

## Pushing for change



ADRIANA MINGO • THE CARILLON

Joe Roberts pushes a shopping cart along the Trans-Canada Highway Tuesday morning, with an RCMP escort not far behind. On May 1, 2016, Roberts began a 17-month, 9,000 kilometer trek from St. John's, N.L. to Vancouver, B.C. Roberts, a former addict and homeless youth, is pushing a shopping cart across Canada to raise money and awareness for his Push for Change campaign. The national awareness and empowerment campaign aims to help end youth homelessness. Roberts will be in Manitoba from Apr. 11 to May 8, sharing his story, struggles and success with youth along the way. Roberts' cross-country journey concludes on Sept. 30.

# Tache skeptical of Hydro offer

by Jordan Ross

RAISED eyebrows and a wall of suspicion greeted an offer of funds made from Manitoba Hydro to the RM of Tache on Tuesday morning.

Trevor Joyal, an environmental specialist with Manitoba Hydro, and David Jopling, manager of planning and development with the MMM Group, appeared before Tache council to discuss implications of the proposed Manitoba-Minnesota Transmission Project, which would run through the RMs of Tache, La Broquerie, Piney, Ste Anne, Springfield, and Stuartburn.

The \$213 million transmission line is currently in the regulatory review stage, with Manitoba's Clean Environment Commission set to begin a month of public hearings on May 8. Its route is preferred, but not completely confirmed, Joyal explained.

Jopling said his firm was hired by Hydro to introduce the new community benefits program to the six affected municipalities.

"The program will provide one-time funding for community projects in municipalities that the new transmission line will cross," he said. "It is intended to be a direct and meaningful way for the project to provide some benefits to those communities."

In total, the program would return approximately \$4.27 million, or two percent, of the project's cost to the six municipalities, to be used for "community enhancement projects." The size of each municipality's portion would depend on its total population and the length of its share of the transmission line.

If the transmission project is approved, Tache stands to receive \$675,000 from the program, Jopling said, in addition to any forthcoming landowner compensation.

"Manitoba Hydro is very open to discussing with you any other types of projects that could be considered," Jopling said. "You're the last of the councils that we've met with," he added.

However, parameters accompanied the offer. According to Jopling, the funds must support projects that benefit a large segment of the municipality, and be spent in whole within three years. Ten percent of the money would be granted upon signing, followed by another 50 percent when the project's timeline and budget are submitted, and the remaining 40 percent upon completion.

"Is this a gift or is it compensation?" asked Councillor Armand Poirier. If it was the latter, he said, no stipulations should accompany the money.

"It's a combined partnership," Jopling replied.

Councillor Bill Heather said Tache residents may view the offer "as blood money to buy council over." He observed that \$675,000 pales in comparison to the transmission line's detrimental effect on developable land, and on the RM's quarry, located west of Monominto.

"We don't know how much that will cost us over time," he stated. "We have to look after the best interests of the individuals in our municipality."

Councillor Jacques Trudeau concurred, saying the offer "was being used to sweeten councils because of the bullying tactics that Hydro uses to get what they want."

"I just don't like the taste of it," he remarked.

Councillor Andy Rivard called the amount "a pittance," adding, "I'm against the project, and have been from the start. This won't change my mind."

In response, Joyal acknowledged the importance of the quarry, and said the offer does not impinge on Tache's right to oppose the transmission line.

"It's not blood money," he said. "You have a mandate as council to look out for your constituents, and we have a lot of aspects that we also have to consider."

After the meeting, Rivard said the transmission line's impact on the municipal quarry remains a sore spot.

"The actual land that Tache is losing isn't a great amount, but the line does pass right through our main aggregate supply, which the municipality owns. They will limit how much digging we can do on that land...we're losing the ability to use the value of the land. It'll almost eliminate our use of the quarry."

While the value of the loss has not yet been calculated, Rivard said his preferred route would be farther east where no residences are located.

However, if the line is eventually approved, Rivard said he would accept the funds.

"I would say, 'Thank you,' and use it to our benefit," he said.

In the short term, Rivard said council has plenty of time to discuss the offer before the transmission project passes its regulatory hurdles.

"If you have concerns, go and voice them," he said to residents who remain opposed to the project.

Clean Environment Commission public hearings will be held at the La Broquerie Arena on May 25 from 7 p.m. to 9 p.m. and on May 27 from 9:30 a.m. to 7:30 p.m.

# Healthy Living Makes a Difference

## Serrapeptase: The "Miracle Enzyme"

SERRATIA peptidase, also known as serrapeptase, is a natural enzyme produced from bacteria that is originally found in the intestines of the silkworm. Silkworms use the enzyme to break down and dissolve their cocoons. In the same way, this proteolytic enzyme works like a "pac-man" to seek out and break down or "digest" dead or damaged tissue made of protein in the body, without harming living tissues. It has been shown to reduce pain, mucous build-up, and symptoms of inflammation, including those from post-surgery swelling, arthritis, injury, sinusitis or disease. Some sources have suggested it may help remove heavy metals from the body and in turn potentially help support the immune system and hormone imbalances.

According to Naturopathic Doctor, Jonathan Beatty, serrapeptase works differently than digestive enzymes. While it will help digest proteins from the diet, it is meant to be taken between meals to be used to break down inflammatory proteins that drive inflammation in the body. He states that, "if inflammation is part of the disease, serrapeptase is functional." He also notes that in commercial supplement products, the enzyme is produced in a way that no silk worm are actually used in the process. Here are some of its main uses:

**Heart Health** – Plaque formation involves deposits of fats, cholesterol, cellular waste products, calcium and fibrin (a clotting material in the blood) on the inner lining of the arteries.

Plaque accumulation results in blockage of blood flow through an artery, potentially resulting in higher risk of heart problems. The cocoon that the silkworm escapes from is made from a fibre (fibrin), which is very similar to the "plaque" that builds up in the human vascular system. It has now been shown that serrapeptase dissolves protein by-products of blood coagulation called fibrin (aka: plaque buildup) in the arteries.

**Pain and Inflammation** – Inflammation is a natural immune response to irritation used to protect the body. However, it becomes of concern once it becomes chronic. The inflammatory response can cause pain, swelling and mucous build-up, to name a few. Serrapeptase is said to have anti-inflammatory and anti-edemic properties (preventing swelling and fluid retention). It is thought to reduce inflammation by thinning fluids formed, helping them to drain and speeding up tissue repair and recovery time. In addition to reducing inflammation, it also effectively relieves chronic pain by blocking the release of the body's natural pain chemicals from inflamed/injured tissues. This way it halts pain pathways and restores the body's inflammatory response to reduce swelling and improve circulation.

**Sinusitis:** This condition involves excess mucous production and build-up that can cause uncomfortable congestion. Serrapeptase works as a "mucolytic enzyme" and has been used to help with break down and

reducing the thickness of the mucous, which is protein based, thus improving elimination and easing pressure.

**Others:** Due to the fact that serrapeptase has the ability to dissolve unwanted non-living tissue and help with pain relief, it has been suggested for issues such as scar tissue, cysts, clots, carpal tunnel, etc.

It should be noted that Health Canada has granted serrapeptase

a Natural Product Number (or NPN—look for it on the bottle) which means it has been assessed and found it to be "safe, effective and of high quality." Dr. Beatty explains that serrapeptase is rated by serratia units and is measured by enzyme activity or potency. He suggests that it is ideally taken on an empty stomach and in enteric form for maximum absorption.

*This column is sponsored by Good N Natural in Steinbach*

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**Fri., Apr. 21/Steinbach**  
8-9 p.m. – Beginner Salsa Dance Lessons with Jon MacDonald, Royal Canadian Legion Branch #190, 294 Lumber Ave. Casual attire, no partner required, \$10/person. (Also Apr. 28, May 5, 12, 18 and 26.) Call 204-381-1005 for info.

**Fri., Apr. 21/Steinbach**  
5-7 p.m. – Messy Church, Steinbach United Church, 541 Main St. Come journey with us on Noah's Ark; fun time for all ages; crafts, celebration time and meal; no cost. Call 204-326-3713 for info.

**Fri., Apr. 21/Rosa**  
7 p.m. – Shevchenko Grad Bingo Fundraiser, Shevchenko Ukrainian Centre. Doors open 6 p.m., bingo at 7 p.m. Rainbow auction and 50/50 draw. Everyone invited.

**Fri., Apr. 21/Steinbach**  
7 p.m. – Steinbach Bible College Spring Concert, SBC Chapel. All are welcome. Call 204-326-6451 or visit SBCollege.ca for info.

**Sat., Apr. 22/Steinbach**  
2 p.m. – Steinbach Bible College Graduation Ceremony, Steinbach EMC, 422 Main St. All are welcome. Call 204-326-6451 or visit SBCollege.ca for info.

**Sat., Apr. 22/Steinbach**  
10 a.m.-3:30 p.m. – Stonybrook Middle School Card Club Sports Card & Collectables Show at Clearspring Mall, in support of Steinbach Family Resource Centre. Admission free. Silent auction. Call Don 204-326-6481 or email ddeew@hsd.ca for info.

**Sat., Apr. 22/Friedensfeld**  
7-11 p.m. – Spring Fling Country Dance hosted by S.E. Manitoba Draft Horse Association, Friedensfeld Community Centre. Tap your toes to the music of Small Town Limits. Enter to win prizes; enjoy the lunch. Fundraiser for Therapy Riding at Cloud 9 Ranch. Tickets \$15. Call 204-326-5918.

**Sun., Apr. 23/Steinbach**  
7 p.m. – Country Gospel Concert, at the SRSS, 190 McKenzie Ave, featuring Bruce Reimer and the White Stones; opening act Prairie Joe.

**Mon., Apr. 24/Steinbach**  
6 p.m. – Golden Agers Supper, CMC Church, 479 Hanover St. Bring casserole or dessert. Call 204-326-6387 for info.

**Mon., Apr. 24/Steinbach**  
7 p.m. – Steinbach & Area Garden Club Gardeners' Dessert Evening, Mennonite Heritage Village. 'Rethinking Gardening Myths: the science behind what works, what doesn't and why. Interpreting information: science soapbox or scam?' Speaker: Dr Linda Chalker-Scott. Members \$20, non-members \$25. For tickets call Anne 204-326-2396.

**Wed., Apr. 26/Roseau River**  
7:30 p.m. - Roseau River Park Annual General Meeting, at the park. All those who use and enjoy the park are encouraged to attend.

**Wed., Apr. 26/Lorette**  
7 p.m. – Lorette Metis Local regular meeting, Centre Jubinville, 1254 Dawson Rd. Confirm attendance, further info, call Lorraine 204-878-3704 or email lorettemetislocal@mymts.net.

**Wed.-Sat., Apr. 26-29/Steinbach**  
Used Book Sale at Clearspring Centre; fundraiser for East Borderland Community Housing (personal care home/seniors housing project).

**Fri., Apr. 28/Grunthal**  
5-7 p.m. – Menno Home Ladies Auxiliary Soup, Bun & Dessert Fundraiser, Grunthal New Horizons. By donation; funds for end-of-life airflow/massage mattress. Call Gwen 204-434-6498 for info.

**Sat., Apr. 29/Sirko**  
5-7 p.m. – Sirko Women's Association Spring Perogy Supper, Sirko Hall. Adults \$10, children 6-12 \$5, kids five and under free. Rainbow auction, 50/50 draw. Everyone welcome.

**Sat., Apr. 29/Pansy**  
Perogy Supper & Dance, Pansy Hall. Doors open 5 p.m., perogy supper 6 p.m., live band Nite Winds 7:30 p.m., silent auction 10:30 p.m. Advance tickets \$15 (supper), \$20 (supper & dance), children 6-12 \$10, kids 5 and under free. Tickets: call Olga 204-434-6660, Leonard 204-434-6078 or Leanne 204-427-2996.

**Sun., Apr. 30/Ile des Chenes**  
12-4 p.m. – 2nd Annual Wildlife Haven Rehabilitation Centre Open House Fundraiser, TransCanada Centre. Raffles, bake sale, refreshments, guest speakers, guided wildlife hospital tours, new site construction tours. Admission \$10, kids 12 and under free. Go to www.wildlifehaven.ca for info.

**Mon., May 1/Steinbach**  
7 p.m. – Steinbach Sizzlers 4-H Achievement Night, Steinbach United Church, 541 Main St. Refreshments; silver collection.

**Fri., May 12/Steinbach**  
7:30 p.m. – Steinbach Neighbours for Community and Eden Health Care Services invite you to *Laughter is Sacred Space*, a play by Ted & Co., SRSS Theatre, 190 McKenzie Ave. Admission \$12. Tickets at Steinbach Arts Council 204-326-1077. Go to steinbachneighboursforcommunity.com for info.

**THREADS OF TIME QUILTERS GUILD:** Meets the second and fourth Thursday of the month 10 a.m. to 4 p.m. at Fernwood, 303 Third St, contact Val Kasper 204-326-3380.

**STEINBACH & AREA LIONS CLUB:** Meets second and fourth Tuesday of the month, 6:30 p.m., South East Helping Hands, Steinbach. Information: 204-326-2313.

**DIABETES & HEART HEALTH EDUCATION SESSIONS:** This support group has been expanded to include information on heart health and diabetes. Meet third Tuesday every month, Whitemouth Health Centre, 10-11:30 a.m. NEHA nurse and dietician will answer questions. For information call Kelly at 204-345-1239. Family members welcome.

**ANXIETY DISORDERS ASSOCIATION OF MANITOBA:** Education, treatment programs, ongoing support for people dealing with panic, anxiety attacks, social anxiety, excessive worrying, phobias and stress. For information call 204-345-8511 or www.adam.n.e.man@mts.net.

**CARILLON TOASTMASTERS:** Meetings are open to adults who want to improve their leadership and communication skills; it also helps you improve your confidence as a speaker. Our meetings are held on Thursday evenings at the Jake Epp Library at 7 p.m. Guests are welcome without advance notice. Phone 204-346-1358 for more info.

**ALCOHOLICS ANONYMOUS:** Central office 24 hours (1-204-942-0126). **Sunday, Tuesday, Friday, 8 p.m.:** Steinbach, 304 2nd St., back door of Cultural Arts Centre, (third Sunday of the month is an open speaker meeting and cake night. Everyone welcome at open meetings), Sue 204-346-0932, Chuck 204-326-5096; **Wednesday, 8 p.m.,** St-Pierre-Jolys, Carillon Hall, 482 Jolys Ave. W. (second Sunday of month is open breakfast, 9:30 a.m., followed by speaker meeting, 11 a.m., all welcome), Cindy 204-433-7575, Leo 204-433-7665; **Thursday, 8 p.m.:** Niverville Mennonite Church, 116 3rd Ave., Bob 204-388-4360. **Dawson Trail AA Group Meeting** is cancelled until further notice.

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