westman Journal

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CNIB fundraiser offers great food and lots of laughs

By Jordan Wasilka

Journal photo by Jordan Wasilka

A Jazz group dances to "Company" at the Westman Centennial Auditorium on Saturday, Feb. 22, during Brandon's Festival of the Arts. The festival runs this year from Feb. 11 to Mar. 11 and features dancers, speech artists, instrumentalists and choirs given the opportunity to develop and improve their performance skills.
For more information on the festival, visit www.brandonfestivalofthearts.ca.

During this year's annual CNIB (formerly the Canadian National Institute for the Blind) "Making Light With Laughter" fundraising dinner, guests will be able to bring themselves closer to loved ones living with visual impairment.

CNIB is a registered charity that provides community-based support, knowledge and a national voice in order to ensure Canadians who are blind or partially sighted have the confidence, skills and opportunities to fully participate in life.

This year's fundraising dinner is subtitled "Dine in the Dark." Attendees will be able to adorn blindfolds for a few minutes while attempting to enjoy their meal. While the act of eating will obviously be made more difficult, it might also heighten the other four senses.

"Dine in the Dark is something that we've piloted in a few places," says Wanda Mills, associate director of corporate and community development at CNIB. "It has gone over really well.

"What the evening does is allow guests, for just one moment, to have a glimpse at what it might be like for someone with vision loss – to have an understanding of what it might be like for them to go to a restaurant, to cut their meat, and navigate their plate, basically. It's quite unique to CNIB in terms of the training and the coaching throughout the event."

Of course, blindfolding is optional, so guests to choose to forgo the experience if they wish.

Mills says that the event enjoys great local support. "It's something that the community really likes. It's long-standing, and we have some great supporters who come out every year," she adds.

A CNIB Making Light With Laughter dinner wouldn't be the same without some good laughs. This year's entertainer is Big Daddy Tazz. Known by some as the "Bi-Polar Buddha," Tazz has attended many national festivals, including Just For Laughs in Montreal, the Moncton Comedy Festival, and the CBC Winnipeg Comedy festival.

"You can expect to have a lot of laughs with Tazz," says Mills. "He's very personable. He's become quite a good friend of CNIB; we're one of his charities of choice. He does what he can for us. I'm really looking forward to having him, because we don't get to see him often enough… He's quite a storyteller."

"Regardless of what situation you come from – whether you're a client of CNIB living with vision loss, or whether you're fully sighted – the event is a great opportunity to share a few laughs with your co-workers, friends or family," says Mills.

This year's Making Light With Laughter is set for Thursday, Mar. 6, at the Victoria Inn. Refreshments will be served at 6 p.m., with dinner starting an hour later. For tickets or to learn more about CNIB, call 204-727-0631 or visit www.cnib.ca.

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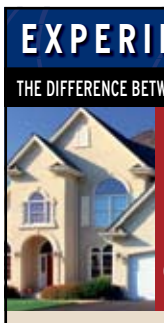
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What's Happening in Westman?

By Journal staff

The **Power of Music fundraising concert** will be held Friday, **Feb. 28**, at Trinity United Church. Tickets for the concert are $15 each. A donation of $50 or more will receive a tax-deductible receipt and a free ticket to the concert. $100+ donations will receive two free tickets.

One hundred percent of all proceeds will be used to bring musicians into Brandon's care homes.

Contact Corey Friesen for advance tickets by emailing corey.friesen@live.com.

The **Royal Canadian Artillery band** will perform a **concert** at the General Strange Hall theatre at CFB Shilo on Sunday, **Mar. 2**, at 2:30 p.m. Admission is by donation with all proceeds going to the RCA Museum.

Beginnings Preschool (3101 Victoria Ave.) is having an **Open House** on Monday, **Mar. 3** from 6 to 8:30 p.m. Information and registration forms for Fall, 2014 will be available.

Also on **Mar. 3**, the **Brandon Regional Heath Centre Auxiliary will meet** at 11:30 a.m. in the West Lounge, Main Floor, Nurses Residence for the regular meeting.

For more info, call BRHC Volunteer Services at 204-578-2065.

Trinity United Church (1515 - 6th St.) will host a **Shrove Pancake supper** on Tuesday, **March 4**, at 5 p.m. Admission is $5 for adults, $3 for children 6 - 12, or $15 per family. Pay at the door. Everyone is welcome.

The Women's Resource Centre is hosting a **celebration in honour of International Women's Day** on **Mar. 7** from 12 - 3 p.m. This is a come-and-go event. Lunch will be provided. There will be an opportunity to participate in creating Unity Flags, as well as a beading workshop. All ages and genders welcome!

The Southwest Branch of the Manitoba Genealogical Society is partnering with the Western Manitoba Regional Library to offer a workshop for people interested in getting started to trace their family tree.

Entitled "**Getting Started with Genealogy**", the workshop will be held on Monday, **Mar. 17**, 2014 from 7 to 8:30 p.m. at the Library located in the Towne Centre. Leadership will be provided by Sheila Shearer and Barb Andrew, two experienced genealogists from the Southwest Branch.

Please contact the Library at 727-6648 to register (registration limited to 20 participants). For more information see the Southwest Branch's website: www.swmanitobagenealogy.ca, refer to Events menu and click "workshop" or email swmbgenealogy@gmail.com.

The Southwest Branch of the Manitoba Genealogical Society will also offer three evening sessions on "**Writing Your Memoirs.**" Sessions are scheduled for **Mar. 13, Apr. 10, and May 8, 2014**. All sessions will take place at the Western Manitoba Regional Library from 7 to 8:30 p.m. This will be an informal group interested in writing our memories. Come, learn and share about putting your thoughts and facts into an interesting narrative. SWBranch members and anyone interested in participating are welcome to come to one or all sessions. There will be a twoonie collection.

What's Happening in Westman submissions

Do you have a community event that you would like featured in What's Happening in Westman? Email the details to newsroom@wheatcityjournal.ca and place "WHIW" in the title.

Please refrain from sending information in point form, and keep submissions to 100 words or less.

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Chili Cook Off 2014 looking to be the hottest event in Westman

By Jordan Wasilka

Houston's Country Roadhouse will host one of the spiciest events in town when Alzheimer Society Manitoba brings Chili Cook Off 2013 there on Friday, Mar. 14.

Founded almost 30 years ago, the Alzheimer Society of Manitoba alleviates the individual, family and social consequences of Alzheimer's disease and related disorders while supporting the search for a cure.

The Chili Cook Off, a fundraiser for the Society, will see cooks (as teams or individuals) compete against each other in a battle for chili supremacy. Competitors will add their own secret ingredients to the traditional beef, beans, tomatoes and spices in an attempt to create an award-winning chili. Points will be given for theme, presentation and costumes. The only rule is that each chili must be edible.

And there's more than one prize up for grabs. A winner will be chosen by judges for each of three categories:

- Fuel Injected (spicy chili)
- The Good, The Bad, and the Mild (best overall flavour)
- No Holds Barred (anything goes)

For those who just want a good bowl of chili, they can attend the event for $10 and enjoy a bowl of chili from any of the competitors, a Kuiper's bun and a drink from the bar.

An award will also be given out to The People's Choice, denoting the chili that sells out first.

Winners of each award will receive a gift certificate for Houstons and a bottle of spice to commemorate the occasion.

After all of the eating is done, it will be time for some laughs at Houstons when Yuk-Yuk's rolls out comedians headlined by Christophe Davidson.

Davidson has performed shows all around the world, including the UK, Australia, Croatia and Singapore. The comedian has also entertained at Just For Laughs and opened for comedy great Brian Posehn.

Alzheimer Society Manitoba's Chili Cook Off 2014 will be Friday, Mar. 14, at Houstons Country Roadhouse. Entering a chili into the event is free. Competitors must be present by 5:45 p.m. and provide eight litres of chili in either a Dutch oven or a crockpot. For those looking to chow down, $10 will get you a bowl of chili, a bun and a drink. Judging for the event will begin at 6 p.m., with prizes awarded at 7 p.m.

The Yuk-Yuk's Comedy will begin shortly after, from 8:30 to 10 p.m. Tickets for that portion of the event are $20 and can be purchased from Alzheimer Society Manitoba until Saturday, Mar. 1, after which they can be purchased from the Royal Oak Inn.

For tickets or more information on the event or Alzheimer Society Manitoba, visit www.alzheimer.mb.ca, email Marni Loewen at mloewen@alzheimer.mb.ca, or call 204-729-8320.

Submitted photo

Attendees line up to try some chili at a previous Chili Cook Off.

Westman's Special Olympics on the lookout for volunteers

By Kaiten Critchlow

Westman's branch of the Special Olympics is in need of volunteers, which help leave a lasting impression on the region's athletes.

Barret Wallis is a 21-year-old Special Olympics athlete from Portage la Prairie. Last year, Barret raised his hands in celebration, cheered on by his coach and mentors, as he achieved a personal best while competing at the 2013 Special Olympics World Winter Games in PyeonChang, China.

He finished fourth in the 100m event, fifth in the 200m event and fourth in the 4x100m relay event – it was memories made that he'll never forget, and an experience that wouldn't have been made possible without the support of local volunteers.

It's stories like this, whether the athlete medals or not, and whether it be a personal best or achievement at a training session or regional, provincial or international competition, that makes volunteering to assist an athlete in their Special Olympic journey a decision you'll cherish for life.

"I've had a lot of people tell me the volunteering makes a big difference in their life," explains Lesley Camaso-Catalan, Special Olympics community support manager. "It gives that 'warm and fuzzy' feeling. Anyone who wants a change, this is a great way to get out of that shell for a great experience."

Special Olympics Westman is currently in need of volunteers to work with its athletes. A volunteer will work once weekly for one to two hours with an athlete or team, helping to improve both their experience and athletic ability.

Volunteers who have background in a certain sport are welcome to work with athletes in that sport, while anyone with any background is also welcome to volunteer, and Special Olympics will provide the training necessary to work with the athletes.

"The volunteer is just responsible for showing up to practices and helping the coach with athletes," Camaso-Catalan said. "We need as many volunteers as we can get, whether they have that sport background or not."

There are about 230 Special Olympics athletes in Westman ranging in age from two years old to 80 years. Events include track and field, basketball, floor hockey, five and ten pin bowling, snowshoeing, swimming, golf, softball, and rhythmic gymnastics.

"The five-pin bowling is big in Brandon," Camaso-Catalan noted.

Training and competitions occur year-round.

Anyone interested in volunteering can contact Lesley at 204-925-5625, or email the Westman contact at specialo.westman@gmail.com.

Submitted photo by Special Olympics Manitoba

Barret Wallis raises his hands in celebration following a Special Olympics competition.

COMMENTARY

NDP must explain $75 million sale price

Was this the best deal that could be made, or did the Selinger government dispose of an important and profitable Crown asset for more than $100 million less than it is worth?

Last week, Finance Minister Jennifer Howard announced her government had sold the province's property registry (which includes the land titles system) to Teranet Manitoba for $75 million. Under the terms of the deal, Teranet will invest in new technology and will pay the province an $11-million royalty annually.

Teranet is wholly owned by the Ontario Municipal Employees' Union.

When the agreement in principle with Teranet was announced in December 2012, it was criticized by the Manitoba Government and General Employees' Union as a privatization that would put profits ahead of public service and would jeopardize Manitoba jobs. The MGEU was correct to be concerned about the transaction, although not solely for the reasons stated.

Last September, when legislation related to the Teranet transaction was reviewed by a legislature committee of MLAs, then finance minister Stan Struthers was asked how the $75-million sale price was determined.

Struthers responded, "There was an evaluation done before we embarked upon this... and part of that evaluation was a look around at other provinces to see what they were doing, particularly Ontario, where Teranet had already been established for a number of years and performing there. But we looked at other provinces, as well."

If Struthers' advisers considered what was happening in other provinces, they apparently neglected to look next door to Saskatchewan.

In November 2012 – a month before the Teranet deal was unveiled in Manitoba – the Saskatchewan government announced it planned to sell 60 per cent of the Crown corporation that manages its property registry (Information Services Corp.) to the public.

The government would retain ownership of the remaining 40 per cent and de facto control of the company.

Five per cent of the ISC shares offered for sale were set aside for purchase by company employees, 45 per cent was allocated for Saskatchewan residents, and the remaining 50 per cent was available to outside investors.

The ISC share offering was completed eight months ago, raising proceeds of $147 million.

Unlike in Manitoba, where the $75 million paid by Teranet will be used to reduce this year's provincial deficit, the monies raised from the ISC transaction will fund infrastructure projects throughout Saskatchewan. It will also receive dividends of more than $11 million annually from its remaining 40 per cent ownership interest.

If 60 per cent of ISC was worth $147 million, Saskatchewan's property registry is worth almost $250 million.

Compare that to the $75-million sale price for Manitoba's property registry and several troubling questions immediately emerge.

Manitoba has rules for the disposal of surplus Crown assets. Why weren't those or similar rules followed in this case?

Why did the Selinger government negotiate in secret with just one prospective purchaser? Why wasn't the market opened up to other bidders, including Manitoba companies, in order to establish the true market value of the property registry and ensure Manitobans were getting the best price?

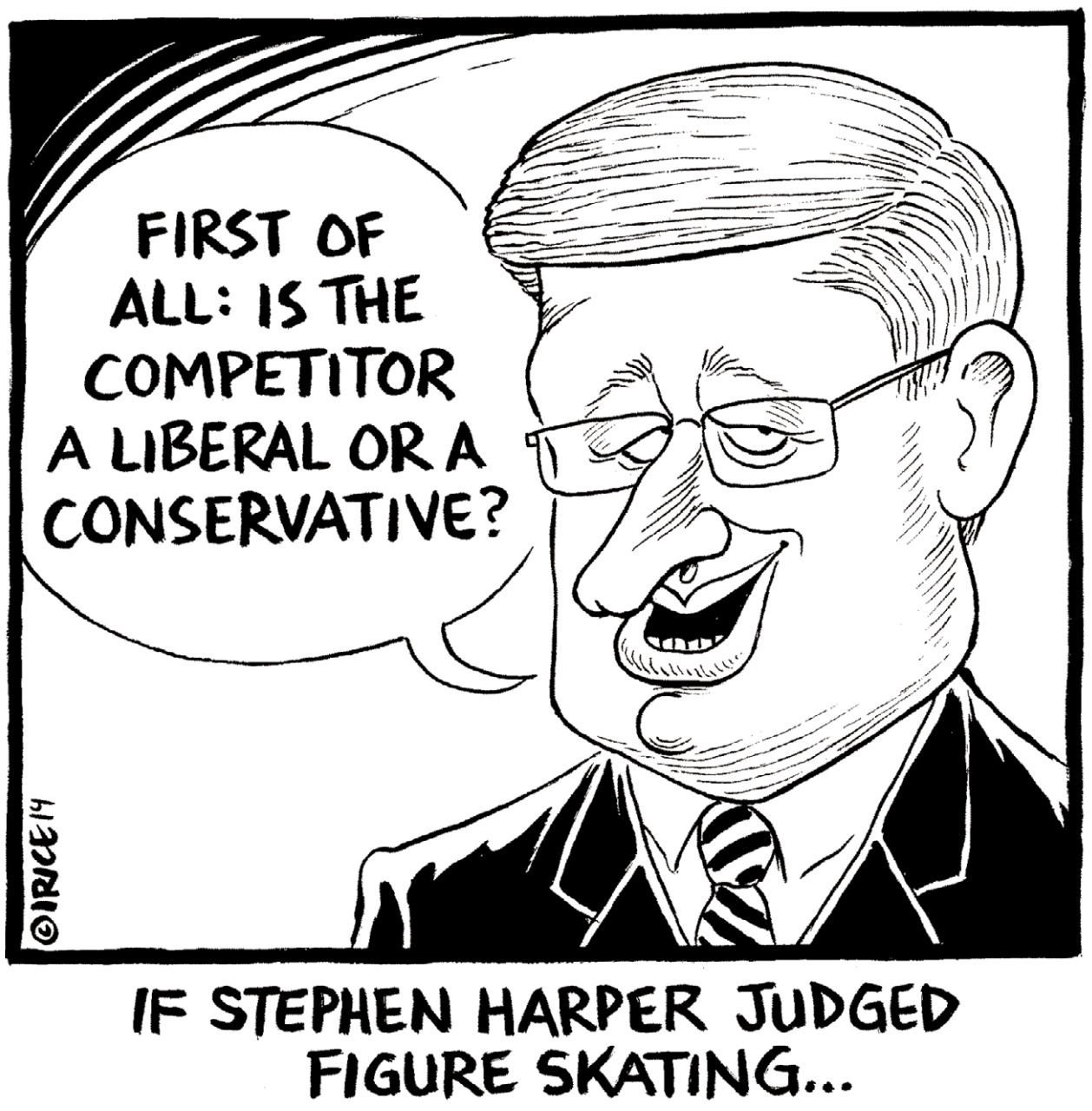
If the example set by Saskatchewan's government had been followed, it may have raised far more money, would have maintained Manitoba control over an important government activity, would have earned higher annual revenue for the government and would have provided a stable income stream for Manitoba investors.

Why was that example not followed? Was it because of partisan politics? Was it because the Saskatchewan transaction too closely resembled the sale of MTS by the Filmon government in the 1990s, and that the use of a similar model by the Selinger government would neutralize a political weapon the NDP has used against the Tories for more than 15 years?

Is this another case of financial ineptitude – eclipsing the Crocus debacle – or did our NDP government give a sweetheart deal to union friends in Ontario?

Manitobans deserve a full and frank explanation as to how an important, profitable Crown asset could be sold to an out-of-province corporation for far less than it may have been worth. That explanation must start with the immediate disclosure of the valuation Struthers claims the Selinger government relied upon.

Care to comment? deverynrossletters@gmail.com



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OPINION

Provincial deficit worse than reported

Colin Craig

The following editorial was provided by Colin Craig, prairie director for the Canadian Taxpayers Federation. Westman Journal editor Jordan Wasilka's weekly editorial will return next week.

It's great this year's provincial deficit is not as bad as the government's current budget expected.

The booster class that cheers the NDP government no matter what they do must have let out a big sigh of relief when they heard that news.

But how do the government's recent numbers compare with where they thought we would be when they made some predictions almost two years ago? In short, things aren't as pretty.

If you blow off a thin layer of dust on the 2012-13 provincial budget and look at the government's predictions for 2013-14 (this year) you'll see they predicted expenses to exceed revenues – a deficit – of "just" $176 million. That's a far cry from the $432 million deficit that was recently announced by Minister Howard. In fact, it's more than twice as bad as her government predicted.

Hmmm, so what could be the problem? It must be something on the revenue side, right?

After all, government loyalists routinely dismiss the allegation the government has a spending problem. Certainly revenues must not be as high as the government thought they would be when they made the prediction.

Yet, if one thumbs through the 2012 budget you'll find the Selinger government thought its revenues would be $14.34 billion for this year, but we're actually on pace for $14.46 billion – about $125 million higher than expected.

The answer to the problem seems to lie with some information below the revenue line in the budget – the expense line. The government is on pace for expenses that are $153 million higher than projected in the 2012 budget.

If you go back and review each budget since the NDP took office, you'll find that almost every year the government spent more than budgeted. Like kids in a candy shop with their allowance burning a hole in their pocket, the Selinger government simply can't control spending. The numbers we've just cited can't be blamed on the economic slowdown from 2008, they can't be blamed on the flood of 2011 or even on the government's favourite scapegoat: former Premier Filmon.

Anecdotally the Canadian Taxpayers Federation, a donation-based taxpayers' watchdog organization, has heard of bureaucrats on the inside of government expressing shock with how easily the NDP government agrees to spending requests. It sounds like, more often than not, spending requests get rubber stamped without much in the way of pushback – like scaling back a project or delaying non-urgent requests.

From the outside looking in, it certainly seems to be the case. Someone wants funding to expand the convention centre? Done. New stadium? Done. New polar bear house? Done. New park beside an existing park? Done. Money seems to be no object to this government.

Just don't look at the province's debt; this year Manitoba was supposed to pass the $30 billion mark and end up around $30.1 billion. Yet now we're now on track for $30.3 billion, $200 million higher than expected.

When the province releases their next budget in a couple weeks, just remember to ignore the government's projections on future spending restraint. It's almost never happened and it's highly doubtful they're going to start sticking to their promises any time soon.

Manitobans raise over $178,000 for typhoon relief

Submitted

Customers across the province helped raise over $178,000 for typhoon relief during the Manitoba Liquor & Lotteries fundraising campaign from November and December of 2013. Proceeds were donated to the Canadian Red Cross to support relief efforts in the Philippines and other areas hit by Typhoon Haiyan.

"We knew it was going to be important to contribute somehow in order to support the many Manitoban's and their families, who were affected by the devastation in the Phillipines late last year," said Winston Hodgins, President & CEO of Manitoba Liquor & Lotteries. "Once again, the outpouring of generosity from our customers and our employees, has been very inspiring and we were thrilled that so much was raised in such a short time."

From November 16 to December 9, donations to the Canadian Red Cross were collected at all Liquor Mart locations and the Casinos of Winnipeg. Customers and employees raised $128,513.14. When combined with a $50,000 contribution from Manitoba Liquor & Lotteries, the Canadian Red Cross received a grand total of $178,513.14 for immediate and longer term relief efforts.

"On behalf of those you helped and the Canadian Red Cross, I thank everyone who contributed to the Typhoon Haiyan Relief Fund," said Shawn Feely, Provincial Director of the Red Cross in Manitoba. "We are extremely thankful for the ongoing support of Manitoba Liquor & Lotteries."

Since Haiyan made landfall in November 2013, the Red Cross has been working to provide urgently needed assistance in affected communities. Funds raised for the Red Cross will help provide shelters, food, water, and health services.

Manitoba Liquor & Lotteries operates Liquor Marts and Liquor Mart Express stores, Club Regent Casino, McPhillips Station Casino, Video Lotto and PlayNow.com, and also distributes and sells Western Canada Lottery products through our network of lottery ticket retailers. Revenues generated by Manitoba Liquor & Lotteries are returned to the Province to support priority programming in health care, education, social and community services, economic development and public safety initiatives.

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HUMOUR

Random musings from the keyboard

I have a confession to make: the guys at the poker table think I'm un-Canadian – and it's not because I don't say "eh?" after every sentence.

This first came about when I brought imported beer to a game. They knew right away because there was no French on the cans. How could I bring this foreign liquid to our most reverent tradition?

Although they complained it didn't take long for the beer to disappear as they all enjoyed one or two (and, in some cases, three.)

To some this was worse than not doing what we Canadians love: complaining about potholes. This is arguably our third-most popular sport, behind hockey or complaining in general.

Which leads us to why I am un-Canadian for the second time. Over the years I have lost interest in the sport some treat like a religion.

Yes, I very rarely watch hockey and stated at the poker table that I could care less what Don Cherry says.

To some, Cherry is like the high priest of puck purveyors. What he says is gospel as he displays his sartorial splendour during his national broadcasts. Some apparently have debated that Don's duds are as resplendent as the Pope's flowing robes. All Mr Cherry needs is a fancy head piece to have that "biblical" look.

Anyway, I digress...

While some rabid hockey fans soak in every word Don says and can recite it to you the next day, most who watch his 10 minutes at the pulpit take it in stride. According to the ratings, up to 3 or 4 million Canucks watch hockey Night in Canada.

That leaves about 35 million or so who don't.

That was my point to the guys. Cherry and hockey are a national pastime, especially with the Stanley Cup playoffs and Olympics when borderline fans jump on the wagon. As of this writing, Cherry's future was still unknown as the CBC has lost the rights to the NHL. Maybe the Cherry-ites (not a bad name for his fans) will build him a hockey rink/studio where they can congregate on Saturday nights and hear "The Word according to Don."

———

You know someone isn't Canadian when:

- They complain about having to get to work after an inch of snow (3 cms) has fallen.
- They wonder why you would go fishing on a frozen lake.
- They complain after buying gasoline, thinking the posted price is for a gallon, not a litre.
- They don't say sorry after bumping into you, and then give you a blank expression when you ask if they are going to replace your double-double.
- They wonder what the heck you are talking about when you say the Saskatchewan Roughriders Grey Cup win is the greatest sports event in history.
- They look at you rather strangely when you start talking about curling and how the hammer helped get three in the house.

———

He's been stripped of his Senate seat and is now just hanging out with strippers.

Former Senator Patrick Brazeau apparently has a new career as a manager at an Ottawa strip club. Apparently, since he has nothing to hide in the scandal, Brazeau has decided to spend his days with adults who hide nothing at all.

No word yet on whether Pamela Wallin will be asked to perform, since she has shown some skill in dancing around the questions asked about her expense accounts.

As for Mike Duffy's job prospects, my unreliable Ottawa source says he's looking at becoming a travel consultant since he has some experience in that field.

———

Does wine taste better when it is poured in a glass specifically designed for the juice of the grape?

This is another one of those that can be debated forever.

I know of dozens of families where wine was served at two meals during the day, and it was always poured in everyday glasses. Those same glasses were also used for milk and juice.

I also know of some who will not drink vino if it isn't in a proper glass. This might be wine snobbery more than anything else but they insist that is how wine should be savoured.

Most palates can't tell the difference no matter what wine is served in.

Next question: if you drink wine out of the bottle, should it be taken out of the paper bag or kept in?

Thought for the week:

This is a taxing time of year, but don't worry too much over those T4s.

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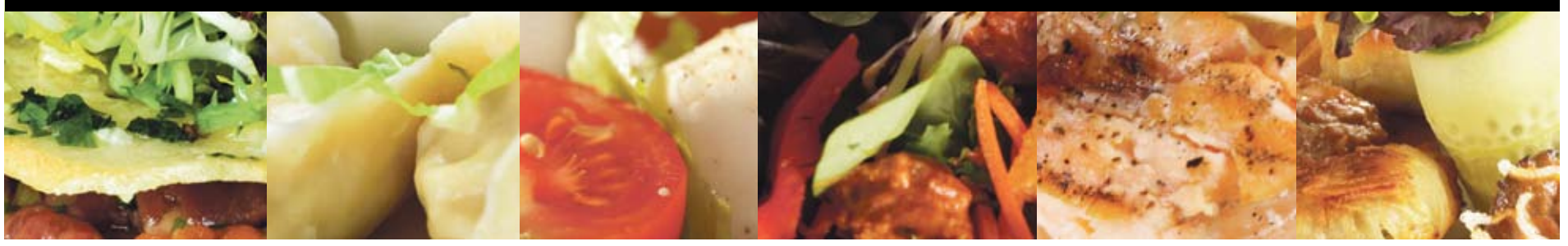

Late-winter BBQ Pork Chops

Kim Harbicht-Sczesny

Winter sure is dragging its feet. While the weather Gods decree another few weeks (at least) of cold weather, my palette is fantasizing about barbecue.

Memories of food cooked on the BBQ, infused with outdoorsy, smoky goodness have me pining for dirt under my fingernails, green things growing in the garden and the cheerful melodies of summer fowl. Today I offer you a barbecue inspired meal that'll transform the end-of-winter blahs into jubilant spring fever. If we eat like it's summer, then it stands to reason that summer can't be that far away... right?

This is a two-part recipe. The second recipe is for a homemade barbecue sauce. You don't have to make your own sauce; if you're short on time you can just buy a ready-made bottle. But you'll find it well worth your while to take the extra ten minutes and make your own. It's a sauce you can bottle and keep in the fridge for weeks. Try whipping some up in June for when Barbecue season begins in earnest.

Serves 4
Preheat oven to 375F

- 4 pork chops, fat trimmed, seasoned with salt and pepper
- 2 onions, cut into thin rounds
- 2 cups BBQ sauce or a batch of homemade sauce (see below)
- 4 large potatoes, peeled and cut into large cubes

In a frying pan over medium-high heat, brown seasoned pork chops in 2 batches in olive oil. Five minutes each side should do it. Remove from heat and turn the burner to medium low. Pour another two tablespoons of oil into the pan and sauté onions until browned, stirring occasionally. About ten minutes.

Once onions are browned, pour in 1 cup of water and stir up all of the delicious browned bits from the bottom of the pan.

Place pork chops into a oven-proof dish. Pour onions, water, potatoes, BBQ sauce into the pot. Cover and bake for one hour.

Homemade BBQ sauce

- 1 cup ketchup
- 1/4 cup brown sugar
- 1/4 cup apple cider vinegar
- 1/4 cup water
- 1 Tbsp. chili powder
- 1 Tsp. cayenne pepper
- 2 Tbsp paprika
- 1 Tsp. salt
- 1 Tbsp. dijon mustard
- 2 cloves garlic, minced
- 2 Tbsp. olive oil

In a sauce pan over medium heat sauté garlic until lightly browned. Pour in the rest of the ingredients, cover and simmer for ten minutes.

Photo by Kim Harbicht-Sczesny

Kim Harbicht-Sczesny is a writer and foodie devoted to finding healthy, delicious recipes that the whole family can enjoy. Her award-winning blog, Turning Ground, features stories and recipes that will keep you inspired all year long.

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Health Matters

A quick guide to making your favorite recipes healthier

A healthy diet plays a significant role in a person's overall health. Without a healthy diet, men and women are more susceptible to disease and other potentially harmful ailments.

But when many people think of a healthy diet, a lack of flavor is often one of the first things to come to mind. That's a common misconception, as a diet that's healthy and full of nutrients can simultaneously be flavorful.

In fact, it's easy to enjoy many of your favorite dishes in a way that makes them much healthier. Oftentimes, a few minor alterations to a recipe is all it takes to turn the dish from high-risk to healthy.

Trim the fat. No one wants to eat fat, but fat isn't entirely bad for you. Fat can help your body absorb vitamins A, D, E and K, and replacing fat with something like carbohydrates decreases how much these valuable vitamins are absorbed. In addition, dietary fat releases chemicals in the brain that make you feel full, reducing the likelihood that you will overeat.

Those are just a few of the benefits of dietary fat, which is an essential element of a healthy diet. But overconsumption of dietary fat can be dangerous, and many people simply need to trim some fat from their diets. One way to do that is to reduce how much butter, shortening or oil you use when cooking. For some recipes, you may be able to cut suggested portions of such ingredients by half without replacing them; however, for others, especially those for baked goods, these items may have to be replaced. In the case of the latter, find a suggested alternative to high-fat items, and only use half of the high-fat item listed in the original recipe. Chances are you won't taste the difference, but your body will be better for it.

Substitute healthier fare. Substituting items is another way to turn a favorite dish into a healthier dish without altering the flavor dramatically, if at all.

For example, instead of cooking with enriched pasta, purchase whole-wheat or whole-grain pastas, which are higher in fiber and lower in calories. If a recipe calls for using milk, choose fat-free milk instead of whole milk. Doing so reduces your fat intake by nearly 8 grams per cup.

Recipes can even be made healthier by simply cutting back on the main dish and adding more vegetables. Instead of using the recommended amount of meat or chicken, scale back and make up for it with additional vegetables, which reduces your caloric and fat intake while adding more vitamins and minerals to your diet.

Change your methods. Certain cooking techniques are healthier than others. Frying foods or cooking with fat, oil or salt is not the healthiest way to prepare a meal. Some of your favorite dishes that call for frying or cooking in oil can be just as flavorful if you opt for healthier methods like braising, broiling, grilling, or steaming. When recipes call for basting foods in oil or drippings, forgo these unhealthy options and baste foods in vegetable juice or fat-free broth instead.

What you use to cook can also be healthy or unhealthy. Nonstick cookware won't require you to use oil or butter to keep foods from sticking to the pan. This reduces the amount of fat and calories you will consume, and you likely won't notice a difference with regards to flavor.

Men and women who enjoy food and cooking their own meals can take several steps to make those meals healthier without sacrificing flavor.

Using nonstick cookware when preparing your favorite meals can reduce reliance on oil or butter, cutting fat and calories from your diet.

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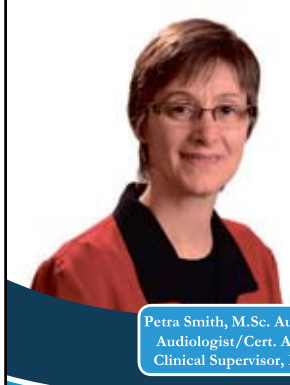

Introducing Petra Smith

Petra Smith graduated with a Master of Science degree in Audiology in 1993 from Manchester University. For many years, she worked in hospital based hearing health care before becoming a licensed hearing aid dispenser in Manitoba in 2007. She is currently President Elect with the Canadian Academy of Audiology. Petra is a longstanding member of the Helix Team in Manitoba and is delighted to be moving to Brandon with her family.

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Fleury heading to Westman for Building Resilience Speaker Series

Submitted

The Shilo Military Family Resource Centre is excited to bring in Theo Fleury, a highly motivational speaker, as part of the MFRC's "Building Resilience Speaker Series."

Through gracious donations and funding we have received for community wellness, we are pleased to host an evening with Theo Fleury. The idea surrounding this community wellness series is to bring in special speakers to motivate and inspire the military community. We want the participants attending to enjoy a good meal while listening to a stimulating speaker.

In 2003, Theo Fleury walked away from hockey, from the only life he knew. He left millions of dollars, millions of fans, millions of questions behind him. He had to.

To meet Theo is to meet a survivor. His story is a common one – and an uncommon one as well.

Theo's Story – Don't Quit Before the Miracle is a message everyone needs to hear at some point in their life. It's about hope, about moving forward, about never giving up, even when the obstacles you face appear overwhelming and unbeatable.

From the greatest heights to the lowest depths, both professionally and personally, Theo shares a message about winning it all, losing it all, and reinventing it all

Theo will speak Monday, Mar. 24, at the Victoria Inn in Brandon and Tuesday March 25 in Shilo. For both these events doors open at 5:30 dinner is at 6 p.m., speaker to follow. Tickets for the Brandon appearance are available at the MFRC or in Brandon at Medi-Chair (425 Pacific Ave.) and Branstone Financial Strategies (Renaissance Station 4A - 457 Ninth Street) until Mar. 17.

Tickets for this event that includes supper is $40 for the general public. Military members are eligible for two free tickets. Members of the defence team will be entitled to one free ticket. Tickets must be purchased in advance. A refundable deposit of $20 per ticket is required. Deposit will be returned on the evening of the event. Tickets must be purchased before Mar. 17. Child care vouchers are available for military members, contact the MFRC for details.

Limited tickets for these events will be available to the general public, and can only be purchased by contacting Garry Reid at garry.reid2@forces.gc.ca.

Garry Reid is the Program Coordinator at the Shilo Military Family Resource Centre.

Journal photo by Jordan Wasilka

WWE Hall of Famer Mick Foley entertains the crowd during his show at The 40 on Tuesday, Feb. 18.

Manitoba Lung Association delivers "Breath of Spring" to the Wheat City

Submitted

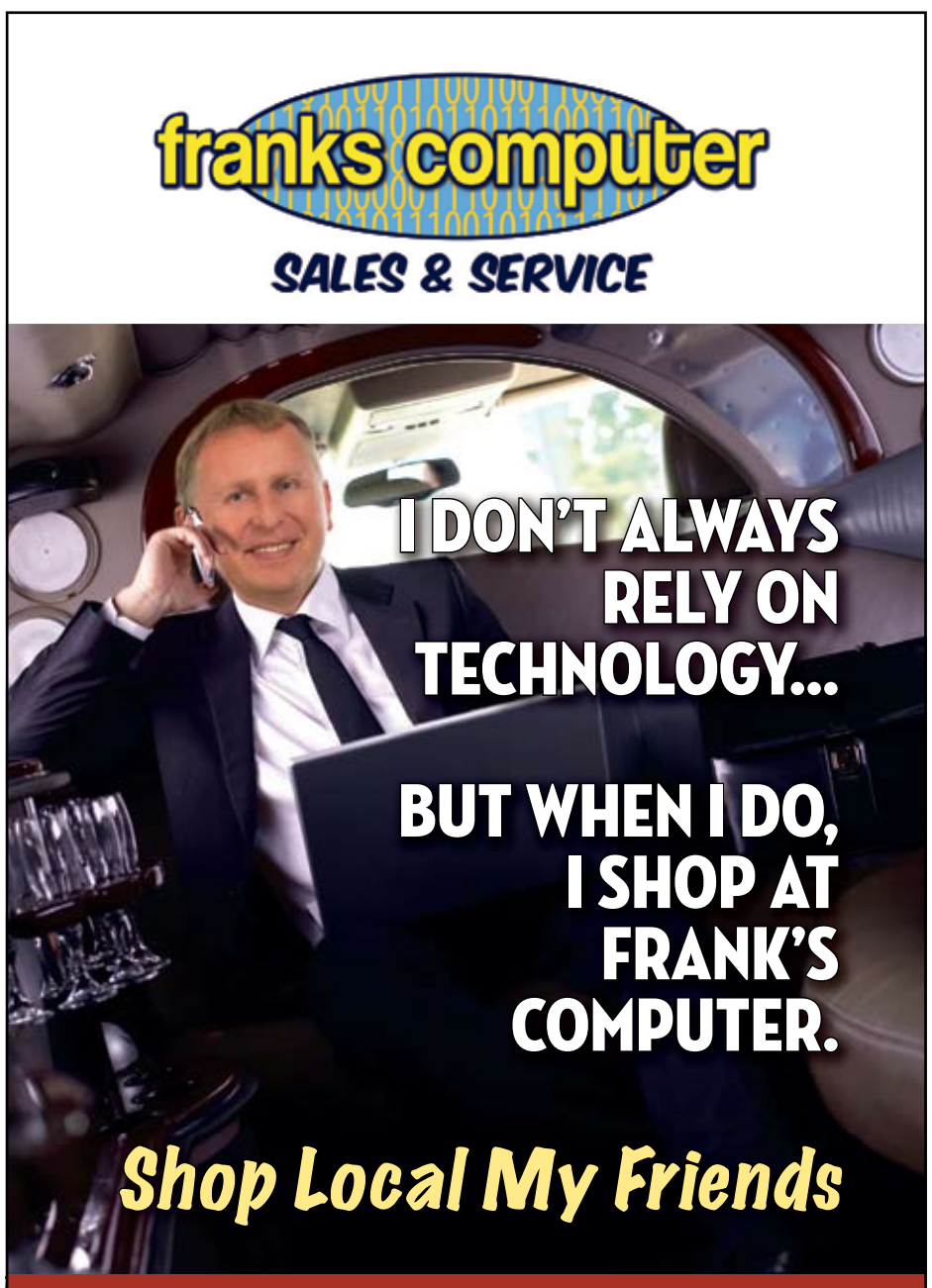
Employees throughout Brandon will be sporting big smiles this week as they are treated to a "Breath of Spring."

The Manitoba Lung Association, with the help of dedicated volunteers, are delivering beautiful, brightly coloured bunches of tulips that were ordered through the Breath of Spring Tulip Campaign, to workplaces around the City.

The cheer doesn't stop there as the blooms will be available to the public at local businesses around Brandon on Thursday, Friday and Saturday. This marks the 15th year for the Breath of Spring Tulip Campaign, a major fundraiser for The Manitoba Lung Association.

Anne Walker of Brandon has been a tulip volunteer for over a decade. "I love selling the tulips," she says, "The flowers really attract a lot of attention, and after the wicked winter we have had, are very uplifting for people!"

The tulips sell for $6 per bunch of 5, or 2 bunches for $10. All money raised stays in Manitoba to help support lung health throughout the province.



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What's in the Weeklies?

By Kaiten Critchlow

Hydro Hiccup
Minnedosa

Folks in Minnedosa aren't happy about Neepawa being selected as the new regional site for Manitoba Hydro's local office, or at least that's the tone taken at a recent meeting held in that community.

The *Minnedosa Tribune* writes that a meeting was held in Minnedosa Tuesday, Feb. 11, that saw council members and concerned citizens meet with three Manitoba Hydro reps to seek answers as to why their local Hydro office will be closed by 2017, with employees being relocated to a new office to be built in Neepawa.

Hydro reps responded by noting not many people actually pay bills in person at offices anymore, and the decision to close 24 rural offices will save the Province significant costs.

Those in attendance seemed to understand the logic, but still questioned why Neepawa – instead of Minnedosa – was chosen to be the new site for the building.

Hydro reps responded by noting the decision was made in 2008 to make Neepawa the area's hub based on response time to surrounding communities.

Olympic Experience
Virden

It was an Olympic dream come true for a young skating pair from Virden.

The *Virden Empire-Advance* ran a front-page feature on its hometown heroes Paige Lawrence, 23, and Rudi Swiegers, 26, who placed 14th in the pairs skating at the 2014 Olympic Games in Sochi, Russia.

Swiegers and Lawrence were 13th after the short program skated on Feb. 11, and finished 14th following their long program the next night.

Fair Follies
Treherne

One of Treherne's storied events is in jeopardy this year.

The *Treherne Times* ran a story to inform its area communities that the Treherne Agricultural Society is short on volunteers – and is in desperation mode for new ones.

The committee is currently supposed to be planning Treherne's 114th annual fair for this summer but fears, without increased volunteer participation, organizing and running the fair won't be feasible.

New Headquarters
RM of Wallace

The people making decisions for the RM of Wallace may soon find themselves in a new office.

The *Virden Empire-Advance* reports the Rural Municipality of Wallace's council has voted unanimously in favour of constructing a new municipal office.

An exact timeline for the project wasn't given, but the new office will be built at the intersection of Highway 83 and Provincial Road 257.

Purchase Delayed
Minnedosa

The Minnedosa Heritage Committee (Save Our Station) has rejected the CP's latest offer for selling the community's historic railway station, in part because accepting the offer would likely put the group into bankruptcy.

According to the *Minnedosa Tribune*, the committee offered to purchase the building for $1 – an offer that was "okay'ed" in 2005 but has never been followed through with by the CP – plus a $1,500 lease in perpetuity in the form of a charitable tax receipt. The committee also noted it has invested $70,000 in materials and $24,000 worth of volunteer labour into the building.

CP reportedly countered the offer with a $30,000 plus GST, as well as a five-year lease at $1,800 plus GST per year. The heritage committee would also be responsible for the $5 million liability insurance option.

According to the newspaper, the offer was rejected by the heritage committee, but a CP rep noted it intends to review and return to the matter in the near future.

The committee began its pursuit of purchasing the building in 1996.

Wheat Kings get official MB plates

By Journal staff

A new Brandon Wheat Kings specialty licence plate will soon be available to Manitoba motorists.

The Wheat Kings licence plate, to be administered by Manitoba Public Insurance, is now available as of Monday, Feb. 24. The plates are $70, with $30 of that fee going toward the Brandon Humane Society.

Kelly McCrimmon, governor, general manager and head coach of the Wheat Kings, said the Wheat Kings organization has the most passionate fans in the Western Hockey League. "This plate will be the perfect accessory for vehicles in Westman and across the entire province," he added.

"Brandon's team slogan this year is 'It's Time,' and today I'm happy to announce it is, in fact, time for a Wheat Kings specialty licence plate," said Justice Minister Andrew Swan, minister responsible for Manitoba Public Insurance, during the announcement last week. "The Wheat Kings hold a special place in the hearts of countless Manitobans and this beautiful new plate will give these fans a chance to display that affection while also supporting a great cause."

Wheat Kings fans will be able to visit any of Manitoba's more than 300 Autopac agents to purchase their plates.

The Wheat Kings plate is the seventh specialty plate issued by the province.

Manitoba previously approved issuing specialty plates for the Winnipeg Jets, Winnipeg Blue Bombers, Winnipeg Goldeyes and Curl Manitoba, as well as specialty licence plates to honour veterans and firefighters. A Fish Futures specialty licence plate was also issued for trailer use.

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Body image, disordered eating and awareness

This article was supplied by Prairie Mountain Health and edited by Journal staff.

Did you know 3.5% of women and 2.0% of men will have an eating disorder sometime in their life? Eating disorders affect all ages, classes, ethnic backgrounds and abilities; all types of people are affected.

- A survey found that 28% of grade nine girls engage in weight loss behaviours.
- In the U.S. 90% of 10 year olds want to diet.
- A study on 14-15 year old girls found that those who engaged in strict diet practices were 18 times more likely to develop an eating disorder within 6 months.

The truth is that diets often don't work and may lead to weight gain and/or eating disorders. Most people regain the weight they lose within 5 years. This is partially because of set weight, meaning that our genetics and not only our eating habits and activity determine adult body size.

We should think of weight like we do height. Some of us are pre-set to be shorter or taller than others, and likewise some of us are pre-set to be heavier or lighter than others.

This is completely normal. Our bodies like to stay stable. Our metabolism will actually slow down to promote weight gain if our brain feels we have lost too much weight.

This was good for survival when food was hard to find. It is only recently that we've had access to lots of food all of the time.

Unfortunately our set weight can go up but it can never go down. Most of us plateau or start to regain the weight that we worked so hard to lose when our brain decides we have lost too much weight.

What should we do? Ditch the diet, eat mindfully and be as active as we can fit into our daily lives. This means eating when we are hungry and stopping when we are full, and letting ourselves eat whatever we feel our bodies need.

Preventing eating disorders is possible. We can do this by improving our own body image and self-esteem.

Body image is the mental picture you have of your body and how you perceive yourself when you look in the mirror. Self-esteem is how you value and respect yourself.

We can help to prevent eating disorders by being positive role models.

- Model a healthy lifestyle by eating well, being active and resting up.
- Learn how and teach others to recognize and manage stress in positive ways such deep breathing, listening to music, or going for a quick walk.
- Praise others for who they are and what they do and not by how they look.
- Don't ignore negative comments others make about how people look, including size, shape, cultural dress or race. Use these as teachable moments without shaming anyone.
- At home try not to talk about how people look, positive or negative. We need to realize that is not only normal, but a wonderful thing that we are all different.

There are many signs of eating disorders. A few include cycles of gaining or losing large amounts of weight, preoccupation with food, diet, weight and shape, avoiding food even when hungry, feeling guilty or ashamed of eating and/or feeling better when restricting eating.

- Recovery is possible, but professional help is usually needed.
- If you think that you or someone you know might have an eating disorder, find help as soon as possible.
- See your doctor or nurse practitioner, mental health worker or phone the National Eating Disorder Helpline at 1-866-633-4220.

Find more great resources at these websites: National Eating Disorder Information Centre – www.nedic.ca; Canadian Mental Health Association Winnipeg – www.cmhawpg/mb.ca

Selinger's gov't projects $432M deficit for 2014, budget to be released March 6

By Journal staff

Despite announcing a projected deficit of $432 million for 2014 last week, the Manitoba government says it's continuing to make progress toward a balanced budget – the deficit projection is $86 million less than budgeted last year. The Selinger government also confirmed that the budget will be delivered on March 6 when the legislature comes back into session.

Finance Minister Jennifer Howard says that the provincial government is "working to return to balance" via steadily growing the economy by building the province and creating "good jobs."

"We also have to keep finding ways to reduce spending," added Howard. "We will continue to modernize and find the most efficient ways to deliver the best services possible for Manitoba's families."

Budget 2013 projected a $518-million summary deficit for this year as part of Manitoba's plan to protect front-line services, create jobs and grow the economy while working toward a balanced budget. The minister said the deficit projection is now $432 million, an improvement of $86 million in what was forecast and a reduction of $148 million from last year's deficit of $580 million.

"Although we are currently on track, we now face the additional and unexpected challenge of $100 million less than was expected in transfer payments each year," said Howard. "The population undercount by Statistics Canada is going to mean $100 million from services in health care and education that our government still needs to provide to the people of this province."

The finance minister also said that the provincial government has approved a special warrant. The largest portion of the supplementary funding is for emergency expenditures with $144 million required for forest-fire suppression, disaster financial assistance and flood settlements. The net impact of the special warrant is $131 million, with $96 million in savings offsetting the $228 million required to address the emerging in-year spending pressures.

"Despite the pressures in emergency expenditures, our government remains on track and even doing a little better than expected in reducing our deficit," the minister said. "We will continue with our balanced approach that has allowed us to make this progress while protecting services that Manitoba families count on."

Open House

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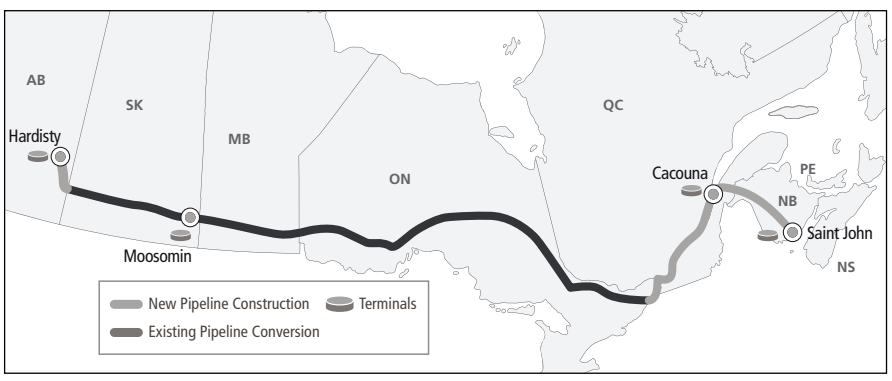

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National Dress in Blue Day turns education into action

Submitted

The Canadian Cancer Society estimates nearly 25,000 Canadians are diagnosed with colon cancer every year and 10,000 die from this disease. The Colon Cancer Alliance says that it refuses to accept these staggering statistics for a disease that can be largely prevented through recommended screening.

That's why the organization is urging individuals, businesses and community groups across the country to participate in the nationwide Dress in Blue Day movement on Friday, Mar. 7. By wearing blue and urging others to do the same, you can help make a splash this March by putting colon cancer on the map across the country. The event takes place in conjunction with National Colon Cancer Awareness Month in March.

"By simply wearing blue on March 7th, you could help save the life of someone you love," says Eric Hargis, Colon Cancer Alliance CEO. "This simple act encourages people to talk to friends, family and coworkers about colon cancer and the importance of being screened. One conversation at a time, we're knocking colon cancer out of the top three cancer killers. That's what Dress in Blue Day and March are all about."

National Dress in Blue Day is held on the first Friday in March in communities and offices throughout Canada. The Colon Cancer Alliance first launched the Dress in Blue Day program in 2009 to bring nationwide attention to colon cancer and to celebrate the courage of those affected by this disease. Today, thousands of people show their support by wearing blue and hosting other unique events.

You can get involved in Dress in Blue Day by starting a fundraiser, hosting an awareness event at your workplace or school, submitting photos to the Get Blued! Photo Contest, decking yourself out in blue merchandise, distributing flyers and pin-up kits at local businesses, spreading the word on social media and so much more.

By "getting blued" and increasing national education about colon cancer, lives will be saved. Stand with the Colon Cancer Alliance and help knock colon cancer out of the top three cancer killers. Learn more and find other ideas at www.dressinblueday.org.

New exhibit open at Daly House

Submitted

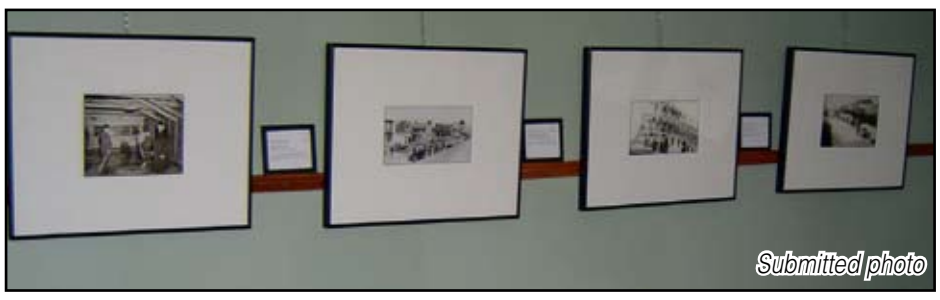
Visit Daly House over the next six weeks and enjoy a series of photographs that will take you back in time as the Museum is proud to present "Images - a unique window into Manitoba's recreational past", from Feb. 17 to Mar. 31, 2014. The exhibit includes 28 photographs gathered from various rural Manitoba community archives, including Daly House Museum, for the Rural and Northern Archives Special Interest Group.

Restored by artist Lorne Coulson, each black and white image focuses on the games and recreational activities which roughly 15 rural Manitoba communities participated in between the late 1880s and early 1950s. Many of them are whimsical, revealing how people of the past had fun in spite of primitive sports facilities or lack of means.

"This exhibit is the perfect opportunity for people to pause in the middle of their busy day and reflect on how people used to have fun and unwind," says curator Eileen Trott. "These images let us see just how far we have come and how aspects of some recreational events and activities have remained the same over the years."

"Images" was originally planned as a two-year exhibit to raise awareness of the photograph collections in community archives. Because of the great interest it generated, the exhibition tour is now entering its fourth year after touring the entire province from Le Pas to Altona. It also spent a month at the Keystone Gallery at the Manitoba Legislature. Unfortunately this little window into the past will only remain in Brandon until the end of March and will soon be out of circulation.

"After this, the photos will be going on to perhaps two more locations in the province, and then the tour will be discontinued," says Trott. "It has been a wonderful opportunity for all the rural archives involved to highlight the importance of preserving our collections to tell the stories of past generations."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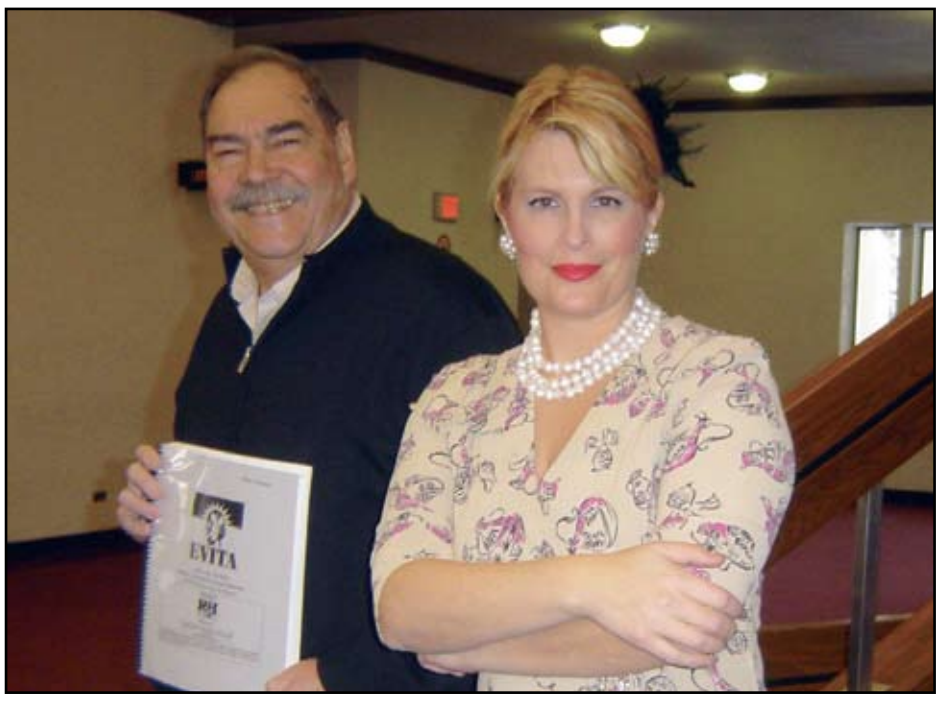
Auditions to be held in April for first-ever Brandon performance of Evita

By Journal staff

Early next year, from Jan. 15 to 18, 7 Ages Productions will bring the musical *Evita* to Brandon, with Naomi Forman in the title role. The Andrew Lloyd Webber and Tim Rice musical has never been staged in Brandon before.

Evita tells the story of Eva Peron, wife of the President of Argentina, who garnered a cult-like following before her untimely death from cancer. It was Webber and Rice's second big Broadway sensation, featuring the showstopper, "Don't Cry for Me, Argentina." The lyrics are innovative and witty, while the music throughout is alternately beautiful and rousing.



Submitted photo

George Buri of 7 Ages Productions with Naomi Forman. Forman will play the titular lead role in the 2015 production of *Evita*.

Productions of the play in London's West End in 1978 won the Laurence Olivier Award for Best Musical, and on Broadway a year later it was the first British musical to receive the Tony Award for Best Musical.

While the lead role of Evita is already set – Naomi Forman will play the titular Argentinian – 7 Ages will be holding auditions for the remainder of the roles in late April.

"We need a corps of strong singers because, like Les Misérables, Evita is a sung-through show," says George Buri of 7 Ages Productions. "There is also a huge amount of dancing, and choreographer Linda Kearns will play a big part in the show. Roles include Juan Peron, story narrator Che, nightclub singer Magaldi, Peron's mistress, and a company of male and female singers and dancers."

Buri says he is delighted to be producing the classic musical and has had the show on his radar for years. "I've been talking to Naomi about it for several months, and she was able to clear her schedule to do the show. She is well known in Brandon for her classical performances, but she's also experienced in musical theatre. She has appeared professionally in Winnipeg for Rainbow Stage, Dry Cold Productions, and the Gilbert and Sullivan Society where her performances received very positive reviews."

Soprano Naomi Forman is already focusing on preparation for the lead role. "Evita is every actress's dream role," she says, "a rags-to-riches story of a young girl from an impoverished area of Argentina who rose to be the 'heart of the nation' as First Lady of Argentina. It's a very challenging role – Eva is on-stage most of the time, leaving just long enough to change costumes. It's a vocal marathon!"

Dance auditions will be held Apr. 27 at 7 p.m. at Dance Images, and vocal auditions on April 29 and 30 from 6 to 10 p.m. at 7 Ages Studio. Auditionees must prepare a short memorized monologue and a musical theatre song. Call 204-727-3156 to schedule an audition time.

Later in the season, 7 Ages will produce Mel Brooks' *Young Frankenstein*. A send-off of the Frankenstein story, the musical is reminiscent of *The Producers* – zany and pure fun. Show dates are Apr. 9 – Apr. 12, 2015. Auditions will be announced later.

For more information about these shows and other 7 Ages projects, visit www.seven-ages-productions.com.

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Manitoba designates Hells Angels as criminal organization

By Journal staff

For the first time in North America, the Hells Angels Motorcycle Club has been listed as a criminal organization, eliminating the need to repeatedly prove this designation in the enforcement of provincial laws, Justice Minister Andrew Swan announced last week.

"This is a milestone for Canada and a clear signal that Manitoba will continue to develop and use every tool available to fight criminal organizations and the threat they pose to Manitobans," said Minister Swan. "It is now law in Manitoba the Hells Angels Motorcycle Club is a criminal organization."

This designation follows an extensive application filed by the province's director of policing last spring to have the Hells Angels Motorcycle Club listed as a criminal organization.

The application was based on extensive evidence collected from across Canada, information from organized crime experts and court findings from across the country.

"Organized crime is not welcome in the province of Manitoba," said Assistant Commissioner Kevin Brosseau, commanding officer of RCMP "D" Division. "The RCMP has prioritized enforcement efforts to focus on eliminating organized crime and this announcement today provides us another tool in our tool kit to help us ensure the safety and well-being of Manitobans."

When criminal organizations are added to Manitoba's Schedule of Criminal Organizations, it will result in more swift and effective enforcement of provincial laws. It will also remove the requirement to repeatedly prove these groups are criminal organizations.

As a result, it will reduce the time spent by police, justice officials and the courts to determine that groups are criminal organizations.

This designation now applies to all provincial laws including:

the Safer Communities and Neighbourhoods Act, which has shut down 750 drug, prostitution, criminal organization, weapons and other unlawful operations in Manitoba since it was put in place;

the Fortified Buildings Act, which was used to remove fortifications from the Hells Angels' first clubhouse in Winnipeg and 98 other drug and gang houses, which posed a danger to the public; and

the Criminal Property Forfeiture Act, which is used to forfeit the proceeds of crime and instruments of crime, like houses used in marijuana grow operations and gang clubhouses including a Hells Angels clubhouse in Winnipeg.

Public notice of the application was issued to the Hells Angels Motorcycle Club and by law they were able to review a summary of the case and object in writing. No objections were received.

The legal process included an independent external review panel, which is made up of at least three people who are not government employees or currently serving as police officers.

They examined all materials and determined the Hells Angels Motorcycle Club met the test of being a criminal organization.

The creation of the Schedule of Criminal Organizations is based on extensive research completed by Manitoba's Organized Crime Initiative.

This Manitoba program has also led to changes to the Criminal Code of Canada including making gang homicides first-degree murder, the creation of a new offence to deal with drive-by shootings and recognizance orders used to control gang members while in the community, said Minister Swan.

BRANDON CRIME STOPPERS 727-TIPS
727-8477

VEHICLE ARSON

Sometime between Jan. 28 and Feb. 12, someone broke into a White Ford F350, which had been left parked at the Keystone Centre. The side mirrors and keyless entry pad on the vehicle were damaged. Once inside the vehicle, the suspects set a fire in the area of the rear seat causing burning and extensive smoke damage.

If you have any information of who is responsible for this or any other crime, or about a person wanted by police, you are asked to call Brandon Crime Stoppers at 727-TIPS (727-8477). Crime Stoppers does not subscribe to call display. Your call is not recorded and your identity will remain anonymous. Crime Stoppers will pay up to $2,000 cash for information that leads to the solution of a crime.

WANTED BY POLICE

GARFIELD JOSEPH CHARTRAND, 38, is charged with Operate Motor Vehicle While Impaired, Fail/Refuse to Comply with Peace Officer Demand for Blood Sample along with several Highway Traffic Offences. Police report that on Dec. 12, 2013, a vehicle was stopped and checked in the 2700 block of McDonald Avenue. The driver was arrested for Impaired Driving. After being released from custody, the suspect failed to attend court on Jan. 16. A warrant of arrest has been issued for **Garfield Joseph Chartrand**, who is also currently wanted by another jurisdiction for an outstanding arrest warrant.

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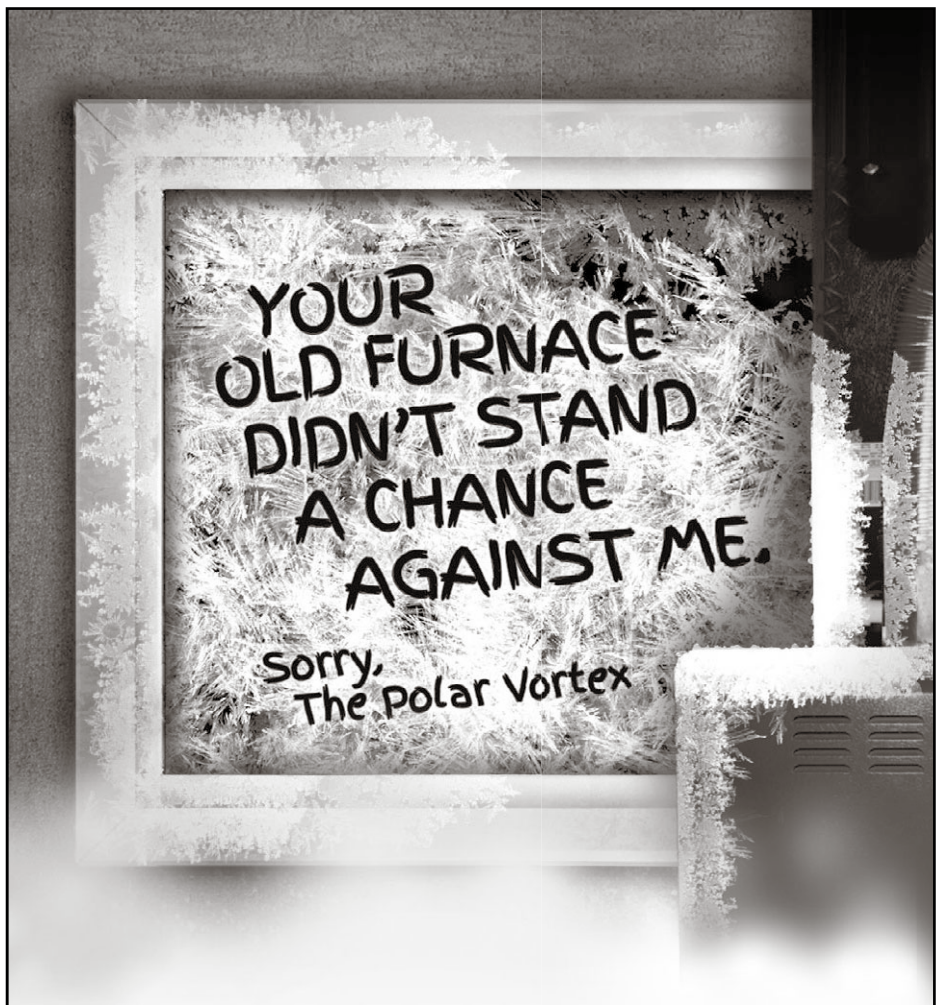

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First case of porcine epidemic virus confirmed on Manitoba farm

By Journal staff

Based on a positive test result from the National Centre for Foreign Animal Disease, the province's first case of the porcine epidemic diarrhea (PED) virus on a farm in southeast Manitoba has been confirmed by the Office of Chief Veterinary.

Manitobans are being reminded that PED is not a food safety issue and it does not affect humans. However, it can be a severe and often fatal illness in newborn and young pigs. Older animals often have less serious symptoms and generally recover.

The CVO and the Manitoba Pork Council developed a response plan last fall on how to work with affected farms, the hog industry and other stakeholders to eradicate the disease on any infected farms, prevent the spread of PED and investigate the sources of infection. They are following through on that plan with the affected farm and with the industry as a whole.

The affected farmer has been working closely with the Manitoba government and the MPC to contain the virus on the premises and has chosen to restrict all animal movement on and off the farm. To date, the animals have shown less severe symptoms and mortalities are within the normal range for a farm operation of this type.

The current focus of the Office of the CVO's investigation is to identify any contact that other farms may have had with the premises. The investigation will also look into how the virus may have arrived at the farm.

On Feb. 3, the Manitoba government and the MPC launched a rapid-detection monitoring program for PED where facilities that move or handle large numbers of pigs can determine if they have been exposed. No cases have been detected using this system to date, but its operations will continue.

> **PED is not a food safety issue and it does not affect humans. However, it can be a severe and often fatal illness in newborn and young pigs.**

Trucks transporting pigs can help reduce the risk of transmitting PED between farms by following appropriate truck-washing protocols. The Manitoba government, the MPC and the Canadian Food Inspection Agency have been providing this information to transport vehicles at the Manitoba border since earlier this month.

There are now 15 farm premises that have tested positive for PED across Canada including 13 in Ontario and one in Prince Edward Island. Manitoba has notified other jurisdictions of its first case and will remain in regular contact with chief veterinary officers and other industry stakeholders across the country on this issue.

Producers are encouraged to continue with the necessary biosecurity protocols to prevent the spread of PED and report suspected cases to their veterinarian as soon as possible. The MPC can provide resources and expertise in this area and producers can connect with them at 1-888-893-7447 (toll-free) or online at www.manitobapork.com.

Manitoba getting tougher on impaired driving

By Journal staff

Justice Minister Andrew Swan recently announced that Manitobans convicted of impaired driving will be subject to clear and decisive consequences if they fail to follow the rules of the province's ignition interlock program.

"Impaired driving is not acceptable and the consequences are serious and significant," said Minister Swan. "We want to ensure our message to Manitobans is clear; the changes coming into effect this month will ensure convicted impaired drivers fully understand what is expected if they wish to drive in Manitoba, as well as the consequences for not following the rules."

Amendments to the Highway Traffic Act were introduced last spring and came into effect on Feb. 15. These changes clarify that drivers who operate a motor vehicle without following all the rules of the ignition interlock program will face the full consequences for driving while disqualified including vehicle impoundment.

The changes also allow a driver with a restricted licence to request permission to operate an employer's vehicle not equipped with an ignition interlock device if the use of that vehicle is necessary to maintain the driver's employment.

Convicted impaired drivers participating in the ignition interlock program are required to do so for one year for a first or second conviction, three years for a third conviction and for life for a fourth or subsequent conviction.

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Panel to give expert advice to Westman entrepreneurs

By Journal staff

For one evening only, a panel of business experts will be in Brandon to provide free information and guidance to entrepreneurs looking to start and grow their businesses.

On Thursday, Feb. 27, organizations dedicated to supporting Manitoba entrepreneurs have organized an "Ask The Business Expert Panel."

Individuals considering starting a business and existing entrepreneurs are invited to this free evening event at the Brandon Riverbank Discovery Centre. They will have the opportunity to hear about resources that could help them launch or grow their businesses. There will also be time to network with the experts and other entrepreneurs.

The aim of the evening is create awareness about the business support programs so that entrepreneurs in Brandon and the surrounding communities can be successful, according to Trent Clayton, Business Development Officer at Community Futures Westman. "There will be representatives from nine different organizations on hand to answer questions," explains Clayton. "While the panelists will talk about financing opportunities, business counselling, training options, marketing and more, they will also take their cue from attendees and provide information that is relevant to those in attendance."

The expert panel will include representatives from the following organizations:

- Aboriginal Business Service Network
- Canadian Youth Business Foundation
- Entrepreneurs with Disabilities Program
- Entrepreneurship Manitoba
- Young Entrepreneurs Business Grant Program
- Community Futures Westman
- Manitoba Agricultural Services Corporation
- Women's Enterprise Centre of Manitoba
- Manitoba Agriculture, Food and Rural Development

The event will take place on Feb. 27, 2014, from 6:30 to 8:30 p.m. at the Riverbank Discovery Centre. Attendance is free, but pre-registration is requested. To register call 204-726-1513 or email bdc@cfwestman.ca.

Temporary WWII plane exhibit opens in CFB Shilo RCA Museum

Submitted

A vintage Second World War aircraft is now on display at the RCA Museum at CFB Shilo. The Taylorcraft Auster Mark V arrived from England last fall and is now ready to be put on display for the public to see.

The aircraft was flown in action by Canadian Gunner Officers from 665 Air Observation Post Squadron (AOP) over Northwest Europe. The Auster Mark V is a high-wing, single-engine, tail-dragger, fabric-covered monoplane, built during the WW2.

"We brought home a Canadian combat veteran," said RCA Museum director Marc George. "There isn't a more powerful way to connect with what our soldiers have done than to see the artefacts they used. Now our visitors will be able to get face to face with an aircraft flown in action by Canadians in war."

Museum hours are 10 a.m.–5 p.m. Monday to Friday. After Victoria Day weekend the Museum is open seven days a week 10a.m.–5 p.m. until Labour Day.

Submitted photo

YOUR HEALTH

President's own story: 15 years ago I started to have arthritis, prostate, kidney, snoring and sleep apnea problems, which were all helped quickly with natural health products. I made it my life's purpose to help others. *Nick A. Jerch*

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Notice of Surplus Proceeds at Auction at Rural Municipality of Whitehead Tax Sale

RE: Excess from Proceeds of a Tax Sale
Alexander Booley – Registered Owner
Lots 12 to 15 Block 2 Plan 75 BLTO - Roll 21800

On September 27, 2013, the above noted property was sold at public auction to recover tax arrears.

The property was sold for a price that exceeds the tax arrears and costs by more than $200. The excess amount at the date of this notice is $2,496.14.

Pursuant the terms of section 380 of *The Municipal Act,* notice is hereby given that you are entitled to make an application to the Court of Queen's Bench for an order for payment of all, or part of the excess.

Every person entitled to notice of the tax sale may apply to the Court within **3 years** after the auction, for an order for such payment. You may wish to consult with a lawyer regarding the process required to bring this matter before the Court.

Dated this 28th day of January, 2014.

TAXervice

Cindy Izzard
Chief Administrative Officer
Rural Municipality of Whitehead
(204) 752-2261

This Notice is published for the purpose of effecting substitutional service thereof upon ALEXANDER BOOLEY, as set out in the said Notice pursuant to the order of the District Registrar dated May 14, 2013.

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Brandon siblings to compete in curling at MB Winter Games

By Robin Wark

The Manitoba Winter Games will definitely be a family affair for the Payettes of Brandon.

Siblings Kaitlyn, 16, and Brayden, 13, are teaming up to represent Westman at the Mar. 2-8 multi-sport event in mixed doubles curling.

Also at the event, held in Winkler, Morden, and the R.M. of Stanley, Brayden will be competing for Westman in junior men's curling.

Their mother, Theresa, is the manager for mixed doubles and is coaching the junior men's team. Duane, their father, is coaching the mixed doubles squad and is the manager of the junior men's rink.

Curling is something the Payettes are all passionate about – and often do together. For the fifth straight year, they compete together as a mixed team at the Brandon Curling Club. Brayden curls on a men's team with his father, while Kaitlyn used to curl on a ladies rink with her mom. The family participates in various mixed and open bonspiels.

"We love curling with our kids," Theresa said. "Just a few years ago we said it won't be long and our kids will be playing third and skip and we will be playing front end. We're close to that point already!"

Both Kaitlyn and Brayden curl competitively in the Junior Super League in Brandon and their own men's and women's junior teams. Kaitlyn skips her own ladies rink.

She is looking to gain experience at the Manitoba Winter Games. Kaitlyn also feels that being able to represent Westman with her brother in mixed doubles is a great opportunity. She said that mixed doubles is more difficult than it looks. Each two-player team only throws five rocks in an end. One rock from each team is already pre-positioned in the house.

"There is lots of strategy involved," Kaitlyn said.

She got her start in curling at the age of six. After a decade on the ice, Kaitlyn has a passion for the sport.

"I love the competition and the strategy involved in the game. Of course, it's also fun making new friends as you meet many through curling."

Brayden has been curling for seven years now. He is looking forward to the experience of the Winter Games as well as meeting new people and having fun curling at the competitive level. He plays third for the Westman junior men's rink, which had to qualify to represent the region.

Submitted photo
Brayden Payette

Brandon Ringette excited for upcoming Games

By Robin Wark

Brandon's Abby Wakewich is excited about many aspects of representing Westman at the 2014 Manitoba Winter Games.

She is one of 15 players – 13 skaters and two goalies – chosen to compete for Westman at the multi-sport event hosted March 2-8 by Winkler, Morden, and the R.M. of Stanley.

The Winter Games draw about 1,500 participants in 10 different sports. The Westman ringette squad is separate from the Brandon Ringette Association, but all players are members of it.

"I am looking forward to all the new experiences I will have at the Winter Games," Wakewich said. "Brandon Ringette has not had an opportunity like this before, so we are all excited to take part in this once in a life time experience."

Teammate Sydney Houlihan is also looking forward to the experience and is excited to play on a competitive team. Kristy Mabon, who coaches the team with Colleen Sigurdson and John Houlihan, said the main strength of the Westman squad is its great team dynamics.

"All the players know each other; having played with one another at some time during their ringette career… The players respect one another and have demonstrated the desire and interest to strive to become the best ringette player they can be – all with the goal of helping their team achieve success at the Winter Games," Mabon said.

Last August eligible players, born in the years 2000 to 2002, registered to try out for the team. In three separate tryouts, players were evaluated in a game situation and drills. Some players are veterans, while others are relatively new to the sport.

Sydney Houilhan started playing ringette in Grade 3. It is now her fourth year playing the sport. She enjoys the game's rules about passing and the teamwork required. The young athlete also likes being part of a team, especially at tournaments.

Wakewich got her start in ringette in Winnipeg when she was six. The next year she moved to the Wheat City and joined the Brandon Ringette Association.

When asked what she enjoyed most about playing ringette, the 12-year-old said, "I don't think I could say just one thing I enjoy about ringette. I have a deep down love for the sport and people involved in it. I have met so many friends and have had so many great times while playing this sport. I would encourage girls of any age to sign up."

In addition to ringette, the other sports at this year's Manitoba Winter Games includes: badminton, cross country skiing, figure skating, curling, table tennis, gymnastics, hockey, wrestling, and Special Olympics curling.

Submitted photo

Brandon athletes slated to represent Westman in the Manitoba Winter Games

Badminton: Riley Chen, Katherine Lee, Nicole Russel, Jayden Sisson, Olivia Pieroni.

Curling Special Olympics: James Almas, Shannon Bauche, Harvey Chambers, Darla Cunningham, Jeff Gardiner, Trent Gussie, Art Haggstrom, Rick LaRoque, Mike Lee, Tammy Lumax, Scott Madder, Ted Mullens, Michelle Ranson, Sandra Revet, Glen Skayman, Daryn Thomson, Wayne Bauche.

Curling: Brayden Payette, Kaitlyn Payette, Kyle Gardiner.

Figure Skating: Kirsten Gutenberg, Taryn Gwynne, Taylor McMurdo, Cassidy Miller, Courtney Morken, Marijka Popadynetz, Tori Thiessen.

Gymnastics: Morgan Boryskiewich, Rhett Cruickshanks, Daphne Ellis, Rebecca Ellis, Kristjan Frederickson, Haley Gross, Lauryn Henriquez, Brooklyn Pratt, Nicole Russel, Emma Scott, Shae Worthington, Natasha Jones.

Hockey: Kristen Brown, Kristen Campbell, Jossa Danis, Jalyn Elmes, Alex Cook, Tanner Gaudry, Carson Gering-Boyechko, Sam Huston, Jay Webber, Connor Gutenberg.

Ringette: Ashley Derewianchuk, Hillary Derewianchuk, Daniele Dyck, Shaelyn Gustafson, Sydney Houlihan, Nicole Hutlet, Jessica Lohr, Lauren Michta, Kate O'Rourke, Kallie Pringle, Megan Remillard, Kaolin Sigurdson, Alex Smale, Abby Wakewich.

Note: This list is subject to change. There are athletes currently residing in Brandon that will compete for other regional teams.

Coach Paul Maurice has given Winnipeg Jets' fans hope

With every Winnipeg Jets' victory in early February, the screws tightened on about a half-dozen National Hockey League coaches.

Thanks a lot, Paul Maurice, said the coaches in Toronto, New Jersey, Long Island, Nashville, Vancouver and Phoenix and any other NHL city home to an underachieving club whose owners and fans had playoff visions dancing in their heads.

In January, you see, Maurice stepped into a quagmire that was the dysfunctional Jets' organization following the firing of Claude Noel, and suddenly his team started to win. In the first 12 games under his guidance, the Jets won nine, a .750 winning percentage that would easily earn a playoff spot if carried through an entire season.

Broadcaster Don Cherry, for one, wasn't surprised with the Jets' quick turnaround. Players almost always rise to the occasion following a coach's dismissal, he said, if only to ostensibly say to the general manager, 'See, it was bad coaching all along, not bad playing.'

As the NHL went on a three-week vacation thanks to the Olympic Games, the Jets found themselves a mere two points out of a playoff spot. Before Noel was given the boot, no one beyond the Jets' organization or its fan club entertained the notion of earning a playoff berth.

One team at whose heels the Jets are nipping is the Vancouver Canucks, who were 2-8 in the 10 games leading into the Olympic break. You think Vancouver general manager Mike Gillis isn't looking at the Jets' quick turnaround under Maurice and wondering if similar success could occur if John Tortorella was axed?

Maurice isn't exactly the second coming of Scotty Bowman, having missed the playoffs or been fired in 11 of his 15 seasons as an NHL bench boss. He coached nine seasons in Hartford/Carolina, guided the Toronto Maple Leafs for two seasons without making the playoffs and then was rehired for four seasons in Carolina, where he made the playoffs only once. Before the Jets hired him Jan. 12, he had been one of the analysts on TSN's NHL coverage.

The analyst's job is to let the world know you're an expert and now Maurice is being given the chance to prove that behind the Jets' bench.

So far, so good.

- Kirk Penton of *Sun Media*, about the Blue Bombers off-season activity: "Sure, the acquisition of an import receiver like (Nick) Moore is nice and all, but it's more of a shiny accessory on a car whose engine is leaking oil and whose passenger door fell off three blocks ago."
- Brad Dickson of the *Omaha World-Herald*: "NBC aired a special on a Turkish prison camp. Wait, that was actually a luxury hotel room in Sochi. My mistake."
- RJ Currie of *sportsdeke.com*: "A Saskatoon shopkeeper says Canadian authorities have banned imported products such as Marmite and Ovaltine because they pose a health risk. While they were at it, they banned watching the Buffalo Sabres."
- Dickson again, on Yankee Stadium hosting an outdoor NHL game: "Idea: Keep the penalty box and make A-Rod sit there all next season."
- Scott Ostler of the *San Francisco Chronicle*: "In answer to the question of many readers: Yes! When the Dodgers and Diamondbacks open the season in Australia, runners will run the bases clockwise."
- Bill Littlejohn, on the appearance by a man decked out in 49er gear at the Seahawks victory parade: "He was clearly trying to get on ESPN. It's more likely he'll be on the cover of Psychiatric Times."
- TC Chong, on curvy Kevin Stadler winning the Waste Management Open in Phoenix: "Shouldn't it have been named the Waist Mismanagement Open?"
- Cam Hutchinson of the *Saskatchewan Express*: "Funeral and casket companies are setting up displays in malls. In late April a display will be set up in the Toronto Maple Leafs dressing room."
- Brad Rock of the *Deseret News*: "A couple in Alabama has named its daughter Krimson Tide. Is this a 'Bama thing, or can fans plan on a baby named Thundering Herd showing up in West Virginia?"
- Janice Hough of *leftcoastsportsbabe.com*: "Wonder if at this point Roger Goodell is wishing the Saints had put out a bounty on Richie Incognito?"
- Mike Bianchi of the *Orlando Sentinel*: "Question: What do you get when you cross a NASCAR race with the Winter Olympics? Answer: Billybobsledding!"
- Another one from Dickson: "During every Winter Olympics, people reflect on the Miracle on Ice, which, for me, was that time I drove to work in 16 inches of snow in my Ford Maverick."
- Comedy writer Jim Barach: "Yankee Derek Jeter has announced he will retire at the end of the 2014 season. He would have quit before the year but just wants to enjoy going through an entire season without having Alex Rodriguez on the team."
- Another one from RJ Currie of *sportsdeke.com*: "I can't help wondering if the Islanders' Michael Grabner takes a lot of holding penalties."
- Headline at *SportsPickle.com*: "Bob Costas essay rips Vladimir Putin for human-rights abuses, failure to fund pinkeye research."

Care to comment? Email brucepenton2003@yahoo.ca

Housing crunch continues

The following opinion piece was submitted by the Canadian Centre for Policy Alternatives and edited by Journal staff.

Across Canada, housing prices slowed down in 2013, but in Manitoba, there are no signs of the housing crunch abating. Last month, the average house price in Winnipeg surpassed $300,000 for the first time ever, according to new data from the Canadian Real Estate Association. Good news if you are looking to sell, but tougher if you are just getting into the housing market.

However, it is not just home buyers who should be concerned about this news. Because the housing system is interconnected, these prices affect everyone. The increased cost of property pushes up shelter costs for both owners and renters. Although the Provincial government has made welcome investments in affordable housing in recent years, other levels of government need to ante up to ensure that all Manitobans can afford a place to live and call home.

Winnipeg was once known for its housing affordability.

Compared to super-hot markets like Toronto and Vancouver, it still is. But for too many citizens, the cost of shelter is prohibitively high. Rental rates have increased 60 to 65 per cent since 2000. According to the 2011 National Household Survey, 37 per cent of rental households in Winnipeg paid more than 30 per cent of their income for rent. More than half of all renters lived in housing that was unaffordable, overcrowded or in need of major repairs, meeting at least one the criteria of what is called core housing need. The outcome of these high rent costs is a housing crisis that leaves far too many in need of shelter, hundreds of whom end up in absolute homelessness.

For Manitobans at the low end of the pay scale, it is a struggle to keep up with rent increases. Even though the minimum wage has increased annually over the past several years, rents have gone up just as fast. In 2013, a minimum wage earner needed to work 54.2 hours per week to afford a one-bedroom apartment in Winnipeg based on Canadian affordability criteria. This is up slightly from 2007 when a minimum wage worker would need only 52.9 hours per week. No wonder so many people need second jobs to make ends meet!

For households on Employment and Income Assistance (EIA), or welfare as it is commonly known, the affordability gap is even greater. An average bachelor suite in Winnipeg costs $554 dollars per month. This amounts to 91 per cent of the total income for an individual on general assistance, leaving only pennies per day left over for food and other expenses. Doubtless, many on EIA live in rooming houses or Single Room Occupancy hotels that are sometimes cheaper than an average bachelor suite, but too often these accommodations lack basic safety and security requirements.

The housing affordability gap means low income people have to make tough decisions between paying the rent and food and other necessities of life, which leads to higher health care costs. Lack of housing stability results in reduced educational attainment for children of parents in core housing need. Homelessness costs Canadians $1.4 billion annually. Poor quality, crowded and unaffordable housing imposes costs that are harder to calculate but just as real.

At one time Canada was a world leader in supporting social housing. With cutbacks and fiscal restraint in the 1990s, the federal government abdicated its role, leaving provinces to shoulder the burden. Since, there has been a multi-billion dollar shortfall in affordable housing across Canada. As agreements between the federal government and non-profit and cooperative housing agencies phase out over the next twenty years, a further $1.7 billion dollars will be taken out of the social housing budget. So far, the Province has been able to pick up the slack, but it is unclear if they will continue to be able to indefinitely.

Manitoba has committed to 1,500 units of affordable housing and 1,500 units of rent geared to income by 2014. A further 500 units of each are promised by 2016. This is a positive development, but only a fraction of what is needed. To do more, cooperation among all levels of government is needed. In particular, the federal government should return to the table.

Adequate housing is a recognised under the Universal Declaration of Human Rights, to which Canada is a signatory. In a country as rich as ours, there is no reason that any family should not have access to decent housing. With the Canadian Human Rights Museum opening in Winnipeg this year, it is time to establish this right in fact.

New webinar offered for diabetes patients

By Journal staff

The Canadian Diabetes Association is will offer a new series of educational diabetes webinars containing relevant and up-to-date information for people living with type 1 and type 2 diabetes in Alberta, Saskatchewan and Manitoba. The webinars offer participants the convenience of viewership from home or any computer.

"These webinars will provide people with type 1 and type 2 diabetes free professional information, facilitated discussion and a new way to connect with others in the diabetes community," says Brie Hnetka, senior manager, programs and partnerships (Saskatchewan, Manitoba and Nunavut) at the Canadian Diabetes Association. "We hope to reach a diversified audience and serve residents in city, rural and even remote communities."

Residents from Alberta, Saskatchewan and Manitoba can sign up at no cost to attend any or all of the available one-hour webinars running from February to June 2014, with topics ranging from food and nutrition to health, travel, foot care, and more. The CDA says it's worked diligently to create a highly-informative and engaging series, which feature experienced diabetes educators, health professionals and other knowledgeable speakers.

A list of topics, registration and further information is available at diabetes.ca/diabetes-webinars.

For more information about the type 1 diabetes webinars, contact Maria Hayes at maria.hayes@diabetes.ca or Russell Thomson at russell.thomson@diabetes.ca. For more information about the type 2 diabetes webinars, please contact Jacquie Beavis at jacquie.beavis@diabetes.ca.

FarmLead Breakfast Brief – Change of Heart

By Brennan Turner

As the corn market continues to battle to get above $4.50 per bushel, the buzz continues to build for more soybeans in American coffee shops.

A recent survey by Bloomberg suggests that U.S. farmers will grow about five per cent more soybeans this year than 2013, planting 80.4 million acres of the oilseed (this is certainly not supportive for canola prices).

While the price paid for grain has gone down from the highs of 2012, the cost of inputs hasn't seen equal price downgrades and land prices certainly haven't dropped at a proportionate level.

As such, comments from farmers asked about their seeding plans included "I'm watching every penny because we're so close to break-even" and "You're putting less money at risk for the same profit (by planting soybeans over corn)". Ultimately, this can be a significant change for some producers who are known to just plant corn on corn on corn on… you get the idea.

The U.S.D.A. came out with their first estimates for the 2014-15 crop year and it included some small surprises but nothing that really shocked the market.

At the Agricultural Outlook Forum, the U.S. ag leader expects 92 million acres of corn, 79.5 million acres of soybeans, and 55.5 million acres of wheat. As for forward-looking prices for the 2014-15 crop year, the U.S.D.A. is calling for $3.90 per bushel corn, $9.65 soybeans, and $5.30 wheat.

Of course, a lot can happen between now and when the planters start rolling, so it's no surprise that the first estimates are usually around the average.

Argentinian farmers are finally opening their soybean bin doors as the recent devaluation of their peso has provided the opportunity to make some money.

The Argentinian peso has weakened over 16 per cent against the U.S. dollar since the beginning of the year and because most commodities (including soybeans) are priced in U.S. dollars, one bushel of soybeans is now (theoretically) worth 16 per cent more pesos.

Farmers have been quick to take advantage of the extra income increasing their sales significantly in just a few days as they know that any additional intervention by the Argentinian government could come up at any time.

While Argentinian producers are starting to sell their old crop soybeans, Bunge came out with their 4th quarter earnings and admitted that there will be logistical problems again this year in South America, especially Brazil.

The company expects a record 45 million tonnes of soybeans will be shipped out of Brazil this year. Dry weather in the south of Brazil in January though has some analysts pulling back their production estimates below the 90 million-tonne number.

Bunge did join the U.S.D.A. in saying that they expect U.S. sales to slow in the coming weeks and months as ships are already lining up in South American ports.

A leading indicator may be the most recent U.S. soybean export sales report which was well below expectations, so we should expect this change of heart by buyers over the origin of supplies.

Notice of Surplus Proceeds at Auction at Rural Municipality of Whitehead Tax Sale

RE: Excess from Proceeds of a Tax Sale
Robert Wayne Phillips – Registered Owner
Lots 18 and 19 Block 24 Plan 23 BLTO - Roll 96800

On September 27, 2013, the above noted property was sold at public auction to recover tax arrears.

The property was sold for a price that exceeds the tax arrears and costs by more than $200. The excess amount at the date of this notice is $1,776.74.

Pursuant the terms of section 380 of *The Municipal Act,* notice is hereby given that you are entitled to make an application to the Court of Queen's Bench for an order for payment of all, or part of the excess.

Every person entitled to notice of the tax sale may apply to the Court within **3 years** after the auction, for an order for such payment. You may wish to consult with a lawyer regarding the process required to bring this matter before the Court.

Dated this 28th day of January, 2014.

TAXervice

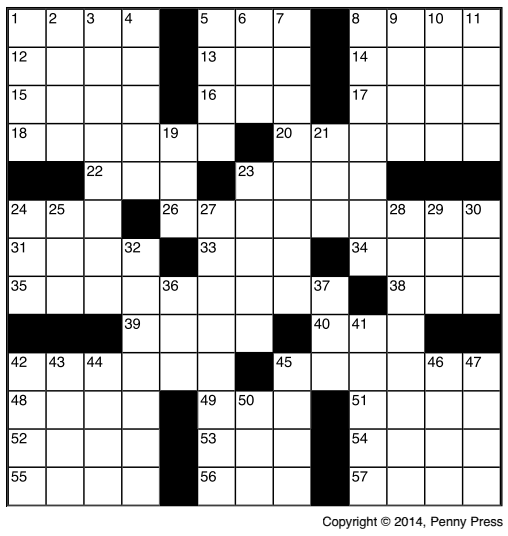
Cindy Izzard
Chief Administrative Officer
Rural Municipality of Whitehead
(204) 752-2261

This Notice is published for the purpose of effecting substitutional service thereof upon ROBERT WAYNE PHILLIPS, as set out in the said Notice pursuant to order of the Deputy District Registrar dated May 1, 2013.

PUZZLES

CROSSWORD

PUZZLE NO. 704



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ACROSS
1. Brood
5. Depressed
8. Stop!
12. Promise
13. Be situated
14. "____ Noon"
15. Paddy product
16. Sponsors' words
17. Monty Python name
18. Vital force
20. Self-____
22. British beverage
23. Not false
24. Lawyer's charge
26. Drink mixer
31. Boat movers
33. Shoe tip
34. Grain tower
35. Appreciation
38. Astern
39. Part of a whole
40. Capture
42. Among
45. Overseas
48. Frilly trim
49. Coffee server
51. Tale opener
52. Warning sign
53. Polka ____
54. Lion's hair
55. Side of Manhattan
56. Flock mother
57. Pub orders

DOWN
1. Golf shout
2. Cloudburst
3. And so forth: 2 wds.
4. Not here
5. Do in, as a dragon
6. Help out
7. Abandoned
8. Bleaches
9. Stash away
10. Gape
11. Attention-getter
19. Yak
21. Prosecute
23. Game fish
24. Dense mist
25. Bend an ____
27. Feeling
28. Slanting
29. Santa's staffer
30. Go bad
32. Pupil
36. Outs' opposites
37. Decline
41. Odor
42. Burn balm
43. Papa's mate
44. Sorbets
45. Pot donation
46. Pimples
47. Low grades
50. Tough ____ to hoe

ANSWER TO PUZZLE NO. 704

CROSSWORD PUZZLE ANSWERS USE AMERICAN SPELLING

sudoku

PUZZLE NO. 440

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

ANSWER TO PUZZLE NO.440

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

HOW TO PLAY:

Fill in the grid so that every row, every column, and every 3x3 box contains the numbers 1 through 9 only once.

Each 3x3 box is outlined with a darker line. You already have a few numbers to get you started. Remember: **You must not repeat the numbers 1 through 9 in the same line, column, or 3x3 box**.

westman Journal
204-725-0209
jcluff@wheatcityjournal.ca

Classifieds

DEADLINE:
Thursday 3 p.m.
1-20 words $6 for the first and second issue with 20¢ for each additional word.
3 issues and over $3.00 and 10¢ for each additional word.

DELAURIER: It is with tremendous sadness that the family announces the passing of Rheal Delaurier, on Sunday, January 12, 2014 following a courageous and determined battle against Acute Myeloid Leukemia, at the age of 45 years.

Rheal was born on May 4, 1968 in Ste. Rose du Lac to Lionel and Paulette (née Pelletier) Delaurier, the 2nd of 4 children. He attended school in Ste. Rose and graduated from Ste. Rose Collegiate in 1987. Rheal attended ACC in Dauphin for his Motor Vehicle Mechanics Diploma. Rheal began working at Canadian Motors in Brandon as part of his work experience and completed his apprenticeship there. Rheal achieved Ford Senior and Master Technician status. He also worked for Dupuis Choice Auto and The Garage/Auto AG Parts Direct. In August of 2012, Rheal joined Manitoba Hydro as a Fleet Mechanic Trainee and was looking forward to going back to school for his Heavy Duty Mechanic ticket.

Rheal was so many things to many people. He loved to talk, laugh, play jokes and always had a witty comeback. Rheal was always ready to lend a hand to anyone who needed it whether it was a family member, a friend or a complete stranger. He would do absolutely anything for anyone and fix things that were within his power.

Rheal and Sheila were high school sweethearts and were married on June 5, 1993 and Rheal proudly became a member of the Robert and Yvette Beheyt family. Rheal and Sheila were blessed with two daughters, Jenna and Kaelyn, who were the sparkle in their dad's eyes and his ultimate pride and joy. Rheal loved them to pieces and will continue to look upon them from the heavens above.

He loved the game of hockey, playing minor hockey in Ste. Rose both as a player and a referee. He played with the Ste. Rose Royals and the Elkhorn Canadians along with a million games or so in the summer and winter leagues in Brandon. Rheal wore #55 and was known as the Freight Train, never backing down and digging deep in the corners. Rheal and his daughter, Jenna, were dedicated season ticket holders for the Brandon Wheat Kings and his favorite NHL team was the Calgary Flames.

He loved spending time with his girls, whether it was swimming, skating, gymnastics or school activities. The family spent their summers camping at various locations, but made many wonderful memories camping at AJ's at Sportsman's Park at Clear Lake. It was one of their favorite places to be.

Rheal was diagnosed with Acute Myeloid Leukemia in March/2013 and began a courageous battle against a terrible disease. He admiringly and silently endured this battle without one word of complaint. Rheal always looked for the positive side of things and he battled every rocky mountain and curve ball thrown into his path and got back to his feet every time ready to fight some more. The superb oncology team at CancerCare Manitoba and GD6 Leukemia/BMT floor at the Health Sciences Centre in Winnipeg provided Rheal with some options to try, and he did with his wife, daughters, family members and friends supporting and cheering for him every step of the way.

Unfortunately, Rheal's body could not keep up with the strength of his spirit, giving out on him before he was ready or wanting to let go. Following a tremendous battle, where he never took a step back and fought with everything he had, Rheal passed away peacefully surrounded by his loving family on Sunday morning, January 12, 2014.

Rheal, you will be missed by so many people. May you now rest in eternal peace and graduate from being the earthly guardian angel that you were to so many, to a heavenly guardian angel watching over us from above. We love you and may you rest in peace, our healing angel…until we see you again. Thank you for being you and for all that you've given us.

Rheal was predeceased by his nephew Zachary. Rheal will be forever remembered and loved by his beloved wife Sheila and his cherished daughters Jenna and Kaelyn of Brandon, his parents Lionel and Paulette Delaurier of Ste. Rose du Lac, his siblings Colette (Vern) of Winnipeg, Joel (Stephanie) of Reykjavik, MB, Lorette of Brandon, his in-laws Robert and Yvette Beheyt of Ste. Rose du Lac, his sister-in-law Karen of Brandon, his niece Melissa and nephews Deagan, Justin, Daenen and Jack, as well numerous aunts, uncles, extended family and many friends.

A Celebration of Rheal's Life was held at the McDiarmid Drive Alliance Church, 635 McDiarmid Drive, Brandon, on Thursday, January 16, 2014 at 1:00 p.m. A private family interment followed at Rosewood Memorial Gardens.

Flowers are gratefully declined. Should friends so desire, please consider making a donation in memory of Rheal to CancerCare Manitoba, 675 McDermot Avenue, Room ON1160, Winnipeg, MB, R3E 0V9, or to the GD6 "Leukemia Care Ward," Patient Comfort Trust Fund, c/o Health Sciences Centre Foundation, 820 Sherbrook Street, Winnipeg, MB, R3A 1R9. In the course of his treatment, Rheal required many blood transfusions. If you are able, please consider donating blood to your local Canadian Blood Services in memory of Rheal and give someone the gift of life.

"If we could have a lifetime wish
and one dream that could come true
We would pray to God with all our
hearts just to see and speak to you
A thousand words won't
bring you back
We know because we've tried
and neither will a million tears
We know because we've cried
You've left behind our broken hearts
and precious memories too
But we never wanted just memories
We also wanted you"

We love you and miss you so much……

This isn't goodbye – it's just see you later……

Messages of condolence may be placed at www.brockiedonovan.com.

ADAMSKI: Thomas Lawrence (Tom) passed away on Monday February 17, 2014 (Brockie Donovan)

CHARLES: Raymond Andrew Charles passed away on Sunday February 16, 2014 (Brockie Donovan)

DALTON: Albert Patrick Dalton passed away on Wednesday February 15, 2014 (Memories)

DEACON: Robert John "Bob" Deacon passed away on Friday February 14, 2014 (Memories)

++++

HALES: Barry Alfred Martin Hales passed away on Saturday February 15, 2014 (Memories)

MACRAE: Ruth MacRae passed away on Saturday February 22, 2014 (Brockie-Donovan)

McFADDEN: Margaret McFadden passed away on Tuesday February 18, 2014 (Brockie Donovan)

MOSIONIER: Margaret Rose Mosionier passed away on Saturday February 15, 2014 (Memories)

TISDALE: Peggy Eileen Tisdale passed away on Friday February 14, 2014 (Memories)

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Thank You

DELAURIER

Thank you very much to everyone for their thoughts, prayers, phone calls, texts, emails, visits, gift cards, flowers, food, cards, memorial donations and the generous support for our family during Rheal's ten month battle with Acute Myeloid Leukemia, and at the time of his passing. Thank you to our friends who organized and worked the benefit social for our family back in April, and to everyone who attended, bought tickets and donated prizes for the auction. Thank you to all the Doctors and staff involved in Rheal's care on GD6 at HSC, Dr. Szwajcer and staff at Clinic 4, Chemo Room/Lab staff and Manitoba Blood and Marrow Transplant Program staff all at CancerCare Manitoba/Winnipeg, Dr. E. Moller at Western Manitoba Cancer Centre/Brandon, Dr. L. Moller at the Brandon Clinic, staff on the 3rd Floor at the Assiniboine Centre, Day Treatment staff and Dr. Gray and emergency staff at BRHC, Father Kevin from St. Augustine's R.C. Church and Joe Ball from BRHC. Thank you to Ryan Raffray for your guidance and the beautiful service. Thank you to Ken Gold and the staff at Brockie Donovan and Mark Plamondon at Rosewood Memorial Gardens for your support and guidance. Everyone's thoughtfulness and generosity is very heartwarming and will never be forgotten.

Sheila, Jenna & Kaelyn Delaurier
The Delaurier & Beheyt Families

ADULT PERSONAL MESSAGES

AVAILABLE BACHELORETTES

Looking for someone you cannot wait to see again!

I am 46, 5'5", 139lbs, divorced, with two children. I am a dental hygienist, a non smoker, social drinker.. I am close to my family & children who want to see me happy and in love again with a wonderful man. My life is simple and I guess I am a homebody. My children are growing up fast and they have their friends, so its just me and the dog on the couch Saturday evenings.

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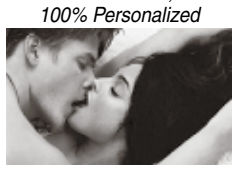

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ADULT PERSONAL MESSAGES

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The Town of Neepawa, located 150 km west of Winnipeg and having a growing population of approximately 4,200 is inviting applications for the position of Economic Development Officer.

For a complete posting and job description, please visit **www.neepawa.ca.**

Interested applicants are invited to submit their application with detailed resume, including references, by 4:30 p.m., Friday, February 28, 2014 to:

Mr. Richard Beachey
Chief Administrative Officer
Fax: **204-476-7624**
e-mail: **neepawacao@wcgwave.ca**

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POSITIONS: Industrial Meat Cutter (Permanent Full Time)

LOCATION: 6355 Richmond Avenue East Brandon, Manitoba

STARTING WAGE: $12.10/hour

Maple Leaf Foods is a leading Canadian food processing company committed to delivering quality food products to consumers around the world. We are looking for Industrial Meat Cutters to join us at our Brandon, Manitoba plant.

POSITION SUMMARY:

Positions include slaughtering livestock and removing viscera and other inedible parts from carcasses, cutting pork for further cutting, processing and packaging. Positions are available in a variety of departments including Barn, Dressing, Cut, and Packaging areas.

One hundred percent company paid Benefits package provided including Major Medical, Dental, Life Insurance, Short-Term and Long-Term Disability, as well as enrollment in the Maple Leaf Pension Plan.

RESPONSIBILITIES:

- Participate as part of a team in the processing of hogs to produce fresh and frozen product
- Assist with various tasks in the department assigned
- Keep up to production line speed
- Most jobs in the Barn, Dressing, Cut and Packaging floors include assembly line work
- Knife and other equipment use may be required

REQUIRED SKILLS:

- Previous industrial / manufacturing plant experience is considered an asset
- Ability to work in a wide range of environmental conditions from cool to warm and wet to dry
- Ability to perform repetitive physical tasks and stand for long periods of time
- Experience working with and committed to Good Manufacturing Practices is considered an asset
- Experience in food manufacturing within a fast paced environment is an asset
- Comfortable being part of a multi-cultural, unionized environment
- Must be committed to safe work practices
- Must have good communication and interpersonal skills and be focused on continuous improvement
- Use knives and other equipment to disassemble hog product for further processing
- Ensure safe and hygienic practices are applied to all tasks performed as per Company policies

APPLICATION PROCESS:

If you're willing to step into a new and exciting career, please complete an application and submit via:

Mail: Maple Leaf Foods Human Resources
6355 Richmond Avenue East
Brandon, Manitoba R7A 7M5

Fax: (204) 571-2655

Email: hrbrandon@mapleleaf.com

Online: www.mapleleafcareers.com

Please note that only those selected for an interview will be contacted.

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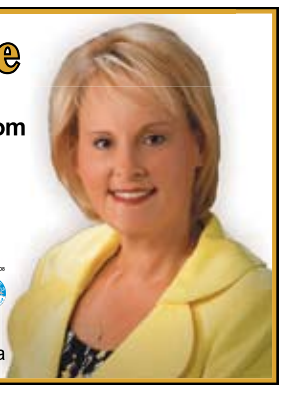

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