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WEEKLY NEWS

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EXPRESS PHOTOS BY CAROLYNN MAROHN IMAGES

Garth Helstrom and his two-year-old colt Radical Element won the top prize of \$10,000 at the Manitoba Superhorse 50/50 Sale & Futurity held in Brandon Oct. 23-24. Helstrom and his six-year-old daughter Vilena are pictured sitting on Radical Element, while his wife Heidi and two sons, Cade and Bryce, hold the halter. Family members, sponsors and organizers of the two-day horse show helped Garth celebrate his win. The family owns Helstrom Performance Horses near Winnipeg Beach where they train and board horses. See story pg. 2.

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Back-to-back futurity wins for Winnipeg Beach horse trainers

By Patricia Barrett

A Winnipeg Beach horse-training couple can't stop producing winners at futurity shows.

Garth Helstrom's two-year-old colt Radical Element pleased the judges at two shows only a week apart.

"This is the first horse to achieve both futurity wins in Manitoba and North Dakota," said Helstrom's wife Heidi, who helps train horses at their facility — Helstrom Performance Horses — near Winnipeg Beach.

"It's really based on their opinion," she said, referring to futurity judges.

Futurity shows judge horses on what their future abilities may look like. They focus on young horses, usually two- or three-year-olds, which compete in three different categories, said Helstrom. In the conformation division, a horse is judged purely on his eye appeal. The rail division looks for a relaxed moving horse that is responsive to the rider at various gaits. The pattern division demonstrates

how well broken in a horse is.

"They show their willingness to respond to commands," she said.

Garth took home \$10,000 at the Manitoba Super Horse 50/50 Sale & Futurity Oct. 23-24 at the Keystone Centre in Brandon. The show celebrated its 25th anniversary this year.

"In Manitoba, the show is unique," said Helstrom, who helps prepare her three children for various horse shows. "They have a cap of \$10,000 for first place, which is the richest in Western Canada."

Garth also placed first at the Dakota 50/50 Sale & Futurity in Far-

go a week later on Oct. 29-31. He took home over \$5,000.

She said her husband, who is an AQHA Professional Horseman, has had nine futurity wins, four of those in Manitoba. He trains young colts for other breeders and specializes in Western Pleasure and reining.

It took about a year to get Radical Element in tip-top form for the show. Part of Garth's success comes not only

from his training technique but also from an ability to spot the potential of a weanling.

"It's not easy to do — to pick out a baby," said Helstrom. "But Garth has always had a keen eye for it, even when he was young."

Radical Element (whom the Helstroms' children renamed Lightning Bolt) is now in the hands of the couple's six-year-old daughter, Vilena.

Vilena has competed in a number of events, including the North Interlake Show Circuit in September.

"He's now her show horse," said Helstrom, who plans to get back in the saddle and start competing at horse shows now that her children are older. "We were impressed by how he responded to her. He'll teach her how to use her cues properly."

"WE WERE IMPRESSED BY HOW HE RESPONDED TO HER."



EXPRESS PHOTOS BY CAROLYNN MAROHN IMAGES

Garth Helstrom takes his colt Radical Element through the pattern division competition at the Manitoba Superhorse Futurity. Horses are judged on how well they respond to commands to cross bridges, turn around in a rail box and navigate trail obstacles.



Radical Element is now couple's six-year-old daughter, Vilena's show horse. (Vilena pictured sitting on Radical Element).

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Eriksdale residents honour, respect veterans in annual ceremony

By Jeff Ward

It was an emotional day in Eriksdale with nearly 200 residents gathering inside the Eriksdale Recreation Centre to pay tribute to Canada's veterans last Wednesday.

The Remembrance Day ceremony included the placing of the colours and honour guard by the 158 RCACS Fisher Branch Cadets, the Last Post and two minutes of silence. Val Kinkead and Christina Kallstrom read out the Roll of Honour, which contained 200 names of local veterans.

"I try to go by the book with our ceremony," said Joyce Sewell, president of the Eriksdale Legion Branch #140, who led the ceremony.

"It gets harder every year because there are so few veterans left. You want to make sure you do right by them, and honouring their sacrifice is very important to me and many others in the Ladies Auxiliary and the legion." Sewell choked back tears during the laying of the wreaths, as the symbolic nature of the act can sometimes be

overwhelming. A quick scan of the room saw many others wiping away tears, remembering family, friends and the toll war took on them.

In Flanders Field was read by Eriksdale School students Tyler Brand and Summer Lloyd, and an oral history of Col. John McCrae, who wrote the famous poem, was read by this year's Miss Interlake Avery Halldorson.

"Having our younger generations up there reading the poem is important. This is how the legion and the memories of these veterans will stay alive. Connecting with them isn't easy, but many more than you'd think understand how important a day like today is,"

noted Sewell, who was very proud of all of the youth who made it to the ceremony.

Following the ceremony, Sewell and a few members of the Ladies Auxiliary went out to the cenotaph at the Eriksdale Cemetery to place a wreath at its base. A moment of silence was held, and West Interlake Coun. Keith Lundale returned the Canadian flag to full mast.

"THIS IS HOW
THE LEGION
AND THE
MEMORIES
OF THESE
VETERANS WILL
STAY ALIVE."



EXPRESS PHOTOS BY JEFF WARD

The 158 RCACS Fisher Branch cadets participated in the Eriksdale Remembrance Day ceremony on Nov. 11. From left to right: First Sgt. Brooklyn Barteski, First Cpl. Colton Meisner and Cpl. Cole Meisner.

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Students honour veterans



EXPRESS PHOTO SUBMITTED

Pictured left to right, Fisher Branch cadets of 158 RCACS, Casey Keeley, Kaylee Pelletier, Randy Sumner, Laura Sveisterup and RCMP Cpl. Nathan Carter.

By Patricia Barrett

Each year students at Alf Cuthbert School in Moosehorn take part in a Remembrance Day service to honour Canadian veterans.

This is the first year of cadets for students Casey Keeley, Kaylee Pelletier, Randy Sumner and Laura Sveisterup. They marched into the service with

Const. Carter.

"They speak very well and represent their branch with pride and honour," said principal Alann Fraser. "We are honoured to have these young men and ladies in our school."

The students attend cadets in Fisher Branch.

Interlake Co-op helps Arborg arena lay down the ice

By Patricia Barrett

Interlake Co-op turned over a sizable donation to Arborg's arena so that it could purchase a new Zamboni.

General manager Holly Lingel said Co-op helped the arena make up a fundraising shortfall.

"We donated \$15,000," she said.

Interlake Co-op supports many communities through donations, local employment and member equity benefits. Over the past five years, it has invested \$19,946,043 in local communities, according to its website.

The Zamboni cost about \$118,000, said Arborg Bifrost Recreation Commission's secretary-treasurer Karen Finnsson.

Using a combination of grants and fundraising initiatives, the arena was able to purchase the ice-conditioning machine and add two new dressing rooms to its facility.

"We had money from Kraft Hockeyville," said Finnsson, "which went towards the purchase."

In 2014 the arena was one of eight successful finalists in the annual Kraft Hockeyville competition, winning \$25,000 for arena upgrades.

The arena also received a Manitoba Community Services Council grant for \$8,000. The Council provides funding to non-profit community organizations for costs associated with programs, equipment, vehicles and emergency repairs.

The Recreation Commission raised the rest of the money for the Zamboni.

Co-op president Reg Perry and vice-president Robin Toni will be at the unveiling ceremony, said Lingel, which will take place Nov. 20 at 7:45 p.m., just before the Arborg Ice Dawgs take to the ice with the North Winnipeg Satellites.

The Right to Remember

Gimli High School filled with poppy-donning locals on Remembrance Day

By Stefanie Lasuik

As the final notes of Last Post sounded in Gimli's high school gym on Wednesday, 92-year-old veteran Jim Craig's mind filled with memories of all the dead men he saw strewn over battlefields of the Second World War.

"Saw lots of those," said Craig, a former radio operator in Princess Patricia's Canadian Light Infantry.

"You're scared. You are," Craig said of his emotions at the time.

"We got shelled quite a bit and you just had to live with it. That's it. You never expected to get hit."

When Last Post plays, Craig also thinks of his admiration for the infantrymen, the soldiers who would leave the headquarters he worked in, some of whom would return and others who would not.

It is all the veterans and soldiers who died that Pastor Lester Skonnord spoke of during Gimli's Remembrance Day ceremony sermon. Skonnord explained that these people had courage and integrity and stood up to the tyrants and bullies of their day.

On the day the Canadian Forces and their allies triumphed over the tyrants of the Second World War, Craig was among the first to roll into Amsterdam.

"Very, very odd," Craig said of the feeling he had as he watched the scene around him. He said German soldiers were walking around, still armed, not knowing what to do.

Skonnord said that no one wins in war, but that war has always been present in our time. He noted that remembering is a right.

According to Branch Service Officer of Royal Canadian Legion Branch 182 Fred Hill, approximately 225-250 people exercised that right on Wednesday at Gimli High School. Children to seniors sang together, prayed together and shook the hands of local veterans in uniform.

"It means a lot and it's great to see the people come and celebrate with us," said Hill, who noted that the attendance was slightly larger than last year's.



Pictured from left to right: Jim Craig, 92, passed the torch to Chase Kozlowski, 16, at the beginning of Wednesday's ceremony.



Pastor Lester Skonnord gave the Remembrance Day address.



Members of the 182 GM Stefufastur Air Cadets recited *In Flanders Fields* for approximately 225-250 attendees.



EXPRESS PHOTOS BY STEFANIE LASUIK
Emma Gray, 12, lays a wreath on behalf of Dr. George Johnson Middle School during Gimli's Remembrance Day ceremony on Wednesday.



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getfishing

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> ARNIE WEIDL Outdoor enthusiast lives for the sport of fishing

Hey guys and gals. We're going "scooping."

Last week I wanted to bring us a story from McArthur Falls, but on my way over there, I stopped for gas at a convenience store in Powerview and ran into a great friend, Patsy Head.

As always, I asked her if she had a good fishing story for us and as is her casual nature, she nodded toward the Pine Falls Dam saying, "Why don't you run over to the dam and see people 'scooping'?" I had gotten wind of this event before but for one reason or another had never checked it out. Well, now was as good as time as any.

I regained the 304 and headed east toward the dam. As I passed a contingent of conservation officers, I took the small lane off to the left, which dropped sharply down to the Winnipeg River bank. Before me, dozens of cars and crowds of netters with tubs of fish filled a grassy parking lot.

Leaving my car, caught up in the excitement, I began talking to a young couple closest to me, Eric Graefein and Mirko Kwast from Winkler. They said it took them about three hours to get here but they didn't care as they showed me their prize of a large container full of whitefish, which was a repeat of their experience here last week. I left this happy couple flushed with their success and walked to the guardrail landing beside the roaring torrents of expelling dam waters.

In the cloudy, cool afternoon, all along the rail, netters swung grappling nets with 40-foot-long handles back and forth in the churning waters catching whitefish after whitefish. You see, whitefish go upstream to spawn in late fall, but since there is no fish



EXPRESS PHOTO SUBMITTED
Allen Agerbak of Winnipeg with his catch from the Red north of Sugar Island.

ladder by this dam, they — and later the tullibee — create large held-back schools that can be netted. Standing back from the crowd of netters, I watched transfixed as they hoisted captured fish into the air where a helper wrestled it from the net then into a tub until they had their daily limit of 25. They then moved aside and others took their place.

I then left the frenzy, motoring up the embankment and pulled over by the conservation officers wanting to get their take on this phenomenon. The conservation folks were extremely nice, saying that netting here has

gotten very popular in the last three years.

Down by what used to be called the blue bridge north of Sugar Island, downstream of Selkirk, I met an angler three or four days ago by the name of Allen Agerbak of Winnipeg. He lives to fish as does his sister and dad. He gave us the story of when they were fishing Grass River National Park by Flin Flon and dad caught a nice big pike. He asked his daughter to get the pliers from his tackle box so she rested her rod on the rocks and went to fetch them. No sooner had she gotten out of reach of her rod when it began to bounce and scamper over the rocks to the water's edge. Dad, now perplexed, wasn't sure if he should hang on to his fish or go after his daughter's escaping rod. Finally, resolved, he put his fish down and raced for his girl's rod, which by now was merrily meandering downstream. Knee-deep in the river, he rescued the rod. As he waded back to shore, reeling the line in, two beautiful hooked walleye broke the surface. They had more than enough fish for supper that night.

If it's true that Allen lives to fish, then it is more than true that Douglas Tritthart, a tall thin chap from Ashern, is totally consumed by our sport.

Here is a man who participates in the Manitoba Master Anglers program by fishing all over Manitoba and to date is ranked 124th with 15 species, 10 specialists and is at the Elite Level. He didn't have a story for us at the time we talked but, my goodness, he certainly is to be admired for his dedication to our sport.

See you next week. Bye.

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Cookies worth their weight in gold

By Jeff Ward

Smashing their previous fundraising total, organizers of the Grandma's Posse Cookie Caper can walk tall knowing they supported a great cause and honoured the memory of their friend, Lynn Boss, who passed away from cancer earlier this year.

The funds raised totalled \$2,052 and will be used to support the E.M. Crowe Hospital Guild, which will put this money towards the purchase of a new specialized pressure care mattress for palliative care. The fundraiser, which took place Nov. 14, lasted just two hours and saw more monetary donations than in previous years.

"We did very, very well. We're very pleased," said Debbie Lundale, who also mentioned that the total could rise higher with further donations.

More than 2,500 cookies were baked for the event, and there wasn't a single one left unsold.

EXPRESS PHOTO BY DONNA POOLE

The organizers of the Grandma's Posse Cookie Caper held a very successful cookie drive last Saturday raising \$2,062 for the E.M. Crowe Hospital Guild.



Kelvin Shepard named new Manitoba Hydro CEO

Staff

After an extensive search, Manitoba Hydro now has a new president and CEO effective Dec. 7.

According to Premier Greg Selinger, following the recommendations of the Manitoba Hydro Electric Board, Kelvin Shepherd was named the best candidate to lead the corporation.

"Shepherd is a proven leader with a track record of successfully managing major projects and I am confident he will be a great asset to Manitoba Hydro as it continues its plan to grow and develop new opportunities to deliver economic benefit to and value for Manitobans," Selinger said in a release.

Shepherd replaces former president and CEO Scott Thomson, who announced in June that he would be departing from Manitoba Hydro. Thomson's last day was in late September.

Finding a qualified replacement for Thomson took some time, as there was a comprehensive search both locally and nationally, the release stated.

Shepherd spent the past five years as president of MTS Inc. and, prior to his time as president, he held other roles at the company including president of consumer markets for MTS Allstream, chief operating officer, chief technical officer and vice-president of network services.

"As a committed resident of Manitoba, Shepherd understands the unique opportunities our province and Manitoba Hydro have to be a leader in renewable green energy for many years to come and create good jobs right here at home," the premier said in the release. "I would like to congratulate him on his new position and thank Darren Rainkie for his leadership as acting president and CEO during this search."

According to the province, as president and CEO, Shepherd will be tasked with leading the executive management team overseeing operation, financial and strategic facets of Manitoba Hydro.

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RM Bifrost-Riverton swears in new Ward 1 councillor



Frode Andersen

By Patricia Barrett

Frode Andersen was sworn in as Ward 1 councillor at RM Bifrost-Riverton's regular meeting Nov. 12.

Andersen has farmed near Finns for 34 years and has seen the effects of flooding that besets the RM. Council appointed him to the Interlake Weed Control board, where his extensive farming knowledge will contribute to the management of noxious weeds that reduce crop yields and steal pasture land.

Andersen was also appointed as board member to the Arborg-Bifrost Parks & Recreation District, the Evergreen Regional Library and the Community Futures East Interlake, which assists in the development and expansion of new businesses in rural communities.

Andersen replaces Marvin Magnusson, who passed away in July.

Other council briefs:

Council discussed reducing the hours of its satellite office in Riverton. Last year, council had agreed to review the office's operating hours after one year had passed. The office is currently open Mondays, Wednesdays

and Fridays. Reeve Harold Foster recommended it remain open two days a week starting January 2016.

The need to operate efficiently was cited as the major reason for the proposed change. An administrative staff person at the Arborg office, who works one day a week at the Riverton office, has to lug boxes of files, survey plans and maps between the two offices so that she can work on projects.

"We can't duplicate local plans," said CAO L. Grant Thorsteinson.

Having to duplicate materials would cut down on efficiency, said Coun. Nordal.

Coun. David Shott said the staff person is more valuable to the Arborg office because of the nature of her work and her experience working on major projects.

Coun. Colin Bjarnason said the Riverton office serves people in the surrounding areas. And holiday closures could leave the office open only one day a week.

"We're here to make Riverton grow," said the reeve. "I can't see taking one day out of the week making a difference."

Council agreed to survey the two staff members at the Riverton office to get a sense of how busy the office is. Council will decide the matter at its next meeting in December.

The Arborg Seniors Housing Corporation will host a meeting Nov. 30 to provide people with information about a proposed 80-bed personal-care facility that was approved by the province. The session is scheduled for 7 p.m. at the Arborg-Bifrost Community Centre.

The total estimated cost of the facility is \$35 million.

"We have to supply 10 per cent (\$3.5 million) of the projected cost," said the CAO.

The RM will assume 60 per cent of that with the Town of Arborg picking up the remaining 40 per cent. The

facility will create jobs for area residents, but part of the plan requires the RM and the town to facilitate staff training.

Coun. Nordal said Fieldstone Ventures will help mobilize training. Fieldstone is an organization that provides employment assistance services to residents in the northwest Interlake and works with local businesses, communities and governments.

"Fieldstone wants to start training in March," said Nordal.

It is expected that the facility will take two years to build.

The RM will hold a public meeting Dec. 7 in Riverton to discuss a water management project. Local Improvement Plan No. 01-2015 will see municipal drains improved.

The RM proposes to establish a special mill rate against farmland property in order to create a \$4 million reserve. It would also seek both federal and provincial grants. All money will go towards improving drainage and its maintenance over 220 miles of land.

The work will include surveying, licensing, cleaning out ditches to their maximum depths, clearing vegetation and mowing. The project would be completed by fall 2018.

Ratepayers who wish to present their concerns at the hearing are asked to file a written objection at the RM office on River Road in Arborg before the hearing date. The Local Improvement Plan is posted on the RM's website.

The hearing will take place at the Riverton-Bifrost Hall, 175 Reggie Leach Dr.

Council discussed the Fisher River road, which the First Nation wants to see extended southwards through the RM. The road was built as a fire break about 60 years, said Foster. The First Nation wants the province to extend the road south to near Arborg so that it can be used as an evacuation route during flooding.

Coun. Richard Chomokovski said a

new road would save about 38 minutes travelling time between Fisher River and Arborg, benefitting those who work in the machine shops.

Council is hoping to meet with Steve Ashton, minister of Infrastructure and Transportation, to discuss the road.

Coun. Chad Johnson said seasonal curling fees at the Riverton Curling Club will be \$140 for men and \$130 for women. The Marvin Magnusson Mixed Bonspiel will take place Dec. 10-13. The Riverton Ladies Bonspiel is scheduled for Jan. 29-31, and the men's, Feb. 19-21.

Johnson said the club wants to host an after-school curling program for children. The rink also wants to install an elevator.

Council discussed its concerns with noxious weeds, particularly Red Bartsia. Shott said the RM had spoken with Ashton about the need for the province to allocate more funding towards spraying roadsides in the RM. Last year, the RM had to shoulder some of the cost for spraying areas of provincial jurisdiction.

"No one seems to be aware of how much farmers are losing," said Chomokovski.

Because of new outbreaks of Red Bartsia in the RM, council also cited the need for its neighbour, the RM of Armstrong, to spray its ditches.

The province completed an earthen dike at Pebble Beach to help protect residents and cottagers from flooding during storm surges on Lake Winnipeg. Foster said some of the sandbags were hauled away and some still remain. All in all, he said most people are pleased with the work.

Council discussed the issue of outdated equipment at the Arborg-Bifrost Fire Department. Coun. Donald Vigfusson said it will be "compulsory soon to buy new equipment." Breathing apparatuses (oxygen tanks) and face masks (which have to be custom fitted) are very expensive. Council will be determining how to provide about \$20,000 for new equipment.

Teulon Farmers Market

Winterfest Craft Sale

FRIDAY, NOVEMBER 20
2 - 8 pm

SATURDAY, NOVEMBER 21
10 am - 3 pm

Teulon Hall

Admission \$2.00 Children under 12 FREE

50 VENDORS
All 100% handmade
Find the perfect handmade Christmas gift!
Canteen with homemade food

Please check out our website
www.teulonfarmersmarket.com
for a complete list of vendors

Pictures with Santa by Sweet & Wild photography

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

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

Physician accepting new patients in Eriksdale

Interlake-Eastern Regional Health Authority and its community partners are pleased to announce Dr. Ayman Soliman is relocating his practice from Ashern to now accept patients at the clinic in E.M. Crowe Memorial Hospital in Eriksdale. Dr. Soliman completed his medical training in Egypt and came to Canada in 2009. Ashern physicians will accept Dr. Soliman's patients who chose to continue accessing care in Ashern.

Appointments with Dr. Soliman can be made by calling 204.739.2672



Donations are being accepted for Lundar's Christmas Hampers program

By Jeff Ward

Far too many families in Lundar find the Christmas season stressful due to the overwhelming pressure of providing a big meal and gifts for their families. However, with the community's help, that stress can be significantly reduced for some.

Monetary donations will be used for the hamper program and will help purchase traditional holiday season foods such as turkey, stuffing, potatoes and even breakfast foods like eggs, milk and bacon. Many of these items can break the bank for families in need, and it's been a goal of the volunteers who organize the hampers each year to make sure that no one is left out.

"And we've never left anyone out since it started," said Cindy Thorkelson, one of the organizers of the annual program with the Lundar Lutheran Church.

"Even when we had more than 30 families in need, we always pulled together as a community to make it work. Both the [Lundar Catholic Church] and the [Lundar United Church] help out as well, and last year we had some RCMP members and cadets from the [158 RCACS Fisher Branch Cadets] help deliver hampers last year as well."

The way a community comes together for the benefit of others in need is exactly the spirit that Christmas is all about. Last year nearly 30 hampers were sent out to families, and Thorkelson expects the same amount this year but mentioned that no one will be turned away and that if there is a need, they'll find a way to get the job done.

Hamper boxes are set up all around town including in the Lundar School, the Lutheran Church and the grocery store. Non-perishable food items can be donated right now at those locations, and monetary donations can be made through Thorkelson by calling 204-762-5378. A tax receipt will be provided to those who make a monetary donation.

"Years ago, we had a widow in town who bought all the food for the hampers one year. She was our Christmas miracle. And every year, we have someone surprise us with something that makes this worth doing. [The hampers] make Christmas what it is. You can see on people's faces that these donations are really appreciated," noted Thorkelson.

If you're interested in receiving a hamper this year, Thorkelson encourages you to call the RM of Coldwell office at 204-762-5421 and provide your information to make sure you're on the list. Hampers are available on the Monday before Christmas for pickup and for delivery if pickup isn't possible.

No family should have to lament the holiday season because they might be down on their luck. And with the hamper program in Lundar, they won't have to.

"YEARS AGO WE HAD A WIDOW IN TOWN WHO BOUGHT ALL THE FOOD FOR THE HAMPERS ONE YEAR. SHE WAS OUR CHRISTMAS MIRACLE."

Freak accident takes life of Eriksdale man

By Jeff Ward

The sidewall of a trench dug to fix water lines collapsed suddenly, taking the life of a 63-year-old Eriksdale man in what the rescue team called a freak accident.

At 5:22 p.m. on Wednesday, Nov. 11, the Eriksdale Fire Dept. were called out to the scene at Boneyard General Repair in Eriksdale. Upon arrival at the scene, firefighters found the man's two sons attempting CPR.

"[His sons] had already dug him out when we arrived. We believe he had been buried in the clay for at least a half an hour before anyone noticed," said Keith Lundale, deputy fire chief who was one of the first to arrive at the tragic scene.

"From what we could gather, he was kneeling in the trench when one of the sidewalls collapsed on him and buried him. It was a freak accident."

Out of respect for the family, the identity of the man is being withheld.

When you're making a purchase, make sure you're asking the right questions...

- ☒ "Is this the full price?"
- ☒ "Is this estimate guaranteed?"
- ☒ "Have you explained all the charges?"

Whether you're buying a new car or looking for a new cell phone, it's sometimes easy to get carried away with the excitement of buying something new.

And when you get carried away, sometimes you forget to ask the right questions.

Protect yourself

Before you sign any contract or close any deal, make sure you get up-to-date consumer protection information.

The Manitoba government's Consumer Protection Office provides advice on everything from how to shop safely online to purchasing a gift card.

Visit us at manitoba.ca to get the consumer protection you need. You'll get free information that's absolutely priceless.



Manitoba 

Victoria Lifeline saves life of senior

Gailya Brown urges others to get a Life-line — and to use it if they need help

By Jennifer McFee

When 80-year-old Gailya Brown signed up for the Victoria Lifeline service, she had no idea it would save her life — the very next day.

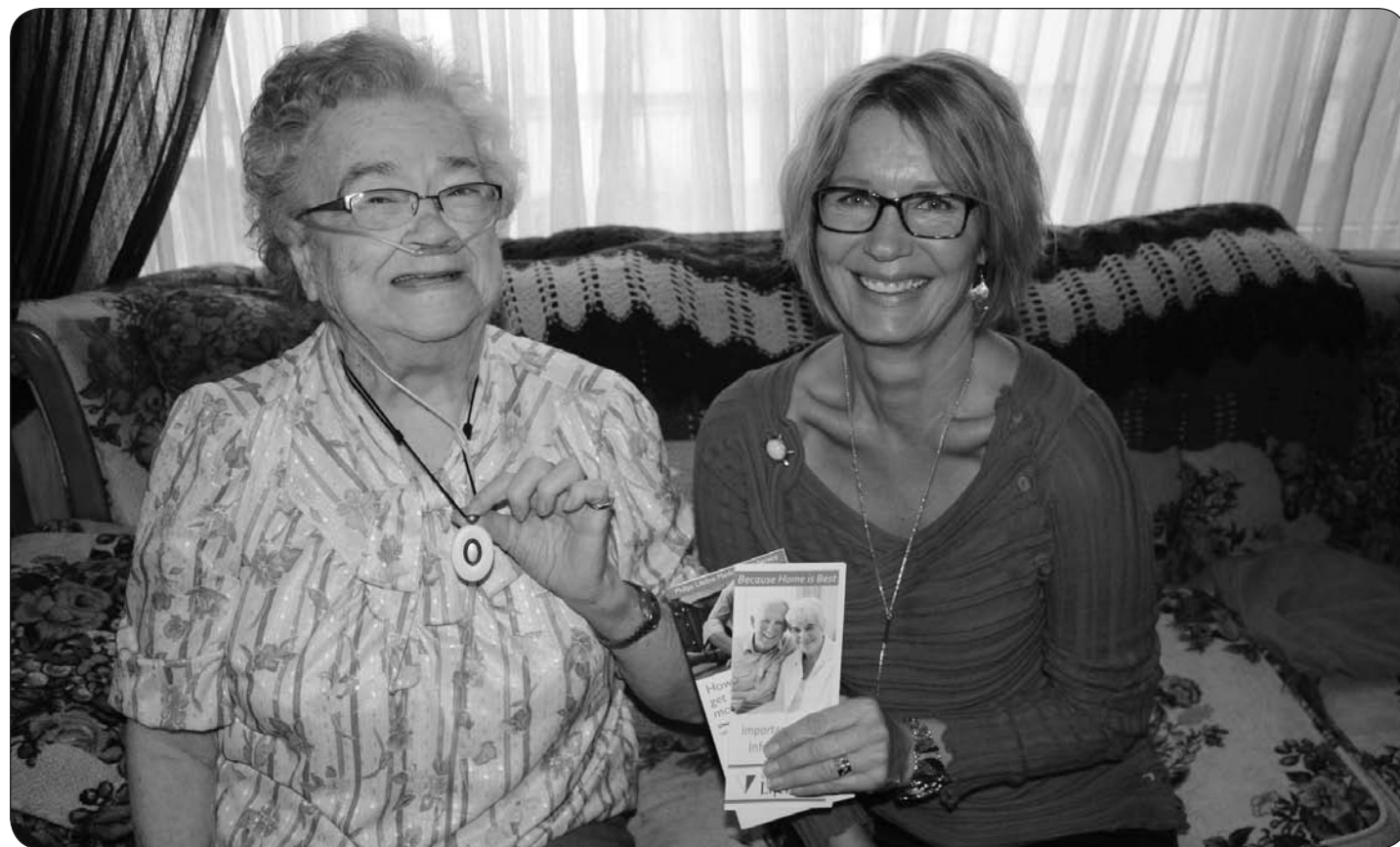
Living alone with her cat Smokey in the Stonewall's Wheel City Trailer Court, Brown suddenly felt an urgent need for the Lifeline service. She called up Seniors Resource, who completed the installation on Thursday, Oct. 8.

Brown donned the help button around her neck, feeling an added sense of security since emergency response services were now only a click away.

The next day, Brown went about her usual activities. She returned home tired after having her hair done, ready to sit down in her armchair and enjoy her dinner delivered by Meals on Wheels.

Before she took her first bite, she walked down her long hallway to use the bathroom at the opposite end of the trailer.

"That's the story of my supper be-



EXPRESS PHOTO BY JENNIFER MCFEE

Gailya Brown proudly wears the Victoria Lifeline that saved her life earlier this month while Darcy Freudenberg of Seniors Resource showcases pamphlets on the life-saving device.

cause I didn't eat it," Brown recalled. "When I got up off the toilet, I realized I was going to faint. I thought 'You'd better sit down before you fall down,' so I did."

Sure enough, Brown passed out, wedged in the narrow space between the toilet and the bathtub. To make matters worse, her arm got caught in the assistance bar on the outside of her bathtub when she fainted.

"My arm was stuck and I didn't know it until I woke up. Here I was, bleeding fairly well but not bleeding to death," she said.

"And I thought 'I can't get up.' I tried I don't know how many times and I couldn't do it."

Continuing with her internal dialogue, Brown asked herself what's the point of having the Lifeline if she wasn't going to use it.

"So I pressed my Lifeline and I heard a male voice saying 'Mrs. Brown, where are you?'"

I said, 'I'm in the bathroom and I can't get up.' They said, 'We're right with you.' And within minutes, the paramedics were here — two good-looking fellows. I'm glad I had my hair done," she joked.

"They had quite a time getting me out of the bathroom. They brought me out and set me down and kept checking me. My heart was very out of whack. It wasn't working properly at

all. They took me to the hospital very quickly."

At the Stonewall hospital, they determined that Brown would need to be transported to St. Boniface Hospital in Winnipeg. She was transported by ambulance with sirens blaring, accompanied by a nurse and a doctor.

Two days later, Brown underwent surgery to have a pacemaker installed. She stayed in St. Boniface Hospital for a couple days to recuperate and was then transferred back to Stonewall hospital, where she remained until Oct. 19.

Although Brown had experienced a minor heart attack eight years earlier, she wasn't aware of it until her doctor told her about it at the time.

"Now I realize that my lack of energy was because of my heart. At the end, I had to press as hard as I could with my arms to get myself upright and get out of my chair," she said.

"It was getting worse instead of better, so I knew that something was definitely wrong but I couldn't figure out what. It didn't click that it was my

"THE LIFELINE IS IMPORTANT, BUT GOD IS MORE IMPORTANT TO ME."

COMMUNITY MEETING

Arborg Senior Housing Corporation

Invites you to attend an evening of information sharing on the future development of an Aging in Place Campus, which will include an 80 Bed Personal Care Home Facility.

Where:

Arborg-Bifrost
Community Centre
409 Recreation Centre

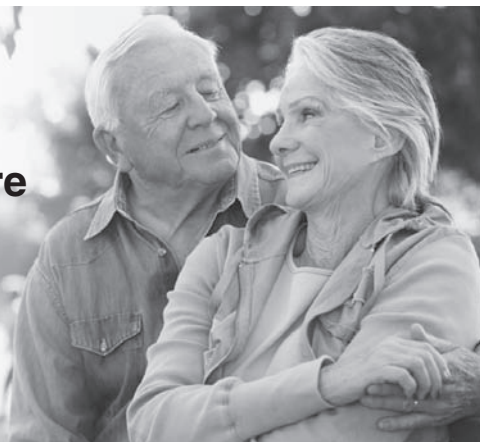
When:

November 30, 2015

Time:

7:00PM

~ Everyone Welcome ~



Continued on page 22

Local veteran is in a war of his own every day

By Patricia Barrett

Following the gun salutes, the bugle call and the moments of silence that mark Remembrance Day services across the country, the veterans who've sustained traumatic physical and psychological injuries will continue to suffer, their troubles seemingly forgotten until next year's observances.

"Just because you don't see a wound doesn't mean there isn't one," said David Thompson, a retired sergeant who enlisted when he was 18. "I know I will never be the same."

Over time, the horrors Thompson witnessed during his soldiering career led to him developing post-traumatic stress disorder (PTSD) in 2009. He was released on medical grounds in 2012 after 24 years of military service.

"I wanted 10 more years," said Thompson, who was, at the time of his diagnosis, coming up for a promotion to warrant officer. "But they told me I would be medically released."

Thompson said that among his many combat operations, he experienced mortar strikes, a rocket that nearly blew his head off, and a blast that severed the legs of a driver.

His career took him around the world into some of the worst conflicts in recent decades and left him unable to stop thinking about them.

"I'm still consumed by worry and panic," said Thompson, who lives near Woodlands and sees a social worker once a month at Deer Lodge Hospital. He is also on medication to control his anxiety. "I can't be in a crowd. I can't go to malls."

In the 1990s, when Yugoslavia began to divide along religious and ethnic lines and civilians were being massacred by the thousands, the UN sent a peacekeeping force.

Thompson completed two six-month tours (1994 and 2003) in the Balkans as tank loader and gunner. His first tour was completed under the United Nations Protection Force (UNPROFOR). Its role was peacekeeping rather than combat.

It was an experience Thompson said frustrated him.

"We would sit and watch a town get slaughtered," said Thompson, who is Sergeant-at-Arms for the Woodlands Legion. "We'd ask to go help, and they wouldn't let us."

He said they weren't allowed to protect themselves either.

"They can shoot at you, but you're not allowed to shoot back," he said. "Guys got hit with shrapnel."

By 2003, the NATO-led stabilization force (SFOR) had taken over from the UN, and Thompson completed a tour



PHOTO COURTESY OF DAVID THOMPSON
Sgt. David Thompson on his tank in the desert between Iran and Afghanistan in 2008. The decorated soldier, who lives in Woodlands, suffers from PTSD.

in Zgon, Bosnia, protecting civilians, conducting weapons searches and helping with rebuilding efforts.

Thompson said the military's efforts brought peace to the ethnically divided region, but it came at a personal cost.

"When we came back," he said, "we turned into expert drinkers."

He went on to train troops at CFB Wainwright in Alberta. That's when the decorated sergeant found things beginning to slide sideways. He said he became angry, experienced a failed relationship and drank to "forget the pain."

But he remarried, and in 2008 when his child was six days old, he was posted to Afghanistan as tank commander. He spent seven and a half months patrolling a heavy opium-trafficking region used by the Taliban and Islamic extremists.

"Everyone stares at you like they want to cut your throat," said Thompson, who was responsible for the safety of every corporal and private in his 16-man troop and for ensuring the tanks were fully operational.

While there, his unit experienced heavy casualties.

"You analyze everything," he said. "I was in action in spot A: what could I have done to save those guys' lives or stop them from being wounded?"

Despite being told he did nothing wrong — everything according to drill — he said he can't stop thinking about it.

"It was something that built up over the years," said Thompson, who earned a Canadian Forces Decoration medal (CD) for long service and good conduct.

As drill sergeant back at the Wainwright battle school, PTSD crept in by degrees, manifesting itself at first through odd physical symptoms then



EXPRESS PHOTO BY PATRICIA BARRETT

Sergeant-at-Arms David Thompson accompanies Lakeside MLA Ralph Eichler during the wreath-laying at the Woodlands Remembrance Day service.

progressing to full-scale panic attacks and hypervigilance.

"My body would react funny. I'd repeat myself and forget things and I had nervous ticks."

Soon after that came panic attacks at home, where he felt as though his heart were stopping.

"I viewed myself as weak," said Thompson.

His wife, who's a nurse, told him he had PTSD. He called a military friend who was suffering from it and was encouraged to see a medical officer.

"It was a lesson in patience," said Thompson, who was sent to a number of doctors and put on various medications to see which one worked best.

In the meantime, his symptoms turned him into someone he couldn't control.

"My wife and kids left me in Wainwright," he said, "and moved out here [Manitoba]."

The military gave him a case worker, who made sure he attended all his appointments. It also gave him odd jobs at the base "so I wouldn't sit at home and have bad thoughts."

He said he knew a lot of guys on the edge, ready to take their own lives.

The welfare of veterans is something that concerns Selkirk-Interlake-Eastman Conservative MP James Bezan.

"It always touches me right to my core and right to my heart when I put on that poppy and remember all of the horror they experienced to keep us safe here at home," said Bezan.

In 2006 the Conservative government brought in a New Veterans Charter, a program providing im-

proved care and support to veterans and their families.

The Royal Canadian Legion "never fully or unconditionally supported" it because of what it considered shortfalls.

In 2011 and 2015 (Bill C-59), the Conservatives enhanced some areas of the Charter, but the legion still wants to see veterans' benefits continue beyond the age of 65 and increased funding for family caregivers, among other things.

Thompson said military cost cutting under the Liberals in the '90s had some soldiers resorting to food banks. And the current lump sum disability payments are insufficient for a "22-year-old needing care for the rest of his life."

Thompson himself currently lives on a disability benefit, which could be clawed back if he gets a job.

He said Veterans Affairs can cause a lot of stress on top of the stress soldiers are already experiencing after physical and psychological injury.

Although Thompson has been reunited with his family and is living on a quiet quarter section in the country, he knows there is "no healing."

"Suicide has never come into my mind," said Thompson, whose father and brothers were soldiers. "You rise to the occasion. You never give in."

It's important, though, that civilians are made aware of veterans' lasting psychological wounds, which can disrupt family life, destroy peace of mind and see a soldier returning from the theatre "a shell of a former man," he said.

"I'm in the war every day."

St. Laurent first responders celebrate graduation

By Jeff Ward

A celebration dinner was held to recognize the accomplishments of 11 emergency medical responders (EMR) at the St. Laurent Parish Hall on Nov. 13.

Not wanting to have their hard work go unnoticed, RM of St. Laurent Reeve Cheryl Smith and council hosted a celebratory feast and graduation ceremony to show respect and appreciation to those who are committed in helping bring the community a much-needed resource. First responders have been a topic of great debate in St. Laurent for many years and it was an item that Smith spoke of as one of her top three priorities after being elected. Now, just over a year in office, that priority has been completed.

"It was important for us to make sure that their accomplishments were recognized here," said Smith.

"We want these people to be looked up to as role models for our community because that's what they are. Having this service here not only helps save lives but also contributes to the community in other ways. People will want to invest here and live here when they know we have services like

this. This is a proud moment for St. Laurent."

Facilitated by the Southern Manitoba Academy for Response Training (SMART), the program began in April of this year and ended in August. Smith mentioned that although the first responders have graduated and can begin immediately, they're still a few months away from being implemented full time into the community. The provincial was grateful for the appreciation they received.

"It's nice to be recognized like this, but that's not why any of us took this on," said Matthew Riding, 25, who is also a part of the volunteer fire department in St. Laurent.

"We all signed up because this is the right thing to do, to help our community. We'll be helping our neighbours on what might be one of the worst days of their lives. That's important to all of us."

Once the program is implemented, every 911 call will be fed to pagers given to those on call that night. Smith expects to see the first responders in action starting sometime in January or February of next year.



EXPRESS PHOTO BY JEFF WARD

Eleven graduates of the SMART program were honoured by the community during a graduation dinner at the St. Laurent Parish Hall on Nov. 13. Pictured from left to right, back row: Randy Smith, Jennifer Steinbeisser, Katie Byron, Judy Chartrand, Leslie Bruce, Megan Bruce, Matthew Riding, Loretta Sigurdson, Noelene Wiebe and Dave McMullan, SMART Instructor; front row: Mitchell Starr and Roger Leclerc.

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GET TO YOUR LOCAL DEALER DURING THE
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The need for speed nets local racer serious hardware

By Jeff Ward

Being honoured with an award voted on by his peers has been one of the most humbling experiences of Warren's Dean Smith's racing career.

At a combination banquet for the Drag Racing Association of Manitoba (DRAM) and the Interlake Dragway based in Gimli, Dean Smith, 47, was awarded with Sportsman of the Year and Best Engineered. Smith's wins capped off an incredible year of performing as he also won the Sportsman No-Box Season Championship, the Top ET Box Season Championship and runner-up at the World Drag Racing Championship at the 2015 IHRA Summit Super Series. This was Smith's fifth consecutive No-Box championship.

"It was a bit of a surprise to me that I was even a candidate," said Smith, who's been racing professionally since 2007 and spends his days working as a full-time financial advisor.

"I've won more trophies than I can think of and they're still rewarding, but it doesn't mean as much as [Sportsman of the Year] because it was voted on by my peers — by drivers I

have a lot of respect for."

Smith is driven, quite literally, to compete at the highest level the sport offers, and until he's on top, he's not likely going to stop racing. Smith lost the World Championship by only 1/100th of a second, which might not seem like a huge amount of time, but in the world of drag racing, it is.

"FOR A BRIEF SECOND, THERE'S A SPOT WHERE EVERYTHING GOES DARK BECAUSE OF THE G-FORCE IMPACT."

That difference is about two feet of space between the front ends of each car as they cross the finish line. Smith mentioned that his opponent in the finals, Cory Heckenlaible, raced perfectly and there was nothing

he could've done differently to win that day.

"It's been a pretty incredible year. I just kept setting goals for myself, and when I would reach that goal, I'd make another. At the [IHRA Summit Super Series], I just wanted to compete with the best of the best and figured I'd take some time off afterwards to go fishing. But after the runner-up finish, my goal next year is to win both classes here and the super series as well," said Smith.

A 1973 Z28 Camaro, or rather the



EXPRESS PHOTO BY DON YEWISH

Dean Smith (left) was humbled to receive the Sportsman of the Year Award from president of the Drag Racers Association of Manitoba Dale Hickey. The award was voted on by peers, which made the honour extra special.

1000bhp under the hood, is what separates Smith from winning or losing. The car was purchased in 2007 and since then has undergone many

modifications and tuning to fit Smith the way he wants. Racecars are usu-

Continued on page 20

Apply today for the Farmland School Tax Rebate

The Manitoba government is offering a rebate of up to 80% of the school taxes levied on your farmland for 2015



This rebate is part of the government's ongoing commitment to help support the rural economy and provide tax relief to farm families.

How it works

If you are a Manitoba resident who owns farmland in Manitoba and you paid your 2015 property taxes, you may be eligible for the rebate. Your farmland does not have to be in cultivation or used for grazing to be eligible for the rebate. The rebate applies only to the school taxes assessed on your farmland and does not apply to residences or buildings.

Your application must be received by MASC by the **March 31, 2016** deadline.

For more information:
Website: masc.mb.ca/fstr
Email: fstr@masc.mb.ca
Phone: 204.726.7068

How to apply

If you received a rebate for 2014, a 2015 application form was mailed to you. You can also download an application form from masc.mb.ca or pick one up from your local Manitoba Agricultural Services Corporation (MASC) office, Manitoba Agriculture, Food and Rural Development Growing Opportunities (GO) Office or municipal office.

MASC
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Building a strong rural Manitoba

Manitoba

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Hometown Manitoba offers grants of up to \$5,000 to help communities in rural and northern Manitoba improve their outdoor meeting spaces, green spaces and main streets.

Applications are now available for 2016 at manitoba.ca/agriculture or contact your local Manitoba Agriculture, Food and Rural Development GO Office.

Your deadline to apply is December 15, 2015.

Manitoba



ARBORG *November 27*
BLACK FRIDAY
Sales Event

Friday Nov. 27th in Arborg

Check out the **Craft Sale** in the old Palsson Building starting at 5:00 pm

Parade of Lights at 6:30 pm

Grand Opening of the Arborg Stage at 7:30
(Between the Legion and the Library on Main St.)

The Lighting of the Tree at 7:30.



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The *Express Weekly News* will provide numbered papers. It's up to each participating business to run it's own contest based on those numbers. Any disputes arising will be resolved between the contestant and the business in question.

Find your Lucky Number on the front page of the Nov 19th *Express Weekly News* Bring the newspaper to Arborg and WIN, next weekend*!

Each *Express* newspaper is individually numbered (see front cover).

Stop in at participating businesses and check your lucky number to win prizes.

Participating business will post a different number in their location.



Participating Businesses

Smitty's Furniture
Interlake Co-op Grocery & Gas Bar
Westshore Marine
Viking Motors
Arborg Home Hardware
Arborg Hotel & The Travelling Inn
Enns Brothers
Shachtay's Sales and Service
TDM Sports
Nordals Automotive Service
Arborg Pharmacy
Arborg Nic Nacs & Flowers
Arborg Chicken Chef

See ads for details of what you could win!

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Friday 8-5:30
Saturday 9-1:00

Oak Bluff
McGillivray @ Perimeter
(204) 895-0212
Morris
Hwy 23 West
(204) 746-6777
Portage
Hwy 1A West
(204) 857-3451
Arborg
Hwy 68 East
(204) 376-5946
Brandon
1660 18th St. North
(205) 728-7043
Neepawa
Hwy 16 West
(204) 476-3413
Steinbach
Hwy 12 North
(204) 326-1305
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Original coupon must be presented at time of purchase, no copies. Gift card must be returned if toys are returned. Expires December 31, 2015.

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Thursday and Friday, Nov 26, 27, we will
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SATURDAY NOV. 28

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NIGHT**

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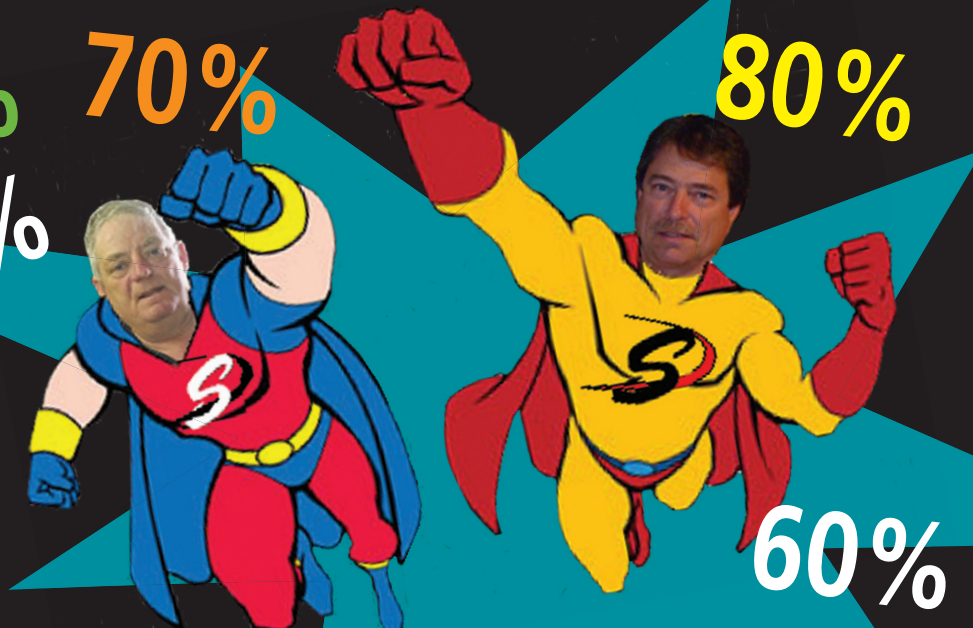
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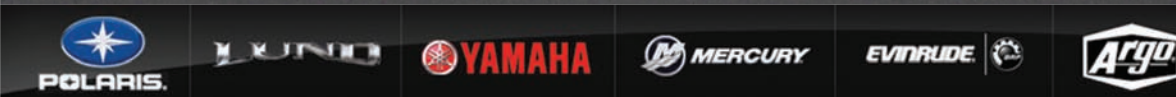
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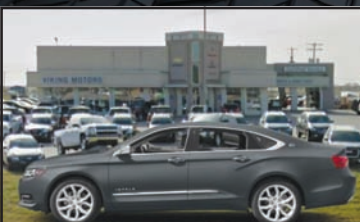


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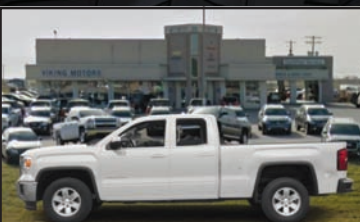


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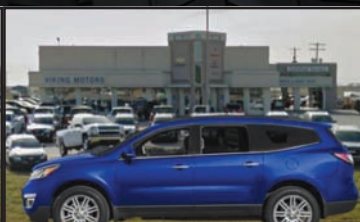


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'People have to know that actually happened'

Centre for Truth and Reconciliation part of the healing process, Bear says

By Lindsey Enns

The opening of the National Centre for Truth and Reconciliation is another part of the healing process for residential school survivors, according to Brokenhead Ojibway Nation Chief Jim Bear.

"It's a story that Canada and the rest of the world has to know," Bear said in a recent interview with the *Express*. "Some of us have lived it but it's good for the general public ... hopefully they go and see it."

"It's not to put them on a guilt trip but to understand and raise awareness."

The centre's grand opening was held on Nov. 3 at the University of Manitoba. The U of M's Fort Garry campus will serve as a permanent home for the largest collection of materials in Canada gathered by the Truth and Reconciliation Commission of Canada (TRC) on the residential school era. The centre also aims to play an active

role in the process of reconciliation by providing a safe, respectful and trustworthy space for survivors and their families to gain access to records and collect information about their history.

Now that the centre is officially open, thousands of statements, documents, survivors' stories and physical artifacts chronicling the dark history of the residential school era is also open to the public.

The U of M was selected by the TRC to house the centre and both parties signed an agreement on June 21, 2013, which was also National Aboriginal Day.

Bear, who attended residential school in Teulon, said he encourages the public to check out the centre.

"It's been a long time coming," he said, adding he hopes it sheds some light on the social challenges residential school survivors and their families face. "It's what a lot of people have



PHOTO COURTESY OF UMANITOBA.CA

Dignitaries led the official grand opening of the National Centre for Truth and Reconciliation at the University of Manitoba Fort Garry campus on Nov. 3. The centre is now home to the largest collection of materials on the residential school era in Canada.

gone through.

"People have to know that actually happened."

> **NEED FOR SPEED, FROM PG. 13**

ally built around the driver because, at 150mph, the driver needs to be in tune with every single aspect of how the car feels. Or, in Smith's case, how it doesn't feel.

Smith likes to have his car glide down the track, and to do that means having an awful lot of trust in the vehicle.

"At that speed, you don't want to feel like you have to drive the car. Most of the time I have one hand on the steering wheel," said Smith, who also mentioned that it sometimes feels like you're on rails because of how straight the car moves.

The 1/4 mile that Smith races down is completed in around eight seconds on a good run. The front end of his Z28 kicks up into the sky as the engine reaches its full power band and the tires dead hook into full acceleration.

"For a brief second, there's a spot where everything goes dark because of the G-force impact. I come out of it very quick and I can see I'm pointed up at the sky just before I shoot down the track. That's where the excitement comes from — going from a standing stop to 150mph in eight seconds," explains the decorated driver.

With the awards piling up, Smith plans to keep racing during the summer season and hopes to be on top yet again — although this time, he'd like the world championship.



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UKRAINIAN HALL - has craft sale, Fisher Branch WI bake sale, miscellaneous articles for sale, noon-6:00. To book a table contact Ruth Davis 204-372-6400

7 p.m. PARADE starting at One Stop Food & Gas (to enter a float call Darcy 204-280-0001)

8 p.m. TREE LIGHTING (middle of Fisher Branch - by Stacey's Second Times a Charm Store)

9 p.m. FIREWORKS (across from Fisher Branch Recreation Centre)

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Interlake Liberal MLA candidate opens constituency office



PHOTO COURTESY OF JAMAL ABAS

Jamal Abas is the Liberal candidate for the Interlake electoral division. The farmer, electrician and politician from Hodgson opened a constituency office Sunday in his hometown.

By Patricia Barrett

The provincial Liberal candidate for the Interlake opened a constituency office in Hodgson Sunday.

"I want people to have a place to stop by," said Jamal Abas, who was nominated for the electoral division in January. "I will make myself as accessible as possible."

Abas was born, raised and still lives in Hodgson, a small community about 18 kilometres (11 miles) north of Fisher Branch. He said he is aware of the major issues of concern to constituents across the Interlake.

Flooding is one issue that he said needs to be addressed.

Provincial roads 415 and 416 around the Shoal Lakes have been closed for a number of years because of flooding and washed-out roads. The three landlocked lakes have no natural outlet, and excessive rainfall has led to the destruction of pasture and hay lands. It has also resulted in a reduction of livestock revenues.

Abas said he met with the Shoal Lakes Flooded Landowners Association in Inwood about a year ago and visited a flood-prone farm owned by Orval Procter, whose land was deval-

ued.

Abas said the combination of lost agricultural land and crumbling roads affects local economies, as well as Manitoba's overall economy.

"We're losing beef producers. They can't make hay," said Abas, who in addition to his political duties still works on his family's grain and beef farm and in the family business, J. Abas Electric. "Agriculture is one of the most important things in our economy."

Since that time, Abas said he tried about 15 times to speak with the Conservation and Water Stewardship office.

The road closures — they formerly provided a transit corridor between highways 6 and 7 and 17 — have forced travellers to take alternative routes that add significant mileage to their journey.

"Those east-west roads are essential. Roads are a gateway to business," said Abas. "Although the NDP has spent on roads, these people are basically stranded."

Continued on page 23



Comfort and Pampering at Woof n Hoof Ranch

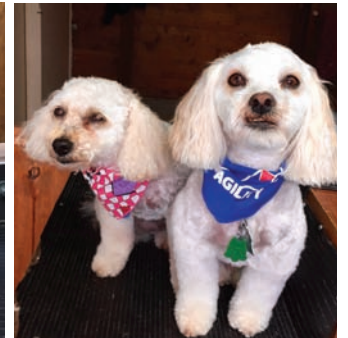
Christmas is coming, and it's a busy time for all of us! Do you need to go shopping? Do you have a work night out? This could mean some long lonely days for your furry friend.

Or perhaps you're planning to go away over the holidays, and you're tired of asking the neighbors to look after your pet.

Or maybe you just want to pamper and make your dog feel special, not to mention make him or her look good for holiday visits.

"My collie is always excited to go for a bath and haircut at Woof n Hoof. I'm always extremely happy with the grooming and the ear to ear smile on my dog's face says it all. Great service, fair prices, and the personal touch that makes all the difference. I'd recommend them to anyone!"

Bryanne Hjorleifson



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Evergreen Basic Needs seeing an increase in food insecurity

By Patricia Barrett

Evergreen Basic Needs in Gimli, a charitable organization that provides food, clothing, furniture and educational services to individuals and families struggling to make ends meet, is calling on the community to help ensure Christmas day is a joyful time for those less fortunate.

"For the rest of us who live well, we don't think of Gimli — with its ability to attract tourists — as a place where people are experiencing some need," said Zack Gross, who joined Evergreen's board this year.

That need extends beyond Gimli's borders. Evergreen serves the RM of Armstrong, the Town of Winnipeg Beach and the Village of Dunnottar. And the organization may re-configure its operations in light of the growing demand.

"We might expand the catchment area to indigenous communities," said Gross, who lives in Sandy Hook and is concerned about the increase in the number of people requiring food and other basic items such as household goods.

"The Interlake has a number of indigenous communities that are ex-

periencing unemployment and under-employment," said Gross, who recently won a Lifetime Achievement Award from Fairtrade Canada for nearly half a century of advocating for the rights of workers to receive a fair wage. "There are also a lot of single families in the area."

Evergreen's executive director points to many factors influencing the growing demand for food hampers — not only at Christmas but also throughout the year.

"Basically, people cannot afford to live," said Rhonda Powers, who has been with the charity for almost two years. "Something has got to give and it's going to be the food budget."

The cost of housing affects the food security of many people.

"Seniors' pensions are not indexed to the cost of living," said Powers. "They have to pay for medications and for upkeep of their homes because there are long waiting lists for independent living apartments."

She said she knows of a senior, living in a hotel, who can't access food hampers because he's not allowed to cook in his room or have a fridge. "So we have to give him fruit packs and

think of other ways we can accommodate him."

It's not only seniors who are suffering. The budgets of younger people are also stretched.

"If you look at rentals in Gimli," Powers said, "we don't have enough [affordable] apartments for young families just starting out."

But she cites minimum wage as one of the main reasons people turn to food banks.

"When we talk about food banks, use is at unacceptable levels because there are too few well-paying jobs," she said.

According to Winnipeg Harvest's hunger facts web page, people with full-time jobs making minimum wage earn about \$16,500 a year. With an average rent of about \$7,000 plus other expenses, such as transportation, clothing, heating, utilities, dental care and so forth, people do not have the ability to put adequate amounts of food on the table.

Evergreen Basic Needs does more than provide those in need with monthly food hampers. It offers online educational programs that help students complete high school, work experience programs, a children's winter coats and boots program, and a life essentials program, from which people can obtain clothing, household goods and furniture.

In 2014, it distributed 1,515 hampers that fed almost 3,500 people. At Christmas, it distributed 156 hampers.

This year, Powers expects EBN to supply about 170 hampers. She said the organization is well aware of the cost of living and the financial struggles people face trying to meet their day-to-day needs.

"We want people to know it's not their fault," said Powers. "There's no shame to ask for help during difficult periods in their lives."

Powers said EBN is talking with Manitoba Food Banks and Winnipeg Harvest to work out how it might broaden its operations.

Last year's Christmas fundraising saw "a showering of goodwill" from individuals, faith groups, knitters, businesses, EBN employees and schools such as Winnipeg Beach School, Sigurbjorg Stefansson Early School (Gimli) and Dr. George Johnson Middle School (Gimli).

Powers said the support was amazing and EBN couldn't survive without it.

"We have 'food angels' who come to Evergreen and ask what we need," said Powers. "One individual gave us 900 pounds of food. One other person, about a month ago, bought \$400 worth of groceries from Sobeys and donated it to us."

Sobeys matched the donation.

EBN would like to see children — including teenagers up to the age of 17 — receive a gift or two to go along with this year's Christmas hampers, which will be stocked with a turkey and fresh fruit and vegetables.

"It's a way to let people know they are special," said Powers.

Evergreen will holding a Christmas dinner for those who can't afford to celebrate the season.

"We have five terrific young volunteers from Gimli High School who will be helping us," said Powers.

For more information about the organization, including how to make a donation, visit www.evergreenbasicneeds.com.



Holiday Schedule

EXPRESS WEEKLY NEWS

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	
Happy Holidays! Offices will be closed December 22nd through January 1st. Offices will reopen Monday, January 4th	

> LIFELINE SAVES SENIOR, FROM PG. 10

heart."

Darcy Freudenberg of Seniors Resource said Brown's story is one in a million.

"We're in a partnership with Victoria Lifeline, so we take the client calls and fill out the care plans. We have the equipment in our office, and we do the installations and maintenance," she said, adding that the basic unit is available for a \$43 monthly fee.

"In our area, we have about 86 clients who have a Lifeline. We have one of the largest areas in Manitoba. It's a fabulous service and it's a big part of what we do."

Now it's back to life as usual for Brown, a mother of two and grandmother of two. She proudly wears her

Victoria Lifeline as though it were a diamond pendant and enthusiastically endorses the service to anyone who might need it.

"I urge people to get a Lifeline and to use it if they need it. I'd be dead if I didn't have it," she said.

"It was God who prompted me to get this. The Lifeline is important, but God is more important to me. I give Him all the glory for it."

There are a number of communities in the Interlake that provide a Lifeline service. Contact your seniors resource co-ordinator for details.

Victoria Lifeline service is available through the Lunder Community Resource Council at 204-762-5378.

Selinger delivers final Throne Speech before April election

By Brandon Logan

The provincial government unveiled its final Throne Speech before the Manitoba election in spring 2016.

Some of the major talking points from the speech were Manitoba's unemployment rate, which is the lowest in Canada, continued infrastructure investment for rural and First Nations communities, improving tourism, investing in the environment and working to services for youth.

Even with an election on the horizon, the NDP's plans were not just focused on the short term but also delved into future plans for the next decade.

"Manitoba leads the country in job growth and has the lowest unemployment rate in the country," Selinger said during a press conference with media. "To build on this momentum, the throne speech commits to extending the province's current infrastructure plan by three years to invest \$10 billion beyond 2020 for strategic infrastructure projects throughout the province."

Along with upgrading infrastructure for rural communities throughout the province, the government is also working on getting First Nations along the east side of Lake Winnipeg new roads.

Shifting to the environment, Selinger said the government would work to invest in critical flood protection.

"On protecting the environment, we're going to continue that very important priority of investing in flood protection and mitigation efforts that protect Manitobans from these increasingly frequent and tense and dangerous natural disasters," he said, noting the province is working with communities to rebuild around the Lake Manitoba and Lake St. Martin areas that were hit hard by floods.

And with aquatic invasive species like zebra mussels invading the province's waterways, Selinger said the NDP would take new action to protect wetlands and wildlife while restoring the health of Lake Winnipeg.

Some of the speech's biggest announcements, however, came regarding the care of youth.

Calling it an "ambitious goal," Selinger said the province wants to create a universally accessible child-care system with 12,000 additional spaces.

"Five to seven years is what we're projecting," he said of the timeline.

While Selinger said there are constraints, such as making sure there are enough skilled people available and facilities, he noted Manitoba is "one of very few provinces that has a capital program for daycares."

Expansion of Manitoba's early childhood educators was another focus, but the premier provided no hard number. He said a task force is looking into it.

And keeping with the large focus of working with First Nations, the speech said customary care legislation would be introduced to keep children in their home communities.

"The customary care provides legal support allowing children to stay close to their families in their communities with members of their extended family," Selinger said. "This practice has been going on forever where extended families in communities look after each other."

"You know the expression it takes a village to raise a child?" the premier asked. "It's that kind of a model where the community comes together and finds ways to support children and families in distress."

Late last week, ahead of Monday's



EXPRESS PHOTO BY BRANDON LOGAN

Premier Greg Selinger delivers pre-election throne speech Wednesday afternoon.

speech, Progressive Conservative leader Brian Pallister put out an alternative speech.

Widely expected by many political pundits to be the main challengers to the NDP in the upcoming election, Pallister and the PCs laid out their priorities and why the NDP need to be ousted from power.

"More than ever, we need a new government based on Manitoba values. A government that reflects those values in everything it does," the PC throne speech stated.

The biggest priority Pallister stated in his throne speech was reducing the provincial sales tax. The PC leader criticized Selinger for raising the tax but said, if elected, the PCs will roll back the PST to seven per cent during the first term.

In another cost-saving promise, the speech said they would reduce the cabinet size by one-third to save millions of dollars.

Manitoba's Liberals, who are underdogs in most early polls, also made a statement last week when leader Rana Bokhari said, if elected, the party will change provincial student loans to non-repayable grants.

"Students are graduating with a mountain of debt, and on a starting salary, they just can't make ends meet. We want to make education more available and more affordable. High debt should not be a deterrent to further education," Bokhari said in a release.

The 41st Manitoba General Election is scheduled for April 19, 2016.

> MLA CANDIDATE, FROM PG. 21

Abas said washed-out roads are priorities for rebuilding. That includes flood-affected areas near First Nation communities, such as Fairford, Little Saskatchewan, Lake St. Martin and Dauphin River.

"If they don't have road infrastructure, they can't get goods and services."

He said there are potential solutions to the flooding that affects areas of the Interlake. The first thing, he said, is to talk about the cause of flooding and then engage the "neighbours" whose waters are coming our way.

"It's coming from places not in Manitoba. Let's not make Manitoba a dumping ground for everyone else's water."

Farm succession is another issue about which Abas is concerned. He said he has seen farms dwindling and passing out of families' hands, farms that have gone "belly up" because of the BSE crisis and too many wet years.

"This is hurting my generation," said Abas, who attended the University of Manitoba. "We're losing a lot of family farms between the Interlake and Lakeside."

He said there are no easy solutions to the decline of farms, but the Liberals are willing to listen to farmers' concerns.

Although there are some programs that exist today to help farmers, Abas said they are minimal. His father's and grandfather's generation had a

future farming up in Hodgson.

"It's hard for me to say I have the same future."

On the health-care front, Abas has a direct line to the issues affecting the industry. With four sisters in the profession, he's aware of wait times and the long distances Interlake residents have to travel to attend medical appointments.

He's also concerned about the impacts of funding on medical staff.

"I worry about their job security and their ability to do their jobs."

He doesn't blame the doctors and nurses for what ails the system, but the priorities of government.

Abas is hoping that by opening a constituency office in Hodgson, people will come forward and share their ideas for improving government.

"I'm the regional director for the Liberal Party," he said. "I've been lucky to have people from Gimli and other areas bring ideas to us."

In the upcoming weeks, Abas himself will be staffing the constituency office and then he'll be setting aside certain days on which he'll be available. The election campaign will have him on the road for about five months, visiting communities across the Interlake.

During that time, the office will be staffed by volunteers so that people can visit any time.

"We are the party of inclusiveness," said Abas. "It's evident by the way our leader Rana Bokhari conducts herself." The constituency office is housed in a former school that's visible from Highway 325.

We Day offers hope for the next generation



EXPRESS PHOTOS BY NATASHA TERSIGNI

Survivors Amanda Lindhout (left) who was kidnapped by Islamist insurgents in southern Somalia and held hostage for fifteen months and Manitoba teen Rinelle Harper who was brutally attacked and left for dead in Winnipeg last November shared their stories on surviving.

By Natasha Tersigni

On Monday 16,000 students across Manitoba, including 325 from the Interlake School Division, descended on the MTS Centre in Winnipeg for the fifth annual We Day. To receive a ticket to the event each student in attendance had to complete one local and one global volunteer project. Described as part rock concert and part social change pep rally, We Day uses musical acts and motivational speakers to get youth thinking about how they can create change in their communities and around the world.

The national event that travels across Canada is organized by Free the Children; a non-profit organization that offers programs international to help alleviate poverty through sustainable community development initiatives. This year several Canadian musical acts, including Tyler Shaw, Kardinal Offishall and Francesco Yates, took to the stage to get students excited and electrified before hearing from speakers.

With the terrorist attacks that occurred in Paris, France over the weekend, Free the Children co-founder Craig Kielburger spoke on the importance We Day and the positive, hopeful message it sends to youth.

"In the past three days Paris has dominated the new headlines; obviously those types of stories need to be because they are news. I think after seeing three days of the coverage of Paris having young people come here and hear heroes speak is important,"

said Kielburger.

"In our world we need people to see that there is good and that they can be part of that good."

To continue Free the Children's dialogue of creating change and to empower youth to overcome obstacles to achieve success a variety of speakers, including Academy Award winning actress Marlee Matlin; actor and author Henry Winkler and former U.S. Army soldier and winner of *Dancing with Stars* JR Martinez, took the stage to share their own personal stories of struggle.

"We all have challenges, mine was learning. We are not defined by our challenges we are defined by our will," said Winkler who although best known for his role as Arthur Fonzarelli in the television show *Happy Days*, has gone on to write 31 children's books. Winkler spoke to the crowd about the struggles he had going through schools with learning disabilities and how he overcame them and became a successful actor and writer.

"There is change waiting for you. You cannot let somebody else be the one to do the change. The change in this world is waiting for you. It is your strength, your imagination, your will that will take this world from chaos and bring it back to peace so that you can live happy, wonderful, fruitful lives. It is up to you."

Aboriginal activists, CBC broadcaster Wab Kinew, Olympian Waneek Horn-Miller and actor Tom Jackson, spoke on the obstacles they had to



Aboriginal activists, pictured left to right, CBC broadcaster Wab Kinew, Olympian Waneek Horn-Miller and actor Tom Jackson, spoke on the obstacles they had to overcome to achieve their successes.



Canadian singer Tyler Shaw let up the stage with his electric performance of his song 'House of Cards'.

overcome to achieve their successes. Horn-Miller, a former member of the Canada's National Women's Waterpolo Team, spoke on how she overcame severe Post Traumatic Stress Disorder following being stabbed during the Oka Crisis in 1990. Horn-Miller told the audience following her attack she was 'Really driven to show the world that she came from people that don't ever give up'.

Free the Children co-founder and We Day organizer Craig Kielburger spoke with JR Martinez during the press conference. Martinez is former U.S. army soldier who suffered burns to over 34 percent of his body when the armour vehicle he was travelling in in Iraq in 2003 hit a roadside bomb



Free the Children co-founder and We Day organizer Craig Kielburger (left) talks with speaker JR Martinez during the press conference.

and exploded. Martinez has gone on to compete and win Season 13 of *Dancing with Stars* and is now a motivational speaker sharing his message of surviving the horrific event.

All the speakers offered empowering messages to the young people.

Rinelle Harper, 17 shared her experience of being attacked in Winnipeg and left for dead last November.

Harper didn't choose what happened to her, but she is choosing to speak out against violence.

"Violence is not only physical. It's also gossip and bullying. These are things people do every day. They don't see how destructive it can be," said Harper.

Seniors benefit from walking program and youth interaction



EXPRESS PHOTO BY HOLLY STUART.

Hannah Lussier (middle) pushed Gilbert Roy in his wheelchair through town on a nice sunny day. The time allows seniors to get outdoors and connect with youth of Eriksdale, both lifting their spirits and providing students in grades 6-8 the chance to make deeper connections to their community.

By Jeff Ward

A walk around the neighbourhood can be difficult or close to impossible for seniors living in Eriksdale's Personal Care Home. But with the help of some students from Eriksdale School, getting out has become easier than ever.

Since the spring of this year, a walking program has been in place through Support for Seniors in Group Living run by the Interlake-Eastern Regional Health Association. Once a week students from grades 6 to 8 take an hour of their day and help push wheelchairs around town while spending time with seniors. The seniors share stories with the students and benefit greatly from the outdoor exposure and the deep connection between the two generations.

"The second the students walk through the door, it immediately puts a smile on their [the seniors] faces," said Holly Stuart, senior resource coordinator for Support for Seniors in Group Living.

"The students are welcomed with hugs and [the seniors] really enjoy having the students there. I think there's a lesson to be learned from having students involved. I personally feel that not enough students make time for seniors. But now with them joining us, they've created a bond and are experiencing what the seniors can teach them."

Those lessons aren't a one-way street either as Eriksdale has changed

quite a bit over the years. This change allows students to teach seniors about what's going on in their town, who lives in what house and what they're learning about in school. Inversely, the seniors are able to do the same, explaining to students what the town used to be like when they were young.

Now that the seasons have changed, it's too cold to do a walk outdoors, so the program has shifted to an indoor focus. Instead of going out for a walk one day a week, students from Eriks-

dale School are making their way to either the Eriksdale Personal Care Home or the Eriksdale Friendly Villa to spend time with seniors. Every Tuesday and Thursday, students from the school will be a part of exercise classes, games or even field trips.

"Alison Marttila [Eriksdale School principal] has been a huge help with supplying us students who are all caught up on work. She's been a big help

in making this program work," noted Stuart, who's very proud of the way these students have stepped up for this program.

The outcome Stuart would like to see happen is that these students form connections they won't want to break when school is out for the year. They'll volunteer more outside of school hours and, as a result, become stronger members of the community.

The walking program will begin again in the spring.

"THE SECOND THE STUDENTS WALK THROUGH THE DOOR, IT IMMEDIATELY PUTS A SMILE ON THEIR FACES."

Province expands geothermal heating to 6 First Nations

Staff

The province will provide \$150,000 in support for Aki Energy, allowing it to expand its geothermal energy program to a total of six Manitoba First Nations.

"Bringing clean, green energy to First Nations communities is an urgent need, both from an environmental and an economic perspective," Premier Greg Selinger said in a release last Friday. "We'd like to see this model expanded to all First Nations, helping with green job creation, renewable and clean energy, and climate-change leadership."

Currently, 350 houses on four First Nations have been retrofitted with

geothermal systems which cut space heating costs by more than 40 per cent. The cost of converting a home to geothermal is about \$17,500 and these costs are financed by Manitoba Hydro. A portion of the savings are used to pay Hydro back over time. The savings in utility bills outweigh the financing costs, meaning that utility bills for the rate payers are lower, the premier said.

"This important investment will allow Aki Energy to connect two additional First Nations with Manitoba Hydro's Pay As You Save program, for a total of six communities," said Darcy Wood, Aki Energy executive director. "We'll begin the consultation, selec-

tion, community engagement and training process right away so we are ready for the 2016 construction season."

Aki Energy will also work with up to three other communities to install two biomass projects and a pilot project for roof-top solar energy. Sagkeeng First Nation and Long Plain First Nation both started geothermal operations this year, completing a combined total of 30 geothermal installations.

"We are excited to be installing geothermal equipment, so that 18 families can benefit from significantly reduced utility bills this year," Long Plain First Nation Chief Dennis Meeches said. "Involving local crews in the installa-

tion means creating green jobs in our community."

The Power Smart Pay As You Save (PAYS) financing program provides Manitoba Hydro residential customers with a convenient option for completing energy-efficient upgrades to their homes while keeping upfront costs and future monthly finance payments as small as possible.

This new funding supports TomorrowNow – Manitoba's Green Plan, an eight-year plan that supports environmental protection while ensuring sustainable prosperity for future generations.

Honour and remembrance of Eriksdale veterans

By Jeff Ward

Started by a father and completed by his son, the Honour and Remembrance wall inside the Eriksdale Recreation Centre has taken 25 years to complete and pays respect to more than 200 Eriksdale veterans.

What you see on the wall inside the recreation centre didn't come together overnight, or even a couple of years, but over a generation. Started originally by legion president Bob Lundale and completed by members of the Veterans Picture Committee, the Honour and Remembrance wall started as pictures displayed inside the dance hall. And has now blossomed into a gorgeous display of respect and care. Pictures and names of 200 veterans displayed proudly on the wall, many of which also have poppies on them, signifying those who've died.

"My dad did this as a way to remember the veterans," said Keith Lundale, who's taken the reins on the project as committee chair over the last three years.

"It started with just 10 pictures and just grew and grew. Once my dad retired from the store, he put all his effort into the legion and it became his baby. He resurrected the legion and grew the members to well over 100. This was an important project to him."

To display all 200 pictures together became quite a challenge for the committee. Over the years, Bob Lundale had purchased different frames for some of the photos so they didn't quite match together. Having the frames match and giving a sense that each photo belonged together became a top priority for the committee.

With a budget of only \$2,000, buying 200 frames became difficult. You can go into any picture and buy frames, but at \$10 apiece, there goes the whole budget. Even at \$5, there isn't much wiggle room to complete the rest of the install and making sure each vet-

eran had a matching name plate.

"I know the owner of Don's Photo and I went to him and he gave me great deal on these simple black frames. It took a year and a half just to find the right frames because we wanted to make sure we did it the right way," said Keith Lundale.

Once that had been decided the next task was how to display them on the wall. Do they just get pinned to the wall side by side? Where does the name plate go? Should they be spaced out? All of these were important questions that ended up getting a very creative solution.

J Channel for vinyl siding was used as a way to secure each picture to the wall that also made for a nice presentation. Each picture is raised off the wall almost as if it's popping out at you, demanding your attention. This portion was completed before Remembrance Day 2014.

"The last thing we needed was the name plates and that was also a challenge. [We] wanted them to be done for this Remembrance Day and I think they turned out great. All 200 names displayed in a simple way for everyone to read," noted Lundale.

Printed on brushed metal, the names of all veterans are bordered by the words Honour and Remembrance on the top and Lest We Forget on the bottom, with poppies on either side.

Lundale thought long and hard about how to convey the importance of the pictures without it being too wordy. Eventually finding himself on the main Canadian Legion website, he was met with those words. Honour and Remembrance.

"It was clean and simple but very poignant," explained Lundale.

With the wall now complete for this Remembrance Day, many stuck around after the ceremony to view the pictures. Seeing family members honoured for their sacrifice in such a beautiful way brought smiles to many



EXPRESS PHOTOS BY JEFF WARD

Keith Lundale (middle) points to photos of veterans on the Honour and Remembrance wall inside the Eriksdale Recreation Centre. Sharing the moment is Kay Forsyth, wife of Second World War veteran Jim Forsyth.



Eriksdale veterans are remembered on wall of honour at the recreation centre.

faces and tears to many eyes.

"I'm very happy with how it all turned out. The time spent on this project was worth it. I know my dad is looking down on me saying, 'Good

job,'" said Lundale.

Bob Lundale served on the HMCS Neon as a member of the Royal Canadian Navy during the Second World War. He passed away in 2003.

New helpline to provide addictions support

News Release

Manitobans needing support for drug, alcohol or gambling addictions will now have easy, seamless access to information about addictions services and resources in one place, Healthy Living and Seniors Minister Deanne Crothers announced today at the launch of the Manitoba Addictions Helpline.

"When someone is ready to deal with an addiction, we want it to be as straightforward as possible to find the

most appropriate supports and services," said Minister Crothers.

The minister noted the launch of the Manitoba Addictions Helpline occurs during Manitoba Addictions Awareness Week (MAAW). The province proclaimed Nov. 15 to 21 as MAAW to raise awareness about addiction, reduce stigma and promote recovery for Manitobans struggling with addictions.

"With more than a half century of experience serving Manitobans over-

coming problems with drugs, alcohol and gambling, we know how addiction services have grown and evolved in our province over the years," said Ben Fry, CEO, Addictions Foundation of Manitoba (AFM). "Having a choice in services is important because everyone is unique, but we know that as those choices have grown. It's not always easy to find the right kind of services. This resource will be a great help."

Senior representatives from pro-

vincially funded addictions agencies, including AFM, Behavioural Health Foundation, Native Addictions Council of Manitoba, Salvation Army and Main Street Project led the development of the Manitoba Addictions Helpline in consultation with other members of the Manitoba Addiction Agencies Network.

For more information about the new Manitoba Addictions Helpline, visit www.MBAddictionHelp.ca.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Wolves begin MSHL season with lopsided win

By Brian Bowman

On paper, the Gimli Wolves look like a very talented team.

On the ice, Gimli was equally as impressive as it skated to a pair of convincing Manitoba Senior Hockey League wins last weekend.

Gimli defeated the Beausejour Beavers 8-2 in the Wolves' regular-season opener last Friday evening and then trounced the Lakeside Phantoms 9-2 the following night.

"We have quite a few new guys on the team so we wanted to try some new things like line combinations and stuff like that," said Wolves' head coach Scott Pawluk. "But they looked good — they jelled really quick. It was a good couple of games."

In the win over Lakeside, Gimli started strong with four first-period goals and then tallied four more times in the final period. The Wolves dominated the game against the Phantoms and look to have more speed — and skill — compared to last year's team.

Trent Genyk, Matt Jacobucci, and Ryan Seekings each had two goals and an assist while Travis Davidson also tallied twice.

Scott Brauer scored Gimli's other goal. Chris de la Lande had three assists.

Eric Bruce and Kyle Vourot scored

for Lakeside. Tyler Oswald earned the win in goal.

Against the Beavers, Gimli allowed a goal from Beausejour's Kody Kennedy just 1:54 into the contest, but it was all Wolves for the remainder of the period.

Brock Genyk scored twice while Myles Nykoluk, on the power play, also tallied to stake the home side to a 3-1 lead.

Gimli increased that advantage to 5-1 as de la Lande and Seekings scored early in the second period.

In the third, Travis Davidson, de la Lande, and Chris Johnson scored for Gimli. Zak Tabin replied for the Beavers.

Trent Genyk and Paul Ciarilli each had two assists for Gimli.

The Wolves (2-0) will host the Lakeside Phantoms (0-2) this Friday (8 p.m.).

Lakeside opened its season Nov. 7 with a 14-0 loss to the Lac du Bonnet Blues.

The other MSHL game last weekend, meanwhile, saw the Stonewall Flyers edge Lac du Bonnet 4-3.

Ryan Elliot, Connor Lockhart, Dale McClintock and Matt Varnes scored second-period goals for the Flyers.

Corey Courchene, Myles Stevens and Brent Wold replied for the Blues.



EXPRESS PHOTO BY LANA MEIER

The Wolves' Ryan Seekings had two goals in Gimli's 9-2 win over Lakeside last Saturday and one goal in his team's 8-2 win over the Beausejour Beavers last Friday.

Peguis Juniors fly past Fisher River Hawks

By Brian Bowman

The Peguis Juniors had over a week off between hockey games — and they certainly played like a team with fresh legs when they resumed play last Sunday.

Peguis maintained the best record in the Keystone Junior Hockey League with a 10-1 road win over the Fisher River Hawks.

The Hawks' Tyler Kemball scored the game's opening goal early in the first period but it was all Peguis after that.

Matthew Cameron, Tyler Woodhouse and Keevan Daniels-Webb each scored twice while Quinton Flett, Waylon Neault, Dylan Stevenson and Theoren Spence added singles.

Daniels-Webb, Kessin Richard and Shaquille Houle each had three-point games.

Nolan Favel and Keifer Tacan split the goaltending duties for Peguis.

Jarrett Hogue was busy in the Fisher River goal, facing 60 shots.

With the win, Peguis is now 10-1 and has 20 points to lead the KJHL's North Division by four points over the OCN Storm.

The Juniors played the Ice Dawgs in Arborg last night but no score was available at press time. Peguis won't play again until Tuesday when they battle the Fishermen in Selkirk.

That game will be a repeat of last year's KJHL final, which was won by

Selkirk.

Meanwhile, last weekend wasn't all bad for Fisher River as the Hawks had a great effort in a 4-2 win over the Storm on Friday.

Jared Thickfoot scored a first-period goal while Fisher River was short-handed and then Jayden Catcheway tallied at even strength in the second.

Johnny Bealieu gave Fisher River a 3-1 lead with a goal early in the third but Matthew Gardner pulled the Storm to within a goal midway in the period. Jared Thickfoot then iced the win with an empty-net goal with just a second left in regulation time.

Lodie Ipeelie scored OCN's other goal in the second period. Hogue made 46

saves for the much-deserved victory.

On Nov. 11, the Hawks were doubled 8-4 by the Ice Dawgs.

Arborg snapped a 1-1 tie with five consecutive goals, the first coming late in the first period.

Travis Kilbrei led the Ice Dawgs with two goals and two assists while Brett Goertzen and Davies also tallied twice. Gulay and Clint Torfason scored Arborg's other goals.

Spencer Kilbrei had three assists.

Keenan Mason, Evan Thickfoot, Darryl Thaddeux and Johnny Bealieu scored for the Hawks. Fisher River will travel to Lundar for a game there this Friday (8 p.m.) and then will host St. Malo on Sunday (3 p.m.).

Ice Dawgs collared by Storm, Falcons edged by Satelites

By Brian Bowman

The Ice Dawgs could not survive a late storm by OCN in Arborg on Saturday evening.

Trailing 4-2, OCN scored four unanswered goals — two of them coming in the third period — as the Storm skated to a 6-4 victory.

Lodie Ipeelie scored two of those goals while Nathan Gardner and Mitchell Tilley also tallied. Tilley and Brody Personius potted goals for OCN in the first period.

Colton Davies, on the power play, Cal Finnson and Cory Kuldys scored for Arborg in the first period while Nico Morrow-Litke tallied in the second.

Derric Gulay had three assists for the Ice Dawgs. Arborg outshot OCN 54-41.

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Keenan Mason, Evan Thickfoot, Darryl Thaddeux and Johnny Bealieu

scored for the Hawks.

Jon Narverud made 37 saves for the win.

Arborg, now 6-6-0-1, hosted Peguis last night but no score was available at press time. The North Winnipeg Satelites will come to town Friday.

Meanwhile, the Lundar Falcons lost 5-2 to the Warriors last Friday in St. Malo.

Lundar scored the first and last goals of the game, both on the power play. Landen Grey opened the game's scoring early in the first period and then Trent Laycock tallied in the third.

In between, Jared Magne, Jared Hunter, Jeff Froese, Riley Hunter and Blaise Nordine scored for St. Malo.

On Nov. 10, the Falcons edged the Satelites 3-2 in Winnipeg.

Bryce Horning scored the game winner in the third period. Byron Spence and Tanner Hepp tallied second-period goals for Lundar.

Derek Ramage replied with a first-period power-play goal for North Winnipeg while Kyle Grand scored in the second.

Travis Ridgen made 35 saves for the victory.

Lundar (7-4-0-1) will host the Fisher River Hawks on Friday and then visit North Winnipeg again on Tuesday. Both games have 8 p.m. start times.



EXPRESS PHOTO BY LANA MEIER
The Falcons' Byron Spence scored during the second period of Lundar's 3-2 loss to the North Winnipeg Satelites on Nov. 10.

Manitoba Hockey Standings									
MANITOBA JUNIOR HOCKEY LEAGUE									
	GP	W	L	OTL	PTS	GF	GA		
Portage Terriers	22	20	2	0	40	93	39		
Winkler Flyers	21	16	4	1	33	91	46		
Steinbach Pistons	21	14	5	2	30	85	56		
Winnipeg Blues	23	11	8	4	26	86	67		
Virden Oil Capitals	19	11	8	0	22	56	43		
Selkirk Steelers	19	9	9	1	19	69	83		
Swan Valley Stampede	23	8	12	3	19	61	79		
Dauphin Kings	19	9	10	0	18	67	74		
OCN Blizzard	23	8	13	2	18	68	87		
Waywayseecappo Wolverines	21	5	13	3	13	56	86		
Neepawa Natives	21	5	16	0	10	38	110		
KEYSTONE HOCKEY LEAGUE									
	GP	W	L	OTL	PTS	GF	GA		
North Division									
Peguis Juniors	11	10	1	0	20	85	29		
OCN Storm	11	8	3	0	16	53	34		
Cross Lake Islanders	12	7	5	0	14	76	66		
Fisher River Hawks	12	3	9	0	6	55	72		
Norway House North Stars	14	1	13	0	2	46	137		
South Division									
St. Malo Warriors	11	7	2	2	16	53	44		
Selkirk Fishermen	12	8	4	0	16	51	35		
Lundar Falcons	12	7	4	1	15	51	45		
Arborg Ice Dawgs	13	6	6	1	13	63	50		
North Winnipeg Satelites	12	3	9	0	6	42	63		
MANITOBA SENIOR HOCKEY LEAGUE									
	GP	W	L	OTL	PTS	GF	GA		
Gimli	2	2	0	0	4	17	4		
Beausejour	2	1	1	0	2	10	14		
Stonewall	2	1	1	0	2	10	11		
Lac du Bonnet	2	1	1	0	2	17	4		
Lakeside	2	0	2	0	0	2	23		
AAA MIDGET HOCKEY LEAGUE									
	GP	W	L	OTL	PTS	GF	GA		
Eastman	17	16	0	0	33	93	23		
Wild	17	15	1	0	31	68	22		
Thrashers	16	11	4	1	23	77	36		
Yellowhead	16	10	3	0	23	48	38		
Central Plains	15	8	5	0	18	53	45		
Brandon	15	8	7	0	16	44	38		
Kenora	15	7	7	1	15	47	54		
Southwest	14	6	6	1	14	51	57		
Interlake	15	6	9	0	12	39	62		
Parkland	15	4	10	0	9	44	70		
Pembina Valley	16	3	12	1	7	30	70		
Norman	19	1	17	1	3	40	119		
AAA CITY MIDGET HOCKEY LEAGUE									
	GP	W	L	OTL	PTS	GF	GA		
Winnipeg Warriors	12	9	3	0	18	54	31		
Winnipeg Monarchs	9	8	1	0	16	56	25		
Eastman Selects	13	7	6	0	14	42	42		
Winnipeg Hawks	12	6	5	1	13	57	48		
Winnipeg Sharks	10	4	4	2	10	39	42		
Yellowhead Chiefs	0	0	0	0	0	0	0		
Parkland Rangers	0	0	0	0	0	0	0		
Interlake Lightning	12	0	12	0	0	18	78		
AAA BANTAM HOCKEY LEAGUE									
	GP	W	L	OTL	PTS	GF	GA		
Winnipeg Monarchs	12	12	0	0	24	72	24		
Winnipeg Warriors	9	6	2	0	13	61	21		
Winnipeg Sharks	12	5	5	2	12	44	52		
Eastman Selects	11	5	5	0	11	43	42		
Winnipeg Hawks	12	5	6	1	11	44	42		
Interlake Lightning	10	1	9	0	2	16	53		
MANITOBA FEMALE MIDGET AAA HOCKEY LEAGUE									
	GP	W	L	T	OTW	OTL	Pts		
Westman Wildcats	12	8	1	-	-	3	19		
Central Plains	10	6	2	-	2	-	16		
Winnipeg Avros	12	5	3	-	2	2	16		
PV Hawks	9	6	2	-	1	-	14		
Yellowhead Chiefs	6	5	-	-	1	-	12		
Eastman Selects	10	3	6	-	-	1	7		
Norman Wild	14	2	12	-	-	-	4		
Interlake Lightning	9	-	9	-	-	-	-		
STATS AS OF TUESDAY, NOV 17									

Midget Lightning lose pair of games

By Brian Bowman

The Winnipeg Thrashers made sure that Interlake Lightning goaltender Nathan Cvar would be a busy man last Friday evening.

Winnipeg sent 67 shots Cvar's way — scoring seven times — in a 7-1 win at Gateway Arena.

Dawson McKenzie gave Winnipeg a 1-0 first-period lead and then the Thrashers went up four goals after 40 minutes as Michael King, Nate Hooper, on the power play, and St. Andrews' Carter Barley tallied.

The Thrashers fired 27 pucks at Cvar in the middle frame.

Winnipeg's Kyle Wiltshire struck with the man advantage midway in the third and then Brandon Hein made it 6-0 just 27 seconds later.

Interlake's Sean Loutit scored a power-play goal and then Hein closed out the scoring late in the game. Loutit now has four goals and four assists in 15 games.

On Nov. 11, the Lightning were edged 3-2 at home by the Central Plains Capitals.

All five goals were scored in a 7:58 span, beginning midway in the second period.

Interlake forward Noah Basarab started the scoring but the Capitals took a 3-1 lead on goals by Braden Frank (two) and Ryan Sinclair. Two of those goals came with the man advantage.

The Lightning's James Maxwell then closed out the scoring with his first goal of the season at 16:45 of the second period.

The Lightning (6-9) played the Winnipeg Wild last night but no score was available at press time.

Interlake will then hit the road this weekend to play Southwest Saturday in Souris (8 p.m.) and then will visit Shoal Lake to battle Yellowhead on Sunday (2 p.m.).

Arborg's top skaters perform well in Morris



EXPRESS PHOTO SUBMITTED

Arborg's Olivia Orbanski placed first in Juvenile Women U14 while Chloe Howell placed third in Pre-Juvenile Women U13 at the 2016 Skate Canada Manitoba Sectional Championship in Morris. Pictured left to right, Orbanski, Tracey Finnson (coach) and Howell.

By Brian Bowman

Our province's new High Performance Figure Skating Team was identified at the 2016 Skate Canada Manitoba Sectional Championship in Morris earlier this month.

Manitoba's top skaters were vying for a spot to compete at the 2016 Skate Canada Challenge Competition in Edmonton.

In Edmonton, Manitoba's skaters will compete against the rest of the country's best skaters at the 2016 Skate Canada Challenge from Dec. 2-6.

The competition will feature Pre-Novice, Novice, Junior and Senior level skaters in Men's, Women's, Pairs and Ice Dance. Approximately 500 skaters from across the country will compete at this flagship event.

This is the only opportunity for Novice, Junior and Senior skaters to qualify for the 2016 Canadian Tire Figure Skating Championships in Halifax from Jan. 22-24.

The following skaters are now members of the 2015-16 Skate Canada Manitoba Team TOBA High Performance Team and will be representing our province this season:

Senior Women - Deidre Russell - Skate Winnipeg.

Junior Women - Madison McCallum - Skate Brandon, Tori Thiessen - Skate Brandon, Kirsten Gutenberg - Skate Brandon.

Novice Women - Lindsey Hopkins - Selkirk Figure Skating Club, Casey Bertholet - Hartney Figure Skating Club, Dominique Bergeron - Portage Skating Club, Danae Russell - Skate Winnipeg, Nicole Nordal - Skate Winnipeg.

Pre-Novice Women - Andrea Las-kovic - Skate Winnipeg, Emma King - Skate Winnipeg, Julia Patenaude - Holland Figure Skating Club, Chanel Cabak - Portage Skating Club, Marijka Popadynetz - Skate Brandon.

Meanwhile, Manitoba's up-and-coming skaters competed in Pre-Juvenile and Juvenile figure skating events and the top placements included a pair of Arborg Skating Club members.

Here are those results:

Pre-Juvenile Women U11 - Olivia Sawatzky - Morden Figure Skating Club, Lilly MacInnis - Skate Brandon, Breken Brezden - Skate Dauphin.

Pre-Juvenile Women U13 - Caitlyn Stevenson - Skate Brandon, Dana Hynes - Morden Figure Skating Club, Chloe Howell - Arborg Skating Club.

Pre-Juvenile Men U13 - Jonathan

Scherr - Morden Figure Skating Club
Juvenile Men U12 - Yohnatan Elizarov - Skate Winnipeg.

Juvenile Women U12 - Megan Szabo - Skate Thompson, Robyn Ward - Century Skating Club, Kylie Holmstrom - Skate Virden.

Juvenile Women U14 - Olivia Or-

banski - Arborg Skating Club, Morgan Haerer - Hartney Figure Skating Club, Charlotte Kowall - Skate Winnipeg.

Juvenile Dance - Ranae Cabak/Mason Panko - Portage Skating Club.

Attention Kids...



What's *Your* Christmas story?

Pick one of the following themes and tell us your best story:

1. Create a story that starts with this sentence:
"All the elves were hard at work in Santa's workshop ... all but one, that is ..."
2. Write a story about Rudolph's cousin, the unknown reindeer who loves to sing.
3. If you were in charge of building the best snow fort ever, what would it look like?
4. Describe your family's holiday traditions.
What's your favourite tradition?

CONTEST FOR KIDS 8-12 YEARS OLD.

PRIZE: WIN A FREE MOVIE PARTY FOR YOU & YOUR 10 BEST FRIENDS.

Runners-up will win a pair of passes each to the cinema.

400-600 words.

Send in your poem or short story to:

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or mail to: Box 39, Stonewall, MB R0C 2Z0

DEADLINE: Wednesday, December 9, 2014

Letters to Santa

Mail or email your letter to us by Wednesday, December 9th, and we'll make sure it appears in our special section on December 17th.

Please remember to include your first name and age on your letter!

Email: santa@expressweeklynews.ca
or mail to Box 39, Stonewall, MB R0C 2Z0



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Got a SPORTS TIP?
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STEEL BUILDINGS

Steel building sale ... "Really Big Sale - Year End Clear Out!" 21x22, \$5,190; 25X24, \$5,988; 27X28, \$7,498; 30X32, \$8,646; 35X34, \$11,844; 42X54, \$16,386. One end wall included. Pioneer Steel 1-800-668-5422 www.pioneersteel.ca

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Clean 90% of your home with just water-saving you time, money and the environment. Radically reduce the amount of chemicals in your home with Norwex. Ask me how. Call Stephanie 204-896-3980 or cleanwithwater15@gmail.com

HELP WANTED

OTR Recycling in Ashern is looking to hire full time/part time driver with Class 1 license. Wages negotiable. Training will be provided. Email office@otrrecycling.com, phone 1-204-768-3766 or fax 1-204-768-2280.

Medical Transcription! In-demand career! Employers have work-at-home positions available. Get online training you need from an employer-trusted program. Visit: CareerStep.ca/MT or 1-855-768-3362 to start training for your work-at-home career today!

HELP WANTED

Part-time bar staff required. Call Bruno at the Rockwood Motor Inn 204-467-2354.

Restaurant Evening Cleaning Person required approx. 12-15 hrs per week. Call Bruno at the Rockwood Motor Inn 204-467-2354.

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Get free vending machines. Can earn \$100,000 + per year. All cash - locations provided. Protected territories. Interest free financing. Full details call now 1-866-668-6629 website www.tcvend.com

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SERVICES

Home movies, film, & videos transferred to DVD or other media formats. www.discit.ca or discit@hotmail.ca Pickup available in some parts of Interlake & Winnipeg.

MISCELLANEOUS

For sale: 20 - 10' used corral panels. Good shape. \$50 each. Bert 204-378-2944, Riverton.

Province-wide classified. Reach over 400,000 readers weekly. Call us at 204-467-5836 now or email classifieds@mcna.com for details.

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Batteries for everything. Automotive, farm, construction, ATV, marine, motorcycle, golf carts, phones, tools, radios, computers etc. Reconditioned, obsolete and hard-to-find batteries. SOLAR equipment. The Battery Man. Winnipeg. 1-877-775-8271 www.batteryman.ca

NOTICES

Make this special birthday one to remember at Lady of the Lake. A beautiful spread of appetizers await, while the band strikes up. 204-725-4181.

UPCOMING EVENTS

Craft, Bake & Chili Sale - November 20th, 4 p.m. - 9 p.m. at Riverton Fellowship Circle, 59 William Ave. Free admission. Fundraiser for Christmas Hampers. Tables for rent call: 204-378-2976 or 204-642-3659.

UPCOMING EVENTS

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

LIVESTOCK

For sale - Jersey cow, milking. Phone 1-204-278-3504.

POTATOS FOR SALE

NEW POTATOS avail. Corn, onions, cabbage, beets, turnips & carrots as well. Call 204-886-2676, Interlake Potato Farm.

GRAIN FOR SALE

Heavy feed oats, \$2.50 bushel. Ashern 204-768-2774, Larry.

HAY/FEED

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

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

Timothy/Alfalfa/Brome, 3-3 medium square stored inside, no bottom bales, no dust. Delivery available in small or large amounts stacked in your shed or barn. Reasonably priced and satisfaction guaranteed. Phone or text 204-771-7496.

NOTICE OF HEARING

UNDER THE HIGHWAYS PROTECTION ACT THE HIGHWAY TRAFFIC BOARD

Notice is hereby given that a hearing of the Highway Traffic Board will be held on Tuesday, December 1, 2015 at 10:00 a.m. in Room 204-301 Weston Street, Winnipeg, Manitoba.

PERMITS - PART I - SECTION 9 H.P.A. AND PART III - SECTION 17 H.P.A. 2/008/203/C/15 - LESLIE & SONJA KORNIK

Application to Change the Use of Access Driveway to Joint Use (Agricultural/Residential) onto P.T.H. No. 8, R.L. 1-23-4E, Municipality of Bifrost-Riverton.

The Highway Traffic Board will be prepared to consider all submissions, written or oral, on the above applications by contacting the A/Secretary prior to or at the hearing.

200 - 301 Weston Street Winnipeg, MB R3E 3H4
Phone: (204) 945-8912 Michelle Slotin, A/Secretary
THE HIGHWAY TRAFFIC BOARD



TENDER NOTICE "CARETAKER"



Ukrainian Farmers Co-operative Ltd.

Contract from December 2015 to December 2016.

Must provide proof of liability insurance.

For a copy of the job description and requirements, please stop by our office or visit our Facebook page. "Ukrainian Farmers Cooperative Ltd".



Application deadline will be **Thursday, November 26th**. Lowest or any tender not necessarily accepted.

Tenders should be submitted to:

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



PUBLIC WORKS MANAGER

The Council of the Rural Municipality of St. Clements, with the support of Way To Go Consulting Inc., is seeking an individual that will bring strong leadership skills to this position.

The successful applicant will:

- Take a key role in long-term planning and asset management.
- Work towards best practices in environmental management for the municipal class 1 landfill, 4 transfer stations, WWTP, 2 WWSL and water treatment plant
- Plan, direct and coordinate the day-to-day activities required to manage the Public Works, Environmental and Utility Services Departments. Support and implement strategic and long-term goals.
- Provide responsible operational planning and management with a total budget of over \$5 million.

Ideally, you will possess technical knowledge and experience in municipal government. Strong leadership and communication skills are vital for success in this position, as is the ability to manage within a union environment. A Certificate in Civil Engineering or Civil Engineering Technology would be an asset to candidates. An equivalent combination of skills and experience may also be considered.

The Rural Municipality of St. Clements is one of the fastest growing municipalities in Manitoba with a population of over 10,500 covering an area of 728.6 square kilometers. The municipality runs along the east side of the Red River and Lake Winnipeg - from south of Lockport, then northward to Grand Beach Provincial Park.

The right candidate can expect a comprehensive salary and benefits package.

Individuals interested in this position should send a resume and cover letter, with the envelope clearly marked Public Works Manager Application, to CAO D.J. Sigmundson, RM of St. Clements, 1043 Kittson Road, East Selkirk, Manitoba, R0E 0M0, or email cao@rmofstclements.com.

The selection committee intends to review applications as early as November 27, 2015; however, applications may continue to be accepted until the right candidate is found.

We thank all who apply and advise that only those selected for further consideration will be contacted.



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HAY/FEED

Quantity of John Deere net wrapped bales of alfalfa hay and grass hay suitable for beef cattle; round bales of second cut alfalfa; round bales of wheat straw; small square bales of wheat straw. Call 204-375-6622.

Round bales, 4x5, field hay, \$17/bale. Call evenings 204-643-5303.

STRAW

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

MISSING

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

HEALTH

Are you suffering from joint or arthritic pain? If so, you owe it to yourself to try elk velvet antler capsules. Hundreds have found relief. Stonewall Elk Products Ltd., 204-467-8428 or e-mail stonewood-elk@hotmail.com

take a break > GAMES

SUDOKU

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

Level: Intermediate

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!

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!

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

Sudoku Answer

E	N	N																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																		
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Crossword Answer

X CROSSWORD

CLUES ACROSS

- And so forth (abbr.)
- Used to be United
- Upper left keyboard key
- Inevitable ruin
- Consumed
- N.H. Maine river
- Sen. Thurmond
- More (Spanish)
- Oh, God!
- Designed chairs
- Insect living in organized colonies
- Anglo-Saxon theologian, c.700
- Ecclesiastics
- Magic incantation
- Swan Lake and Don Quixote
- Affirmative
- Conspiracy
- Citizen of Stockholm
- Light brown
- Roman judge
- Sonny & Cher classic
- Chopped mixture for stuffing
- Am. Nobel physicist Isidor
- Maya ___ of Vietnam Veterans Memorial
- Expressed pleasure
- In bed
- Finnish
- Canacon Energy stock symbol
- Leather strap for hawks
- UA fraternity est. 3-9-1856
- Low, sideless cart
- They ___
- Single Lens Reflex
- Point that is midway between N and NE

CLUES DOWN

- Murrow, Sullivan & Koch
- Carrying bag

1	2	3		4	5	6		7	8	9
10			11		12				13	
14				15					17	
	18				19	20			21	
				22	23			24		
25	26	27	28	29						
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- Countess of Grantham
- Key fruit
- One kept in readiness
- Bring back to normal
- Avid
- Lots of
- Formal close (music)
- Dad's partner
- Point that is one point E of SE
- Myself
- Minor disagreement
- Promotional materials
- Bahama capital
- Rudiments of a subject
- Bleat
- Right linebacker
- Flower petals
- Early culture of Gr. Britain
- Worldwide internet
- 7th Greek letter

- When born (abbr.)
- Before
- Existing forever
- About name
- Myanmar monetary unit
- Island north of Guam
- Soft
- Castell, makers of pens
- Excessively fat
- Eliminates
- A Hindu prince or king in India
- Carrier's invention
- Possessed
- Deserve through action
- Doyen
- A way to change color



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> MEAL IDEAS

Parmesan - crusted halibut & spicy sprouts



Halibut
Canola oil cooking spray
1/4 (50 mL) cup all-purpose flour
2 egg whites
1 tbsp (15 mL) fat-free milk
1 1/2 cup (375 mL) corn flakes,
lightly crushed
1/4 cup (50 mL) fresh parsley, rinsed
and chopped
1/4 tsp (1 mL) black pepper
1/4 tsp (1 mL) garlic powder
4 Pacific/Alaskan halibut fillets (4
oz/125 g each), rinsed and pat dry
1/4 cup (50 mL) grated Parmesan
cheese
1 lemon, cut into wedges
Brussels Sprouts

2 packages (10 oz/300 g) Brussels
sprouts, rinsed and sliced in half
1 tbsp (15 mL) canola oil
1/8 tsp (0.5 mL) red pepper flakes
1/4 tsp (1 mL) garlic powder
1 tsp (5 mL) Parmesan cheese
Directions
Preheat oven to 425 °F (220 °C) and
place oven rack in upper third of
oven.

Coat baking sheet with canola oil
cooking spray and set aside.
In shallow bowl, place flour. In
another shallow bowl, combine egg
whites and milk. In third shallow
bowl, combine corn flakes and
parsley. Sprinkle halibut with pepper
and garlic powder. Lightly dust
each fish fillet with flour, dip in egg
mixture, then coat with corn flake-
parsley mixture. Place on baking
sheet. Sprinkle each fillet with 1
tbsp (15 mL) Parmesan cheese and
bake for 15 to 17 minutes until fish is
opaque and flakes when pulled apart
with fork. Set aside and keep warm.
In large bowl, toss Brussels sprouts
with 1 tbsp (15 mL) canola oil, red
pepper flakes, garlic powder and
Parmesan cheese. Transfer to baking
sheet that has been coated with
canola oil cooking spray and roast
for 10 minutes until tender, turning
every 2-3 minutes.
Serve alongside halibut with fresh
lemon wedge.

The Skill: Taking Your Eating Habits on the Road



Part 2
Once upon a time, and
not that long ago, eating
out was often reserved
for special occasions – it
was a chance for a treat,
a splurge, or simply a
culinary adventure of
some sort. Sometimes it still is. But
these days many people eat out at restau-
rants, the office, other people's homes, or
on the fly several times each week. It's
become our lifestyle. And here's the
reality: If you eat out often, restaurant
foods, takeout foods, or cafeteria fare
will have a large impact on your dietary
intake - both the calories you consume
and the nutrients that come with them -
for better or for worse.

Unfortunately, the "for worse" effect
often predominates, but it doesn't have
to be this way. Indeed, numerous stud-
ies have suggested that people who eat
fast food frequently are at higher risk of
obesity. The correlation is hardly sur-
prising, given that fast food tends to be
high in calories, relatively nutritionally
poor, and high in salt, fat, and sugar, all
of which stimulate appetite.

The concern isn't just a matter of
weight; it's a matter of health as well.
When someone else is preparing your
food, and you don't know what's in it,
your health is basically at the mercy of
the cook's or chef's culinary practices.
No wonder research from Australia
found that young women who ate carry-
out food twice a week or more had con-
siderably higher fasting blood sugar and
insulin levels - both are risk factors for
diabetes and heart disease - than

those who got carryout less often.

Preventing such negative effects while
eating out requires attention to detail
and savvy ordering skills. You can use
the same skills you've been learning to
apply to your food choices at home to
choosing nutritionally balanced meals
at restaurants. While the more leisurely
pace of restaurant dining means you'll
have more time to savor the flavors and
to sample different dishes, it also means
there will be more time for the restau-
rant's ambience to influence you're eat-
ing habits as you sit at the table.

Make a habit of starting each meal
with a mixed green salad (light on the
dressing), limiting the amount of bread
you eat, ask about how dishes were pre-
pared, slow down on alcohol intake, and
skip dessert more often.

According to research at the Universi-
ty of Pittsburgh, cutting back on eating
at restaurants (as a starting point, skip
restaurants that offer buffets or all-you-
can-eat options) was a key factor in help-
ing overweight and obese women lose
weight in the first six months of weight
loss; however, by forty-eight months, it
was no longer as influential. By then, de-
creasing consumption of desserts, sugar
sweetened beverages, and meats and
cheeses, and increasing consumption of
fruits and vegetables had become more
important influences.

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

Creamy Scalloped Potatoes



Ingredients
2 1/2 pounds Yukon gold potatoes,
scrubbed
1/4 cup butter
1/4 cup chopped onion
2 tablespoons all-purpose flour
1 teaspoon salt
1 1/2 cups 2 percent milk
1 cup Daisy Sour Cream
1 1/2 cups shredded Asiago cheese
1/8 teaspoon paprika

For more recipes, visit www.daisybrand.com

Preparation
Butter 11-by-7-inch (2 quart) baking
dish and set aside. Slice potatoes to
1/8-inch-thick circles. Place potatoes
in large saucepan or Dutch oven; add
water to cover by 1 inch. Cook until
tender and cool slightly.
Heat oven to 350°F. In 2 1/2-quart
saucepan, melt butter over medium
heat. Add onion; cook 1 minute. Stir
in flour and salt. Cook until mixture

bubbles. Gradually stir in milk and
cook until mixture boils. Reduce
heat to low. Stir in sour cream and
cheese. Cook on low until cheese
is melted, stirring constantly. Layer
half of potatoes in baking dish. Pour
half the sauce over potatoes. Repeat
with remaining potatoes and sauce.
Sprinkle potatoes with paprika. Bake
for 30-35 minutes or until bubbly and
top starts to brown.

Preparation Time 45 minutes
Serves 14

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