-Eastern Regional Health Authority, among several others.

Rampaul said the majority of babies born in the Interlake region are delivered at Selkirk's hospital. In 2014, 217 children were born in the Interlake region.

"Currently, in our region, newborns

are seen by audiology when referred by a health provider," Rampaul said. "Once a child is referred, the child can be seen at either one of the audiology clinics within the region."

Rampaul added this program will add to work that's already being done in the area of audiology across the Interlake.

"Catching hearing problems early can prevent delays in speech and language development and improve quality of lives," she said.

Infants born at other facilities or at home will be referred to their nearest outpatient hearing centre for screening, Blady said and a common database will help ensure babies are supported no matter where they are born or live in Manitoba.

The province is investing more than \$3 million in new funding to develop and implement the program including funds for capital equipment, staff training and ongoing operating costs.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Bantam Lightning bite Sharks in weekend action



EXPRESS PHOTO BY LANA MEIER

The Lightning's Bryden Sinclair gets the puck past a Cougar's player to get a shot on net Thursday night. Interlake lost to Southwest 1-0.

By Brian Bowman

The Interlake Lightning Bantam hockey team hasn't had too many opportunities to celebrate a victory the past two seasons.

But on Saturday evening in Stonewall, they had a real good reason to celebrate.

The Lightning skated to a thrilling 4-3 shootout victory over the Sharks as Jagger Bonkowski, Keenan McPherson and Nick Prystupa scored for the Lightning in the shootout.

Interlake outshot the visitors 34-22. Josh Bond earned the win in goal, stopping three of five shootout attempts.

"We won a game in the Showcase and we've been getting close (to earning a win)," said Lightning head coach Todd Studler Monday afternoon. "Some of these city teams (that we're playing) have been together since they were eight years old and we've been together eight weeks.

"But we're competing with them and the gap is getting closed."

Interlake played some real good hockey last week, suffering a slim 1-0 loss to the Southwest Cougars last Thursday in Stonewall. Southwest's Tyson Kozak scored the game winner midway in the third period.

"Our guys are battling and we're really learning how to battle and compete," Studler said. "It was a real close game — it could have gone either way — but unfortunately, they got a break and buried it."

In the Interlake's four previous losses, the Lightning were outscored 18-8. Studler said the Lightning players are working hard in practice and getting better and better each week.

"Guys are coming to the rink and having fun," Studler stressed. "They're coming to the rink with real positive attitudes."

The Lightning will travel west to Regina for a tournament this weekend and then will play three league road games next week. Interlake will visit the Sharks on Tuesday, the Eastman Selects Saturday, and then the Yellowhead Chiefs on Sunday.

"It's going to be a testament to our team," Studler said. "Two of our strong forwards, Evan Palmer and Ayden Manningway, are going to be out. We're expecting Palmer back soon, he broke his leg in June, and he's one of the leaders on our team.

"We're competing with a little bit of a short bench. But, by saying that, guys are getting more ice time and they're doing nothing but getting better."

Peguis scoring goals in bunches, racking up KJHL wins

By Brian Bowman

The Peguis Juniors have been scoring plenty of goals this Keystone Junior Hockey League season — and it is resulting in victories.

Peguis scored 17 goals in two games last week — both wins — as it improved its record to 5-1 on the season. On Sunday, the Juniors spanked the St. Malo Warriors 9-4.

Trailing 4-3 in the second period, Peguis scored six unanswered goals to turn a close game into a rout.

Matthew Cameron led Peguis with three goals while DJ Stevenson added a pair. Montana Tanner also had a huge game with a goal and four assists while Donovan Tanner had four helpers.

Keevan Daniels-Webb, Waylon Neault, and Tyler Woodhouse also scored for Peguis. The Juniors now lead the KJHL in goals scored with 42.

Jared Hunter, Kyle Fortin, Jared

Continued on page 19

EXPRESS PHOTO BY LANA MEIER

The Juniors' Donovan Tanner had four assists during Peguis' 9-4 win over the St. Malo Warriors last Sunday.



sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Midget Lightning win pair of home games

By Brian Bowman

The Interlake Lightning must have liked the home cooking this past weekend.

Interlake won both of its home games this past weekend – defeating the Southwest Cougars 6-4 on Friday and then the Norman Northstars 7-2 on Sunday.

“We didn’t play very well in the first game for the first two periods,” said Lightning head coach Dwayne Swanson. “We relied on our goaltender to keep us in the game. But in the third period, we came out and played much better and were able to put away the win.”

In Sunday’s win over the last-place Northstars, Interlake snapped a 1-1 second-period tie with four goals in a 3:27 span. The Lightning played well throughout the game, said Swanson.

Jordan Kristjanson scored two of those second-period goals and later added an assist.

Noah Basarab also scored twice while Karson Collins had a goal and two assists.

“Both (Jordan and Noah) are leaders on our team, both offensively and in general,” Swanson said. “They put together two solid, complete games this weekend. They really led our team this weekend.”

Jack Einarson and Kaden Kotowich each had a goal and an assist.

Keith Monias scored twice for Norman. Adam Swan made 42 saves for the win.

The Lightning started the weekend

with the two-goal win over Southwest.

Basarab led the Interlake with three goals while Kristjanson added a pair. Sean Loutit added a second-period goal for the Lightning.

Einarson had a pair of assists. Nathan Cvar made 45 saves for the win.

Jared Janke (two), Brian Harris and Jared McCorrister replied for the Cougars.

With the sweep last weekend, Interlake is now 5-3 and in sole possession of seventh place with 10 points. The Eastman Selects lead the 12-team league with a 10-0 record.

“Eastman and the two city teams, when it’s all said and done, are going to be the top three teams,” Swanson predicted. “And, after that, it’s wide open. There are a bunch of teams that are pretty close.”

The Lightning visited Eastman Wednesday evening but no score was available at press time. Interlake will then travel to Brandon on Saturday (7:30 p.m.) and then Parkland on Sunday (2 p.m.).

“Eastman’s tough and every time you go to Eastman it’s a tough game,” Swanson said. “We’re hoping to give them their first loss of the year. They’re a tough team but we’re expecting (to get) four points this weekend.”

“We figure we can handle both Brandon and Parkland and we want to continue to win two out of three all year – that will get us in the playoffs.”



EXPRESS PHOTO BY LANA MEIER

The Lightning’s Jack Einarson had a goal and an assist in Sunday’s 7-2 win over the Norman Northstars and a pair of assist on Friday during his team’s 6-4 win over the Southwest Cougars.

> KJHL WINS, FROM PG. 18

Magne and Riley Harder scored for St. Malo.

Nolan Favel made 34 saves for the win.

On Oct. 21, Peguis pounded the Fisher River Hawks 8-3.

Peguis, which held period leads of 1-0 and 3-1, exploded for five third-period goals.

Cameron again led the Juniors with three goals and an assist while Montana Tanner (goal, two assists), Devon Garson (two goals, assist) and Jared Tabacco (three assists) each had three-point games.

Stevenson also had a strong game with a pair of goals.

Keifer Tacan made 30 saves for the

victory.

Daniel Monias, Tyler Kemball, and Darryl Thaddeaux scored for Fisher River.

The Hawks also played last Sunday, defeating the Norway House North Stars 9-4.

Fisher River trailed 3-1 after 20 minutes but then scored seven consecutive goals over the next two periods.

Josh Robinson led the Hawks with three goals while Tyler Kemball and Gavin Mason each added a pair. Ty Stevens had a goal and two assists while Evan Thickfoot also tallied.

Jarrett Hogue made 34 saves for the win.

Quick shuts out Arborg

By Brian Bowman

Randy Quick made 28 saves to lead the Lunder Falcons to a 3-0 shutout victory over the Arborg Ice Dawgs Saturday evening in Keystone Junior Hockey League action.

Lunder’s offence came from goals by Aldyn Gray, Cody Paul and Bryce Horning.

Drake Zimmerman assisted on two of those goals.

Last Thursday, Arborg defeated the North Winnipeg Satellites 5-1 at home.

After getting outshot 17-2 in a scoreless first period, Arborg outscored North Winnipeg 4-1 in the middle frame.

Brett Goertzen, with a pair, Travis Kilbrei and Derric Gulay scored for

the Ice Dawgs in the second period and then Clint Torfason tallied in the third.

Cory Kuldys had a pair of assists.

Jesse McIntosh scored North Winnipeg’s lone goal early in the second period to stake the Satellites to a 1-0 lead.

But that would be all of the offence that North Winnipeg could muster against Ice Dawgs’ goaltender Jon Narverud. Narverud was simply outstanding in the win, making 52 saves.

Arborg (3-3) hosted North Winnipeg (1-4) last night but no score was available at press time. The Ice Dawgs will then play the Falcons (3-2) on Friday (8 p.m.) before hosting St. Malo (1-1-0-2) on Sunday (2:30 p.m.).

STARS touches down in the Interlake

By Patricia Barrett

STARS air ambulance responded to two emergency calls in the Interlake a few weeks ago.

The helicopter and its medical crew were dispatched to Sandy Hook Oct. 17 to transport a patient but were “stood down,” said Cam Heke, media and public relations spokesperson for STARS.

“It was reported as a fall,” he said, “but I don’t have any further information in terms of whether this was a fall resulting from a medical emergency or traumatic injuries from a fall.”

On Oct. 18, STARS responded to a medical emergency in Hodgson in the RM of Fisher. Heke was unable to provide details about the emergency but said STARS responds to “life-threatening respiratory illness, heart attack, stroke, or other critical illness.”



EXPRESS FILE PHOTO

STARS air ambulance made two stops in the Interlake a few weeks ago.

take a break > GAMES

SUDOKU

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

Level: Intermediate

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!

Fun By The Numbers

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

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

Sudoku Answer

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

Crossword Answer



CROSSWORD

CLUES ACROSS

- 1. Owed
 - 7. Shawl
 - 13. Slow tempo
 - 14. Bodily structure
 - 16. Sun-god
 - 17. Franklin or Eleanor
 - 19. Degree
 - 20. Norwegian poet
 - 22. Local school organization
 - 23. Consumer
 - 25. Brews
 - 26. Hero
 - 28. To clear or tidy
 - 29. 9th month
 - 30. Hit lightly
 - 31. Pinna
 - 33. DoD computer language
 - 34. One Direction won at 2014 awards
 - 36. No. Am. peat bog
 - 38. Clear wrap
 - 40. Napped leather
 - 41. In a way, takes
 - 43. Transported
 - 44. Back muscle
 - 45. Unhappy
 - 47. Wrong
 - 48. Chit
 - 51. Epic poem
 - 53. Capuchin genus
 - 55. ____ traz: The Rock
 - 56. Weight unit
 - 58. Foot (Latin)
 - 59. Egg-shaped nut palm
 - 60. A radioactive element
 - 61. Roosevelt V.P.
 - 64. Railroad track
 - 65. More dense, less liquid
 - 67. Block, Fire & Reunion
 - 69. A set that is part of another set
 - 70. Hair product
- #### CLUES DOWN
- 1. Ineffective

	1	2	3	4	5	6		7	8	9	10	11	12	
13								14						15
16			17				18						19	
20		21				22				23		24		
25					26				27		28			
29				30				31		32		33		
		34	35						36		37			
38	39									40				
41					42				43					
44				45		46		47				48	49	50
51			52		53		54				55			
56				57		58				59				
60			61		62				63				64	
65		66						67				68		
	69								70					

- 2. 39th state
- 3. Skins
- 4. In a moment
- 5. Japanese Prime Minister Hirobumi
- 6. Tyrant
- 7. A cruelly rapacious person
- 8. Point midway between NE and E
- 9. Abnormal breathing
- 10. Essential oil or perfume obtained from flowers
- 11. Italian river
- 12. Fixed firmly into
- 13. Opera songs
- 15. Cloth measurement
- 18. 7th Greek letter
- 21. Extractor
- 24. For boiling water to make tea
- 26. Possesses
- 27. Edible tuberous root
- 30. Glass window sheets

- 32. Tactics
- 35. More (Spanish)
- 37. Our star
- 38. Makes a choice
- 39. Great Plains indians
- 42. Baglike structure in a plant or animal
- 43. Female sibling
- 46. Diverge
- 47. Adherent of Islam
- 49. Defer
- 50. Semitic gods
- 52. Indian term of respect
- 54. 10 decibels
- 55. Surface regions
- 57. Small amounts
- 59. Liberal rights organization
- 62. Teeny
- 63. Volcanic mountain in Japan
- 66. Atomic #71
- 68. Canadian province

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Agricultural Crown Lands are presently available for rent for haying or grazing. These lands are situated in the Rural Municipalities (RM) of: Alonsa, Armstrong, Cartwright-Roblin, Clanwilliam-Erickson, Coldwell, Dauphin, Ellice-Archie, Emerson-Franklin, Ethelbert, Gilbert Plains, Glenella-Lansdowne, Grahamdale, Harrison Park, Lac du Bonnet, Lakeshore, Mossey River, Mountain, North Cypress-Langford, Northern Manitoba, Riding Mountain West, Roblin, Rossburn, Russell-Binscarth, Ste. Anne, Ste. Rose, Swan Valley West, Tache, Two Borders, Victoria, West Interlake, Woodlands. Closing date for applications for haying and/or grazing is November 13, 2015. Please contact your nearest Manitoba Agriculture, Food and Rural Development (MAFRD) Crown Lands District Office for more information or call Crown Lands and Property Agency at 1-866-210-9589. A listing of MAFRD Crown Lands District Offices can be found online at: www.gov.mb.ca/agriculture/land/crown-land/agricultural-crown-lands-district-offices.html A complete listing of Agricultural Crown Lands available for rent can be found online at: www.clp.gov.mb.ca/leases_and_permits/properties.html or at any MAFRD, RM, or First Nation Band office.

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The tree is glowing, the wine is chilled and the scent of prime rib fills the air. Christmas Dinners at Lady of the Lake 204-725-4181

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Fiddle, piano, mandolin and guitar lessons. Call between 5-9 p.m. Ph. 204-481-0189.

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Call Lana at 204-467-5836



RURAL MUNICIPALITY OF GIMLI PARKS AND RECREATION DEPARTMENT FULL-TIME EMPLOYMENT OPPORTUNITY

Position: Facility Maintenance Operator

40 hours per week. Position will require evenings and weekend shifts.

The Facility Maintenance Operator, under the direction the Manager of Parks and Recreation Services, will assist in the operations and maintenance of the Gimli Recreation Centre and other municipal park spaces and buildings.

Duties:

- Operation and maintenance of a 180 ton ammonia plant complete with Indus automated motor control panel
- General facility cleaning duties
- Hockey and Curling ice maintenance
- Building maintenance on various public buildings throughout the municipality
- Development and maintenance of sports field, including grass cutting
- Maintenance and beautification of playgrounds, park and recreational spaces, including Gimli Beach

Qualifications:

- Must have, or be willing and capable to achieve, a Power Engineers Refrigeration Class W Certificate or higher, as issued by the Province of Manitoba
- Arena / Curling Ice Level I, Ice Making Certificate

Skills:

- Good communication skills, as this position deals with the public on a daily basis
- Ability to work well with others, have initiative and be flexible
- Ability to work alone and make decisions, with minimal supervision
- Wide range of skills to perform a variety of maintenance duties required for the position
- An understanding of sports, recreation and leisure services in the R.M. of Gimli
- Previous experience in Recreation, Public Works or Arena setting would be considered an asset
- Preference will be given to those with experience in the following trades: carpentry, electrical, mechanical, plumbing and ice making

Salary as per union collective agreement

Please submit resume with detailed skill set and references, by 4:00 p.m. November 16, 2015, to:

Joann King CAO, Rural Municipality of Gimli
62 - 2nd Avenue, PO Box 1246, Gimli, MB R0C 1B0
Email: jking@rmgimli.com Fax: 204-642-6660

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



RURAL MUNICIPALITY OF GIMLI PARKS AND RECREATION DEPARTMENT FULL-TIME EMPLOYMENT OPPORTUNITY

Position: Manager of Parks and Recreation Services

40 hours per week. Position may require evenings and weekend shifts.

The Manager of Parks and Recreation Services will oversee the operations of the Gimli Recreation Centre and all other public park spaces and buildings, including Gimli Beach.

The Municipality is seeking a Manager with strong leadership skills and the expertise to manage the planning and direction of a broad spectrum of recreation, sport and leisure programs and services.

With a population of over 5,700 permanent residents, Gimli is strongly characterized by its Icelandic culture and positioned on the shores of Lake Winnipeg, within a 50 minute drive of Winnipeg. Gimli's location, services and recreation opportunities make it an attractive place to live and visit.

Reporting to the Chief Administrative Officer, the Parks and Recreation Manager is responsible to plan, develop & monitor recreation, sport & cultural activities and events, budgets, policy, direct department staff, promote programs along with volunteer and leadership opportunities and provide training as required to meet the recreation and leisure needs of the community.

The ideal candidate will bring to the position:

- A post-secondary degree from a recognized university or college in Recreation, in combination with 5 years recreational experience. Equivalencies will be considered
- Knowledge in recreation, sport and leisure program and event development, promotion, administration and evaluation; an understanding of municipal government; and methodology for identifying program demands and trends
- Effective interpersonal skills together with excellent oral and written communication abilities and report writing skills
- Working experience in a unionized environment with proven leadership skills, ability to handle multiple priorities and work independently
- Ability to effectively plan, organize, problem solve and make decisions
- Knowledge and experience in relevant legislation, emergency procedures, first aid and CPR
- A motivated, self-starter that has the ability to work with a broad range of volunteer and community organizations
- Computer literacy is required, including experience with Word, Excel, Power Point, accounting programs, etc.

The RM of Gimli offers a competitive compensation and benefit package. Compensation will be based on qualifications and experience.

Qualified applicants are invited to submit a confidential cover letter and resume complete with references by 4:00 p.m. on November 27, 2015, to:

Joann King CAO, Rural Municipality of Gimli
62 - 2nd Avenue, PO Box 1246, Gimli, MB R0C 1B0
Email: jking@rmgimli.com Fax: 204-642-6660

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

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- Must have a working knowledge of Microsoft Office including Word and Excel. Must be willing to learn new programming;
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Please email resume, with 3 references, to hr@vidir.com or mail to: Box 700, Arborg, MB R0C 0A0 or fax to: (204) 364-2454

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UPCOMING EVENTS

Dekalb SuperSpiel welcomes the world. November 20 - 23rd Morris & Rosenort. 32 men's, 32 women's teams from 7 countries. Also Jennifer Jones, Mike McEwen & Reid Carruthers. www.morriscurling-club.org

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Hay for sale. 5 x 5 round bales. Call Bruce at 204-467-8861, Argyle.

Large round hardcore bales of alfalfa/brome mix. Call for various pricing 204-467-5078 or 204-461-0722.

STRAW

Small square flax straw bales for sale, \$2.50/bale; small square hay for sale, \$5/bale. Ph 204-461-0820.

MISSING

Missing - 4 year old Black Angus bull, green tag left ear 4Z from Woodroyd area on 322. Ph Bruce Buchanan at 204-467-8861.

ANNOUNCEMENTS

CARD OF THANKS

The family of **PETER KAPUSTA** would like to thank friends, family and neighbours for their expressions of sympathy through flowers, food, cards, visits and donations to the SIRC in Papa's memory. We would like to take this opportunity to thank the staff at the Stonewall Hospital for all the kindness they showed dad, his family and his friends during his stay. Everyone, from the nurses, healthcare aides and housekeeping went above the call of duty to make dad comfortable and happy. Special thanks to Dr. Graham for his care and compassion. Many people contributed to making a difficult time a little less painful, and for that we thank you all.

- Natalie, Nicole, Laura, Aidan, Ethan & Owen



Classified booking deadline is Monday 4 p.m. prior to Thursday's publication.
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get inspired

> MEAL IDEAS

Witch's Brew Mocktail



Ingredients
 3 cups ginger ale, chilled
 1 1/2 cups pineapple juice, chilled
 1/3 cup sweetened lime juice, chilled
 Green gel food color or green icing color (optional)
 Black Colored Sugar
 Gummy Eyeball Skewers
Preparation
 In large pitcher, combine ginger ale, pineapple juice, sweetened lime juice and, if using, gel food color.
 To prepare glasses, dip rims of martini glasses in water, then in black sugar. Fill with drink mixture; add eyeball skewers.
 Serves 6 servings
 Source Wilton



Jolly Jack-o-Lantern Cookies

Ingredients
 1 cup (2 sticks) butter, softened
 1-1/2 cups granulated sugar
 1 egg
 1-1/2 teaspoons vanilla extract
 1/2 teaspoon almond extract (optional)
 2-3/4 cups all-purpose flour
 1 teaspoon salt
 Light Green, Black, Red and Orange Sparkle Gel
Preparation

Preheat oven to 350°F. Lightly spray Easy Decorate Pumpkin Cookie Pan with vegetable pan spray.
 In large bowl, beat butter and sugar with electric mixer at medium speed until well blended. Beat in egg and extracts; mix well. Combine flour and salt; add to butter mixture. Beat until well blended. Press dough into cavities, filling 2/3 full.
 Bake 10 to 12 minutes or until light brown around edges. Cool in pan 10 minutes. Turn pan over; lightly tap pan to remove cookies. Cool completely on cooling grid.
 Decorate cooled cookies with Sparkle Gel, using light green for stem; black for eyes, mouths and mustaches; red for tongue; and orange for remaining pumpkin areas. Let set, about 1/2 hour.
 Serves Makes about 2 dozen cookies
 Source Wilton Enterprises

Pumpkin, chocolate and cheddar muffins



2 eggs
 2/3 cup (160 mL) brown sugar
 1/4 cup (50 mL) vegetable oil
 1 cup (250 mL) homemade or store-bought pumpkin purée
 2/3 cup (150 mL) 1% milk
 1/2 tsp (2 mL) pure vanilla extract
 1 cup (250 mL) wheat bran
 1 cup (250 mL) quick-cooking oat flakes
 1 1/2 cups (375 mL) unbleached flour

2 tsp (10 mL) baking powder
 1 tsp (5 mL) baking soda
 1/3 cup (75 mL) bittersweet chocolate chips or chunks
 3/4 cup (180 mL) lower fat Canadian Mild Cheddar, diced or 1/2 cup (125 mL) regular Canadian Mild Cheddar, diced
Directions
 Preheat oven to 350 °F (180 °C).
 In a bowl, using an electric mixer, beat the eggs with the brown sugar.

Add oil, pumpkin purée, milk and vanilla extract.
 In a large bowl, mix remaining ingredients and make a well in the centre.
 Pour liquid ingredients into the well and mix just until combined.
 Divide batter into a muffin pan, using paper muffin cups.
 Bake in oven for 25-30 minutes or until a toothpick inserted in centre comes out clean.

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

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