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VOLUME 2 EDITION 50 THURSDAY, DECEMBER 10, 2015

WEEKLY NEWS

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A Christmas tradition: sitting on Santa's lap

By Jeff Ward

Interlake families packed into the Lundar Curling Rink last Saturday to have their photos taken with Santa, a tradition hosted by the Lundar Daycare for 25 years.

The Lundar Daycare breakfast with Santa is an annual fundraiser that helps raise money for new equipment, toys and other supplies for the daycare. It began in 1990 and has become one of the most popular Christmas events in Lundar.

This year included two bouncy castles for the kids as well as special appearances by Lego Man and one of the Minions from the animated movie *Minions*.

The focal point of the event, which saw approximately 370 people this year, is the photos with Santa taken by photographer Anders Kuusselka.

Continued on page 2

EXPRESS PHOTO BY ANDERS KUUSSELKA

During a face-to-face encounter with the man in the red suit, young Sawyer Johannson stares the big guy down before getting his picture taken.

news > sports > opinion > community > people > entertainment > events > classifieds > careers > everything you need to know

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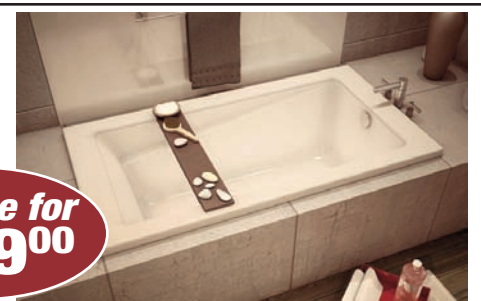
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Christmas lights were twinkling and children singing

By Patricia Barrett

On a blustery Friday night, residents of Winnipeg Beach came out to celebrate the lighting of the Christmas tree on the bandstand and greet Santa.

At times, the tree seemed in danger of blowing away and the choir scheduled for 6:30 was cancelled, but the children rallied, forming a choral partnership with the town's recreation director, Allan Sulyma.

Forming a semi-circle around Sulyma, about 15 children gave the crowd delightful renditions of popular Christmas carols.

Between the wagon rides around town — provided by Equine Elegance Horse Drawn Services from Lac du Bonnet — and the arrival of Santa, kids bundled up in snowsuits took to the stage for a bit of impromptu jiggling and an up-close look at the tree.

Children at Winnipeg Beach School had decorated the tree earlier that afternoon with gingerbread people, angels, stockings and stars.

One parent brought a toboggan and dashed around the grounds with his kids in tow. Others warmed themselves by the burn barrel and sipped hot chocolate. Restaurants in town were jam-packed while a number of stores held sales.

At about 7 o'clock, Santa made an appearance on the bandstand.

"He helped me light the Christmas tree," said Mayor Tony Pimentel. "He said the magic words [Merry Christmas] and the tree lit up."

Pimentel brought greetings from the town's employees and council then led the children on another round of carolling to help ensure Santa will come to town on Christmas Eve.



EXPRESS PHOTOS BY PATRICIA BARRETT
Allan Sulyma, recreation director for the Town of Winnipeg Beach, was choirmaster for the singing of carols on the Winnipeg Beach bandstand last Friday night and a youngster had fun jiving around the Christmas tree.

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> SANTA, FROM PG. 1

Kuusselka has been taking photos for almost as long as the event has been around.

"Anders has been [taking pictures] for us for about 22 years now," said Bonnie Rae, Lundar Daycare director and one of the organizers of the annual event.

"Having him there is a huge part of why so many people show up each year. People come to get their photo taken and they know he's a professional. There are very few who come to the event and don't get their photo taken."

Rae said that over the past two decades, the event keeps getting bigger. When she took over as director for the

daycare in 1993, she never thought it would become as big and popular as it is today. Even in slower years, the event brings in more than 100 people.

Rae believes that a big reason for the sustained success of the fundraiser is that families get their Christmas photos taken right in their own backyard.

Selkirk-Interlake-Eastman Conservative MP James Bezan dropped in to congratulate the daycare staff on their 25th anniversary of the event and presented a plaque in recognition of the milestone.

The board of directors for the daycare also presented staff members Bonnie Rae, Kathi Clegg and Alysia Lindal with gifts as appreciation for their many years of hard work and dedication to the daycare.



EXPRESS PHOTO BY ANDERS KUUSSELKA
Leah and Emmett Lindell smile bright for their picture with Santa.

Arborg and RM reveal plan for new personal-care home

By Patricia Barrett

The Arborg Seniors Housing Corporation plans to build its own 80-bed personal-care home that will include an events hall, a bistro and a possible daycare — if the provincial government approves the plan.

For the past six or seven years, the corporation has been lobbying the province for a new PCH, said Harold Foster, reeve of RM Bifrost-Riverton, at a public meeting held Nov. 30 at the Arborg Community Hall.

“We will not get a government-built personal-care home here. It will be built where the higher populations are,” said Foster, addressing a crowd of about 180 people in the hall that will be incorporated into the proposed PCH complex.

He said the majority of Manitobans (about 70 per cent) live in Winnipeg. That population assumes the lion’s share of available health-care dollars.

“I guess if we want our seniors to stay in our community,” said Foster, who is one of the corporation’s board members, “we need to pursue this plan of action that we’ve laid out.”

Arborg’s existing 40-bed facility — built by the province in the 1970s — is aging and will be unable to meet the growing demand for personal care.

The new facility already has the approval of the Interlake-Eastern Regional Health Authority.

And Tom Nevakshonoff, MLA for the Interlake and minister of Conservation and Water Stewardship, also supports it.

The minister, who could not attend the public meeting due to an inter-departmental meeting scheduled that evening in preparation for a climate change conference in Paris, said he has met with members of both councils since the plan’s inception. He is currently liaising with the health minister to help the town and RM get it approved.

“I take my hat off to them,” said Nevakshonoff, who sent his executive assistant, Murray Lowe, to the meeting. “The fact that they’ve worked on this proposal and brought this option forward is a real credit to them and the volunteers and the community leaders.”

He said he is aware of the challenges facing the region, which has a high proportion of seniors.

“We realize ... with the baby boomer crunch coming,” he said, “that there is a shortage of personal-care home beds, not just in Arborg or in the Interlake but [nationally].”

Because the Seniors Housing Corporation believes the town will not get a government-built facility, it hired Gordon Daman, president of Red



EXPRESS PHOTOS BY PATRICIA BARRETT Pat McCallum, Arborg’s economic development officer, spoke about training nurses and health-care aids for the proposed new facility.



Gordon Daman, president of Red River Group, spoke about the need for a new personal-care home in Arborg, including its design and cost.



RM Bifrost-Riverton Reeve Harold Foster said the region needs to build its own personal care home to meet the growing needs of its aging population.

River Group property consultants, to oversee the design of a new building to meet the needs of baby boomers over the course of the next quarter century.

Daman’s company designed a personal-care home in Niverville and is currently working with the towns of Carman and Morden to build similar facilities.

He said he understands the challenges faced by both Arborg and the government.

To build one bed in Manitoba costs about \$400,000, he said. With an additional 5,000 beds required over the next 20-25 years to meet demand, the province would have to spend about \$2.5 billion dollars.

“What the province is trying to do very, very cautiously is ... look at its bed supply,” said Daman, “and saying we will only replace the beds where we need to and balance it off so that in 30 years we can close the older facilities.”

At the same time, he underscored the need for a new facility in Arborg.

“We will have to do something. Today an average male is going to live up to 80 years of age. An average female, up to 83 years of age.”

The existing care home is quickly becoming obsolete in terms of meeting patient needs. It lacks, for example, sufficient ceiling lifts to move patients, lacks doors on bathrooms, which compromises resident dignity (wheelchairs can’t fit unless doors are

removed), and has a nursing station that is blind to resident rooms, which without proper staffing would allow those with dementia to endanger others or themselves.

Daman said the design of modern-day facilities addresses challenges such as dementia.

“To manage the dementia well, they need to disperse energy. ... They need to walk,” said Daman. “They need to ensure they don’t have any dead ends.”

The new facility would allow residents to “make laps,” and a centralized nursing station would overlook all rooms. A central kitchen would provide food services to residents and to the event centre that will form part of the contiguous structure. If approved, the complex will run north-south be-

tween Main and Ingolfs streets.

The existing 40-bed structure would be — if the corporation chooses — modified into a “holding” facility, caring for people seeking a PCH bed. That would give the facility a total of 120 beds and free up expensive hospital beds.

The projected cost of the facility is \$27 million, of which \$3.5 million would be provided by the local municipalities and \$2 million from community fundraisers, said Daman. The corporation would mortgage the balance but would earn revenue through rent and through its event centre and food services.

The corporation’s tenant — the IER-HA — would oversee the workforce.

Continued on page 4

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Controversial gate dividing residents and subdivisions

By Jeff Ward

A gate separating two subdivisions in Steep Rock is a safety concern for some residents living on the north side of the gate at the end of Cottage Road North. Residents feel that in an emergency, the gate compromises their safety and they want it permanently removed.

The issue has been ongoing for more than a year.

The gate between the subdivisions has caused so much tension between residents that it's forcing council to step in to find a peaceful solution, according to RM of Grahamdale Reeve Clifford Halaburda.

One of the concerns with the gate is that in emergency situation, ambulances have ended up on the wrong side and needed to drive all the way around, adding minutes to what could be a

potentially life-threatening situation.

"If an ambulance has to take an extra 10 minutes to get all the way around, it could be the difference between life and death," said Shawn Cameron, whose parents own property north of gate. Cameron lives in Balmoral but spends much of his time at the property enjoying the summer.

"In my eyes, this gate is the [most stupid] thing they could do. Why is this road being cut off like this? At the end of the day, each time they put up

a barricade, someone tears it down. How much money is being spent keeping this road closed?"

There have been many iterations of the gate. In a previous article dated Sept. 18, 2014, of the *Express Weekly News*, the temporary solution to vandalism was a pile of gravel and large boulders.

Since then, variations of steel gates have appeared, and every time a new one is installed, someone has torn it down. According to Cameron, the

vandals have used cutting tools or hooked up their vehicles to it and torn it down with force. The gates never seem to last long, and Halaburda confirms that the RCMP have been notified and are on the case.

The RM of Grahamdale council has allocated \$6,864.41 on the various gates and labour in 2014 and 2015 combined, according to Grahamdale

CAO Shelly Schwitek.

Halaburda is frustrated by the fighting and by the constant vandalism he says.

"I'm real sick and tired of listening to all these arguments. I know that a lot of people on both sides are mad. There's got to be some changes made, but right now it's too premature to say what I've got in mind."

Halaburda said that the gate is part of a bylaw made back when the first subdivision was formed in the '80s.

"I'M REAL SICK AND TIRED OF LISTENING TO ALL THESE ARGUMENTS."



EXPRESS FILE PHOTO

Since a pile of gravel was a de facto gate for the Steep Rock subdivision, there have been several variations that have appeared, all of which have been removed by vandals.

When the second subdivision was built in the early aughts, a separate access road called Kyler Road was built to give residents access to their properties. Cottage Road North would naturally extend all the way into the second subdivision if it wasn't for the gate.

"When we were living in Ashern, we always had at least two ways to get out of our property [to main roads]. We've had ambulances come here and go to the wrong place. More and more people are talking about the gate and feeling like the council is not representing the people in the area properly," said Bev Yanke, who mentioned that she's stopped going to council

directly because she feels like they're simply not listening.

Halaburda says he is listening but that making the right choice is going to take time. Rescinding a bylaw, if they go that way, takes time and requires public input. Halaburda said that a timeline on a solution to this situation is unknown, but he's interested to hear more from the community and said that he's always open to hearing from anyone.

"I want to make it fair for both sides," said the frustrated reeve.

In the meantime, the gate remains and the tension on both sides continues.

Warm weather prompts thin ice warning from RCMP

Staff

Unseasonably warm temperatures this month have prompted RCMP to remind community members that ice and open water can create a dangerous situation very quickly.

"While a lot of us are looking forward to the first pond hockey game of the year, waiting later than previous years is a safe decision this winter," RCMP spokesperson Sgt. Bert Paquet said. "We see tragedies every year as they relate to people or vehicles falling through thin ice. We just need the public to be extra careful and to wait until it is safe to do so."

Although there have been no reported incidents on the ice in Selkirk and area, Paquet said, when in doubt, "just don't venture on thin ice at all."

Some safety tips include closely supervising children near any body of water, avoiding riding snowmobiles or ATVs on waterways, advising someone where you are going and when you will be back, always travelling with someone on the ice but not too close together, and taking a cellphone and storing it in a waterproof container.

> ARBORG AND RM, FROM PG. 3

But the health authority has asked that the town have a workforce ready to hit the ground once the facility opens.

To that end, Arborg's economic development officer, Pat McCallum, has formed a partnership with Fieldstone Ventures to train nurses and health-care aids.

"Julie Bergner [manager of education and training at Fieldstone] is mentoring us to set up a training program," said McCallum, who spoke about workforce requirements.

Fieldstone would train regional residents — including those from indigenous communities — for the new facility.

"It's an amazing project," said Derek Johnson, PC candidate for the Interlake, who attended the three-hour meeting. "It's something we need in the Interlake."


He said residents requiring care can be shipped from Ashern to as far as Fisher Branch and southern Manitoba.

"This is closer than southern Manitoba," said Johnson.

As to the lack of housing for an expanded workforce, Johnson said local developers will eventually start building units to rent out.

"There might be a short-term housing deficit," he said. "But business people will build."

There is no word as to when the province might approve the facility.

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Harsher penalties for impaired and distracted drivers

By Jeff Ward

Any Manitoban caught driving while impaired by drugs or alcohol or committing other serious driving-related offences will now face harsher penalties under the Safe Roads Act.

As they do every year at this time, the RCMP in the Interlake will be conducting check stops through the holiday season.

The act came into effect on Dec. 1 and was announced by Attorney General Gord Mackintosh, who said he wants to send a strong message to high-risk drivers. The Safe Roads Act was introduced last June and makes amendments to the Highway Traffic Act that specifically targets drivers

who make the choice to drive while impaired.

It increases immediate roadside driver's licence suspension for those with a low-blood alcohol concentration (0.05 - 0.08) to three days — up from the previous 24-hour suspension. The three-day suspension for drivers under 16 years of age is increased to seven days.

Drivers will also now be unable to avoid the ignition interlock program by delaying licensing after a mandatory period of suspension has been served.

"Too often and all too regularly, our officers are called out to collisions on Manitoba highways caused by im-

paired drivers — collisions that are 100 per cent preventable," said Insp. Joanne Keeping, officer in charge, Manitoba Traffic Services, RCMP.

"While the majority of Manitobans make the right and safe decision before getting behind the wheel, we welcome these new amendments that target drivers that don't and hold them accountable for their actions."

According to RCMP spokesperson Sgt. Bert Paquet, these changes likely won't impact the standard operating procedure for Interlake RCMP officers. The reason for this is because all RCMP detachments have already been treating road and traffic safety as a high priority for quite some time.

Holiday check stops will be seen all throughout the Interlake until Jan. 1.

Paquet mentioned that general duty officers from Ashern will set up sporadic check stops in the Ashern detachment area, and this will be the same for RCMP detachments in Gypsumville and Lundar.

"Detachments will dedicate resources to this initiative based on operational availability, but residents everywhere can rest assured that they will encounter some check stops at some point this month," said Sgt. Paquet.

Impaired and distracted driving has led to the deaths of 235 people in Manitoba from 2010 to 2014.

Extreme generosity for Coldwell Lundar Community Foundation

By Jeff Ward

The Coldwell Lundar Community Foundation was humbled by the generosity of Coldwell residents after they raised nearly \$20,000 in just 24 hours.

On Nov. 14, the Endow Manitoba 24 Hour Giving Challenge was held and community foundations all over the province attempted to raise as much money as possible in one day. For every \$5 that a foundation raised, The Winnipeg Foundation, which sponsored the challenge, donated \$1 up to a maximum of \$2,000.

To reach that goal, the Coldwell Lundar Community Foundation needed to raise \$10,000, and by the end of the

day, their total was \$17,638.79. Add that together with the \$2,000 from The Winnipeg Foundation and the total is \$19,638.79, which goes directly into their endowment fund and enables the group to give back more money each year.

"The money came from groups, from individuals. It was phenomenal. It was beautiful," said Irene Runolfson, treasurer for the community foundation in Lundar.

"It took us three years to raise our first \$20,000 and now we almost raised that in one day. The community is really latching on to how important our community foundation is and they're supporting us. They are tremendous,

generous people that are grabbing on to this foundation movement."

According to Runolfson, this influx of money into the endowment fund strengthens the community foundation immediately. Each year, the community foundation gives money back to different causes in the community and is able to do so because of the interest the endowment fund accrues. For every dollar that is put into the endowment fund, many more dollars are made through interest. It's those dollars that become future grants for local charities or bursaries for students.

This huge fundraising effort also puts the group one step closer to

reaching their goal of raising \$50,000 in 18 months. The Thomas Sill Foundation, which will commit to matching every donation at a 2:1 ratio up to a total of \$25,000, created that challenge. In September of 2016, if successful, the Coldwell Lundar Community Foundation will have raised a total \$75,000 in just a year and a half.

"I'm very optimistic that we'll reach that goal. We've got a lot of time and not much more money to raise," said Runolfson.

Out of 45 participating communities for the 24 Hour Giving Challenge, the Coldwell Lundar Community Foundation raised the eighth highest total.

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> ARNIE WEIDL Ice fishers are encouraged to play safe

Hi folks. Allow me to make an observation that I've been wrestling with all week long.

You've probably heard or even made a few jokes about what this summer-like weather is doing to our sport, including commercial fishing. I heard one chap say this may be the first time our commercial brothers and sisters may end up doing their winter fishing out of a boat instead of a bombardier.

Of course, that's against the rules, but we anglers are shaking our heads, looking for a few places we can open water fish — which brings me to the thing I've been wrestling with. I feel I couldn't live with myself if I featured stories of anglers' ice fishing right now and then heard of someone falling through, leaving me with the guilt that somehow my writing had encouraged them to venture out to harm's way.

I'll be honest and say that I have been on the ice talking to anglers who were on 5" of cover on a pot-hole lake that had little underwater current. Land-locked pot-hole lakes freeze faster and deeper than rivers with fast persistent undercurrents. As of last week, with the exception of one spot on one river, I have steered clear of the ice and I hope you will, too, for just a little longer.

A perfect example of "ice over here" and "open water over there" surrounded me as I drove onto the Hanusa pier some days ago. Leaving Old Red, I was blinded by the sun's glare coming off the ice in the harbour. Seagulls were walking on it. Yet, on the pier's opposite side, choppy grey waves tossed about on Lake Winni-



EXPRESS PHOTO BY ARNIE WEIDL
Robert Luke with a catch of perch and pickerel he caught at Hnusa.

peg's open water.

I saw a fellow standing by the tailgate of his truck loading his gear and a net with some fish in it. I hailed him, and as I walked toward him, I commented on the harbour ice. He laughed loudly, saying he wished it was colder since he had spent most of his working career up in the Arctic overseeing the annual Arctic char and beluga whale catches as a fisheries officer.

Our new friend Robert Luke and his wife Celine, I learned, have been coming to fish at Hanusa for years since he retired and now has a cottage at Arnes. They had been here for hours that day, determined to catch enough fish for a meal. Later, as we parted

company, Robert held up his catch for me to record as proof that if you stick to something long enough, you just might win.

When I'm in Selkirk, come noon, I have a very hard time getting past the Pizza Hut. The food's good and the folks eating there are full of fishing stories. That was the case with a nice local couple sitting in the booth across from me by the names of Jeff and Jackie Moreau. We got to talking and Jeff began showing me pictures on his cell phone of fish they had caught from the Red off the town pier, along with the picture of a fine 34" pickerel his son Blake had recently caught. They really love our pastime.

By the way, I made it over to the jump-off access spot from the 204-509 intersection to the Red River and am happy to tell you those great guys at Manitoba Hydro landscaped that lane evenly right down to the bank and left the "quarter down" gravel over the mud so we can get onto the ice this winter without any trouble. Thanks a lot, Manitoba Hydro. You folks are super.

Wendy Sinclair and John Bear of Brokenhead had been great fishing buddies for years. Wendy is a tall, athletic, classy gal who speaks quietly, always with a smile. John, also with a quiet voice, has the strong stature of a man who loves to be outdoors although his work keeps him behind a desk perhaps a bit longer than he would like. Not long ago, they tag-teamed on a fishing derby on the Brokenhead and John brought in a 4-pound-13-ounce pickerel to win second prize. Good show, John! Well, I'm going to try Pine Falls for fishing. Bye.

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Peguis gets its kids ahead with education bursaries

By Patricia Barrett

Peguis First Nation is offering education bursaries to its students as a way to recognize their commitment to studying, to encourage them to stay in school and to help ensure they can celebrate special occasions.

Chief and council of Manitoba's largest First Nation, which is located north of Hodgson in the Interlake, are providing a \$100 bursary to children in all grades, including those in nursery school.

"We're hoping it will give them an incentive to stay in school," said Sharon Stevenson, finance manager for the Peguis School Board, "and take pride in academic pursuits."

Peguis Central School has an Attendance Committee committed to increasing attendance to 100 per cent.

"We believe that if students are to benefit from education, good attendance is crucial. As a school, we do all that we can to ensure maximum attendance for all students," according to the committee's 2015-2016 plan.

Some of the steps teachers take include spending extra time with children, providing positive reinforcement, awarding certificates for good attendance and providing opportunities to act as teachers' assistants. The school, which also has a reading intervention and breakfast program, provides advice and support to parents as a way to maintain good attendance.

The First Nation instituted the education bursaries about 14 years ago under the leadership of Chief Louis Stevenson, who brought world atten-

tion to the community's unfit housing.

"It started so the community could give back to the children in school," said Stevenson, who leads the bursary team.

Council usually distributes about 1,000 bursaries worth \$100. The money comes from donations, and from gaming and tobacco revenues, said Stevenson.

The bursaries are offered twice a year. The first award, at the end of the school year, helps students studying in other regions return home for Treaty Days so that they can participate in various events and celebrate their culture and heritage.

With the holiday season about to arrive, the bursaries can be used to purchase school supplies or clothes, said Stevenson.

"Parents can have something under the tree for the children," she said.

The only criteria for a bursary are to be registered in school (including home-schooled students) and to have a Status Card indicating Peguis membership.

Earning a bursary generates a lot of excitement among the children, said Stevenson.

"I see how happy these kids are when they come with their parents to get the award," she said. "They have all these plans."

The deadline for submitting an application for a bursary is Dec. 16. For more information, visit www.peguisfirstnation.ca.

The bursary is payable to parents or guardians for students under 15. Cheques will be distributed Dec. 18 at the Peguis Community Hall.



PHOTO COURTESY OF SHARON STEVENSON
Lyric Bird (Grade 2) and his brother Curtis (Grade 3), shown with their dad, Chris. Each applied for an education bursary worth \$100 to help with the costs associated with schooling and other events.

New radiation equipment to allow more targeted treatment

News Release

New equipment that allows for more targeted treatment and better outcomes after radiation for patients with ovarian, cervical, uterine and other cancers will soon be offered at CancerCare Manitoba, Health Minister Sharon Blady said recently.

"This equipment allows radiation to be more focused, protecting healthy tissue around the tumor from damage that can be caused by radiation treatment," said Minister Blady.

"This makes a real difference for patients by allowing treatment to be customized for each person, leading to better outcomes and faster recovery times."

Known as high-dose rate (HDR) brachytherapy, the new equipment allows the placement of catheters close to or inside a tumour to deliver radiation from radioactive pellets directly to where it is most needed.

Computers are used to control how far a pellet goes into a catheter and how long it is used to release radiation. By using the CT simulator, the treatment can be tailored to the exact

shape, size and location of the tumor.

"The CT simulator, when used with high-dose radiation therapy, will provide individualized treatment to women with gynecological cancers in Manitoba. The next step will be to use the same equipment to treat prostate cancer," said Dr. Sri Navaratnam, president and chief executive officer of CancerCare Manitoba.

Each year, more than 300 women in Manitoba with cervical and uterine cancers could benefit from treatment with this new technology, the minister said.

When not in use for treating gynecological cancers, the equipment will be used for other patients with complex care needs and for cancer research.

Every year, the Manitoba government invests approximately \$30 million in new and replacement equipment across the province.

The minister noted new equipment can improve diagnosis and treatment, support staff retention by providing modern, up-to-date equipment, reduce testing duplication and improve ergonomics for patients and staff.

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Province promises to reduce greenhouse gas emissions

By Patricia Barrett

The province intends to implement a cap-and-trade system to reduce Manitoba's greenhouse gas emissions over the next 15 years.

Premier Greg Selinger unveiled the government's Tomorrow Now, Manitoba's Green Plan last Thursday at the University of Winnipeg's Richardson College for the Environment and Science before media, students and stakeholders.

Flanked by the Minister of Conservation and Water Stewardship, Tom Nevakshonoff, and MLA for The Pas, Amanda Lathlin, the premier said the province will reduce its 22 megatons of emissions by a third come 2030.

By 2050, he said the province will reduce those emissions by half and be "carbon-neutral" by 2080.

He said the impacts of climate change that are costing the province billions of dollars have prompted a move forward.

"We've seen major floods. Every year, we're seeing more forest fires ... we actually had a drought one summer," said the premier. "And all of those weather events are becoming more severe and more intense and more frequent."

The cap-and-trade system will ostensibly reduce greenhouse gas emissions, which scientists say affect climate systems.

Cap and trade is a system that sets a cap or limit on greenhouse gas emissions and creates a market whereby heavy greenhouse gas emitters can purchase emission credits from companies emitting below the cap. Because that incurs a cost, heavy emitters have an incentive to reduce their emissions.

Some of province's largest greenhouse gas emitters include those in the agriculture sector.

"Some of the industries, such as the Ag industry that showed up today — they want to be part of the solution," said the premier.

Dan Mazier, president of Keystone Agriculture Producers, spoke about



Dan Mazier of Keystone Agricultural Producers said farmers will work collaboratively with the province to reduce greenhouse gas emissions.

the steps farmers are already taking to protect air, water and soil, including managing nutrients and manure more effectively and creating shelter belts.

"Now through provincial investment through research and additional programming," said Mazier, "the agriculture industry can do much more towards mitigating the effects of climate change. Our livelihoods depend on this and we are very willing partners."

In addition to the cap-and-trade system, the province said it will reduce emissions through a number of other initiatives, such as an environmental bill of rights, green buildings, curbside composting and electric buses for Winnipeg transit.

The premier said he's seen great interest from Winnipeggers and rural Manitobans with regard to composting.

"That can dramatically reduce the amount of waste we're putting in landfills, which creates methane gas," said Selinger.

The province will also expand its



Amanda Lathlin, MLA for The Pas, was MC for the province's climate change announcement last Thursday at the University of Winnipeg.

network of protected areas — wetlands and other natural systems that help filter pollutants.

The province is already working with First Nation communities on the Pimachiowin Aki project, protecting forested areas on the Manitoba-Ontario border. Other areas the province is looking at include the Interlake, but there are no details as to what its plans are. And how cuts to the Conservation budget will affect possible strategies going forward is unclear.

"We will do what's necessary to achieve our objectives," said Selinger.

When asked whether he would implement a carbon tax, which has been shown to reduce greenhouse gas emissions in other jurisdictions, the premier said, "We thought cap and trade would allow us to partner with other jurisdictions and allow us to do things that are sensible. And we want to keep the cost of living affordable in Manitoba."

He also pointed to emitters across many sectors in the province that "need more flexible tools because each of their circumstances are different."

The premier and a delegation will be

attending the COP21 climate change conference in Paris this week. He said the trip will cost about \$35,000 for seven people.

"We're keeping our delegation small," he said, "and focused on doing practical things over there with our partners that will allow us to meet the climate objectives."

The premier also spoke about a collective role involving all Manitobans to help reduce greenhouse gases. From community gardens to composting, the premier said "there are a thousand different ways Manitobans can contribute that are practical and doable for every individual and family."

The province's pledge to reduce emissions goes beyond what the previous federal government had committed to, said Selinger.

"A third reduction by 2030 is an ambitious target," he said. "... and it's above what the current government is standing with right now — they say they're going with that as a base; we've reached above that."

The province did not indicate when cap and trade will be implemented.

Snoman welcomes introduction of orange license plate

News Release

Snoman (Snowmobilers of Manitoba) Inc. is pleased that Manitoba Public Insurance has released the highly visible plate for snowmobiles. The colored plate will assist with enforcement for enforcement agencies and is something that Snoman has been asking for.

"This is certainly a positive step and

will help with providing more recognition for Snopass holders on the trail network," said Alan Butler, President.

"Whether you're using the trails or accessing a shelter, our volunteer clubs pay for the maintenance and upkeep and it is important that all who use these services contribute."

Snoman encourages those who have already received a sticker for this sea-

son to visit a MPI location and get the orange plate.

A regular Snopass is \$150 per riding season and a 7-day pass is \$75.50. If one decides not to renew their Snopass the orange plate has to be returned to MPI and revert to a regular ORV plate. Reverting to a regular ORV plate means lack of access to the Snoman trail network.

"Our volunteers work countless hours to provide this winter recreational activity for riders to enjoy safe well-groomed trails," said Yvonne Rideout, Executive Director.

"This will make the process for snowmobilers simpler and we look forward to the rollout on December 1."

Nevakshonoff hoping for Interlake boreal protection

By Jeff Ward

Manitoba Minister of Conservation and Water Stewardship Tom Nevakshonoff is hoping to see more Interlake areas included in the Protected Areas Strategy as the program expands.

With the recent inclusion of the Red Deer Lake Wildlife Management Area (WLM) and the expansion of the Lake Winnipegosis Ecological reserve, the province is one step closer to protecting 17 per cent of the landscape of Manitoba by 2020.

The area of note to Nevakshonoff is an alvar ecosystem northeast of Fisher Branch. The alvar in Broad Valley is already a protected area, but expanding into Marble Ridge and establishing another WLM is something he's very interested in doing.

Alvar is an environment based on a limestone plain with thin or no soil. This ecosystem, which contains many different species of lichen and mosses, is becoming a rare sight in the world as they've become degraded by agriculture and human use. In the Inter-

lake, the alvar regions remain strong, and Nevakshonoff would like to keep it that way.

"There is definitely the potential for expansion. The alvar in the Interlake is a very unique ecosystem. We've expanded out whole concept of our endangered species system and now we're looking at protecting these important ecosystems as well," said Nevakshonoff.

Nevakshonoff explains that as the science behind climate change gets stronger, the understanding of how these areas help mitigate greenhouse gasses becomes more important. The alvar, much like the boreal forest that surrounds so much of the Interlake, could be an important part of the fight against climate change, according to Nevakshonoff.

Acting as repositories for carbon, these areas help

reduce greenhouse gases. And the more areas that become protected, the stronger the environment can be.

With the inclusion of Red Deer Lake WLM and the expansion of Lake Winnipegosis, the province has succeeded in protecting 11 per cent of provincial lands. Making the jump to 17 per cent over the next four years will take some big leaps, Nevakshonoff says.

"We're looking at a few big-ticket items over the next few years if we'll achieve another six per cent over the next four years. I have a deep appreciation for protected areas and Crown land. The Crown land, to me, is the

very essence of our freedom as Manitobans. That we have such large areas of public land that we can walk, hunt and fish on is so valuable," noted Nevakshonoff.

A timeline on including the alvar area in Marble Ridge in the Protected Areas Strategy hasn't been discussed, but Nevakshonoff explained that the province will be aggressive over the next four years as it looks to establish and expand more protected areas.

According to Nevakshonoff, there are 28 WMAs in the Interlake region, and over the next few years, that number could rise.

Province to close 'mommy / parent gap' for teachers

News Release

Teachers in Manitoba will no longer take a hit in both pay and pension benefits to have children. The Manitoba government announced a proposed change to the Education Administration Act on Dec. 3 that will see teachers who take maternity and parental leaves get full credit for seniority and salary.

"The elimination of the 'mommy gap' or parent gap is welcome news for our teachers," says Norm Gould, president of The Manitoba Teachers' Society. "It puts our female members on equal footing with male members in Manitoba and with their colleagues in the rest of Canada. The same holds true for women and men teachers who access parental leave. And it's another example of how much this government values Mani-

toba teachers and listens to their concerns."

Until now, Manitoba has recognized only 85 days of credit for teachers accessing maternity and parental leave rather than the full school year common in most other Canadian provinces. That has put Manitoba teachers who have children at a distinct disadvantage because of delayed pay increments early in their careers and smaller pensions later in life.

"We appreciate the effort the province has taken to consult with us on this issue, which is so important to teachers and their families," says Gould.

"Today's change will relieve some of the pressure on young parents in the teaching profession and give them more security in retirement."

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Manitoba 

Lakeside Lions leading the way with cookie walk

By Patricia Barrett

The Winnipeg Beach and Dunnottar Lakeside Lions Club held its 13th annual Cookie Walk last Saturday at the Winnipeg Beach Legion to raise money for those in need.

"It was a great turnout," said Tony Pimentel, president of the Lakeside Lions and Mayor of Winnipeg Beach. "We had other Lions members from Winnipeg come out because they heard about our Cookie Walk."

The Cookie Walk is just one of several fundraisers the club organizes to help people in Winnipeg Beach and surrounding communities such as Sandy Hook, Whytewold, Ponemah and Gimli.

"It all stays within the community," said Pimentel. "We've done some renovation for a [family] to make their home wheelchair accessible."

Lions members and their friends, family and supporters from the community baked a wide assortment of cookies, shortbreads, tarts and other mouth-watering goodies for the club to sell. People purchased an empty box (medium or large) and walked down rows of baking, selecting individual desserts until their box was filled.



PHOTOS COURTESY OF TAYLOR GOUZECKY AND MIKE G.

Volunteers baked a wide range of desserts.

"You might have a shortbread freak in your house," said Gwen Dyck, who is the club's fundraising chairperson. "People like to pick and choose."

The Lions also provided a hot lunch consisting of pork cutlets, applesauce, mashed potatoes and other vegetables for \$7, and a silent auction with items provided by local businesses. Gift baskets were worth between \$50 and \$150.



Members of the Winnipeg Beach and Dunnottar Lakeside Lions Club, including PC candidate for Gimli Jeff Wharton (second from left) and Mayor Tony Pimentel (left back), held a fundraiser last Saturday to improve the lives of community members.

The club has yet to tally the proceeds from the fundraiser.

"We take requests," said Dyck, referring to those in need of a helping hand. One woman needed a hearing aid that neither she nor her family were able to afford. The woman had no insurance to cover the device.

"We got a thank-you card saying we improved her quality of life," said Dyck.

Over the years, the club has helped fund eyeglass prescriptions, voice-recognition software for the visually impaired, guide dogs, wheelchairs,

the school breakfast program and playground equipment at Winnipeg Beach School, the band boosters program in Gimli, Dunnottar's Recreation Centre programs, children's curling bonspiels, soccer uniforms and Evergreen Basic Needs in Gimli.

"We don't spend a penny inside the club," said Dyck. "Every dollar raised goes back to the community."

The club welcomes anyone wishing to attend one of their monthly meetings. Please call Ed, membership chairperson, at 204-389-4670 to find out when the club meets.

Prevent holiday fires at home

News Release

The holiday season is one of the most joyful times of the year for many families. But it's also one of the peak periods for accidental home fires, partly due to the increased use of candles, heaters, tree lights, even cooking (none of which mix well with several glasses of eggnog!).

"When you look at the numbers, 52% of Canadians light candles in their home but, alarmingly, only 29% of Canadians keep a fire extinguisher in the kitchen," says Paula Bandi, Senior Product Manager, Home, RBC Insurance. "Canadians need to be aware of the top triggers of home fires over the holidays, and take proactive steps to protect themselves and their family. These include: unattended candles, unsupervised cooking, faulty wiring and dried out natural trees."

The following tips can help reduce the risk of fire during the holiday season:

- Never leave a candle unattended and do not place them close to curtains or anything flammable. Keep

candles away from pets, children, drafts and open windows.

- Check all lights and extension cords before installing them and discard any defective lights and frayed or damaged extension cords.

- Secure your tree away from any heat source. Water fresh trees on a daily basis – dry needles and faulty wiring are a common source of holiday fires. And don't forget to unplug your tree lights before you go to bed or put them on a timer.

- Never leave cooking unattended, especially if you're using oil or high temperatures. It's also safest to keep anything that can burn away from your stove, such as dish clothes, paper towels and wooden spoons.

- Frequently inspect and clean chimney flues. Use a fireplace screen to prevent sparks from hitting the floor and rugs.

The holiday season is often a busy, hectic time which carries an increased risk of house fires – but they can be prevented.

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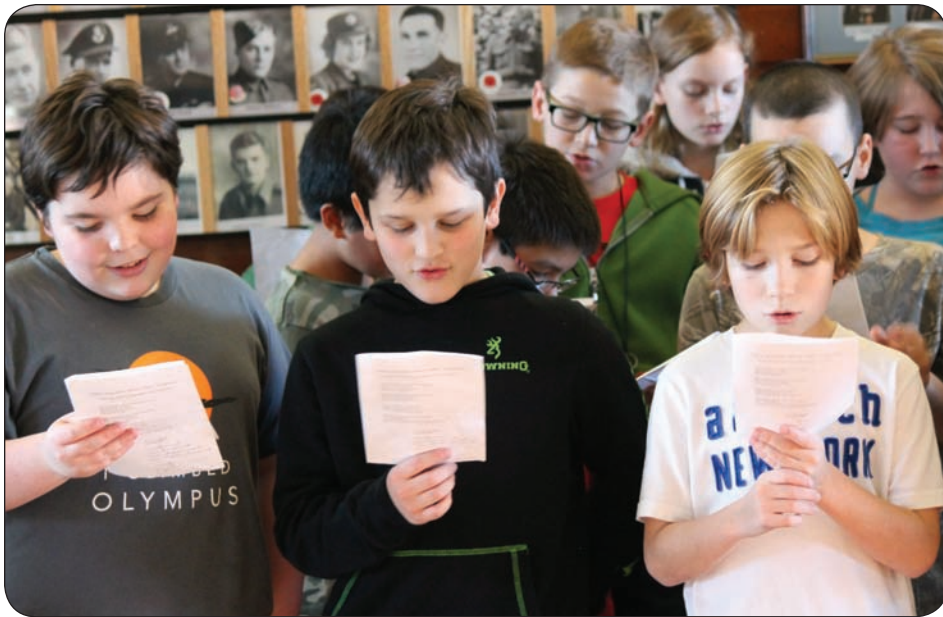
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On high with Arborg Early Middle School's choir



By Patricia Barrett

About 50 students from Arborg Early Middle School paid a visit to the Seniors Resource Council's annual Christmas dinner at the legion Tuesday to entertain guests.

Students in grades 5 and 6 gave a lively performance of Christmas favourites including Away in a Manger, Hark the Herald Angels Sing and We Wish You a Merry Christmas.

"It's our way to contribute back to the community," said music teacher Carlin Kilbrei. "We'll be going to the personal-care home and assisted living too."



EXPRESS PHOTOS BY PATRICIA BARRETT

Students from Arborg's Early Middle School sang a number of carols at the annual Christmas dinner hosted by the Arborg and District Seniors Resource Council.

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Lundar students prepare to build home in Guatemala

By Jeff Ward

In just a few months, 10 Lundar School students from grades 10 to 12 will embark on a trip to Tecpán, Guatemala, to help build a home with Habitat for Humanity.

The trip, which is an extension of the carpentry program at Lundar School, is the next step in the continuing evolution of the program.

Over the last two school years, carpentry students have built and sold two homes and are working on a third right now to be sold in June. The program has raised approximately \$31,000 through its building projects, according to Donald Nikkel, program instructor. The money raised has allowed Nikkel to keep the cost per student for the two-week trip to Tecpán at \$350, a number he is very proud of. The students leave March 21 and are back in Lundar on April 4.

“One of our main focuses was that we wanted this to be something that

every student could take part in,” said Nikkel, who’s been actively planning the trip since the summer.

“It was a combination of individual students fundraising and the money we got through out RTM (ready-to-move) houses. We’ve also been building small projects here in the shop and selling those.”

As soon as the students land at La Aurora International Airport in Guatemala City, they will take an hour bus ride to Tecpán, which is a small community north of Guatemala City. Students will work with Habitat for Humanity and be the main labour force building a home in the small town.

According to Nikkel, the students from Lundar School won’t oversee the entire project, since the two weeks that they’re there isn’t enough time to complete the entire build, but they will be a large contributor to the construction of the home. Students will work from 8 a.m. until 4 p.m. every day until their two weeks are done. Students will spend their nights in a hotel in Tecpán and there will be many post-work excursions to take in local culture and cuisine.

“This is a life-changing experience — not only to travel all that way and see a different culture but to build a home for someone in



EXPRESS PHOTO BY DONALD NIKKEL

Lundar School Students are just a few months away from embarking on a life-changing trip to Guatemala to help build a home for Habitat for Humanity. Pictured, from left to right: Vionne Al-Shimari, Justin Sherbeth, Troy Godfrey, Shelby Edwards.

need. One of the things we’ve been stressing to the students is that this is not just a trip where we go sit on the beach. We want them to interact with people and the culture,” said Nikkel.

To make sure that students get an understanding of the culture before they embark, Nikkel has been holding regular meetings with students. A combination of language and cultural training is helping to prepare students for the journey.

During the two weeks students are in the Central American city, the annual Easter week celebrations will also be taking place. Semana Santa

will dazzle students with a burst of Guatemalan culture while they help build a home for someone in need.

Nikkel says that this project is just the next step in the evolution of the successful carpentry program at Lundar School and that the sky is the limit for future trips and projects.

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Holidays increase feelings of loneliness among isolated adults

Submitted

The upcoming holiday season is a time for families and friends and fellowship. But there are people living in our communities who, for many different reasons, don't have connections with people they can look forward to over the holidays or at any other times during the year. The holiday period can be a very lonely one for people in these situations.

Increasing age is associated with an increase in the proportion of individuals reporting loneliness. According to the Profile of Manitoba Seniors (2010), Manitobans age 75 and over were about 1.5 times more likely than those age 65 to 74 to report feelings of loneliness. Women aged 75 and over were the most likely to report feelings of loneliness (46.3 per cent).

Seniors resource councils work to identify these individuals and partner them with home visitors who volunteer their time during the week to visit and chat with people who are isolated.

According to senior resource council co-ordinator Barb Mankewich of Teulon Senior Resource, you can't underestimate the value of friendship on health and well-being.

"Wintertime and the holiday season are especially hard for seniors due to ice, cold or snow making it extremely difficult for them to get out or pre-

venting families from coming out to see them. Lack of sunshine, fresh air and exercise also adds to the winter blues. We encourage family to be aware of this and take the time to call as often as possible and contact your local Senior Resource Office to make arrangements for a friendly visit or phone call to your loved one."

Darcy Freudenberg, resource co-ordinator with the South Interlake Seniors Resource Council Inc., says the benefits of companionship are obvious and immediate.

"Visiting a senior provides them with moments of happiness in the present and something to look forward to in the immediate future," Freudenberg said.

While the benefits of companionship are well known, seniors resource councils are finding that it's becoming more and more difficult to find people who are looking to volunteer some time in social visits with people in need.

If you are interested in learning more about how you can help, please contact your local community resource co-ordinator.

- Arborg & District Seniors Resource Council 204-376-3494
- Ashern Living Independence For Elders 204-768-2187
- Eriksdale Seniors Resource Council

204-739-2697

- Fisher Branch Seniors Resource Council 204-372-7315

- Gimli Seniors Resource Council 204-642-7297

- Lundar Seniors Resource Council 204-762-5378

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- Victoria Beach/East Beaches H.E.L.P. Centre 204-756-6471

New radiation equipment to allow more targeted treatment

News Release

New equipment that allows for more targeted treatment and better outcomes after radiation for patients with ovarian, cervical, uterine and other cancers will soon be offered at CancerCare Manitoba, Health Minister Sharon Blady said recently.

"This equipment allows radiation to be more focused, protecting healthy tissue around the tumor from damage that can be caused by radiation treatment," said Minister Blady. "This makes a real difference for patients by allowing treatment to be customized for each person, leading to better outcomes and faster recovery times."

Known as high-dose rate (HDR) brachytherapy, the new equipment allows the placement of catheters close to or inside a tumour to deliver radiation from radioactive pellets directly to where it is most needed. Computers are used to control how far a pellet goes into a catheter and how long it is used to release radiation. By using the CT simulator, the treatment can

be tailored to the exact shape, size and location of the tumor.

"The CT simulator, when used with high-dose radiation therapy, will provide individualized treatment to women with gynecological cancers in Manitoba. The next step will be to use the same equipment to treat prostate cancer," said Dr. Sri Navaratnam, president and chief executive officer of CancerCare Manitoba.

Each year, more than 300 women in Manitoba with cervical and uterine cancers could benefit from treatment with this new technology, the minister said. When not in use for treating gynecological cancers, the equipment will be used for other patients with complex care needs and for cancer research.

The minister noted new equipment can improve diagnosis and treatment, support staff retention by providing modern, up-to-date equipment, reduce testing duplication and improve ergonomics for patients and staff.

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Manitoba 

Arborg seniors celebrate Christmas with dinner

By Patricia Barrett

The Arborg and District Seniors Resource Council pulled out all the stops last Tuesday, hosting a Christmas dinner for approximately 125 seniors from Arborg and surrounding areas.

Before dinner was served, Maureen Sigurgeirson, the council's co-ordinator, thanked Coun. Susan Bauernhuber and Co-op, its board members and food store staff for contributing their time and effort to the meal.

"This is a huge donation to the Seniors Resource Council," said Sigurgeirson, referring to all the food Co-op supplied.

The Seniors Resource Council runs a meal program in Arborg's House of Hope seven days a week and hosts three special dinners a year — Thanksgiving, Christmas and Easter — for area seniors. Students from Arborg Early Middle School dropped by to sing Christmas carols.

Sigurgeirson also paid tribute to the two cooks who had the piping hot food all ready to go when the clock struck noon.

The amazing teamwork of Jacquie Sigurdson, congregate meal co-ordinator for the council, and Jennifer Jacobson, SSGL (supporting seniors in group living), made the meal a success and had many seniors singing their praises.

They made turkey, stuffing, meatballs, perogies, potatoes, corn, peas, broccoli salad and a number of other sides.

The two women spent a day and a half in the kitchen chopping, dicing, peeling, cooking and timing everything to perfection.

"We have a system when we work together," said Jacobson, who has several years' experience in catering. "We sing — you've got to have fun when you're cooking!"

Not only did the two women cook for the 125 or so people in the legion, but they also prepared about 28 meals for

seniors in the House of Hope, Sunrise Lodge and those in their own homes who could not get out. The council's team of volunteers — including Deputy Mayor Robbie Thorsteinson — delivered the meals by car.

"I didn't sleep for a few days," said Sigurdson, who has been a cook for 10 years. "No one talks to me in the house 'til it's over," she laughed.

She said the leftovers (if there are any) will be turned into soups, casseroles and turkey sandwiches for seniors living in the House of Hope and at the assisted living facility.

One attendee especially enjoyed the perogies, calling for a second round.

"We don't mess with the seniors," said Co-op Food Store manager Lynette Oliver, who helped serve the meal. "They've done a lot for us, so if they want extra perogies, they can have them."

Co-op president Reg Perry, who's been with the store for about 12 years, helped deliver the raffle prizes and vice-president Robin Toni, who's been with the store about eight years, staffed the buffet. The store's management team helped serve the meal and clean up afterwards.

When asked how the store is managing without them, grocery manager Jessica McCutcheon said, "We'll see when we get back!"

Kris Gudmundson, retired teacher and former president of the Co-op board, kept order in the legion, calling up each table up in succession to the buffet. He provided a bit historical trivia about the Co-op, which began as the Arborg Farmers' Co-op way back in 1919.

Gudmundson also drew names for the poinsettia raffle, which was sponsored by area residents and businesses such as K&P Eavestroughing, Nordal's Auto Body, Crop Production Services, Smitty's Furniture and the Legion — to name just a few.

Evelyn Wallach from Poplarfield was



EXPRESS PHOTOS BY PATRICIA BARRETT

Seniors enjoyed the dinner hosted by the Arborg and District Seniors Resource Council.



Co-op vice-president Robin Toni and board member Grace Hodgson helped serve the meal.



Co-op president Reg Perry and board member Grace Hodgson helped serve the meal.

one of the lucky winners.

"It was a very good meal," said Evelyn, who attended the annual dinner for the first time with her sister Beatrice, who lives near Poplarfield.

"The meal was excellent," said Beatrice. "My compliments to the chefs."

On their way to the dinner, the two sisters dropped by Albert Shewchuk's home and asked him to join them.

"They should have this every day," said Shewchuk, who clearly enjoyed the food and the fun. "I don't think I'll have to eat for four days."

Grahamdale Christmas light competition looking for nominations

By Jeff Ward

The Grahamdale Community Development Corporation (CDC) is asking for nominations in their first Christmas light display competition. The winner of the competition will receive a congratulatory certificate and bragging rights for the best light display in Grahamdale.

Members of the Grahamdale CDC are wanting to give recognition to

those who take the time and effort to put up their dazzling light displays for the holidays.

Nominations are open from now until Dec. 22, and on that day, judges — made up of CDC members and RM staff — will personally visit each home and judge the lights to choose a winner. The winner, as well as first, second and third runnerup, will be announced on Christmas Eve, Dec. 24.

"We'll decide the winners by whichever house makes us say 'wow' the loudest. What we need are nominations because there is just so much space to cover here in the RM. We want people to tell us where the best displays are so we can go to all of them. The people who put up these lights are already competing with each other each year to make them bigger and brighter, so we figured

why not give an award for it? They really do deserve some recognition for making the RM so beautiful," said Diane Price, a member of the Grahamdale CDC.

Price explained that the competition is all about celebrating the RM and making everyone feel proud of their community. Price hopes to see this become an annual competition in Grahamdale.

Fisher Branch students become stronger readers and writers

By Jeff Ward

Young students at Fisher Branch Early Years School are receiving intensive reading and writing instruction and, as a result, the gap between students who are behind grade-level expectations and those who are at grade level has shrunk.

The staff at the K-4 school has gone through a two-year process of self-auditing to identify weaknesses within the curriculum. The results of the audit showed that students were really good at talking about what a piece of reading was about but weren't good at summarizing or providing details when writing about it.

Once the weaknesses had been identified, staff got together for regular meetings and are trying multiple avenues to address the issues.

"We had students write for a whole bunch of different purposes, and that helped us really target any specific weakness on our end and for students," said Roger McCulley, principal at Fisher Branch Early Years School.

"A big part of this process was just getting to know your students. There are practices and lessons that are effective for everyone, but there are some that other students will miss.

We knew we had to balance our instruction, and the next piece we knew we had to provide were more focused reading strategies."

Guided reading has become one of the primary ways teachers have been improving the literacy of their students. Small group instruction that takes place daily is allowing students to meet grade-level expectations and then move beyond them.

According to McCulley, teachers move students forward by challenging them with small goals and getting them to write about the things they're reading about. Guided reading has helped improve their reading skills and, as a result of the daily challenges,

"WE KNEW WE HAD TO BALANCE OUR INSTRUCTION."

is addressing the weakness teachers identified a few years ago.

McCulley says that the staff put in a lot of time on this issue and tend to deal with issues reserved for staff meetings through daily emails. When staff meetings are scheduled, more of that time is now used for professional development.

"We basically use [all available] time that we have on this. The good part is that this is all very sustainable and very enjoyable work for us. None of it



EXPRESS PHOTO BY ROGER MCCULLEY

Fisher Branch Early Years School Grade 1 students go through a session of guided reading with teacher Carla Desjardins. Students will become stronger readers and writers through this program. Pictured from left to right: Sommer LaFreniere, Lorelei Grocholski, Alexis Stodgell and Breanna Stodgel.

feels like a chore and we're celebrating in the students successes as a reward," said McCulley.

McCulley also mentioned that the challenges students face will change each year and that, through more

professional development, these challenges will be identified and corrected faster. Staff will move into using these strategies for math literacy, as well, in the future.

Legislation for domestic violence victims a step in right direction



EXPRESS PHOTO BY AUSTIN GRABISH

Nova House executive director Anna Pazdzierski says the province's new legislation to protect domestic violence victims is a step in the right direction.

By Brandon Logan

Nova House's executive director says there are some holes in the province's new legislation to protect domestic violence victims.

Amongst the changes announced last week were a mandatory firearms ban for all protection orders, GPS monitoring of high-risk offenders and new province wide police training in the dynamics of domestic violence, Attorney General Gord Mackintosh said.

While the proposed legislation is generally a step in the right direction, Anna Pazdzierski takes issue when it comes to GSP monitoring high-risk offenders.

"In the last two cases that we're talking about," the Nova House executive director said of Camille Runke and Selena Keeper's murders, "neither of those offenders would have had a device. So it wouldn't have saved either of their lives."

She went on to say while the mon-

itoring is a good idea, the issues are determining who is and who isn't a high-risk offender.

Pazdzierski said she was also disappointed the new legislation was proposed following the deaths of Runke and Keeper in the past few months.

However, she said there are two specific things that stood out to her.

"Definitely the training for the police and training for the JJPs (judicial justices of the peace)," she said. "And really, it's a matter of the justice system following the law and responding to protection orders when there's breaches right away."

With these improvements made, Pazdzierski is hoping more women facing domestic violence will visit shelters to get protection orders.

"I strongly encourage people who are looking for protection orders to come to one of the shelters and get assistance in filling it out," she said. "That's really essential."

Remembering the MS Lord Selkirk II

Ship's former bartender shares tales from the summer of 1975

By Brandon Logan

Working on the MS Lord Selkirk II in the summer of 1975 was a summer job Sharon Jonatanson won't soon forget.

At the age of 19, she was hired in June 1975 to work in the bar on the ship but was fired just a few weeks later.

"They decided I didn't smile enough, so they canned me," Jonatanson recalled with a laugh.

However, the ship came calling a few weeks later, asking her to come back as a bartender because they couldn't find anyone else, so she obliged.

The job was unlike most summer jobs, she said. With the constant seven-day trips around Lake Winnipeg all the way into October, Jonatanson and her colleagues basically lived on the MS Lord Selkirk II.

They would travel up to Berens River, then to Gimli and Hecla Island, among other places, and then do it all over again.

In Berens River, Jonatanson remembers the captain playing a joke on the passengers, who, at the time, were on land for a picnic.

"He'd honk the ship horn and scare the crap out of everybody," she said

before laughing. "It was fun."

But being a bartender had its perks too.

Because they had to serve guests during dinner, they would also get to join in on dinner and dine on steaks and other high-end meals while the rest of the workers were stuck with "mess food," as Jonatanson put it.

Jonatanson couldn't pick a specific favourite memory during her time working on the boat because there were simply too many, she said.

"We wrecked the dock at Hecla Island one time when we docked," she said. "And one time the captain ran the boat aground on the sand so we got stuck ... and for that boat to get stuck and get it off was quite the chore."

However, it was when there were storms when Jonatanson and her friends got really excited.

She said the ship moved around quite a bit and, when there were bad thunderstorms, the passengers retreated to their rooms sea sick and the bartenders were left alone upstairs to do as they pleased.



EXPRESS PHOTO BY BRANDON LOGAN

Sharon Jonatanson flips through photos she took during her one season bartending aboard the MS Lord Selkirk II in 1975.

"Because all of the passengers were in the rooms sick and we were in the bar, we'd stand on the dance floor and slide from one side to the other," she said, adding the boat tilted back and forth on its side that much. "We'd just stand there, right, and you'd just slide."

Now a financial officer with SEED Winnipeg Inc., Jonatanson tries to remember the good times she had on the ship.

With the scraps of the MS Lord Sel-

kirk II finally cleaned up and removed from its once resting place, Jonatanson wants people to remember the boat for what it was when it was running and not when it was stranded in a slough in Selkirk Park.

"I'm glad it's gone because now it's not an eyesore anymore and now we can have our memories of what the boat was like," she said. "For us who worked there, seeing the boat deteriorating so badly was bad."

Selinger gov't promises will lead to tax hikes: Pallister



EXPRESS FILE PHOTO BY AUSTIN GRABISH

Opposition Leader Brian Pallister says recent promises made by the Selinger government will lead to tax hikes. Premier Greg Selinger won't rule out a tax hike but promises to keep Manitoba one of Canada's most affordable provinces to live in.

By Austin Grabish

Manitoba Opposition Leader Brian Pallister says recent promises made by the Selinger government will lead to tax hikes.

Speaking to reporters on Nov. 24, Pallister said high-ticketed promises outlined in the province's throne speech like creating 12,000 more child-care spaces and expanding cell service will leave the governing NDP with no choice but to raise taxes after the provincial election next spring.

"Promises come with a cost associated with them, and for Manitobans, a billion a year of new spending means a higher tax burden in the not too distant future should this government come back in," Pallister said.

Selinger wouldn't rule out a tax hike while speaking to *The Canadian Press*, but promised to keep Manitoba as one of Canada's most affordable provinces to live in.

But he has faced increased pressure from the Opposition Progressive Conservatives who want him to rule out a tax hike.

His reluctance to give into the Tory

pressure is likely a lesson learned from the 2011 provincial election.

At the time, PC leader Hugh McFadyen said Selinger wouldn't be able to keep his election promises without raising the provincial sales tax.

Selinger said an increase to the sales tax was a "ridiculous" idea, but then in 2013 went on to raise the PST from seven to eight per cent.

The broken promise has been a thorn in the Selinger government's side ever since as the NDP continue to fall behind in opinion polls.

Pallister said the province's rising debt load is concerning, and cited this summer's downgrading by Moody's Investors Service, an international credit agency, which dropped the province's credit rating due to missed balanced-budgets.

"The NDP has consistently missed its targets, it has raised taxes by record amounts, and it is continuing to drive our province backwards," Pallister said.

The provincial election is slated to take place on April 19.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Ice Dawgs finding winning form on the ice

By Brian Bowman

The Arborg Ice Dawgs have been playing better hockey in recent weeks - and they have been rewarded in the win column.

Arborg has now won three of its past four games as the Ice Dawgs won a pair of close games last week.

On Saturday evening, Jon Narverud made 51 saves to lead Arborg to a 3-0 home win over the Lundar Falcons. The Ice Dawgs were outshot 51-24.

After a scoreless first period, Cory Kuldys scored twice and then Clint Torfason tallied in the third.

On Dec. 1, the Ice Dawgs edged the South Division-leading Fishermen 2-1 in a shootout in Selkirk.

Kuldys and Braydon Chwartacki scored for Arborg in the shootout while Karl Fey replied for Selkirk.

In regulation time, Arborg's Connor Jonasson and Selkirk's Jay Muller traded second-period goals.

Arborg, now 9-8-0-1, hosted Fisher River this past Wednesday but no score was available. The Ice Dawgs will then host Selkirk on Sunday for a 2:30 p.m. contest.

Lundar, meanwhile, will host St. Malo on Friday. Game time is 8 p.m.

The Peguis Juniors and Fisher River Hawks were also in action last week. Both teams finished the week with 1-2 records.

On Sunday, the Juniors were edged 5-4 in overtime by the OCN Storm.

Devon Garson, Theoren Spence, Harold Linklater and Christian Cochran scored for Peguis.

The loss came a day after the Storm defeated the Juniors 7-2 as Garson and Montana Tanner tallied for Peguis in the losing cause.

On Dec. 2, Peguis doubled Fisher River 6-3.

Keevan Daniels-Webb had a great game for Peguis with four goals and an assist while Tyler Woodhouse added two goals and two helpers.

Evan Thickfoot (two) and Johnny Bealieu replied for the Hawks.

Keifer Tacan made 18 saves for the win.

Fisher River then split a pair of games last weekend, losing 11-5 to Cross Lake on Saturday and then rebounding for a 9-1 win over Norway House Sunday.

In the North Stars' win, Fisher River had five players — Wyatt McCorrister (two goals, three assists), Darryl Thad-



EXPRESS PHOTO BY BRETT MITCHELL

Ice Dawgs' goaltender Jon Narverud made 32 saves in Arborg's 2-1 shootout win over the Selkirk Fishermen on Dec. 1.

deus and Gavin Mason (two goals, assist apiece), Ty Stevens (goal, two assists) and Jared Thickfoot (three assists) — record at least three points.

Todd Maytwayshing and Tyler Kemball also scored for the Hawks.

Against Cross Lake, Fisher River

trailed 3-2 in the third period before the Islanders exploded for eight goals in 17:04 of the final frame.

Kemball had two goals and two assists for Fisher River while Martin Swan, Thaddeus, and Brent Sutherland added singles.

Interlake Lightning earn split in Kenora

By Brian Bowman

The Interlake Lightning made the trip east to Kenora a worthwhile one last weekend.

Interlake snapped an eight-game losing streak Saturday evening with a 7-5 win over the Thistles and then was doubled 6-3 on Sunday afternoon.

"We played much better than we have in a while," said Lightning head coach Dwayne Swanson. "I feel better about our team now. (Kenora) is a good team, they're big, strong, aggressive and it's a tough place to play hockey."

In Sunday's loss, Kenora turned a tight game into a relatively easy victory by outscoring the Lightning 4-2 in the game's final 20 minutes. Three

of those goals came in just 43 seconds early in the period.

Jack Einarson, Codey Beaulieu, and Riley Vautour scored for the Interlake. Vautour is second on the Lightning in scoring with seven goals and 14 points through 22 games this season.

Brendan Martin (two), Mathew Pitchenese, Jared Neniska, Elijah Loon-Stewardson, and Ryan Mignault tallied for Kenora.

In Saturday's win, the Interlake built a 4-1 second-period lead and hung on for the road win.

"I was proud of our guys," Swanson said of the win that snapped a lengthy losing streak. "We went into a hostile environment and came out with a win against a good team."

Wyatt Bear led the Lightning with two goals and an assist while Sean Loutit had a goal and two assists. Bear, a Hodgson product, was recently reassigned to the Lightning by the Seattle Thunderbirds of the Western Hockey League.

"It was his first game back and he's a very good hockey player," Swanson said. "He's improved a lot since his time in Seattle. He is so big and strong."

Jordan Woytowich, Einarson, Beaulieu, and James Maxwell also scored for the Interlake. Evan Klyne-Geisler and Nicholas McCartan each had two assists.

Mignault (two), Pitchenese, Trey Palermo and Hunter Buzzi replied for

Kenora.

Nathan Cvar made 31 saves for the win.

Interlake (7-15) will have a pair of tough home games this weekend. The Lightning will host first-place Eastman (24-0-0-0-1) Friday (7:30 p.m.) and then the fourth-place Winnipeg Thrashers (16-6-0-1-0) on Sunday (1 p.m.).

"Eastman is undefeated and for a good reason — they have a nice hockey club over there," Swanson said. "It will be a nice test because the last time we played them, we did not play our best game and we took it on the chin real hard."

"We're hoping to put up a better fight against those guys."

Lightning battle hard against the Hawks

By Brian Bowman

The Interlake Lightning Bantam hockey team may have been on the wrong end of some lopsided scores recently, but they had a really good effort in a tough 4-3 loss to the Hawks last Thursday.

The Hawks' Adam Stewart scored the game winner with just 2:33 remaining in the third period. It was Stewart's third goal of the game.

"That was probably our most complete game that we've had all year," said Lightning head coach Todd Studler. "It was the first time all year that we had our full roster that we tried to get back in September."

Interlake's Evan Palmer had tied the score at 3-3 on the power play just 43 seconds before Stewart's goal.

Emmitt Farebrother added a first-period goal for the Lightning while Connor Dowhy tallied in the second. Kai Studler picked up three assists in the losing cause.

Mikol Sartor scored the Hawks' other goal in the second period.

The one-goal game was really nice to see after the Lightning suffered four consecutive blowout losses, including an 8-0 decision to the Monarchs on Dec. 1.

After giving up six first-period goals

in that loss, Studler was quick to note that the Lightning played very well in the final two periods.

"Those last two periods that we played, even their coach said, 'Wow, you played really well,'" said the Lightning coach proudly. "And we got kudos from the coach that we played the other day, too."

The formula for success for the Lightning, said Studler, is to simply outwork the opposition. Despite having a few blowout losses recently against elite teams, the Interlake is closing the gap between themselves and some of the other teams in the league.

Interlake has had a tough schedule of games recently but that will get better for the club in the near future.

Interlake will host the Warriors this Thursday (7:15 p.m.) in Stonewall and then will hit the road to take on the Brandon Wheat Kings Friday. The Lightning will then visit Portage la Prairie to take on the Central Plains Capitals on Sunday afternoon.

"I think we're competitive with Portage," Studler said confidently. "The other teams, we're just going to have to work real hard."

Interlake will wrap up its schedule before the holiday break with a home game against the Wolves on Dec. 20.



EXPRESS PHOTO BY LANA MEIER

The Interlake Lightning Bantam hockey team had a full roster for the first time this season against the Hawks last Thursday. Ayden Manningway heads up the ice during his team's 4-3 loss.



Holiday Schedule

December 17th Christmas Greetings Edition

Greeting Deadline – December 7th, 4 pm
Regular Paper Deadline – December 14th, 4 pm

December 24th Boxing Week Edition

Display Ads, Classified Ads or Announcements
EARLY Deadline – December 16th, 6 pm

December 31st First Edition of the Year

Display Ads, Classified Ads or Announcements
EARLY Deadline – December 18th, 5 pm

**Offices will be closed
December 22nd
through January 1st.**

**Offices will reopen
Monday, January 4th**

Happy Holidays!

Manitoba Hockey Standings

Team	GP	W	L	OTL	PTS	GF	GA
MANITOBA JUNIOR HOCKEY LEAGUE							
Portage Terriers	31	26	4	1	53	123	63
Winkler Flyers	29	22	5	2	46	123	65
Steinbach Pistons	31	22	7	2	46	119	75
Virden Oil Capitals	29	18	11	0	36	106	67
Winnipeg Blues	30	14	10	6	34	111	89
OCN Blizzard	32	13	17	2	28	97	120
Swan Valley Stampede	31	11	15	5	27	83	103
Selkirk Steelers	28	12	14	2	26	103	117
Dauphin Kings	27	11	15	1	23	86	109
Waywayseccappo Wolverines	28	7	17	4	18	72	115
Neepawa Natives	30	7	23	0	14	62	162
KEYSTONE HOCKEY LEAGUE							
South Division							
Selkirk Fishermen	17	12	4	1	25	64	43
St. Malo Warriors	17	11	4	2	24	76	64
Lundar Falcons	18	10	6	2	22	80	66
Arborg Ice Dawgs	18	9	8	1	19	78	69
North Winnipeg Satellites	19	5	14	0	10	64	91
North Division							
OCN Storm	18	15	3	0	30	114	54
Peguis Juniors	18	12	4	2	26	106	61
Cross Lake Islanders	16	9	7	0	18	107	95
Fisher River Hawks	19	5	14	0	10	98	119
Norway House North Stars	18	1	17	0	2	55	180
MANITOBA MAJOR JUNIOR HOCKEY LEAGUE							
Pembina Valley Twisters	23	15	5	3	33	105	77
Raiders Jr. Hockey Club	22	15	5	2	32	79	63
Charleswood Hawks	20	12	5	3	27	81	56
St. Vital Victorias	21	13	7	1	27	87	74
Stonewall Jets	22	12	9	1	25	83	71
St. James Canucks	23	12	10	1	25	83	87
River East Royal Knights	23	10	11	2	22	71	79
Transcona Railer Express	21	9	11	1	19	72	88
St. Boniface Riels	22	8	12	2	18	73	85
Ft. Garry/Ft. Rouge Twins	23	4	18	1	9	57	111
AAA MIDGET HOCKEY LEAGUE							
Eastman	25	24	0	0	49	128	38
Wild	22	17	3	1	36	80	32
Yellowhead	23	16	4	0	35	81	51
Thrashers	23	16	6	1	33	106	53
Central Plains	22	12	6	1	28	71	60
Brandon	21	11	9	0	23	60	55
Kenora							
Kenora	22	10	11	1	21	73	87
Southwest	22	9	11	1	20	72	81
Parkland	23	8	13	0	18	71	98
Interlake	22	7	15	0	14	56	97
Pembina Valley	23	4	18	1	9	43	112
Norman	26	3	21	2	8	70	147
AAA CITY MIDGET HOCKEY LEAGUE							
Winnipeg Warriors	18	13	5	0	26	73	41
Winnipeg Monarchs	14	11	3	0	22	82	40
Winnipeg Hawks	18	10	6	1	22	83	64
Eastman Selects	19	10	8	0	21	57	54
Winnipeg Sharks	17	7	7	2	17	64	70
Interlake Lightning	20	0	19	0	1	31	121
Yellowhead Chiefs	0	0	0	0	0	0	0
Parkland Rangers	0	0	0	0	0	0	0
AAA BANTAM HOCKEY LEAGUE							
Winnipeg Monarchs	20	20	0	0	40	151	30
Winnipeg Warriors	15	12	2	0	25	107	29
Winnipeg Hawks	17	8	8	1	17	58	55
Eastman Selects	17	7	8	1	16	64	67
Winnipeg Sharks	16	6	8	2	14	56	74
Interlake Lightning	16	1	15	0	2	26	104
MANITOBA HIGH SCHOOL HOCKEY							
Platinum Promotions							
Division							
St. Paul's 1	12	10	0	1	33	64	15
Lord Selkirk	13	10	1	1	32	45	22
Oak Park	11	10	1	0	30	48	19
Vincent Massey	10	7	2	0	23	52	14
Garden City	13	5	5	1	20	35	45
River East	9	5	4	0	15	31	34
Sturgeon Heights	13	5	8	0	15	24	54
Kelvin	12	2	6	1	12	29	43
College Jeanne Sauve	11	2	8	0	8	28	41
SJR1	11	1	10	0	3	16	55
Stonewall	13	0	12	0	1	14	44
Womens-Free Press Division 2							
SJR Eagles	10	8	1	1	17	34	15
West Kildonan Wolverines	11	7	3	1	15	45	33
Miles Mac Buckeyes	8	5	3	0	10	30	28
Selkirk Royals	9	4	4	1	9	33	29
CSHC Huskies	0	0	0	0	0	0	0
Glenlawn Lions	0	0	0	0	0	0	0
Beliveau Barracudas	10	0	10	0	0	16	53

*STATS AS OF TUESDAY, DECEMBER 8

Interlake senior men's berth winners decided

Staff

CurlManitoba hosted the Strathcona Trust Senior Men's Regional Qualifiers last weekend at various curling clubs across Manitoba.

Eleven berths were awarded for the 2016 Strathcona Trust Senior Men's Curling Club Provincial Championship which will take place at the Fort Rouge Curling Club from Feb. 25-29.

In Selkirk, the two Interlake berth winners featured Kerry Fedorchuk-Petersfield CC (Terry McRae, Randy Duguid, Russ Wasyluk) and Rob Atkins-East St Paul CC (Dale Dielschneider, Drew Drystek, and Grant Steski).

In Atkins' final game Sunday, he edged Gimli's Dave Suchy 7-6. Fedorchuk, meanwhile, beat East St. Paul's Rob Atkins in his final game Saturday.

The other berth winners included:

Central (Lansdowne Arden)

Berth Winner:

Curtis McCannell-Pilot Mound CC (Eric Atkins, Don Vines, Bill Thiessen, Coach Jackie McCannell)

Eastman (Springfield)

Berth Winner:

Keith McLeod-Springfield CC (Terry Gibb, Rob Roeland, Greg Smith)

Norman (Flin Flon)

Berth Winner:

Sam Antila-Burntwood CC (Alex Sutherland, Curtis Ross, Rob Smith)

Parkland (Dauphin)

Berth Winner:

Jim Todoruk-Dauphin CC (Doug Fisher, Michael Zazuliak, Craig Winters)

Westman (Shoal Lake)

Berth Winners:

Kelly Robertson-Neepawa CC (Doug Armour, Peter Prokopowich, Bill Scott)

Dale Brooks-Hamiota CC (Randy McKean, Dave Clark, Robert Lamb, Fifth Tim Weber)

Winnipeg (Deer Lodge)

Berth Winners:

Doug Riach-Granite CC (Ron Gauthier, David Sitarik, Grant Mistelbacher)

Brad Wainikka-Elmwood CC (Steve



EXPRESS PHOTO BY BRETT MITCHELL

Gimli's Dave Suchy and his team were edged 7-6 by the Rob Atkins' of East St. Paul rink in the final game on Saturday of Curl Manitoba's Strathcona Trust Senior Men's Regional Qualifiers.

Friesen, Ken Friesen, Jamie Hartry, Fifth Ian Beavis)

Randy Dutiaume-Thistle CC (Dave Tonnellier, Dave Lemoine, Kyle Halford)

Teams that have already qualified

include:

Murray Warren-Deloraine CC

Bob Sigurdson-Granite CC

Ken Ringaert-Fort Rouge CC

Butch Mouck-Gilbert Plains CC

Randy Neufeld-La Salle CC

Provincial qualifiers



EXPRESS PHOTOS BY LANA MEIER

Winnipeg Beach's Josh Maisey and his team were defeated 7-1 in the final by the Thomas Dunlop rink of Stonewall at the Canola Junior Men's Regional Qualifiers last weekend. The two teams hooked up twice earlier in the day with Maisey edging Dunlop 5-4 in the morning draw and then Dunlop rebounding with a 10-7 victory later that afternoon.

Wolves howl past Phantoms

By Brian Bowman

In a Manitoba Senior Hockey League battle between the first-place team and the last-place one last weekend, the expected happened.

The Gimli Wolves improved their record to a perfect 4-0 after defeating the Lakeside Phantoms 14-2 last Friday evening.

The outcome in this one was never in doubt as Gimli grabbed a 3-0 first-period lead and increased that advantage to 8-0 by the 9:25 mark of the middle frame.

Jared Morris led Gimli with two goals and four assists while Ryan Seekings scored three goals and had an assist. Wes Pawluk, with two goals and two assists, also finished the game with four points.

Garth Krulicki had a nice five-point performance with two goals and three assists while Brock Genyk and Dave Hardman had a goal and two helpers apiece.

Clint Miller chipped in with three assists.

Nicholas Bruce and Wyatt Lavallee

replied for Lakeside. Tyler Oswald earned the win in goal.

In the other MSHL game played last Saturday, Stonewall blitzed Beausejour 11-3.

The Flyers, who built period leads of 2-1 and 5-1, received a three-goal and three-assist effort from Matt Varnes.

Brock Couch had two goals and a pair of assists while Ryan Elliot also notched a hat trick.

Regan Stire added two goals and a helper while Patrick Dawson scored the Flyers' other goal.

Damian Wallack finished the game with three assists. Cale McBride and Kael Peterson each had two assists.

Cody Waterman scored twice for Beausejour and also assisted on Chris Stelmack's goal to open the game's scoring just 1:45 into the contest.

Justin Harris made 35 saves for the win.

Gimli will host Stonewall this Friday while Lakeside will visit Beausejour on Saturday. Both games start at 8 p.m.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN



Manitoba Junior Curling champs

EXPRESS PHOTO SUBMITTED

Gimli's Rebecca Lamb and her team recently won \$650 at the 2015 Manitoba Junior Curling Tour championships held at Pembina Curling Club. Team Lamb defeated Team B. Friesen 7-1 in the semifinals while Team Mackay defeated Team A. Friesen 9-3. In the finals, Lamb defeated Mackay 8-3. Pictured left to right, Rhea Teranishi, Brooklyn Meiklejohn, Jordyn McIntyre, Rebecca Lamb, coach Rob Lamb and MJCT chair Albert Bazinet.

take a break

> GAMES

SUDOKU

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

Fun By The Numbers

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

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!

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

Sudoku Answer

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

Crossword Answer

CROSSWORD

CLUES ACROSS

- 1. Characters in one inch of tape
- 4. In a hold
- 9. Jewish mystic
- 14. A way to souse
- 15. A small sharp knife
- 16. Frogs, toads, tree toads
- 17. Brew
- 18. Rowdy carouser
- 20. Poetries
- 22. ___ salts, remedy
- 23. Expect eagerly
- 24. Obstructing the view of something
- 28. Denotes three
- 29. Expression of uncertainty
- 30. Greek portico
- 31. Bureau
- 33. Electric battery
- 37. Vapor density
- 38. Radioactivity unit
- 39. Strive to equal or match
- 41. Cologne
- 42. Carrier's invention
- 43. Highest in degree or quality
- 44. Female horses
- 46. Serbian
- 49. Publicity
- 50. Actress Lupino
- 51. Supporting structures
- 55. Jobs
- 58. Indian founder of Sikhism
- 59. Capital of Zimbabwe
- 60. Woman of charm and good looks
- 64. Order
- 65. Draft animal in desert regions
- 66. Unaccented syllable verse
- 67. Fail to keep pace
- 68. Sheath or shirtwaist
- 69. Moss stalks
- 70. ___ Lilly, drug company

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

CLUES DOWN

- 1. Exclamation of praise
- 2. 200 island Pacific nation (alt. sp.)
- 3. Repeated
- 4. Hungers
- 5. School of Business, UCB
- 6. Bobby ___, NHL champ
- 7. Lease
- 8. More parched
- 9. Medieval merchant guild
- 10. Negative ions
- 11. Top
- 12. One of the Gershwins
- 13. Dekalitre
- 19. Imitate
- 21. Gentlemen
- 24. Dawn
- 25. A citizen of Chile
- 26. Bright stars
- 27. Codfish genus
- 31. Extremely unrefined
- 32. Diacritical mark
- 34. Correspondences
- 35. Indicates position
- 36. Small cup
- 40. 12th Greek letter
- 41. Capable of being eliminated
- 45. 12th Jewish month
- 47. Rechristen
- 48. In a way, imputes
- 52. Hydroxyls + 2C
- 53. Follows sigma
- 54. Vegetable shrubs
- 56. South African village
- 57. Monetary unit of D.R. Congo
- 59. First Chinese dynasty
- 60. Divides evenly into (Math)
- 61. Household god (Roman)
- 62. Pakistani rupee
- 63. American time

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Saturday, December 12, 2015 at 1:00 p.m.

Ashern Auction Mart

There will be 2 separate lots sold:

Group 1 Herd Reduction consists of:

Black Angus Cows & Heifers

25 Black Heifers bred Black Angus (birth weight 68 lbs)

25 - 2 year olds coming w/second calf

25 - 3 year olds • 32 - 4 year olds

8 - 5 year olds • 3 Cow/calf pairs

Bulls turned out on June 1.

Home raised herd, on full health program, age verified

For more info call:

Richard or Roseanne at (204) 767-2204

Group 2 consists of:

120 Red & Black Angus cows - Average age 4 to 7 years

Cows are bred to Black & Red Simmental and Red Angus bulls

52 Red & Black Heifers - bred Black Angus (birth weight 82 lbs)

All cows & heifers on full health program. Bull turned out June 5

For more info call:

John at (204) 364-2377 or Cell (204) 378-0174

Buddy - (204) 768-0018 Kirk - (204) 768-0019

License #1128

FARMERS & RANCHERS

Plan to attend the

OPEN BRED COW & HEIFER SALE

Friday, December 18, 2015

at 1:00 p.m.

Ashern Auction Mart

FOR SALE:

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34 Fancy black baldies and blacks.

Triple vaccinated; Enforce at birth,

Covexin 8 and Pyramid 5 FP at weaning,

Ivomec, Pyramid and Covexin again in spring before turnout with bulls.

Tim and Caron Clark

Group 2 consists of:

Angus Cows & Heifers

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scourguard, ivomec

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Buddy: 204-768-0018 Kirk: 204-768-0019

License #1128



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Director of Resident Care
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mworth@ierha.ca
Phone 642-5556 ext 22355

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To be considered, you will be a high school graduate with at least one of the following credits: Mathematics 40S (Applied or Pre-Calculus), Physics 30S or English 40. Proof of Aboriginal Ancestry is also required.

Applications for both the Power Line Technician and Aboriginal Line Trades Pre-Placement Programs must include a personal résumé and a complete transcript of marks (high school and any post secondary). Only complete applications will be considered.

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The deadline for applications is December 21, 2015. We thank you for your interest and will contact you if you are selected for an interview.

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Manitoba Hydro is committed to diversity and employment equity.



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CARD OF THANKS

The Holowka family would like to express a sincere thank-you for all of the support and kindnesses shown to us following the loss of our beloved husband, father and Gee, Robert Holowka. We have been overwhelmed by the visits, phone calls, cards, food, flowers and donations made in Bob's memory. Special thanks to the Home Care Nurses, the doctors and staff at Percy Moore Hospital, Gordie Weveursky, James Thiessen and Mary Ann Neault - you helped to make a very difficult time just a little easier.

-With love, Annette

take a break > GAMES

SUDOKU

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

Fun By The Numbers

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

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!

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

Sudoku Answer

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

Crossword Answer

X CROSSWORD

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- ___ Lilly, drug company

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	28				29				30			
31	32				33	34	35	36			37	
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46		47	48			49			50			
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		58						59				
60	61					62	63				64	
65						66					67	
68						69					70	

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- Repeated
- Hungers
- School of Business, UCB
- Bobby ___, NHL champ
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- More parched
- Medieval merchant guild
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- Follows sigma
- Vegetable shrubs
- South African village
- Monetary unit of D.R. Congo
- First Chinese dynasty
- Divides evenly into (Math)
- Household god (Roman)
- Pakistani rupee
- American time

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> MEAL IDEAS

Simmered chicken dinner



Makes 6 servings

Here's one of the fastest and easiest ways to cook a chicken, potato and vegetable dinner—all in one pot. It's also a good way to introduce children to new vegetables. This dish has sweet potatoes, which are not overpowering or as dried out as baked ones can sometimes be. You can use carrots, turnips or squash cubes instead of sweet potatoes.

Ingredients

- 1.5 Kg (3 lb) chicken pieces, skinned
- 1L (4 cups) water
- 2 slices bacon, cut in pieces
- 3 leeks or medium-size onions
- 2 bay leaves
- 5 mL (1 tsp) dried thyme
- 5 red potatoes, halved

- 1 large sweet potato (375/12 oz), peeled and cut into chunks
- Half small head of cabbage
- 1 clove garlic, minced
- 50 mL (1/4 cup) chopped fresh parsley
- 1 mL (1/4 tsp) or less salt and freshly ground pepper

Directions

If using a whole chicken, remove skin first, then cut into pieces. In large pot, combine chicken, water and bacon; bring to boil and skim off any foam.

Halve leeks lengthwise and clean under running water; cut into 5 cm (2 in) (5 cm) lengths. If using onions, cut into quarters. Add leeks to pot along with bay leaves, thyme and red and sweet potatoes; cover and simmer for 10 minutes.

Cut cabbage into 2.5 cm (1-in) wedges and add to pot; cover and simmer for 10 minutes or until vegetables are tender.

Using slotted spoon, transfer chicken and vegetables to six large soup bowls. Remove bay leaves from the broth.

Increase heat to high; boil liquid for 3 to 5 minutes or until reduced to about 750 mL (3 cups). Stir in garlic, parsley, and salt and pepper; ladle over each portion.

Slow Cooker Beef Stroganoff



Ingredients

- 1 1/2 pounds top round steak, cubed
- 1/4 teaspoon salt
- 1/4 teaspoon paprika
- 1/4 teaspoon pepper
- 2 tablespoons butter
- 1 package (8 ounces) fresh sliced portobello mushrooms
- 1 small onion, chopped
- 2 medium garlic cloves, minced
- 1 can (10.75 ounces) condensed reduced sodium cream of mushroom

soup, undiluted
 1 tablespoon Au Jus
 1 teaspoon Worcestershire sauce
 1/4 cup plus 2 tablespoons water
 2 tablespoons all-purpose flour
 1 cup sour cream
 hot cooked egg noodles
 minced fresh parsley
Preparation
 Sprinkle beef with salt, paprika and pepper. In large skillet, brown beef in butter. Place beef in large slow cooker. In same skillet, saute mushrooms,

onion and garlic until tender. Transfer to slow cooker. Stir in soup, au jus mix, Worcestershire sauce and 1/4 cup water. Cover and cook on low 6 hours. Combine remaining water and flour until smooth; add to slow cooker. Stir in sour cream. Cover and cook 1 hour longer. Serve over noodles; sprinkle with parsley.

Preparation Time 25 minutes
Cook Time 7 hours
Serves 7

Taking Your Eating Habits on the Road



Part 3

At work, you may feel like a victim of circumstances as far as your eating habits go. As we've seen, research shows that we tend to eat more food if it's readily available, when there's a greater variety to choose from, and when we have easy access to it. So when a tray of cookies is sitting on the conference room table during a meeting, or a bowl of candy is always filled to capacity on a colleague's desk, it can be difficult to resist. (By the way, you might consider whose hands have been in the bowl and where those hands have been. I'm just sayin'.) Think of it this way; you don't let anyone else decide what you'll wear on a given day or whether to take an umbrella if it looks like rain, so why would you let someone else decide what you should eat?

The ideal solution would be to involve your entire office in the quest to replace unhealthy snack options with healthier ones, such as a bowl of fresh fruit or fruit salad or a platter of raw vegetables and hummus, salsa, or guacamole. Try to work within your organization's management structure – many employers will welcome the chance to improve the health of their employees, since

healthy employees will cost them less in health care costs and absenteeism in the long term.

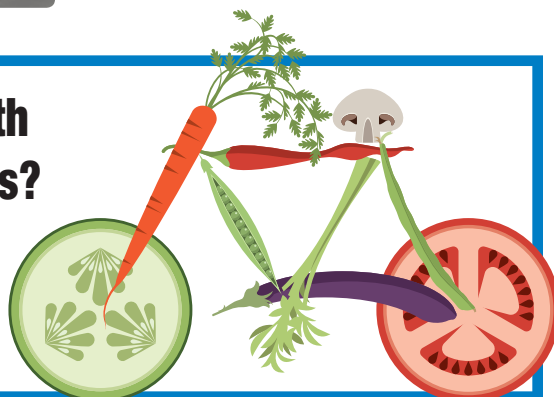
If you can't succeed on that front, keep a stash of healthy snacks in your own desk – packaged instant (plain) oatmeal and small bags of fried cranberries or raisins and chopped walnuts; homemade energy mix with dried cherries, apricots, nuts, and a whole-grain cereal; or portable fruits such as apples, bananas, or oranges. This way, you can take a preemptive strike against hunger before meetings or bring your own healthy snack to the table; you'll also be less likely to dip into the communal candy dish. These healthy nibbles can even help you get through a long commute with your appetite control intact.

If you find it tempting to join in when you see others eating junk food at work, remove yourself from the workplace during mealtimes. Bring a healthy lunch and leave the office for a brisk walk, then eat your thoughtfully prepared food outside or in your car while listening to relaxing music. Time away may be just what the doctor ordered!

Disease-Proof: "The Remarkable Truth About What Makes Us Well" by David L. Katz, MD, MPH, FACPM, FACP
 Brenda Stafford - Juice Plus – Team Pursuit - find us on FACEBOOK

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1 Ballot per purchase unless otherwise specified. *Receive minimum of one ballot per purchase and/or one ballot per \$100 spent at specific businesses. Must be 18 years old to enter. Express employees and spouses are ineligible. Draw to take place Wednesday, January 8th, 2016. Winner will be contacted by phone.

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