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VOLUME 2 EDITION 46 THURSDAY, NOVEMBER 12, 2015

WEEKLY NEWS

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Gov't launches comprehensive Manitoba fisheries review



By Brandon Logan

The province is launching a comprehensive review of Manitoba's three largest fisheries.

The announcement came the same day SeaChoice, Canada's most comprehensive sustainable seafood program, said Lake Winnipeg, Lake Winnipegosis and Lake Manitoba need improving and advised consumers to avoid purchasing fish from Manitoba's three largest producing lakes.

"We welcome today's report from SeaChoice and its call for more action for our major lakes," Conservation and Water Stewardship Minister Tom Nevakshonoff said during a press conference in Winnipeg on Monday. "Today we are announcing that we are doubling down in our efforts and we will work even harder to ensure that Manitoba's fish stocks are well managed to assure the long-term sustainability of the resources."

The review, Nevakshonoff added, will begin soon with meetings scheduled for the end of the month and will wrap up sometime in September 2016 with a final report.

EXPRESS PHOTO BY BRANDON LOGAN

Manitoba chapter executive director of Canadian Parks and Wilderness Society Ron Thiessen speaks during an announcement that the province is undergoing a comprehensive review of the three largest fisheries in Manitoba including Lake Winnipeg, Lake Winnipegosis and Lake Manitoba at the Manitoba Legislative Building on Monday.

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> FISHERIES REVIEW, FROM PG. 1

Assisting with the review is economist Harold Westdal. He's been the minister's advisor.

"I look forward to bringing fishers, local communities, Aboriginal people and other levels of government together to discuss these important issues for Manitoba's fisheries. Working together with our scientific community, we will work to provide the best advice to support sustainable fisheries for years to come," Westdal said in a release.

According to the province, Westdal will work with commercial fisher representatives, First Nations and others throughout the review process.

His job, the Nevakshonoff said, "is to establish a committee and the development of an action plan for productive fisheries and the ecosystems that sustain them, in line with the recommendations from SeaChoice."

Nevakshonoff said the independently led review will include additional focus on traditional knowledge, improved and more collaborative research, sustainable growth and jobs that are mainly centred in rural and northern areas, as well as regular assessments of ecosystem health and the long-term connections to healthy fish populations.

The province is also hoping to get a number of bodies of water eco-certified. To date, Manitoba has invested \$480,000 to support eco-certification.

In 2014, Waterhen Lake was the first freshwater lake in the Western Hemisphere and second in the world to get its eco-certification from the Marine Stewardship Council.

"We have also gained fisher approval to work towards the certification of 19 additional commercially fished lakes in the west and northwest regions of our province," Nevakshonoff said.

Ron Thiessen, Manitoba chapter executive director of Canadian Parks and Wilderness Society, said he's happy with the action the government is taking.

"Today's assessment has highlighted major sustainability problems with fisheries taking place in Manitoba's three largest lakes. We appreciate the government of Manitoba's quick response to the report and the commitment to addressing the issues with these fisheries," Thiessen said. "This will enable a robust assessment of the fisheries, ensuring their long-term sustainability and the health of the lake ecosystems. We look forward to seeing the resulting comprehensive management action plan."



EXPRESS PHOTO BY BRANDON LOGAN

Manitoba Conservation and Water Stewardship Minister Tom Nevakshonoff, along with Skownan First Nation Chief Cameron Catcheway, announces the province is undergoing a comprehensive review of the three largest fisheries in Manitoba including Lake Winnipeg, Lake Winnipegosis and Lake Manitoba at the Manitoba Legislative Building on Monday.

The overall goal for the review, Nevakshonoff said, is to make sure commercial fishers have access to global markets and maintain competitive prices while keeping Manitoba's lakes in good, healthy shape.

Manitoba's commercial fisheries are estimated to generate more than \$50 million of economic growth and provide more than 3,000 jobs annually in communities across the province, Nevakshonoff added.

Free seniors dinner in Lundar

By Jeff Ward

Hosting an annual Christmastime feast at the Lundar Legion, the Lundar Legion Ladies Auxiliary is inviting all seniors from the RM of Coldwell to join them for an appreciation dinner.

The idea for the dinner came 48 years ago and remains today as one of the only events in Lundar that celebrates the contribution the senior community made to their hometown, honouring the dedication and hard work it took to make Lundar what it is today. It also happens to be a fun environment, with good food and even better company as well as live entertainment in the form of Christmas carollers. The dinner starts at 5:30 p.m. on Nov. 18, although the doors open at 2 p.m. and seniors are encouraged to show up early to play cards.

"This is a way for us to give back to our seniors who spent a lot of time building our community to what it is today," said Isabelle Thorvardson, president of the Lundar Legion Ladies Auxiliary.

"This is an event that many of us look forward to each year. It's just nice to give back and show people some appreciation and we don't do enough of that. I think Christmastime is a great time to do just that."

Last year more than 70 seniors showed up for dinner, and Thorvardson expects to see that number and hopefully even more this year.

There is no need to call ahead or to purchase tickets as the entire dinner is free of charge. Just show up and have a good time.

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* Friday, Nov.27th

12-2pm • Adult Day Program Christmas Sale
Gimli Community Health Centre in the Multi-Purpose Room

4pm-8pm • Community Bonfire & Caroling Event
At the corners of Centre St. & Third St., in downtown Gimli.

5pm-6:15pm • Kids Cookie Decorating
Sugar Me Cookie Boutique

5pm start • Gimli's Passport to the Holidays!
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5:30-9pm • Sleigh Rides
Along Centre & First Ave.
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6:30pm • Santa Claus Parade
along portions of Centre & First Ave., in Gimli.

6:50 pm • Gimli's Lighting of Tree Ceremony
In the Gimli Harbour area.

7-8pm • Bellyfit workout Lakeview resort
(with donation to EBN hamper program)

5-8pm • Pictures with Santa At the New Iceland Heritage Museum

5-8 pm • Facepainting
Kaffe Haus *Epic Face Art*

4-9pm • NIHM Christmas Market
Kaffe Haus

5pm • Game Night "MAGIG:The Gathering"
Up a Stump Used Books, ManCave Hobbies & Games

8pm • Gimli Wolves vs. Lac du Bonnet Blues
Gimli Recreation Centre 45 Centennial Ave

Saturday, Nov. 28th

All Day • Free admission to Little Vikings
Viking inn, Gimli

8:30-10:30am • Pancake Breakfast & Skate with Santa
Gimli Recreation Centre, 45 Centennial Ave

8:30-10:30am • Face Painting for Kids Gimli
Recreation Centre *Epic Face art*

10am-3pm • Christmas craft sale
Dr. George Johnson middle school

11am • Christmas Story-Time
Up a Stump Used Books, ManCave Hobbies & Games

12 pm start • Kids Scavenger Hunt
Kris's Fish and Chips

12-3pm • Sleigh Rides Along Centre & First Ave.
Sponsored by Noventis 1:30pm-3pm start

• Kids Snowman Craft and hot chocolate
Bornum * look for the tee pee*

11-6pm • NIHM Christmas market
New Iceland Heritage Museum

1pm-4pm • Pictures with Santa
New Iceland Heritage Museum Cabin

2pm • Christmas Story-Time
Up a Stump Used Books, ManCave Hobbies & Games

4pm-7pm • Community Bonfire & Caroling Event
At the corners of Centre St. & Third St

Centre Street and First Avenue invite Gimli & its visitors to walk the streets! Stay warm at the Fire-Pits & enjoy the Holiday spirit by listening to Carollers throughout the day and evening

Health authority partners up with MMF to fill vacancies

By Lindsey Enns

A renewed partnership between the Interlake-Eastern Regional Health Authority and the Manitoba Métis Federation aims to fill vacancies across the region with more Aboriginal Peoples.

"Among the Métis population, there's so much heart disease, diabetes, cancer or arthritis. It's unfortunately very staggering numbers," MMF Minister of Métis Employment and Training John Fleury said after signing a memorandum of understanding regarding a representational aboriginal workforce at the Selkirk and District Hospital last Friday. "We find that our people respond best to their own people and this is a great step towards achieving that."

"Once they walk in and see the health-care aide ... is an aboriginal woman or man, they just feel a sense of peace. They're at home. They're more comfortable."

Since they signed their original MOU in 2010, the health region's self-declared Métis workers have increased from 4.5 per cent to eight per cent, Interlake-Eastern Regional Health Authority CEO Ron Van Denakker said.



EXPRESS PHOTO BY LINDSEY ENNS

Interlake-Eastern Regional Health Authority CEO Ron Van Denakker and Manitoba Métis Federation Minister of Métis Employment and Training John Fleury sign a memorandum of understanding regarding a representational aboriginal workforce inside the Selkirk and District Hospital's multi-purpose room last Friday morning. Their original MOU was signed in 2010.

"This is incredibly important," Van Denakker said regarding renewing the MOU. "This helps us fill very, very important positions."

Currently roughly eight per cent of the health region's workforce is self-declared Métis, he said, adding that residents in First Nations make up

approximately 25 per cent of the region's population.

"We're actually doing really well in terms of our representative workforce," he said. "Having said that, the sky's the limit."

Currently there is a six per cent vacancy rate across the Interlake-East-

man region, he added.

"If there were opportunities for Métis and First Nation and Inuit people to fill those vacancies, that would be amazing," he said. "Working together with the communities we serve makes for a helpful and healthy environment." Fleury said that over the years, hospitals across the province have become more inclusive when it comes to hiring practices.

"It's a very diverse field and I think the quality of care today is leaps and bounds beyond what it was in the '60s," he said.

The MMF has previously sponsored health-care-related courses in a number of fields in an effort to enhance training of prospective health-care workers including nursing assistants, physiotherapists, paramedics, support workers, dietary aides and orthopedic support staff among others. The MMF has also sponsored three activity assistants for summer employment in Eriksdale, Pine Falls and Fisher Branch.

"This is just a really important time to reflect on the success of our partnership," Van Denakker said. "This is the only way we're really going to be able to accomplish our goals."



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Winnipeg Beach seawall reconstruction a step closer to implementation

By Patricia Barrett

By the time Lake Winnipeg thaws next spring and gets itself wound up for shoreline assaults, it will be starting down a contiguous line of steel walls along the public beach in the Town of Winnipeg Beach.

The province will spend an estimated \$4.7 million to modify the existing patchwork of steel and concrete protective walls at the popular beachside resort.

"Ideally, everything will be ready by summer," said Rebecca Lauhn-Jensen, a landscape architect with Conservation and Water Stewardship.

She was one of the representatives from the province's Parks and Natural Areas branch hosting an information session Saturday for residents and cottagers.

The seawall reconstruction plan will see existing concrete barriers removed from both the north and south end of the beach and replaced with steel walls.

At present there are two separate sections of steel wall: one at the north end and another that runs along the beach's midsection near the safety kiosk.

Between these two sections of steel lies a concrete barrier. That will be removed and replaced with about 235 metres (770 feet) of steel wall.

About 45 residents and cottagers crowded around engineers' conceptual drawings when the session got underway at noon at the community centre.

Not all, however, were in favour of the proposed modifications — especially those for the north end of the beach, where virtually no beach exists.

"We like the idea of what they'll do on the south," said Donna Ferguson, who has lived in Winnipeg Beach with her husband David for four years. "But on the north end, we don't like the idea of the wall."

The Fergusons, who had been cottagers for 10 years before taking up permanent residence in the small town, said they have to travel a fair distance from their residence to get to the beach at the south end.

"Why not try to bring the beach back now that they have the money?" said Ferguson.

Another cottager said that 99 per cent of the time, there is no beach on the north. She would like to see the existing steel wall pulled back and sand trucked in. When the waves slap up against the wall, sand gets ferried into the lake.

The project will also entail the removal of the wooden boardwalk along the shore. It will be replaced by a brick



The province plans to remove the concrete barrier and replace it with a new steel wall that will adjoin the existing steel wall.

walkway whose design will mimic railway tracks, a nod to the "Moonlight," a night train from Winnipeg that would bring weekenders to and from the resort.

The names of donors who have plaques embedded in the wooden boardwalk will be incorporated into the bricks at the town's expense.

"We've been talking to the engravers already," said Mayor Tony Pimentel, who attended the four-hour session to provide residents with information about the project. "We're working potential disaster funding into our costs."

Severe storm surges over the past few years have ripped up the beachfront. The town had applied for federal funding assistance under the Canada 150 Community Infrastructure Program in June before the seawall reconstruction project was announced by NDP Premier Greg Selinger in August.

The town does not yet know what it will be awarded.

For an estimated 3,700 bricks at about \$28 each, the total cost could come to \$103,000, said Winnipeg Beach's Chief Administrative Officer Kerry Lawless, who lives in town and was also on hand to explain the town's role in the project.

"We'll have expenses removing the boardwalk and the lighting," he said. "My understanding is the province will cover a portion of the boardwalk [about 400 feet] that was damaged."

Along the south end of the beach, the province will remove the existing con-



EXPRESS PHOTOS BY PATRICIA BARRETT

A resident examines the proposed reconstruction.



The existing steel wall at north end of the beach will be extended southwards to join up with another section of existing steel wall.

crete barriers and replace them with a 360-metre (1,181-foot) long section of steel wall that will link up with the steel wall mid-beach. It will extend as far as the water tower.

Because the grade on the south end is different from that on the north, the top of the wall will sit at ground level and "disappear into the grade," said Lauhn-Jensen.

"You'll see a receding concrete walkway into the sand," she said. "There will be no railing required on the south side."

And the engineers want to situate the new wall farther back towards the green to create a bigger beach area there.

Although it may seem as though the south will have little protection from erosion, engineers have designed it to be a "self-sustaining beach," said the landscape architect.

The sand, ostensibly, will not be

pulled into the lake as it is at the north end.

As to residents' concerns about the lack of beach on the north side, Lauhn-Jensen said those will be communicated to the department.

"We'll take it back to the project team," she said, "and see if the engineers can modify it and if it's feasible within the budget."

The engineers' blueprints include five access ramps for strollers and wheelchairs that will extend from the bandstand southwards and two sets of stairs on the north end.

"We recognize how important Winnipeg Beach is to residents and visitors," said the Premier in an Aug. 13 press release, "and we are proud to announce our commitment to repairing the community's seawall."

If all goes to plan, the province will invite tenders later this month and construction will begin January 2016.

Local hockey legend signs books at McNally Robinson

By Jeff Ward

NHL legend and author Reggie Leach spent the afternoon signing books and talking about his life at McNally Robinson last Saturday.

Leach spoke about the trials and tribulations of his own life and his quest to empower youth through his new hockey school Shoot to Score that he runs with his son, Jamie Leach.

The talk, which was lead by retired CFL punter and co-host of TSN1290 Winnipeg's The Big Show Troy Westwood, covered a variety of topics like the writing of the book, playing hockey and Leach's battle with alcohol and his subsequent 30 years of sobriety, which continues to this day.

The conversation always steered back to Leach's desire to help others and how his new book, *The Riverton Rifle: My Story — Straight Shooting on Hockey and Life*, is designed to help others through their tough times.

"I was tired of reading books where people blamed others for their problems. You own each and every decision you make," said Leach to a crowd of more than 100 who packed into the independent bookstore.

Leach was drafted third overall in the 1970 NHL amateur draft and played parts of two seasons with the Boston Bruins before being traded to the California Golden Seals. Leach then went on to play for the Philadelphia Flyers and won a Stanley Cup championship with the team in 1975. In 1976, Leach set a franchise record with the Flyers by scoring 61 goals in 80 games played, which still stands to this day.



EXPRESS PHOTO BY JEFF WARD

Retired NHL player Reggie Leach spoke to a group of more than 100 people on Saturday, Nov. 7 at McNally Robinson in Winnipeg. Leach spoke about empowering youth through making the right life choices, and used his own life story to connect with anyone who might need a hand up.

Hunting for a permit: province plans to offer online hunting licences

By Patricia Barrett

The province plans to implement an online hunting licence portal sometime in the new year to replace its current paper system.

But the proposal has some hunting lodges and the association that represents them concerned about how it may affect business.

"It would be beneficial," said Blair Olafson, owner of the Narrows West Lodge, one of the biggest outfitters in the province. "People can walk in and get a licence — if it works."

Based on his experience this fall with a federal online portal that dispenses licences for migratory bird hunting, Olafson's unsure whether the province's proposed portal will provide hassle-free service.

"I had people come in from Minnesota who said, 'This is our 13th stop and we can't get a migratory stamp,'" said Olafson, whose lodge is located about 12 kilometres west of Oakview on Highway 68. "I could not access the site to get anything."

To shoot migratory game birds, hunters are required to purchase a federal hunting permit.

"They were very frustrated," said Olafson, "and I was too."



PHOTO COURTESY OF BLAIR OLAFSON

The Narrows West Lodge on Lake Manitoba near Oakview is one of the province's biggest outfitters. It issues a range of hunting licences to Canadian and foreign visitors.

He said he couldn't get permits through the local post office (which is authorized to sell them) because it was closed.

"They walked out," he said.

He's not opposed to the idea of online licensing, he said, but he expects it would need "streamlining."

Olafson built his lodge in 2001 on the shore of The Narrows, so named for the spot where Lake Manitoba squeezes through a narrow channel that links its two large basins. The lodge hosts about 40 bear hunts a year, said Olafson.

Of course, it may be unfair to com-

pare a not-yet-up-and-running system to one that's already operational (federal). Nevertheless, it doesn't engender much confidence in Olafson.

"I'm not in favour based on the way it [the federal site] worked this fall."

Hunting and fishing revenues contribute to the province's economy and help sustain rural economies.

In 2010, hunters and anglers generated \$312 million for Manitoba's GDP and 7,499 jobs. Lodges and outfitters generated \$25 million and 674 jobs, according to a 2012 report titled Economic Evaluation of Manitoba's

Continued on page 7

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THE **EXPRESS**
WEEKLY NEWS



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getfishing

RED RIVER > CHALET BEACH > LAKE WINNIPEG

> ARNIE WEIDL The fishing tale of men's aftershave lotion

Hi gang.

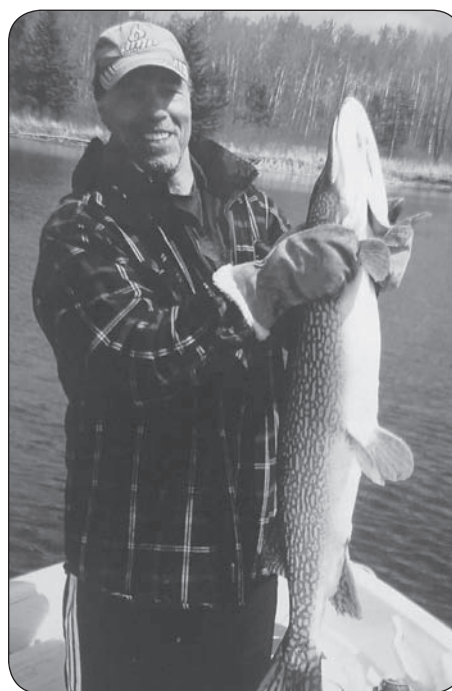
Off and on for the last week, I have had to run into Selkirk on errands for the Manitoba Ice Fishing Associations' start up activities, which also meant I had a perfect chance to get over to the pier to see what all our angler friends were doing. I strolled up and down the pier striking up conversations with everyone. Occasionally I stopped to catch a story offered by one of our fellow fishers.

Even in the cold windy overcast weather, folks were in a fine mood like one averaged sized local chap who had the face of a man who liked to be outside all the time. His name was Wade Cochrane and as we got to know each other, he remembered a funny thing that happened with him and his wife.

Years ago, they were fishing in a creek by Wetaskiwin south of Edmonton. They were using spoon lures with fair success when a fellow Wade knew happened along, wanting to fish with them. They moved apart, letting his friend fish between the two of them. Even though the friend used exactly the same spoon as Wade and his wife, he never got a single bite as they continued to reel them in.

Eventually, as the frustrated friend started to leave, Wade mischievously remarked that he always rubbed his hooks down with men's aftershave lotion. Weeks later, Wade met his friend in Edmonton who lost no time in telling him he had absolutely no success with the aftershave trick. Wade innocently looked him straight in the face exclaiming, "Buddy, you didn't try that, did you? I was just kidding."

Right next to Wade on the pier, Bill



EXPRESS PHOTO SUBMITTED
Dan Burbanae of Winnipeg with his giant jackfish caught in Margaret Lake.

Dunbar from Winnipeg joined us, saying he noticed Selkirk had no bathrooms along the harbour. With so many anglers, he wondered where folks went when nature called. Maybe the town can do something about that for next summer.

During the weekend, I came across Bob Davie from Winnipeg Beach who loves to fish Willow Creek in north Sandy Hook. He says you can catch every kind of fish there and he also learned something very valuable when angling there not long ago.

He had cast out and secured his rod but a fish took his hook, pulling his rod out into the water. The fish got

away, but to Bob's astonishment, the rod floated. He got another rod from his car and retrieved his first rod then found out later that a cherry wood rod with a cork handle will float.

A little while ago, I managed to get over to Otter Falls. I always look forward to driving up there. The drive along the narrow twisting and turning road rises and dips, finding its way through the large rocks bordered by pine, poplar and birch trees. It is such a pleasure. Some trees had lost their many-coloured leaves as I pulled up to David Verebs' Otter Falls store and cabin settlement. As I made for the door in the warm, still, hazy afternoon, the pungent odour of dead fall leaves filled me with a feeling of calm only autumn can give. Inside the store, its walls and shelves were covered with everything imaginable having anything to do with fishing. What a great place.

Abruptly Dave came through the door behind the counter, all smile, and with a big handshake began filling me in on the past summer's fishing. He said the sturgeon, bass and jackfish catches had been very good in Margaret Lake with daily goldeye limits being achieved easily on both sides of the falls. Dave has a large board by the door where local summer anglers post pictures of their catches. One picture stood out. It was of Dan Burbanae of Winnipeg with a giant jackfish he caught in Margaret Lake. The size of the jack was so spectacular I took a picture of Dan's picture for you to admire. I hope you like it.

So friends, there goes another week of fun in our sport. I wonder what next week will bring? So-long for now.

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Voice

Families celebrate accomplishments at student-led conferences

By Patricia Barrett

Winnipeg Beach School held a series of student-led conferences last week in which students showcased their accomplishments since the start of the school year.

Over the course of three days, students presented their parents with samples of their work, explained how they are progressing with their studies and what areas they'll focus on to improve their learning.

Student-led conferences have replaced the age-old parent-teacher conferences in which teachers discussed their pupils' progress over the course of the school year, leaving little room for student input.

"It's them taking ownership over their learning," said Michelle Lachuta, who has taught at Winnipeg Beach School for three years. "And it's a chance for the kids to share their learning."

She prepares each student for his or her conference ahead of time by asking them to select samples of work that best represents what they've learned over the past few months.

"We talk about our strengths, our daily routines, and our reading, writing and math facts."

Lachuta address three major areas of student learning: mastery of the material, classroom behaviour and organizational skills.

Based on her observations of how they're performing, she'll have students set goals for improvement, which they'll then discuss with their parents.

"I need to work on a reading strategy," said Lachuta by way of example. "Or I need to work on my numbers up to 20."

She'll have some students set goals to work on their listening skills or to help them develop good organizational habits.

"I'll say, 'I'm noticing you're not putting a book back or you're losing paper,' " said Lachuta, who teaches grades 1 and 2.

For students who are struggling, though, Lachuta said she has one-on-one conversations with parents. But those don't form part of the student-led conferences.

"They shouldn't be occurring in front of the child," she said. "It's not old-school teaching."

There are many advantages to student-led conferences, Lachuta said. By letting children share what



PHOTO COURTESY OF MICHELLE LACHUTA

Lyric shows his parents, Erin and Anthony, and sister Raven samples of his work during a student-led conference at Winnipeg Beach School.

they do all day long, it allows them to get excited about their work.

"And it facilitates parent-student conversations," she said. "It also gives parents insight into what goes on in the classroom."

The school devotes a lot of time to documenting student learning, which makes it easy for its students to select samples of their work to show their parents.

Winnipeg Beach School holds student-led conferences twice a year: once in November and again in April. For parents who can't attend during the daytime, the school holds two evening sessions.

The Evergreen School Division, to which Winnipeg Beach belongs, employs student

conferences in all of its schools.

"I've had 100 per cent attendance," said Lachuta. "Families seem to be really excited."

> ONLINE LICENCES, FROM PG. 5

Hunting and Fishing Industry.

The Manitoba Lodges and Outfitters Association, which represents the industry's interests, is concerned about the potential costs associated with new technology that may be required to handle online permits.

"If there's a substantial cost to upgrade computer systems, printers or Internet service," said executive director Paul Turenne, "they'll [the province] lose vendors."

As it now stands, vendors receive \$1 commission for every licence sold. If a hunter pays by credit card, the vendor pays about a 2.5 per cent handling charge. An additional financial outlay might have some lodge owners thinking twice.

Turenne said parts of the province have unreliable Internet service. Remote fly-in lodges rely

on satellite Internet, and bad weather can hamper access.

"Twenty-five guests come in and you can't buy angler licences because of poor weather," said Turenne.

He's worried vendors will lose licence sales, something that could affect their overall business.

The MLOA agrees the present system should be modernized, said Turenne. But the association wants the province to maintain paper licences for the first few years in conjunction with an online system so that it can see how it's working.

In an Oct. 17 news release, the MLOA said it expects the online system to be launched within 12 to 18 months.

Conservation and Water Stewardship did not respond to interview requests.



Interlake-Eastern
Regional Health Authority

Seeking Director Nominations

Nominations are now being accepted for appointment to Interlake-Eastern RHA's Board of Directors.

Directors appointed by the Minister of Health represent a broad cross-section of interests, experience and expertise. Every board member has a personal commitment to reflecting, addressing and achieving the RHA's goals and objectives.

Nomination forms are available at the following:

- Interlake-Eastern RHA offices:
24 Aberdeen Ave., Pinawa OR
233A Main Street, Selkirk
- Interlake-Eastern RHA health care facilities and community health offices
- Local municipal offices
- First Nation Band offices
- Download a nomination form at:
<http://is.gd/RHAbordnomination>

**Deadline for nomination submissions is
December 15, 2015**

For more information, please call 1-855-347-8500.

Connecting people and communities to
excellent health services – Today and Tomorrow

Widows Banquet provides incredible night in Ashern

Arborg family carry on Christmas tradition

By Jeff Ward

What started as a family reaching out to widowed neighbours for a Christmas meal has now ballooned into a multi-town event that serves more than 800 widows all over the Interlake and Steinbach.

The Widows Banquet in Ashern, held last Saturday at the Ashern Centennial Hall, is one of nine banquets held annually in Arborg, Stonewall, Fisher Branch, Gimli, Teulon, Steinbach and Selkirk, which has two banquets hosted by the philanthropic Penner family from Arborg. The Penners began their tradition of reaching out to widows during Christmas 2002 and have now hosted dozens of banquets in the 14 years since.

"We had realized that some of our neighbours were widowed and had no place to go for Christmas. My mom had a brainwave and it seemed like God was giving her this vision to invite them over for Christmas dinner," said Julia Penner, who helps organize the banquet with her family.

"It feels good to know that we've helped brighten the holidays for them. Usually that's the loneliest time of the year and they really express a lot of gratitude. I know that many widows are intimidated to go out to functions alone, but with our banquet, they're surrounded by people who are in the

exact same position they are."

The Penners take immense pride in their banquets and the service they are able to provide, which comes at no cost to the widows invited to the annual feast. Transportation is provided to and from the venue, and attendees are escorted to their tables, given name tags and served a complete dinner while being entertained by traditional Christmas music.

For one widow in particular, the dinner has been an event to look forward to each holiday season — and one that she would never miss.

"It's very nice to have a beautiful dinner and to sit with such nice people," said Margaret Howard, who's been attending the Ashern dinner since 2006 after the passing of her husband in 2005.

"After he passed, it was sort of lonesome. With the banquet, people who have the same problem I had surround me. We all understand how hard it can be to get out and do things. It made it easier and made it nice to go out and gather with the ladies. I found it very comforting."

Howard mentioned that for her, there aren't many events that interest her because she has to go alone. However, with the banquet, she feels welcome and a part of something that helps many ladies like herself to get



EXPRESS PHOTO BY DELMAR PENNER (MARP MEDIA)

Attending every year, Margaret Howard (left) is grateful for an event like the Widow's Banquet and is very happy that Julia Penner and her family have devoted so much effort to making it a reality.

out of the house and sit with good company and have a great meal. The luxury of being doted on, even for one night, is a feeling that lasts for a long time.

"God gave us the idea. We can't take any of the credit. We do it to glorify

God and be a blessing to our community," noted Julia Penner.

That blessing is well received by widows like Howard, who are very grateful for such an incredible evening.

Teulon Farmers Market

Winterfest Craft Sale

FRIDAY, NOVEMBER 20
2 - 8 pm

SATURDAY, NOVEMBER 21
10 am - 3 pm

Teulon Hall
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Canteen with homemade food

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www.teulonfarmersmarket.com
for a complete list of vendors

Pictures with Santa by
Sweet & Wild photography

\$10 Sitting Fee & 1 image emailed
\$5 per additional image

Please note that Santa will leave Winterfest on Friday at 7 pm so he can be in the parade!

Riverton Collegiate participates in Take Our Kids to Work Day

By Patricia Barrett

Grade 9 students at Riverton Collegiate participated in the Take Our Kids to Work Day annual program that's held across the country every November.

"We had about 15 students from Grade 9 participate," said Riverton teacher Sarah Boaz, who has co-ordinated the program for two years.

She said some students worked on the farm with their parents while others performed maintenance at the arena.

"One student shadowed the medical secretary who works at the Riverton Community Health Centre," said Boaz, who has taught at the school for

three years. "She has a friend whose parent works at the clinic."

The Take Our Kids to Work program started in Toronto in 1994 and spread across the country. It teaches students about the world of work and allows them to explore possible career paths.

"They realize more of what their parents do when they go to work," said Boaz, who in addition to Grade 9 teaches a career exploration course that provides students with a full credit. "And they can find out what schooling they need to enter a career."

Students who participated in the program wrote a report on their work experience and shared it with classmates.

Empowering people with diabetes through knowledge and education

By Natasha Tersigni

With November marked as Diabetes Awareness Month by the Canadian Diabetes Association (CDA), along with the World Diabetes Day being held on Nov. 14, the CDA is putting a spotlight on the work that is being done in communities to help prevent and manage diabetes.

The diabetes education team at the Interlake-Eastern Regional Health Authority (RHA), compiled of registered nurses, dietitians, fitness experts and wellness facilitators, is a grassroots team that helps patients with all aspects of their diabetes care.

The cutting edge program strives to empower the patient to take control over their own health and diabetes by giving them the tools and knowledge to succeed.

"In the diabetes education program, we teach people what they need to know about how diabetes is working in their bodies and how to prevent any further problems from it. Diabetes is a silent disease. There are so many people with diabetes and so many more that don't even know they have it. A lot of times, people come in for something completely different, a urinary tract infection or mood changes, and it may have to do with their blood sugars," Sandy Koropas, who is registered nurse and Certified Diabetes Educator (CDE) with the education team.

Koropas has been working with the program for 14 years and has seen the struggle that patients often face when they are first diagnosed with pre-diabetes, Type 1 or Type 2 diabetes. By offering a welcoming environment and not judging people, the team is able to teach patients critical information they need to know in order to take

control of their disease.

"In our program, we don't label people. One of my pet peeves is to hear about people being compliant and non-compliant. You cannot be compliant in something you don't know how to do. To say you are non-compliant because your blood sugars are not coming down, that is not fair. If you don't know how diabetes works in your body, how can you be compliant?" said Koropas.

"I have people every single day that come in who are testing their blood sugar three to five times a day. They are watching everything they eat and their blood sugars are still too high. They are the worst critics of themselves. They think they are doing something wrong. Usually they are doing nothing wrong. They are just not on the right medications and their pancreas is not functioning properly. You can't make something work that is not able to work."

RM of Gimli resident Don Emes knows first-hand how the education program can benefit patients. When Emes was first diagnosed with Type 2 diabetes, he was referred to diabetes program. By working with Koropas, Emes was able to learn the tools he needed to manage his condition and maintain his blood sugars levels at good, healthy level.

"The program educated me about diabetes because you want to know what you're dealing with so it makes it easier to treat it. At the end of the day, it is up to the individual. You either have to accept it and get the knowledge you need in order to deal with it and carry on from there or you don't. The program is there and it helps you, but you either have to partake in it and take the advice or you're the au-



EXPRESS FILE PHOTO

Registered nurse and Certified Diabetes Educator Sandy Koropas uses the Interlake-Eastern Regional Health Authority (RHA) diabetes education program to teach people how to prevent and properly manage diabetes. The team works in the community as a way to provide proper knowledge on a variety of topics, including diet, exercise and medications so those with diabetes can live a healthy life.

thor of your own demise," said Emes, who added he never had to change his active outdoor lifestyle even after his diagnosis.

"Having diabetes is like anything else. You can use it as an excuse or you can deal with it. It does not control my life; I carry on with the same activities

I did before."

The Interlake- Eastern diabetes education program is open to anyone and you do not need a doctor's referral. For more information on the Interlake-Eastern RHA Community Wellness and Chronic Disease Prevention programs, call 1-877-979-WELL (9355).

Co-op gearing up for Christmas hamper drive

By Patricia Barrett

The Arborg Co-op has begun to drum up Christmas cheer with some upcoming initiatives.

The store will be sponsoring an annual Christmas dinner for seniors. It will held Dec. 1 at the Legion starting at 11:30 a.m.

"We like to give back to the community," said Food Store manager Lynette Oliver. "We usually get 80 to 90 people attending."

Store managers will be servers at the dinner.

The Co-op will also begin raising funds to help the Arborg & District Christmas Cheer Board supply food

hampers to individuals and families.

Between Nov. 16 and 26, every dollar donated at the store's checkout will be matched.

"In December we make a presentation to the Cheer Board," said Oliver. Last year Co-op customers donating \$1,950, which the store matched, said Town of Arborg Assistant CAO Jan Larkin, who sits on the Cheer Board. In total, it received \$3,900.

"Co-op credited our account at the grocery store," said Larkin. "We used it for buying a lot of perishable items for Christmas hampers."

In addition to canned food items,

the board was able to buy cheese, hamburger, pork chops, farmer's sausage and other perishables. Each hamper contained a day of food — cereal, fruit, turkey, vegetables, dessert — plus the additional perishables.

"We put a ham in every hamper," said Larkin. "They were just stunned."

There were 53 hamper requests in 2014, which helped 76 children.

The board runs the food drive for six weeks. It also provides presents for children 16 and under.

"Some of the ladies knit and do-

nate mitts and scarves," said Larkin.

Individuals or families who live in town or in the RM can make a request.

"If people feel a need, we're more than happy to give it to them," said Larkin. "There are still bills to pay in January and this really stretches their budget."

The Cheer Board plans to deliver hampers Dec. 22 and is currently looking for volunteers to help with the food drive and deliveries.

For more information, please call Jan at 204-376-2647 or Noreen at 204-376-2583.

Arborg-Bifrost firefighters recognized for years of service

By Patricia Barrett

Members of the Arborg-Bifrost Fire Department were recognized for their outstanding service to the Town of Arborg and the RM of Bifrost at the department's Firefighters' Ball Oct. 24.

Town of Arborg Mayor Randy Sigurdson and RM of Bifrost Reeve Harold Foster presented Fire Chief George Chyzy with a long service award for his dedication to the department.

"It was a nice evening," said Chyzy, who was appointed chief July 1, 1985. He has led the service for 30 years.

Chyzy co-ordinates the department's emergency services, ensures its volunteers are properly trained and equipped, and maintains records, among a host of other duties. He also holds down a full-time government job.

The fire service deals with a full range of emergencies from house fires, wildfires, vehicle accidents and airplane crashes. It also rescues pets — cats from trees and dogs from culverts.

The RM and the town split the cost of the department, which covers about 75 per cent of the RM's 1,200 square miles and acts as backup to Riverton, Gimli, Fraserwood and Fisher Branch.

Wally Goldau, assistant deputy fire chief who devoted over 40 years to the department, also received a long service award. In 2013, he was presented with a Governor General's Fire Services Exemplary Service Medal. The honour expresses "national gratitude for long and commendable service, particularly in fields of endeavour involving potential risk," according to the Governor General of Canada's



George Howell (left), deputy chief fire prevention, receives a retirement plaque from Mayor Randy Sigurdson. Howell served for over 30 years with the department.

website.

George Howell, deputy chief fire prevention, who retired last year, served for over 30 years with the department.

After the awards for long service were presented, the fire department marked the retirement of three members.

Susan Bauernhuber, currently councillor with the Town of Arborg, Wally Goldau and George Howell received retirement plaques.

Arborg Home Hardware and Vidir Machine, which was recently nominated for Ernst & Young's 2015 Prairies Entrepreneur of the Year Award, supplied the wine for the event, held at the Arborg Community Centre.

"We had a full dinner put on by Al-



Mayor Randy Sigurdson (left) and Reeve Harold Foster (right) present Fire Chief George Chyzy with a long service award. Chyzy has overseen the department for 30 years.



PHOTOS COURTESY OF FIRE CHIEF GEORGE CHYZY

Reeve Harold Foster (left) and Mayor Randy Sigurdson (right) present a retirement plaque to Wally Goldau, assistant deputy fire chief.

lan and Gloria Sigurdson," said Chyzy. "They donated food and their time."

The Homebrew Line, a band from

Riverton, provided the evening's musical entertainment.

Over the past 25 years, the station has raised close to \$1 million through fundraising efforts. It built its own hose tower and expanded the second storey of the fire hall to accommodate a training facility.

The department receives between 40 and 50 calls a year.

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FUNDRAISER FOR CHRISTMAS HAMPERS

Eriksdale's annual Christmas Craft Sale Nov. 21

By Jeff Ward

Every November, hundreds flock to the Eriksdale Recreation Centre to scan tables for one-of-a-kind handmade items from crafters, and for many who sell their wares, the money just helps fuel their passion.

Woodworking, knitting, baked goods and quilts will be on display during this year's Christmas Craft Sale in Eriksdale on Nov. 21 from 11 a.m. to 3 p.m. The Recreation Centre has space for 40 tables, and on one of those tables will be a quilter whose one-of-a-kind denim quilts have become quite popular over the years.

"It's hard to keep up with demand right now. I've got a waiting list of people who want them," said Denise Yanchishyn, who's been quilting for 40 years.

"I've always loved to sew and I just do it for fun. The money I get from selling them all goes into buying new fabrics. At any given time, I'll have around 10 to 12 quilts on the go. I've probably made over 600 of the denim quilts."

Yanchishyn's passion came from volunteering at a ladies sewing group in Eriksdale back in the early '80s. Watching those women sew inspired her to do the same, and she learned a lot from the skilled hands of the la-



EXPRESS PHOTO BY JEFF WARD

Denise Yanchishyn will be selling her handmade denim quilts, just like this one, during the annual Christmas Craft Sale in Eriksdale on Nov. 21 at the Eriksdale Recreation Centre.

dies who started the group, which has been defunct for many years now.

The first quilt Yanchishyn ever made was so poor in her eyes, it barely qualified to be the dog's blanket. And from then on, her near obsession with patterns, colours and fabrics has driven her to sew hundreds of quilts.

"I've never made a quilt that was perfect in my eyes. I can always find something I'd have liked to have done better. I'm very picky that way, but that's the fun of it. If I had made one that was perfect, there's no real reason to continue. Quilting helps keep

me sane," joked Yanchishyn.

The denim quilts are made from any denim that Yanchishyn can get her hands on — jeans, overalls, jackets, whatever's available. The quilts, which range in sizes, are dense and heavy with the durable denim on the outside and soft cotton on the inside. With a few

of these in your home, you won't have to use the heat that much in the winter because of how warm they'll keep you.

All items Yanchishyn makes are machine washable and extremely tough. One of the reasons the denim quilts are so popular is because of how durable the material is. Kids can drag them around without fear of tears.

Because of the high demand, Yanchishyn doesn't have many available, so if you're interested in purchasing one, getting there early might be your best bet. They each cost \$95. Yanchishyn will also be selling some knitting.

The Eriksdale Christmas Craft Sale has an admission of \$2 and all proceeds from vendor table sales, admissions and the silent auction go towards the Eriksdale Museum.

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Ski-Doo has the most diverse snowmobile lineup in the industry, offering no less than eight models (MXZ, Grand Touring, Renegade, Summit, Freeride, Tundra, Skandic and Expedition), for a total of 74 different versions.

To stay on the cutting edge of technology, Ski-Doo has updated its lineup again this year by introducing adjustable Pilot TS skis. Depending on snow conditions and driving style, it's possible to adjust the bite of the skis thanks to a knob that regulates the height of the ski runner. This device is standard on the MXZ XR-S, MXZ Blizzard, Renegade Enduro and Grand Touring SE models and optional on some versions of the MXZ and the

Renegade. Other changes include the Rotax 1200 4-TEC engine, which features the iTC intelligent throttle.

NEW MODELS

For 2016, the new Renegade Enduro crossover is equipped with an XC front bumper, an adjustable rMotion Air Ride (pneumatic) rear suspension and aggressive 137-inch (348-cm) Ice Ripper XT tracks.

In the high-performance category, the legendary Blizzard snowmobile is making a comeback. Built on the REV-XS chassis, the MZX Blizzard comes equipped with Ice Ripper tracks and the new rMotion 128 rear suspension, which has been borrowed from racing sleds.

The ultimate in backcountry sleds has to be the new Summit Burton, which is the result of a collaboration between Ski-Doo and Burton, the snowboard manufacturer. This model was designed to transport snowboarders (and skiers) up mountains with its REV-XM double seat and LinQ rack for snowboards or skis.

As for the new Expedition Xtreme, this is the most powerful and fastest utility model ever offered by Ski-Doo.

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RM Bifrost elects new Ward 1 councillor

By Patricia Barrett

Frode Andersen won Ward 1 councillor for the RM of Bifrost in the Nov. 4 byelection.

Out of the 201 ballots cast, Andersen garnered 140 votes. He ran against three other candidates: Gerret Johnson (29 ballots), Daniel Gudbjartson (10 ballots) and John Karatchuk (22 ballots).

"It was a surprise," said Andersen, who has farmed for 34 years near Finns, a small community about five kilometres (three miles) south of Hnausa. "I expected it would tight for the two people living in the ward."

In addition to producing grain, Andersen grows strawberries. For the last 19 years, he has operated Andersen Berries U-pick, which employs up to eight part-time workers.

Andersen said he did a lot of door knocking during the campaign, bringing attention to the need for improved drainage in the RM, which



EXPRESS PHOTO SUBMITTED
Frode Andersen was elected Ward 1 councillor in the RM of Bifrost's Nov. 4 byelection.

Continued on page 16

BLACK FRIDAY is coming to Arborg and you could WIN BIG!

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WEEKLY NEWS

REMEMBER BRING YOUR LUCKY NUMBER TO ARBORG TO WIN ON NOV. 27/28!

New Lundar business helps support local fundraisers

By Jeff Ward

A Lundar business owner is using her bath and body products to help raise funds for many causes in her own community and around the Interlake.

Bomby Manitoba is a new business based out of Lundar and owned by Marnie Holm. Producing handmade bath bombs, bubbles, shaving creams, body scrubs, butters and more, Holm has created products that have become popular quickly since the business started in September of this year. And being the natural philanthropist that she is, Holm decided that her popular products should be used to help raise money for causes and organizations in her community.

"I've always done whatever I could do to help my community, and this seemed like a natural fit," said Holm, who also owns Marnie Holm Salon in Lundar.

"We've done a few fundraisers so far with the product and they've done well. I give the sellers 40 per cent of the profit towards their fundraiser and I also pick and pack all the orders. The product is selling well right now, so these fundraisers are doing really well."

As long as you have a legitimate fundraiser, Holm will provide you with all the materials you need to raise money. Instead of going door to door and asking for donations, people raising money can now sell great bath and body products from a local business that will help support their cause and also give a boost to the local economy. Holm prefers to keep fundraiser totals private but mentioned that the cuts are a healthy amount.

Holm, a licensed cosmetologist, has been working on her products since March of 2015 after an attempt to buy bath bombs for her salon proved to be



Holm's signature product, the bath bomb, are about half the size of a baseball and are dropped into your bath to will leave your skin feeling soft. They come in 10 different fragrances.

too expensive. Holm decided to make her own products and began to learn the craft online.

"You can learn anything from Google and YouTube," noted Holm.

Tinkering with ingredients, Holm was able to craft a superior product to the ones she intended to purchase originally, as her bath bombs won't line your bathtub with residue after use.

"I use grapeseed oil in my bombs because it won't leave that residue in your tub afterwards. That's one of the biggest concerns people have when buying them is they don't want to have to clean their tub afterwards, and with my product, you won't have to," said Holm.

With the product being so popular and Holm's grasp on the market increasing, the natural question is, why cut out your own profits to do these fundraisers? Her answer is simple.

"It's my responsibility to help out as much as I can because fundraisers are very important for small towns," noted the proud Lundar resident.

Holm's margins are healthy, so the 40 per cent cut in income from these fundraisers doesn't hurt much, and



EXPRESS PHOTO BY JEFF WARD

Marnie Holm is hard at work creating new bath bombs for her new business, Bomby Manitoba. Holm lets people use her products in their fundraising efforts and gives 40 per cent of the profits of these fundraisers to the sellers.

the feeling she gets from being able to help more than makes up for any financial loss. Her logic is that what good would her business be if the town around it was dying?

If you're interested in using Bomby

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Cookie Caper to honour memory of fallen posse member

Eriksdale's E.M. Crowe Hospital Guild fundraiser Nov. 14

By Jeff Ward

More than 2,500 cookies will be available for purchase this weekend during the annual Grandma's Posse

Cookie Caper in Eriksdale, with the funds going to a special place.

This year's fundraising effort, which takes place Saturday, Nov. 14 at the Er-



EXPRESS PHOTO BY DEBBIE LUNDALE

Eriksdale's grandma's posse are holding their annual Cookie Caper fundraiser on Nov. 14 in honour of Lynn Boss who passed away. All funds raised will be donated to the E.M. Crowe Hospital Guild and will be used to purchase a specialized pressure care mattress.

iksedale Memorial Community Centre from 1 to 3 p.m., will support the E.M. Crowe Hospital Guild. The monies raised will help with the purchase of a specialized pressure care mattress, which will cost about \$8,000, according to Gail Holmes, president of the guild. The mattress is a key piece of palliative care equipment that can help prevent bed and pressure sores as well as providing a significantly more comfortable rest for patients. The decision to support this cause comes after a member of the posse, Lynn Boss, passed away from cancer in August of this year.

"We're donating to the guild in her (Lynn Boss's) memory to help purchase another air mattress so that they have another for multiple patients," said Debbie Lundale, a member of the posse and a close friend of Boss.

"Lynn's family looked after her at home. They needed the palliative equipment and the bed was part of that. We've given to all kinds of causes in the community, but this year, the cause is a little more personal to all of us."

Boss was a nurse at the E.M. Crowe Hospital for her entire working career and gave selflessly to many causes around Eriksdale. Her memory will live on in the hearts of friends and family who knew her but also in those who benefited from her goodwill. Being one of the founding members of the posse, Boss fit in well with the group, baking dozens of cookies to

sell during the annual event. Her specialty was making shortbread cookies that sold fast and had attendees scrambling to get in line early.

Boss was also known for her own sweet tooth and would often be seen buying cookies from other bakers to satisfy the cravings that drive most people to Eriksdale for the sugary fundraiser.

"This is our first event without her, so in that sense, it will be tough. We all cherish her memory and I believe she is still here with us. She's five-foot-nothing and she'll

be running around with us all on that day with a grin on her face," said Lundale.

With Boss gone, her daughter and granddaughter stepped in to make her cookie recipes to make sure that attendees could get their fix of shortbread.

Cookies will be sold for three for \$1. There is also a silent auction and three door prizes for three \$500 tax receipts. There is no admission, and just showing up gets you entered in the door prize.

People tend to line up early, so if you're interested, don't be late because by 3 p.m. there won't be a crumb left in town.

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4. Describe your family's holiday traditions. What's your favourite tradition?

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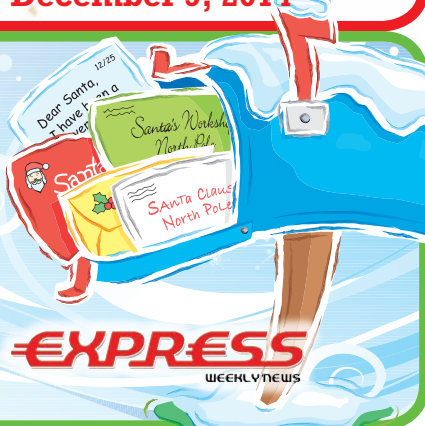
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Your FARM



Caution remains the key to keeping PEDv out

By Harry Siemens

Winter is just around the corner and the hog industry needs to pick up its diligence to make sure the nation's biosecurity system once again holds off the PED virus.

Mark Fynn, the manager of animal health and welfare programs with Manitoba Pork, says attention to transportation biosecurity will be key to keeping Porcine Epidemic Diarrhea off Manitoba hog farms as the weather turns colder.

The hog industry in Manitoba and across Canada has worked hard at containing, eradicating, and now keeping it out.

Under Manitoba's PED surveillance program, they're collecting 100 samples each week from high traffic areas including provincial abattoirs, federal packing plants, truck washes, and assembly yards.

"The good news is that we're not seeing any positive results for PED at the federal packing plants," Fynn says. "Those are a really good indicator of whether we have on farm cases that we're unaware of, so it leads us to believe that we're not dealing with any on farm cases at the moment."

"We still see some positive results from time to time at the other high traffic facilities that have frequent U.S. contact and we're relying on good biosecurity when we visit those sites to prevent bringing it back to the farm."

The PED virus survives well in cold temperatures and it's easier to move around when things are wet and slushy, so the risk of transmission is much higher in the winter than the summer, Fynn says.

"In the U.S., who we use as indicators of viral movement and survivability, we expect to see more cases there," he says. "We hope in Manitoba that our biosecurity practices manage to keep it off farm and we don't see any cases over the winter, but there's always the possibility and that's why we encourage producers to really focus on biosecurity and make sure it's not their farm that's getting affected."

Fynn says the recommendations still focus on the farm gate—making sure producers have good entry protocols to their barn so they don't bring anything in—as well as focussing on transport biosecurity, such as cleaning and disinfecting trailers.

One of the casualties of PED was a protein feed ingredient: blood plasma made from dead pigs.

Dr. Frank Marshall, a swine veterinarian from Alberta, advised pork producers who use blood plasma products in feed to take steps to ensure those products do not contain porcine plasma.

As the result of concerns over the risks associated with the potential spread of PED, there are certified bovine origin PED tested blood plasma products becoming available for use.

"From the veterinary community the use of swine origin blood products is still not to be recommended," Marshall says. "The HACCP certified plasma processing that goes on if properly done ... should have killed any infectious risk. However, the suppliers have never come forward

with how it was that a plasma product arrived in Canada with infectious virus."

Groups like the OIE-World Organisation for Animal Health have put forward many very confusing comments regarding the safety of products like blood plasma, claiming that the Canadians were out to lunch in terms of how this entered the hog industry here.

"But I'll tell you it is very clear to the vet community involved in the initial 17 sow herds that broke in Ontario there's no question how this

came," says Marshall. "It sounds like we're flogging a dead horse here, but it's been exasperating to still see comments coming out of news agencies around the world that Canada couldn't prove the feed source and such, but, nevertheless, we all know the story."

Marshall stresses producers need to ask about the origin of these bovine blood plasma products and the plants they come from to ensure that they're only bovine origin and not mixed with porcine.



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Eriksdale students become surgeons, nurses for a day

By Jeff Ward

Under the tutelage of 11 first-year University of Manitoba medical students, Eriksdale Grade 7 and 8 students got to dissect a pig's heart and received hands-on learning about the vital organ.

During the afternoon classes on Nov. 4, the medical students donned their white coats and instructed 60 students in a live dissection of a pig's heart. Eriksdale School vice-principal Tracey Parkes and her daughter Jade, who is a first-year med student, hatched the idea bringing this exciting opportunity to the school while providing a learning experience like no other.

"Our students really enjoyed themselves. It was a really fun afternoon," said Parkes, who mentioned that this was a much better way to teach this part of the curriculum.

"I did something similar to this when I was at Ashern Central School about three years ago, but it was on a smaller scale. For this, we had very focused learning, and each group of students had their own med student walk them through the procedure. It was probably the highlight of my teaching career."

One student from each group was designated the surgeon, which required the cutting open of the heart. Two students would be designated nurses, who would assist in identifying veins, valves and arteries, and another student was given an iPad to photograph and film the procedure for future studying purposes.

Interlake Packers in St. Laurent generously donated the hearts. There were 16 hearts divided among the students who held, poked and cut through them to learn more about how blood travels through the human body. Pigs' hearts are commonly



Surgeon for a day, Melissa Johnson (left) cuts open the pig's heart during a hands-on lesson with first-year medical student Jade Parkes.

studied because of their close resemblance to a human heart in size and function. In fact, with the way transplant science has advanced, humans might even have pig hearts inside of them in the near future.

This kind of education is difficult to come by because of how involved the process is. But with the trained med students acting as teachers, it provides Eriksdale School students with an incredible hands-on guided experience through the most important organ in the body.

"It felt weird because it was tough to cut," said

Grade 8 student Melissa Johnson, who acted as team surgeon in her group.

"I was able to cut the heart and it was really fun. It was a little heavy and it felt all slimy. You could feel the veins in it."

Undoubtedly, learning like this presents a significant advantage for students. You might not remember the day you turned to page 65 in your textbook to learn about the circulatory system, but it's very likely you'll re-



EXPRESS PHOTOS BY JEFF WARD

Pictured left to right, first-year medical student Jade Parkes instructs Grade 7 and 8 students Austin, Carson and Melissa on identifying the ventricles and arteries in a pig's heart.



A student photographs and records the dissection to be used for in-class lessons.

member the day you cut open a pig's heart and identified the chambers and arteries.

The med students had a good time in Eriksdale as well spending the night at Parkes' home and enjoying dinner there.

"Some of them are city students and they were talking about how they want to live out here in rural areas because of this experience. And they all said they'd love to come back and do another dissection again," said Parkes.

> RM BIFROST, FROM PG. 12

experiences overland flooding during heavy rainfall, high lake levels and ice jams on the Icelandic River.

"I'm a farmer," said Andersen, "and drainage is very important."

A combination of low-lying terrain and downpours can destroy crops and wash out roads. In August 2008, parts of the RM experienced significant flooding, prompting the province to issue a flood watch and warning

bulletin. In 2014, the province offered the municipality flood funding to help protect areas along Lake Winnipeg.

"The generally flat topography throughout the area results in the majority of soils being classified as imperfectly to poorly and very poorly drained," according to a 1999 report titled *Rural Municipality of Bifrost Information Bulletin 99-17* by Agriculture and Agri-food Canada.

Andersen said he ran for councillor because he wanted to contribute to the RM's strategy with regard to drainage and flood protection measures.

In his election platform document, Andersen said, "farmers keep losing money to water standing in their fields after heavy rains."

He also cited the importance of protecting Lake Winnipeg, and promot-

ing business ventures and housing in the RM.

"We need increased population in order to improve infrastructure and services," he wrote.

The Ward 1 seat was left vacant by the passing of Coun. Marvin Magnusson in July.

Andersen will be sworn in Nov. 12 at the RM's next regular council meeting.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Midget Lightning play well in weekend split

By Brian Bowman

The Interlake Lightning earned a split in a pair of Manitoba AAA Midget Hockey League games last weekend.

Interlake played real well in both games, defeating the Pembina Valley Hawks 3-2 in Morden on Friday and then losing 4-1 at home to the Winnipeg Wild on Sunday.

"We had a great game against the Wild," said Lightning head coach Dwayne Swanson. "They scored one goal into an empty net but we competed with them very well. For really the first time this year, our compete level was where it needed to be.

"They're a good team and if you make any mistakes, they're going to put it in the net. We felt the game was back and forth and we have been in a bit of a slump, so it was nice to see us have a really good outing against those guys."

In the loss to the Wild, Winnipeg took a 2-0 lead on goals by Caiden Daley and Riley Stotts.

Jordan Kristjanson, on the power play, cut that lead in half with a goal midway in the second period but the Wild regained the two-goal advantage as Jesse Gibbons netted a power-play goal late in the period.

Brendan Keane then closed out the game's scoring with 21 seconds left in the third period with an empty-net goal.

Adam Swan made 33 saves in the loss. In the win over Pembina Valley, Kristjanson scored the game winner at 13:07 of the third period. He has played very well for the Lightning this season, leading the team in goals (eight) and points (13) through the club's first 13 games.

For his efforts last weekend, Kristjanson, a 6-foot-1, 240-pound Arborg product, was named the Manitoba AAA Midget Player of the Week.

The Hawks took a 1-0 first-period lead on a power-play goal by Garrett Szeremley and then Kristjanson tied the score at 1-1 early in the second.

Interlake's Riley Vautour and Pembina Valley's Troy Lehmann then traded goals just 14 seconds apart midway in the middle frame.

"We've had trouble starting games lately and we didn't have a very good first period against those guys," Swan-



EXPRESS PHOTOS BY LANA MEIER

The Lightning's Jordan Kristjanson scored on the power play during Interlake's 4-1 loss to the Winnipeg Wild last Sunday.

son admitted. "But the next two periods, we kind of took it away on them and controlled the entire game."

Sean Loutit had a pair of assists for the Lightning. Swan made 21 saves for the victory and played very well in both games last weekend.

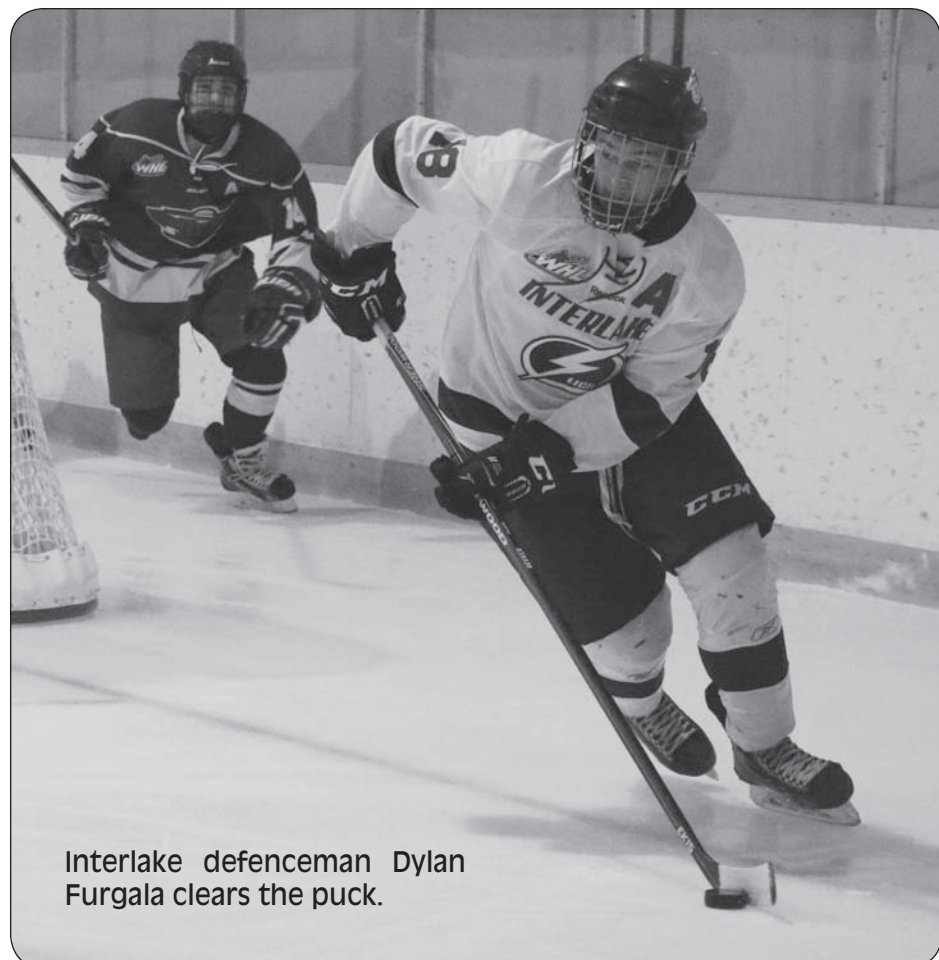
Interlake is now 6-7 and in a tie with the Brandon Wheat Kings for eighth place, each with 12 points.

The Lightning hosted the Central Plains Capitals (6-4) last night but no score was available at press time. Interlake will then have a pair of tough road tests coming up.

The Lightning will play the Winnipeg Thrashers (10-3) this Friday at Gateway Arena (7:30 p.m.) and then will battle the Wild (13-1) next Wednesday at the MTS Iceplex (7 p.m.).

The Lightning will have three tough tests in a seven-day period.

"That's something our kids are going to have to get used to," Swanson stressed. "If we can play the way we did against the Wild, then we're OK with whoever comes up on our schedule."



Interlake defenceman Dylan Furgala clears the puck.

Locals lead Manitoba to silver medal at U18 hockey nationals

By Brian Bowman

Manitoba lost 2-1 in overtime to Ontario Red in the gold-medal game Sunday at the 2015 National Women's Under-18 Championship in Huntsville, Ont.

Oakville's Lindsay Agnew scored 18:10 into overtime to clinch the gold medal for Ontario Red, banging a loose rebound into an open net.

Ontario Red took a 1-0 first-period lead on a rebound goal by Sarah Verbeek. But Manitoba's Jaeden Cooke of Souris tied the score at 1-1 at 7:15 of the third.

East St. Paul's Tory Micklash played well in goal, making 31 saves in the loss.

Manitoba's silver medal equals its best finish ever at the National Women's Under-18 Championship. Ontario Red, meanwhile, has now won nine of the 10 gold medals awarded in the event's history.

Manitoba advanced to the final after defeating Ontario Blue 3-1 in comeback fashion last Saturday.

With 6:34 remaining in regulation, Ontario Blue's Emily Reid used her speed to get past two Manitoba defenders and send herself on a breakaway from centre ice before scoring shorthanded on goalie Kerigan Dowhy to make it 1-0.

Dowhy, originally from Lundar and The Pas, now lives in Stonewall while attending Shaftesbury.

But this game was far from over.

Just 15 seconds after Reid's goal, Manitoba's Savannah Rennie of East



EXPRESS PHOTO BY MERIENA DOWHY
Pictured left to right, Emily Upgang, Mekaela Fisher and Kerigan Dowhy.

St. Paul, deflected the puck from the side of the net to tie the score at 1-1.

About three minutes later, Manitoba's Sheridan Oswald of MacGregor — the top scorer of the 2015 National Women's Under-18 Championship — deflected in a point shot by Brandon's Jalyn Elmes for the eventual game winner.

Rennie then iced the win with an empty-net goal with 33 seconds left in the third period.

Dowhy made 21 saves for the victory. She finished the tournament with a 2-0 record with an impressive 1.38 goals-against average and a .929 save

percentage.

Manitoba began tournament action with a 2-1 shootout win over Saskatchewan on Nov. 4.

Oswald and Ryleigh Houston scored for Manitoba in the shootout.

Oswald also scored at 11:26 of the third period to tie the score at 1-1. Sophie Shirley had scored on the power play for Saskatchewan just 58 seconds earlier.

Micklash made 16 saves for the win.

The next day, Manitoba won its second consecutive game in a shootout as it edged Quebec 3-2.

Houston scored the lone goal in the

shootout.

In regulation time, Quebec grabbed a 2-0 first-period lead on goals by Camille Fleury and Deziray De Sousa, on the power play.

Winnipeg's Kayla Friesen cut the lead in half and then Jenai Buchanan of Crystal City tied the score at 2-2 at 11:21 of the third period.

Dowhy made 18 saves for the win. Manitoba outshot Quebec 34-20, including 17-3 in the third period.

Manitoba then closed out the preliminary portion of the tournament with a tough 5-4 loss to Ontario Red last Friday.

Manitoba led 4-1 midway in the third period when the wheels suddenly fell off. Agnew, Annie Berg and Daryl Watts score for Ontario Red in the third period to tie the score at 4-4 and then Saroya Tinker tallied 3:54 into overtime for the game winner.

Friesen opened the game's scoring early in the first period for Manitoba and then Houston, Oswald and Hannah Fouillard of St. Lazare each scored power-play goals in the second period.

Jaime Bourbonnais replied with an even-strength goal for Ontario Blue in the middle frame.

Micklash made 26 saves in the loss.

Team Manitoba's roster also included Warren's Mekaela Fisher and Poplar Point's Emily Upgang. Fisher picked up four penalty minutes at the nationals while Upgang had a minor penalty against Quebec.

Falcons flying high in Keystone Junior Hockey League

By Brian Bowman

The Lundar Falcons are making the race for first place in the Keystone Junior Hockey League's South Division an exciting one.

Lundar trailed the first-place Selkirk Fishermen by just a single point heading into this week's action.

"(Our success) has been a continuation of last season," said Lundar head coach Brad Drews. "And we've been bringing in good calibre players. The South Division is pretty tight and every game is going to count."

The Falcons improved their record to 6-3-0-1 after an impressive 10-2 home victory over the Norway House North Stars last Saturday. Lundar has now recorded points in seven of 10 games.

Lundar blew the game wide open with five goals in a 4:32 span in the opening period. Four of those goals

were scored in just a minute and 34 seconds.

Bryce Horning had a game that won't be soon forgotten with four goals and three assists. Trent Laycock also had a great game with two goals and four assists while Taylor Ritchie, Cody Paul, Braden Lussier, and William Eikel also scored for Arborg.

The line of Horning, Laycock, and Paul has been playing some outstanding hockey for Lundar in the early part of this season.

As of Sunday morning, Horning, a former Norman Northstar forward, led the KJHL in points with 26 (15 goals, 11 assists).

Randy Quick made 28 saves for the win. Quick now has a 4-0-1 record with an impressive 2.32 goals-against



EXPRESS PHOTO BY LANA MEIER
The Ice Dawgs' Travis Kilbrei opened the game's scoring with a power-play goal during Arborg's 4-3 loss to the Lundar Falcons Nov. 4.

Continued on page 21

Peguis piling up KJHL victories

By Brian Bowman

The wins keep on piling up for the Peguis Juniors.

Peguis improved its record to a league-best 9-1 after a solid 4-1 home victory over the OCN Storm on Saturday evening.

After a scoreless first period, the Juniors' Harold Linklater opened the game's scoring with a power-play marker in the second. Matthew Cameron made it 2-0 just 1:28 later but OCN's Brody Personius cut the lead in half with the man advantage.

Shaquille Houle then made it 3-1 with a power-play goal late in the middle frame.

Theoren Spence closed out the scoring with a power-play goal in the third.

Keifer Tacan made 39 saves for the win. That victory was his league-leading eighth of the season to go along with a loss. Tacan now has a 2.82 goals-against average and a .912 save percentage.

Last Friday, Peguis pounded the Cross Lake Islanders 9-1.

Peguis, which held period leads of 4-1 and 6-1, received four goals from

Cameron and singles from Denis Stevenson, Keivan Daniels-Webb, Waylon Neault, Devon Garson and Dylan Stevenson.

Peguis outshot Cross Lake 40-28. Tacan again earned the win in goal.

The Juniors will have just one game this week as they visit the Fisher River Hawks on Sunday. Game time is 3 p.m.

The Hawks, meanwhile, last played Nov. 3 when they were edged 6-5 by the North Winnipeg Satellites.

Fisher River trailed 5-1 in the second period but made the game interesting by scoring four of the final five goals.

Ty Stevens scored in the second period and then Josh Bealieu and Gavin Mason tallied early in the third to close the gap to 5-4.

After Parker Cassie gave North Winnipeg a 6-4 lead, Bealieu scored his second of the period with 11:53 remaining.

Evan Thickfoot scored Fisher River's other goal in the first period.

North Winnipeg's Derek Ramage potted a power-play goal in the opening period and then Colin Yarchuk and Jesse McIntosh scored even-



EXPRESS PHOTO BY LANA MEIER

The Hawks' Josh Bealieu scored during Fisher River's 6-5 loss to the Satellites Nov. 3.

strength goals later in the frame.

In the second period, the Satellites' Glen Paupanekis and Cassie sniped short-handed goals just over a minute apart.

The Hawks hosted the Arborg Ice Dawgs last night but no score was available at press time. Fisher River will then host OCN on Friday (8 p.m.) and Peguis Sunday (3 p.m.).

Thunder strikes at Midget Bowl All-Star Game

By Austin Grabish

Interlake Thunder players say the Midget Bowl All-Star Game was all about having fun on Sunday, but the day was bittersweet for some as they said goodbye to the Midget Football League of Manitoba.

The province's top high school football stars highlighted their talents, and were divided onto two teams for the annual game.

Over 80 players packed the East Side Eagles Field for the game Sunday afternoon in Winnipeg.

Team Green managed to defeat rival Team Silver in the fourth quarter finishing with 27-19.

The win wasn't a complete scoop, though. Leading up to the fourth quarter, both teams were neck-and-neck with each other.

Team Silver defensive back Carter Safiniuk recognized that means there's improvement to be had on the field.

"We could have cut down on the turnovers," Safiniuk said.

And although his team went home with a loss, the game went well overall, he said.

But the score was the last thing on players' minds after the game ended

Sunday.

For some like Thunder quarterback Declan Kubel, it was their last.

"I mean we lost, but I had fun," said Kubel, who was praised for being on fire for much of Sunday's game.

Kubel said the game gave players like him that are aging out of the league a chance to get together one last time on the field.

Kubel has been playing football for seven years, and Sunday's game was his last.

"I gotta get a job and move on with things," he said.

And the game "couldn't have been better," he said.

"I was looking forward to it. I knew it was going to be so much fun."

Team Green offensive co-ordinator Jamie Ybarra Jr. praised players for having strong performance despite only having a few days notice on who'd they be playing with.

"All these players really picked up all the plays and concepts really fast, and were able to not only understand them but run them exceptionally well," Ybarra said.

"The talent was fantastic. It exceeded my expectations 100 per cent."



EXPRESS PHOTO BY KIM DELAROCHE

Interlake Thunder players taking part in the Midget Bowl All-Star game in Winnipeg last Sunday, back row, left to right: Colin Howe, Mike Tillet, Alex France, Austin deLaroque, Dakota Holden, Kurtis Janzen, Matt Dahl; front row: Driano Silviri, Josh Shellekens, Joe Rosser, Carter Safiniuk and Declan Kubel.

Driano Silviri and Carter Safiniuk were named to the Midget Football 2015 All-Rookie Team while Thomas Dunlop, Austin deLaroque, Mike Tillet and Alex France were chosen for the Midget Football League of Manitoba All-Stars.

Interlake Thunder Football Club season full of firsts

By Stefanie Lasuik

Football is the Interlake's newest craze. Now in its fifth year, the Interlake Football Club celebrated the close of another season with a record number of participants and teams, who packed the Teulon Rockwood Centennial Hall with their families and friends on Saturday night.

Mitch Obach, president of the Interlake Football Club, said the purpose of the evening is to recognize the hard work of not only the young footballers, but the volunteers who run the organization, from board members to team trainers. He explained that the banquet also gives the young footballers and their families the opportunity to end the season positively, regardless of the outcome of the teams' final games.

Darcy Gascoigne, head coach of the Atoms, announced that the nine- and 10-year-olds finished with the best record a Thunder team has ever had (7-1), which was also good enough to lead the league after the regular season.

Head coach Matt Kiteley recognized the seven- and eight-year-old players on the Crunchers for their individual contributions to the team.

Offensive Player of the Year, Defensive Player of the Year, Impact Player of the Year, and Lineman of the Year were named for each of the Atom, PeeWee, Bantam, Midget and Girls teams.

Midget head coach Kris Johnston also recognized Rory Doak as the team's best rookie, Carson Argan, as the most outstanding special teams player, and Austin DeLaroque as Interlake Midget's most valuable player.

The organization created a new award this year in honour of the late Charlie Cooke, who officiated for the game and showed tremendous support for local sports. The Charlie Cooke Leadership Award for the player who showed the greatest level of leadership and community impact went to Matt Thoresby.

An evening of firsts included recognition of the new Interlake Thunder Girls team. The 10-girl team, which played in the spring, finished the season with a 3-1 record.

Former Winnipeg Blue Bomber cornerback Rod Hill spoke to the attendees about the importance of the football field, which he said was the greatest place to learn how to compete. He also encouraged the young players to keep up with their education.

"If you can read, write and comprehend, you can do anything," Hill said.



Former Winnipeg Blue Bomber cornerback Rod Hill spoke to the young local players.



EXPRESS PHOTOS BY STEFANIE LASUIK
The Interlake Thunder Crunchers celebrated a season of learning with individual awards.



The Interlake Thunder Midget award winners took home shining silver plaques. Back row, from left to right: Carson Argan, Matt Thoresby, Kyle Reynolds, Alex France and Mike Tillett. Front row, from left to right: Thomas Dunlop, Austin deLaroque and Rory Doak.



The Interlake Thunder Football Club welcomed a new team to its organization this year. The girls' team went 3-1 on the season and will look to build on that success next season.



The Bantam award winners were Colton Nedotiafko, Offensive Most Outstanding; Tanner McCallen, Defensive Most Outstanding; Connor Meisner, Impact Player award; and Miguel Larabie, Most Outstanding Lineman.



Left to right: Mitch Obach, Rebecca Cooke, Bernadette Cooke presented Matt Thoresby with the Charlie Cooke Leadership Award.

> FALCONS, FROM PG. 18

average and a .929 save percentage.

Last Friday, Lundar edged the North Winnipeg Satellites 6-5 as Eikel scored the game winner with just 2:45 remaining.

Lundar, which held a 5-2 lead, had goals from Paul (two), Landen Gray, Horning and Bryon Spence. Paul, Horning, Breyden Turner and Laycock each had two assists.

Drews blamed letting the three-goal lead slip away on younger players still learning to play with a lead at the Junior "B" level.

Bryan MacKenzie (two), Derek Ramage (two) and Frank Daniels scored for North Winnipeg on Lundar goalie Travis Ridgen. Ridgen made 29 saves for the win.

On Nov. 4, the Falcons pulled off an impressive 4-3 road win over the Ice Dawgs in Arborg.

After Arborg's Travis Kilbrei opened the game's scoring with a power-play

goal midway in the first period, Lundar scored twice in the second and then added two more in the third to grab a 4-1 lead.

Horning and Laycock scored in the middle frame and then Evan Loeb and Paul tallied in the third.

Arborg made the game interesting, however, with a power-play goal from Kyle Barkman and an even-strength marker by Colton Davies with 56 seconds left in regulation time.

Quick made 40 saves for the win.

Lundar visited North Winnipeg on Tuesday but no score was available.

The Falcons will then play at the St. Malo Warriors on Friday. Game time is 8 p.m.

The Ice Dawgs, meanwhile, lost 3-2 in overtime to the Cross Lake Islanders on Saturday at home.

Kenley Monias scored the game winner in OT.

Cory Kuldys and Cal Finnson (pow-

er play) tallied for Arborg. Garrison Garrioch and Arnel Evans replied for Cross Lake.

Arborg battled the Fisher River

Hawks last night but no score was available. The Ice Dawgs will then host the OCN Storm on Saturday (8 p.m.).

Manitoba Hockey Standings

MANITOBA JUNIOR

HOCKEY LEAGUE

Winkler Flyers	19	14	4	1	29	81	44
Steinbach Pistons	18	11	5	2	24	73	49
Winnipeg Blues	20	10	7	3	23	78	58
Virden Oil Capitals	17	10	7	0	20	52	40
OCN Blizzard	20	8	10	2	18	63	75
Swan Valley Stampede	21	7	11	3	17	54	74
Selkirk Steelers	16	8	8	0	16	60	71
Dauphin Kings	16	7	9	0	14	60	68
Waywayseacappo Wolverines	18	4	11	3	11	48	74
Neepawa Natives	18	5	13	0	10	35	95

KEYSTONE

HOCKEY LEAGUE

Peguis Juniors	10	9	1	0	18	75	28
OCN Storm	8	6	2	0	12	37	22
Cross Lake Islanders	9	5	4	0	10	56	49
Fisher River Hawks	9	2	7	0	4	46	52
Norway House North Stars	12	1	11	0	2	38	123
South Division	GP	W	L	OTL	PTS	GF	GA
Selkirk Fishermen	9	7	2	0	14	39	21
Lundar Falcons	10	6	3	1	13	46	38
St. Malo Warriors	9	5	2	2	12	43	39
Arborg Ice Dawgs	11	5	5	1	11	51	40
North Winnipeg Satellites	9	2	7	0	4	26	45

MANITOBA SENIOR

HOCKEY LEAGUE

Lac du Bonnet	1	1	0	0	2	14	0
Gimli	0	0	0	0	0	0	0
Lakeside	1	0	1	0	0	0	14
Stonewall	1	0	1	0	0	6	8

AAA MIDGET

HOCKEY LEAGUE

GP	W	L	OTL	PTS	GF	GA
Eastman	15	14	0	0	29	77

Wild	15	13	1	0	27	59	19
Thrashers	14	10	3	1	21	67	30
Yellowhead	14	8	3	0	19	42	34
Central Plains	12	6	4	0	14	44	37
Southwest	12	6	5	0	13	46	49
Kenora	12	6	5	1	13	39	44
Brandon	13	6	7	0	12	35	33
Interlake	13	6	7	0	12	36	52
Parkland	13	3	9	0	7	38	65
Pembina Valley	13	2	10	1	5	23	58
Norman	16	1	14	1	3	35	99

AAA CITY MIDGET

HOCKEY LEAGUE

Winnipeg Warriors	10	8	2	0	16	45	27
Winnipeg Hawks	11	6	4	1	13	54	43
Eastman Selects	12	6	6	0	12	38	41
Winnipeg Sharks	9	3	4	2	8	34	39
Yellowhead Chiefs	0	0	0	0	0	0	0
Parkland Rangers	0	0	0	0	0	0	0
Interlake Lightning	11	0	11	0	0	18	70

AAA BANTAM

HOCKEY LEAGUE

Winnipeg Sharks	10	5	3	2	12	39	35
Winnipeg Warriors	8	5	2	0	11	50	16
Eastman Selects	9	5	4	0	10	36	28
Winnipeg Hawks	10	4	6	0	8	32	34
Interlake Lightning	9	1	8	0	2	16	47

MANITOBA FEMALE MIDGET

AAA HOCKEY LEAGUE

PV Hawks	9	6	2	-	1	-	14
Westman Wildcats	9	6	1	-	-	2	14
Central Plains	8	5	2	-	1	-	12
Yellowhead Chiefs	5	5	-	-	-	-	10
Eastman Selects	8	2	5	-	-	1	5
Norman Wild	12	2	10	-	-	-	4
Interlake Lightning	8	-	8	-	-	-	-

STATS AS OF TUESDAY, NOV 10

take a break

> GAMES

SUDOKU

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

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!

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

Sudoku Answer

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

Crossword Answer



CROSSWORD

CLUES ACROSS

1. Powder mineral
5. Ten million (in India)
10. Culture medium and a gelling agent
14. Cain and _____
15. Bullfighting maneuvers
16. Baseball's Ruth
17. Venice beach
18. Infirm due to old age
19. Attentiveness
20. Mortify
22. Whale (Norwegian)
23. Family Bufonidae
24. "A Passage to India" author
27. Ocean
30. Dad's partner
31. Owned
32. Swiss river
35. Female golf star Gibson
37. Base
38. A way to summons
39. Acquit
40. Male parent
41. Brendan Francis ___, author
42. Rattan
43. Aromatic hot beverage
44. Inflorescence
45. Former CIA
46. Make lace
47. Airborne (abbr.)
48. Thieving bird
49. H. Potter's creator
52. Frequency
55. Nothing
56. More lucid
60. Riding mount
61. Deducted container weight
63. Molten rock
64. In this place
65. Ancient upright stone slab bearing markings
66. Rumanian Mures River city
67. Mentioned before
68. An heir (civil law)
69. Without (French)

CLUES DOWN

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

1. W. Samoan monetary unit
2. Baby's feeding apparel
3. Queen of Sparta
4. Shut
5. Certified public accountant
6. Payment for release
7. Red twig dogwood
8. Basked in
9. Midway between E and SE
10. A way to detest
11. Mother of Cronus
12. In bed
13. Bolsheviks
21. Farro wheat
23. CNN's Turner
25. Farmers of America
26. Small amount
27. ___ and Venzetti
28. Hers in Spanish
29. Belongs to sun god
32. Expressed pleasure
33. Small terrestrial lizard

34. Regenerate
36. Own (Scottish)
37. The cry made by sheep
38. Chest muscle (slang)
40. Explode
41. Notice
43. Pitch
44. Run due to the batter
46. Fight referee declares
47. Alternate forms of a gene
49. Shifted in sailing
50. One who cables
51. Elaborate celebrations
52. Expresses pleasure
53. Carbamide
54. Persian in Afghanistan
57. 1st capital of Japan
58. Welsh for John
59. Radioactivity units
61. Tanzanian shilling
62. Hyrax

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NOTICES

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.

COMING 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.morriscurlingclub.org

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NOTICE TO CREDITORS

IN THE MATTER OF:
The Estate of Sandra Ruth Johnson, late of the Town of Arborg, in Manitoba, deceased. All claims against the above estate, duly verified by Statutory Declaration, must be filed with the undersigned at their office, P.O. Box 1400, Stonewall, Manitoba, R0C 2Z0 on or before the 21st day of December, 2015.
DATED at Stonewall, Manitoba this 5th day of November, 2015.
GRANTHAM LAW OFFICES
Solicitor for the Executor

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.

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Tenders should be submitted to:

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Box 160, Fisher Branch, Mb, R0C-0Z0
Ph (204) 372-6202
Fax (204) 372-8402
kyaciuk@mymts.net



OBITUARY

William (Bill) Shupenia

On Sunday, November 8, 2015 Bill Shupenia of Komarno, MB passed away at the Seven Oaks Hospital at the age of 82 years.

A longer obituary notice will follow.

Richard Wojcik of Wojcik's Funeral Chapel, 1020 Main Street, Winnipeg, MB in care of arrangements 204-586-8668. For those who wish to sign Wojcik's online Guest Book please visit our website at www.wojiksfuneralchapel.com

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> MEAL IDEAS

Simple slow-cooked lasagna



8 oz (227 g) extra lean ground beef
1 onion, finely chopped
3 cloves garlic, minced
2 tsp (10 mL) dried oregano
1/4 tsp (1 mL) hot pepper flakes
1 jar (3 cups/700 mL) tomato passata
1 cup (250 mL) water
10 whole wheat lasagna noodles
1 tub (1 lb/475 g) light ricotta cheese
1 pkg (5 oz/142 g) baby spinach, chopped
1/4 cup (60 mL) chopped fresh basil or parsley
2 tbsp (25 mL) grated Parmesan cheese
1/2 cup (125 mL) shredded part skim mozzarella
Directions
Lightly spray inside of slow cooker with cooking spray.

In a large nonstick skillet, brown beef breaking up with spoon. Scrape out beef into a colander and let drain. Wipe out skillet and return to medium heat; cook beef, onion, garlic, oregano and hot pepper flakes for 5 minutes or until softened. Add passata and water and remove from heat.

In a bowl, stir together ricotta cheese, spinach, basil and Parmesan cheese.

Spread some of the meat sauce over bottom of slow cooker. Lay lasagna noodles in a single layer, breaking as necessary to fit. Top with one quarter of the sauce and one third of the cheese mixture. Repeat layers twice ending with meat sauce on top. Cover and cook on Low for 6 to 8 hours or on High for 3 to 4 hours. About 15 minutes before serving lasagna, sprinkle mozzarella over top, cover and let cook on Low until melted.

Tips:

Run out of fresh basil or parsley? For the fresh basil, sub in 1 tbsp (15 mL) dried basil and for the fresh parsley sub in 2 tbsp (25 mL) dried parsley.

Swap in lean ground turkey for the ground beef.

Leftovers make lunch a snap. Add a green salad to round out your meal.

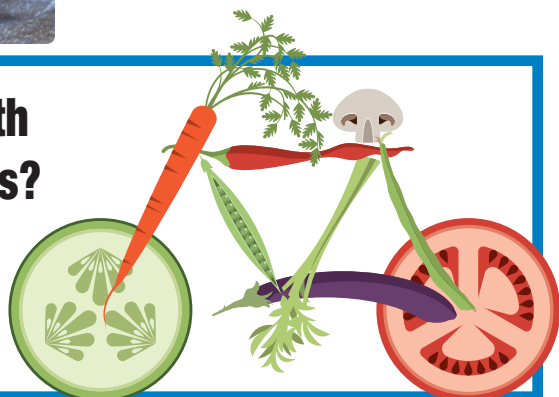
Grilled Chipotle Caesar Salad Wedges Paired with Moscato



Ingredients
3 cups 1/2-inch cubes of cornbread
1 1/2 tablespoons olive oil
1/2 cup good quality Caesar salad dressing
1 tablespoon Moscato
1 tablespoon fresh lime juice
1 teaspoon minced chipotle peppers in adobo sauce

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THE POWER OF WHOLE FOODS

With Alisa Herriman, RNCPROHP CHCP



NUTRITIONAL PROTECTION AGAINST BREAST AND PROSTATE CANCER

Nutritionist, Alisa Herriman, has combined two of her most popular lectures into one! Using up to date research on the impact of diet on risks for Breast and Prostate Cancer, Alisa will be sharing what foods put you at risk and what foods are protective.

Whole food supplements vs. isolated vitamins, environmental risks factors and lifestyle strategies are also covered in this informative lecture. Breast and Prostate Cancers are on the rise in Canada and both men and women will leave with strategies of protection!

ALISA HERRIMAN has been researching nutrition for over 10 years. She is a Registered Nutritionist with specializations in Nutrition for Cancer Recovery and Prevention. As a Juice Plus+® mom of 4 small children, she is passionate about teaching others the power of WHOLEFOOD nutrition in the role of disease prevention. Alisa teaches several college level nutrition courses, including nutritional oncology. Alisa will motivate and empower you to make healthier choices by increasing your understanding of how food effects your body!

FRI., NOV 20, 2015

Doors: 7:00 p.m. | Start: 7:30 p.m.

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1405 St Matthews Ave. | Winnipeg, MB

For more information contact:
Brenda Stafford 204-461-1540
bstaffordjuiceplus@mts.net



Juice PLUS+ PREVENTION Plus+

1 large head romaine lettuce, cut into 4 wedges

1/2 cup diced tomato
1/2 cup crumbled Cotija cheese
Fresh cilantro leaves (optional)
Preparation

Preheat oven to 375°F. Place cornbread cubes on baking sheet and drizzle with olive oil; toss lightly to coat. Bake for 25 to 30 minutes or until golden brown, stirring once or twice. Stir together Caesar dressing, Moscato, lime juice and chipotle peppers in small bowl; cover and refrigerate until ready to serve. Preheat grill to high, adding wood chips if desired. Brush small amount of dressing mixture on cut sides of romaine. Place romaine, cut side down on grill. Cook for 3 to 5 minutes or until lightly charred. Place on 4 salad

plates and drizzle with remaining dressing. Sprinkle with tomato, cheese, cilantro and cornbread croutons.

Preparation Time 15 minutes
Cook Time about 30 minutes
Serves 4 servings

Notes, Tips & Suggestions
Puree the whole can of chipotle peppers. Freeze in ice cube trays for future recipes.

Try cooking romaine on a very smoky grill for a little extra flavor. No grill? No worries. This salad is great without the grilling step.

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