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Serving up a taste of India



RECORD PHOTO BY LINDSEY ENNS

Zaika The Indian Cuisine masterchef and part-owner Ashok Kumar dishes up some plates for four hungry customers last Friday afternoon. Zaika, which means taste, opened last month in Selkirk and is the city's first East Indian restaurant. For a story and more photos, see page 9.

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

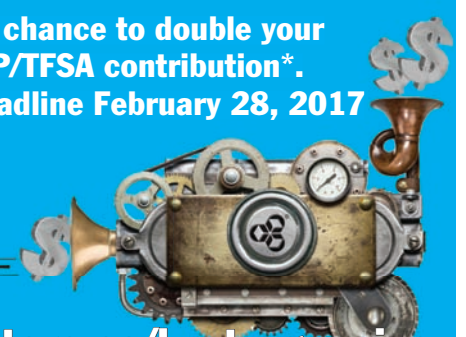
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Centennial plaza will be a 'meeting place' in ESP

Feds to chip in \$319K for plaza's construction

By Dave Baxter

Charles Posthumus is already excited about what the East St. Paul Centennial Plaza will mean for his community.

"This is going to be awesome because this will be the meeting place we've needed for a long time," Posthumus, an East St. Paul councillor said on Monday. "We have our arena but we really don't have a community meeting place."

"This will be a gathering place for the community."

Posthumus was at the East St. Paul municipal building on Monday morning as Kildonan-St. Paul MP MaryAnn Mihychuk announced the federal government will be putting \$319,000 towards construction of the East St. Paul Centennial Plaza project.

Construction on the East St. Paul Centennial Plaza project is expected to begin this spring, with the plaza being built on a site right next to the RM's municipal building.

The RM says the facility is being built to commemorate the 100th anniversary of East St. Paul, and will be a "modern venue for performances and



RECORD PHOTO BY DAVE BAXTER

Pictured from left to right: East St. Paul Mayor Shelley Hart, St. Paul MLA Ron Schuler, Kildonan-St. Paul MP MaryAnn Mihychuk and East St. Paul councillors Charles Posthumus and Brian Duval stand with a artist's rendering of what the new East St. Paul Centennial Plaza project could look like on Monday. The federal government plans to put \$319,000 towards the project.

public gatherings."

Mihychuk said the plaza will be a gathering place, but also a place where

residents of East St. Paul can celebrate the past.

"It's a symbol in the community that will remind us of our history," Mihychuk said "It's going to bring together people, music and artists so I believe it will be a place of joy."


"And it's a structure we all know is going to be built because of the centennial, so it's about history and arts and culture."

She added the plaza will be another reason people will want to live in and stay in the community of East St. Paul.

"It's really been a residential bedroom community for Winnipeg, and this will now strengthen the ability to make memorable community events right here in East St. Paul."

Posthumus said they believe the plaza could be ready for use sometime in 2018.

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Harsh winter weather forces schools to shut their doors

By Lindsey Enns

Freezing temperatures, major snowfalls and dangerous road conditions have forced the Lord Selkirk School Division (LSSD) to cancel classes for four days so far this winter.

LSSD Supt. Scott Kwasnitza said over the last two years the division had no snow days, but three years ago they had six.

"We've had years when we've had four, generally we have one or two, so this is a little bit more than the average," Kwasnitza said. "We're hoping this is the end of it for this winter but we don't know."

The decision to close their schools for two days in early December was due to major snowfalls while blizzard like conditions and extremely cold temperatures cancelled classes last Thursday and Friday throughout the division.

"It's really about safety," Kwasnitza said. "It's unsafe to run our buses and if our buses aren't running with 75 per cent of our students on the bus we just close our schools."

According to the LSSD's "school closings and cancellations weather related" policy, which the school board approved in November 2016, "in the event of extreme cold weather, bus transportation will be cancelled at a temperature of -40C or a combined temperature and wind chill of -45C or greater as of 6 a.m. at the James Richardson Airport."

The decision to close schools is made jointly amongst the transportation supervisor, secretary-treasurer and the superintendent.

The final decision to close schools must be made by 6:45 a.m. at the latest, according to the policy. Once the decision has been made to cancel classes, senior administration activates the division's phone tree to advise the community via radio announcement and staff members.

The superintendent then activates



RECORD PHOTO BY LINDSEY ENNS

The playground behind Robert Smith School in Selkirk sits empty on a very cold afternoon last Friday. Harsh winter weather has forced the Lord Selkirk School Division to cancel classes four times so far this winter.

Synrevoice, an auto voice messaging system, to be sent to all staff and parents. For more information about the policy, visit lssd.ca.

Kwasnitza said the LSSD goes off of the temperature from the Winnipeg airport because it's a guide that a lot of school divisions use.

"The conditions at the airport replicate the conditions that are in the rural areas where you have open fields and a lot of snow and not a lot of protection," he said. "It's not an exact perfect match but I think it does replicate some of the conditions in many places in our school divisions."

Kwasnitza added the division's policy is consistent with other school divisions across Manitoba. But he admits they never like to have to cancel classes.

"It's never good to have days off during exams, it's certainly an inconvenience but it's all about safety," he said.

Kwasnitza added this winter especially has been "very difficult" for rural municipalities and the City of Selkirk.

"They have done an amazing job of keeping the roads open and plowing them and keeping the routes free and clear of snow," he said. "So that is very much appreciated when we are trying to keep our schools open."

Approximately 4,500 students attend 15 schools throughout the LSSD.

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BIG DOLLAR

WSP resident ready to fight new bus storage facility

By Dave Baxter

A West St. Paul resident says her and others are prepared to take legal action against a new facility planned for their neighbourhood.

The Seven Oaks School Division has been approved for a conditional use to build an educational facility on a 49-acre lot that sits at the intersections of Blackdale, Grassmere and Poneida Roads near McPhillips Street.

But Dorothy Kleiber said she believes the main purpose of the facility will be to house the division's fleet of school buses, and not to be used as an educational facility.

"Let's be clear, the bus facility is the primary use here," Kleiber said. "They put this out as an educational facility, but it's going to be a bus garage, and it's going to house 40 to 60 buses."

She added, "if this moves forward we are going to take them on legally."

"We did everything we can to do this the nice way, but now we may have to



Dorothy Kleiber looks out her bedroom window at the 49-acre property where she says the Seven Oaks School Division wants to build a bus storage facility.

take them on legally because they are not listening," she said. "If it comes down to it we will go to court."

In a conditional use notice, the Red River Planning District said the site has "two components," and will be used as an agricultural learning facility and as a bus storage and maintenance facility.

The proposed agricultural facility portion of the building is set to be 7,750 square feet and include two 750 sq. ft. classrooms, and a barn area that would be 4,650 sq. ft.

The school bus maintenance and

storage facility portion of the building would be 24,885 sq. ft. The proposal also calls for more than 60 outdoor bus stalls.

"When you build a big building and there's only two classrooms in there that's not an educational facility in my mind," Kleiber said.

The buses housed at the facility would be used to transport students to and from school during the school year, and Kleiber said she has a number of concerns about a bus facility setting up shop next to her home.

"I'm worried about traffic, air pollution and noise pollution," she said. "They are going to create diesel fuel emissions so this is a health concern, and the noise will be right next to my bedroom."

Seven Oaks School Division Supt. Brian O'Leary said a large portion of the 49-acre property will not be taken up by the approximately 24,000 sq. ft. building, and a lot of the learning that will go on at the property will take place outdoors.

"What we are doing there is really

an outdoor learning facility," O'Leary said. "Over 80 per cent of the property is going to remain greenspace."

He said there would be outdoor gardening programs offered at the site, and they also want to develop a tree nursery where the division can grow their own trees.

"A good portion of the property is going to be greenspace, and between Dorothy's house and the property will be fencing and considerable greenspace, so it's not like we are just parking a bus depot right over the fence.

"It will be a considerable distance away, and there will be a considerable buffer between her and the facility."

He added due to regulations the project could have been approved for educational purposes even if it was only used to store buses.

"Even if it were just a bus facility it would still be an eligible use under education zoning, so the notion that we are dressing this up to get it through is a false notion," O'Leary said.

The conditional use application passed by a vote of three to two in West St. Paul council.


West St. Paul Mayor Bruce Henley said the conditional use means the division will have to satisfy a number of conditions if they want to get the facility up and running.

"As a council, we will have to respect the right that people have to apply and we have to go through that process," Henley said. "Whether you agree or disagree you have to look at whether the conditions are reasonable and did we go through the process."

He said the school division as well as those involved in the sale of the land could also take legal action against the municipality if the conditional use was denied.

Henley said he believes the conditions put on the project by the municipality are "reasonable," and that is why the conditional use was approved.

RECORD PHOTOS BY DAVE BAXTER



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Mihychuk 'very proud' of her time on Trudeau's cabinet

By Dave Baxter

MaryAnn Mihychuk said although she was disappointed to find out she had been removed from Prime Minister Justin Trudeau's cabinet, she is also "very proud" of what she was able to accomplish while she was a cabinet member.

"I worked very hard and accomplished more in one year than a lot of MPs ever accomplish in their whole professional history," Mihychuk said on Monday.

The Kildonan-St. Paul MP had served as the Minister of Employment, Workforce Development and Labour since November 2015, but was removed from that position last Tuesday when the PM shuffled his cabinet.

Mihychuk said she believes that some of the things she accomplished while on cabinet will directly improve the lives of those living in Canada, including fighting for pay equity.

"The federal sector didn't do pay equity for 40 years, and I was able to bring that in," she said. "I'm extremely



MARYANN MIHYCHUK

proud of that.

"I think every Canadian feels whether you are a man or a woman if you're doing the same job you deserve the same pay, so it's about time. That's a

huge achievement."

Mihychuk said she is also proud of the work she has done to fight child labour.

"I'm very proud we were actually able to declare Canada is ready to ban child labour," she said. "We had never done that.

"It's been in the making for 60 years."

Mihychuk said she was also able to provide federal money to offer job training for Indigenous people in Canada.

"It was an increase for the first time in 17 years," Mihychuk said.

She said she also fought for the rights of temporary foreign workers.

"We heard they were, in some cir-

cumstances, not treated right so we're bringing in actual on-site investigators," she said. "We're going to clean that up, and make it so they have the same rights as any other person working in Canada."

Mihychuk said she believes there is a lot she can accomplish whether or not she is on cabinet, and she looks forward to spending more time in her home riding.

"I'm looking forward to being more in my riding and fighting for Western Canada," Mihychuk said.

Thunder Bay-Superior North MP Patty Hajdu will now replace Mihychuk as labour minister.

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Selkirk, Gimli make '150 things to do in Manitoba' list

By Lindsey Enns

Selkirk, Brokenhead Ojibway Nation, Gimli and Stonewall were just a few of the Manitoba communities mentioned in the "150 Things to do in Manitoba in 2017" list as part of Canada's 150th anniversary.

Travel Manitoba's list, which can be found online at manitobahot.com, offers up 150 things to do in Manitoba for those seeking adventure, romance or simply wanting to try something new.

Among the attractions that made the list was banding birds at Oak Hammock Marsh Interpretive Centre in Stonewall, watching plants eat bugs at the Brokenhead Wetland Ecological Reserve in Brokenhead Ojibway Nation, and relaxing at Grand Beach, one of the Top 10 Beaches in Canada.

"IT'S AMAZING AND A TESTAMENT TO THE KIND OF PEOPLE WHO COME AROUND TO MAKE THIS PROGRAM SUCCESSFUL."

Enjoying live music, arts, craft vendors, fireworks and the midway during Boardwalk Days in Winnipeg Beach, sipping tea at McLeod House Tea Room and Gift Shop in Stonewall, and Homes for the Holidays House and Heritage Tours in Selkirk and area also made the list.

More than 800 people toured 10 different properties located in Selkirk, St. Andrews and St. Clements during last year's three-day event, which was held in late November.

Shirley Muir, one of the event's co-founders, said it was great for them to make this list especially since Homes for



RECORD FILE PHOTO BY BRETT MITCHELL

Local and area performers help kick off the Homes for the Holidays weekend during a wine and cheese at the Gwen Fox Gallery in Selkirk in this Nov. 24, 2016 photo. Homes for the Holidays has made the Top 150 things to do for Canada's 150th in Manitoba.

the Holidays is still in its infancy.

"This has only been around for two years and what a great endorsement," Muir said. "It's amazing and a testament to the kind of people who come around to make this program successful."

Muir added the event helps boost tourism in the area and is a combination of history and heritage, development and philanthropy.

Last year's event helped raise nearly \$20,000 for the Selkirk and District Community Foundation and another roughly \$25,000 for Nova House in Selkirk.

Muir said they are already busy planning for this year's third annual

Homes for the Holidays and they hope to make it their biggest yet in honour of Canada's 150th.

Those interested in volunteering their property or for more information contact Margaret-Anne Carels via email at mcarels@mymts.net or by calling 204-785-9912.

For more information about the tour, visit homesfortheholidaysredriver-north.ca.

Other nearby things to do that made the list was visiting the Pinawa Dam at Pinawa Dam Provincial Heritage Park, going to the Icelandic Festival of Manitoba in Gimli or the Gimli Film Festival as well as catfishing in Lockport also all made the list.

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Diabetes rates rising in Manitoba: CDA report

Local woman living with Type 2 diabetes believes more resources are needed

By Dave Baxter

The Canadian Diabetes Association (CDA) believes the Manitoba government needs to be doing more to help those living with diabetes, and one local woman agrees.

Lockport resident Barb Stiem was first diagnosed with Type 2 diabetes in 2009. She believes there needs to be more funding and resources available for those living with diabetes in Manitoba.

"It's true, insulin and other medications for diabetes can be very, very expensive," Stiem said. "These treatments aren't cheap and some people just can't afford it."

The CDA says a report they recently compiled "indicates that immediate changes are required to support people living with diabetes in the province."

"Diabetes has reached epidemic proportions in Canada including right here in Manitoba and there is no denying its seriousness," CDA regional director for Manitoba and Nunavut Andrea Kwasnicki stated in a release earlier this month. "If you don't have it, likely someone in your family or circle of friends is affected."

"Not only is the number of people with diabetes growing, but so are the serious complications they experience such as heart attack, stroke, kidney disease, blindness and limb amputation, that's why it's critical for government to take immediate action."

It's estimated the number of people living with diabetes in Manitoba will grow to 125,000 in 2017, up from 121,000 in 2016, according to the CDA. In addition, a further 202,000 are expected to be living with prediabetes and another 54,000 living with undiagnosed diabetes. Diabetes is also a burden on the economy—costing Manitoba's health-care system \$114 million a year in direct costs including hospitalizations, doctor visits and inpatient medications.

The CDA says governments can work to help those living with diabetes by taking a number of steps including "expanding financial coverage for insulin pumps and supplies to all individuals with Type 1 diabetes who are medically eligible, regardless of age."

The CDA also wants to see a standard provincial diabetes care pathway implemented that would specify the supports needed for optimal diabetes management, and a policy developed to ensure students are supported with diabetes management at school.

Stiem also agrees that a standard pro-

vincial diabetes care pathway should be implemented.

"Every time you see a new doctor or health care professional it feels like you have to explain yourself all over again, and everyone is telling you different things," she said.

Stiem said the government should also work to help those with diabetes to be able to afford the kinds of foods they need to eat to stay healthy.

"You can't eat processed foods, you have to eat a very specific diet and that can be very expensive," she said. "It would really help if there was funding available to help people get the proper foods."

"A lot of people are dying from their diabetes because they can't control it. Being able to control it takes education and it takes money."

Interlake-Eastern Regional Health Authority (IERHA) chief medical officer Myron Thiessen said although there are always "budget restraints" when it comes to resources, he believes the IERHA is doing a good job helping those in the region who live with diabetes.

"With Type 1 and Type 2 diabetes the management is quite different and the majority of those with diabetes in Canada are dealing with Type 2," Thiessen said.

He said for those with Type 2 diabetes, insulin is not needed, and often the most important thing to keep those with Type 2 diabetes healthy is "education."

"Things like diet, exercise and weight management are really important," Thiessen said. "The IERHA is doing a significant amount of work, you have the wellness team and chronic disease nurses offering education."

"They work very hard both to get people properly diagnosed, and then with the education on how to manage the illness."

He said their wellness team includes dietitians that work with patients to help them know what kinds of foods to eat, and they also hold regular community events throughout the region where residents can come and learn about diabetes care and prevention.

Anyone looking for access to diabetes resources in the Interlake-Eastern region can visit ierha.ca and click on the "Care in your Community" link and find resources under "Community Wellness Team" or by calling by calling 1-877-979-9355.



PHOTO COURTESY OF METRO NEWSPAPER SERVICE

The Canadian Diabetes Association says a report they recently released indicates diabetes rates are on the rise in Manitoba and across Canada. A local woman living with Type 2 diabetes believes more resources are needed.



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Fishing shirtless along the Red River

Welcome fellow outdoors enthusiasts.

I guess it was last Tuesday when I urged “old red” down the steep access lane to Lake Winnipeg’s ice at the east end of Sandy Hooks’ #519. About a quarter of a mile out, I noticed a large grey shack with a truck by the door so I followed the snow tracks to them and hailed the anglers inside.

The door popped open and a guy of average height, rugged strong physique, dark brown hair and a deep base voice invited me in. As I stood by the door he plopped down on a bench at one end of the shack taking up his rod while opposite him was a shorter, muscular, round faced, always smiling chap who raised a hand in welcome.

The deep voiced fellow, Shawn Cummings from Lac du Bonnet said he and his buddy, Jeff Watson of Winnipeg had permission from locals Rick and Nick Turkewich to use their shack. As we struck up a conversation I couldn’t help but admire the gigantic pike mounted on the wall of this well-appointed shack.

With the smell and warmth of a wood fire crackling in the small stove Shawn gave us a story.

Last summer he and his girlfriend, Shannon Mulvanuy, were boat fishing on a hot sunny day at Pointe du Bois. Shannon was lying in the bow of the boat rod in hand while Shawn slumbered in the back. Suddenly she sat up sharply as her rod end plunged into the water. Shawn half asleep, grasped the situation with mild interest. Shannon rose to her feet hauling up hard then lowering her rod to reel in the lines’ slack. Soon the head of a 2’ pickrel broke the surface, its’ thrashing tail sending sprays of water into the air. Shawn leaning over the side of the boat took on the air of a dispassionate observer. He admired Shannon’s rod play for a good 10 minutes as she at last brought the huge fish to the side of the boat. It was only then when his gaze met her glare that he realized he



RECORD PHOTO BY ARNIE WEIDL

Pictured from left to right: Travis Noble, Jack Campbell, Tyler Dusanek and Drew Richards, all of Winnipeg, were spotted fishing shirtless along the Red River recently.

should be helping.

“What are you waiting for Shawn, get the net,” she cried. Stumbling on tackle boxes, food coolers and his lady’s feet he got their net and landed her prize. Tired, Shannon lay down in the boat to catch her breath murmuring, “thanks for getting the net this time honey.”

She was referring to a few weeks earlier when trying to land a 3’ jack “slow with the net Shawn” had caused her to lose it.

Downstream of Netley Creek on the Red River all manner of tents and shacks were spread out for miles on the ice last Saturday and I was in a predicament. I needed a small fishing story to finish this weeks’ column.

All afternoon I visited folks from shack to shack asking but to no avail. Finally, when talking to chap from Steinbach who was fishing out in the open, we saw a guy coming out of a big metal shack with his shirt off. We looked at each other laughing and he said, “looks like a story there.”

I jumped into “old red” and threaded between shacks until I was alongside the monster. Just then the shirtless guy came out again.

“Hi,” I called as I stopped the truck and walked toward him.

“Hi, come on in” he returned. Inside sat three other guys, also shirtless. All of them seeing my hesitant expression began chuckling. The first guy I met, Travis Noble introduced me around to Jack Campbell, Tyler Dusanek and Drew Richards, all of Winnipeg and explained they worked in a factory that was very hot and were so used to it they liked to keep their shack hot too.

Travis had a little story saying earlier they had told Tyler he had a bite on his line as he was on his way to the stew pot on the heaters’ stove. Tyler flicked his line up with his foot and the fish you see in this weeks’ picture popped out onto the floor of the shack.

By the way for of our Canadian and U.S. anglers, most jump off spots onto the ice of Lake Winnipeg’s south basin, east Lake Manitoba and Shoal Lake (north of Stonewall) are ok but Warner Road at Matlock is blocked so try Ralph Ave.

Well, we’ve got some great weather friends so “get fishing” and enjoy! Bye for now.



> CONTACT US

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TROUBLE WITH PAPER DELIVERY?

Christy Brown, Distribution Mgr.: 204-467-5836

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New eatery brings taste of India to Selkirk

By Lindsey Enns

Two men are hoping to make history in Selkirk after opening the city's first East Indian restaurant.

Harkamaldeep Rania and Ashok Kumar, both originally from different parts of India, opened Zaika The Indian Cuisine located at 420 Main St. on Dec. 22, 2016.

"We want Selkirk people to try Indian food," Rania said while standing inside the restaurant's kitchen last Friday afternoon. "We are hoping to make history here as the first Zaika The Indian Cuisine."

Before moving from Winnipeg to Selkirk in early December, Kumar spent more than eight years cooking in Dubai dreaming of one day owning his own restaurant.

"From when I first joined this industry, I had my own thought one day I will be able to have my own restaurant," Kumar said. "We came from India to Winnipeg so why not Selkirk."

While Kumar serves as the eatery's masterchef and part owner, Rania studied business administration at Red River College in Winnipeg and is the restaurant's manager and other co-owner.

As for how they came up with the restaurant's name, Rania said it was an easy decision since the word "Zaika" means taste.

"Taste is the main part of the restaurant so we thought of Zaika," he said with a smile.



Ashok Kumar, pictured left, and Harkamaldeep Rania, pictured right, opened Zaika The Indian Cuisine, Selkirk's first East Indian restaurant, late last month.

RECORD PHOTOS BY LINDSEY ENNS

Some of the dishes on their menu include samosas, tandoori or butter chicken, lamb curry, a wide range of vegetarian curries and some seafood options. They also offer Canadian breakfast items from 6 a.m. to 12 p.m. seven days a week. Menu options range in price from \$6 to \$24.

"All dishes are popular dishes," Kumar said. "All dishes are original and authentic from India."

Rania said the key to good Indian food is authentic spices.

"All the spices are real here," he said. "Everything is not boxed. Nothing is frozen, everything is fresh."

Kumar said so far they've been warmly welcomed into the community and enjoy living in Selkirk.

"They respect us a lot and we really like it."

They both say business is starting to heat up.

"People are so friendly and so helpful," Rania said. "We're happy and

we're getting good reviews."

He added they are slowly starting to cater events and parties. He said they are able to offer both Indian or Ukrainian cuisine for special events.

"So if people want to mix it up we can do that too," he said.

Zaika The Indian Cuisine is open Monday to Saturday from 6 a.m. to 8 p.m. and Sundays from 6 a.m. to 6 p.m.

For more information, call 204-785-7919.

RM of St. Clements rec plan moving forward, CAO says

By Dave Baxter

The CAO of St. Clements says the RM is committed to moving forward with a recreation plan for the south end of the municipality this year.

"Council is very committed to getting something done in 2017," DJ Sigmundson said during an earlier interview with the *Record*. "They are committed to getting ground broken in some manner this year."

The RM recently held a recreation masterplan workshop, which invited residents who wanted to give their input and listen to possible ideas to meet at the Corpus Christi Roman Catholic Church Hall on Henderson Highway.

"Last year we called together the community in the south end and did a consultation process, and about 30 residents put up their hands to say

they would like to continue to give their input and be involved with the project," Sigmundson said.

Those approximately 30 residents were invited to the recreation masterplan workshop on Jan. 3.

"We called them together ... because we wanted to put the design ideas a little more up front," Sigmundson said. "This is a step to make sure the community is going to get the project they want. It's about determining the community's desires."

The RM said that based on the results of the south St. Clements recreation survey, which was released in April of 2016, they have now hired Scatliff+Miller+Murray Landscape Architects to come up with possible ideas and prices for recreation concepts for the south end.

Continued on page 10



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Alzheimer Awareness Month

Selkirk's support has local man singing happy songs

By Lorna Wenger

Tim Oldham has a lot on the go. Sometimes he and his wife, Glenda, who live near Lockport, have to juggle activities around to fit them all in. And that's saying something for a man who was diagnosed with Alzheimer's disease last year.

From singing in a choir to participating in floor curling and bowling leagues to being involved in his church, Tim keeps busy both physically and mentally. Best of all, he feels welcomed and accepted everywhere he goes in Selkirk.

"Our choir is called 'The Back Pew Boys' and we practice once a week," says Tim, who loves being part of this 25-member group that performs concerts throughout the community. "I get a lot of help from other members just by singing with them, and I am able to keep up with the pace and sing right along."

Both the floor curling and bowling leagues are offered through the Gordon Howard Senior Centre in Selkirk.

During curling, his fellow participants help out by reminding Tim when it's his turn and making sure he picks up the right rock. At bowling, someone always fills out his score card so Tim can concentrate, he says with a modest chuckle, on "raising the team's average."



SUBMITTED PHOTO

Tim Oldman, pictured left, and his wife, Glenda, say they plan to retire to Selkirk because of the willingness of community members to adapt to Tim's needs after he was diagnosed with Alzheimer's disease last year. The couple currently lives near Lockport.

Tim is also a member of a coffee group at the couple's church, Selkirk United, where he takes his turn as a server. The group's members are kind, supportive and fun-loving and they are interested in what's going on in his life.

"People know me and they know my circumstances," explains Tim. "Sometimes it takes a minute for me to organize my words, and nobody

i n t e r r u p t s me. Everyone is respectful and there's no judgement."

During the month of January, which is Alzheimer Awareness

Month and throughout the year, the Alzheimer Society of Manitoba is challenging Manitobans to consider all those people in their communities and beyond who have some form of dementia.

Alzheimer's disease is a progressive, degenerative brain disease, according to alzheimer.mb.ca.

As Alzheimer's disease affects each area of the brain, certain functions or abilities are lost. This results in specific symptoms or changes in behaviour. Once an ability is lost, it can rarely be relearned.

Although the disease results in changes, it does not affect the person's ability to appreciate, respond to and experience feelings such as joy, anger, fear, love or sadness.

Tim and Glenda have found many great examples of dementia friendly organizations in Selkirk, and this reality has influenced their plans for the future.

The couple says they intend to retire to Selkirk because of the willingness of community members to adapt to Tim's needs.

Even outside of the groups with which he is involved, Tim is recognized and treated courteously. Before retiring, he worked as an area manager for Home Hardware, and in later years was a salesman in the local building centre. Many people remember him for his good advice and outgoing personality.

The Oldhams are looking forward to finding the perfect place to live in the community, and they are getting help from Jackie Dokken, regional coordinator for the Alzheimer Society's Interlake/Eastern regional office.

As well as benefitting from a welcoming and understanding community, Tim and Glenda have a supportive family of three adult children and six grandchildren. They all got together with friends to make a team, called "The Old Hams," at the 2016 Walk for Alzheimer's in Winnipeg. The team plans to walk again at the 2017 Walk on Tuesday, June 13.

With all of this action in his life, along with the respect and acceptance he feels, Tim is bound to continue singing many happy songs for a long time to come.

— Tim Oldham's story appeared on the Alzheimer Society of Manitoba's website as part of this year's Alzheimer awareness campaign. To read more stories or for more information, visit alzheimer.mb.ca.

RAFFLE
 Draw to be held
Sunday, March 26th, 2017
 12:00 noon at Smitty's Family Restaurant, 168 Main St., Selkirk, MB

1st PRIZE: Eskimo Quickfish 5
 2nd PRIZE: Hummingbird Ice 35 Flasher
 3rd PRIZE: Eskimo Shark Z51-8in-51cc

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- Gimli Small Engines
- Domo (Winnipeg Beach)
- Ford's Store (Winnipeg Beach)
- #9 Roadhouse (Winnipeg Beach)
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- Petersfield Store
- Clandeboye Store
- Smoke n' Fish (Selkirk)
- Big Dollar (Selkirk)
- Westside Honda (Selkirk)
- Selkirk Record (Selkirk)
- Lockport Grocery
- Wavers (Scantebury)
- Sherwood Groceries (Gull Lake/Stead)

For Info Call: 204-641-6110 or 204-641-2210

> 'RESIDENTS WANT IMPROVEMENTS,' FROM PG. 9

Sigmundson said the RM is looking to create both an indoor and outdoor recreation plan for south St. Clements.

"We do know from the survey that residents want improvements in indoor and outdoor recreation in that area, and many are thinking that

any budget we spend should be spent 50/50 indoors and outdoors," Sigmundson said. "And with a master plan that doesn't mean we have to complete everything in the first year. We can work on this in pieces."

Sigmundson said St. Clements has a "big need" for improved recreation options in the south end.

"Right now utilizing recreation in that area tends to mean residents travelling to East St. Paul, and we're not looking to replace that, but it's about having more local neighbourhood facilities."

Sigmundson said anyone with questions or comments about recreation plans in St. Clements can call him directly at 204-482-3300.

The Selkirk Record
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welcome Lesli Fiebelkorn!

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SELKIRK Biz.ca NEWS

"It's all right here!"

YOUR CHAMBER OF COMMERCE SINCE 1901

YOUR REGULAR BIZ UPDATE - SIX TIMES A YEAR!

Out & About

Black Friday Weekend November 2016

The 5th annual weekend of shopping extravaganza was a huge success! Held on the same weekend as the Homes for the Holidays House Tour, we had a lot of visitors to our area that weekend! Thank you to all retailers who participated, contest participants and volunteers! Congratulations to our passport contest grand prize winner RACHELLE MAYO who won over \$5200 worth of merchandise from our member retailers. Also, congratulations to Chantal Boch who shared Black Friday on social media and won a prize too!

See you next year.... November 24-26, 2017



Board of Director & Officer Elections

The annual election of the Selkirk Biz executive & board of directors was held on December 15 at Benjamin's Cellar. Thank you to MJ and staff at Benjamins for making this and all the events we have hosted there a great success. We wish you well on your new venture! Thank you to Bud Oliver for presiding over our election process and Mayor Larry Johansson for performing the official swear-in of our officers. After the formalities, attendees enjoyed a Holiday Networking Reception. We are pleased to announce the 2017 team line-up:

| Name | Business | Position |
|-------------------------|--------------------------------|---------------------------|
| Brett Mitchell | Selkirk Record | President |
| Sylvia Magyar-Brambilla | Noventis Credit Union | 1st Vice-President |
| Jenifer Bilsky | Selkirk Journal | 2nd Vice-President |
| Christa Denoon | Individual | Treasurer |
| Shawn Trudeau | Steeltown Ford | Secretary |
| Cyndi Typliski | Sunova Credit Union | Director (Past-President) |
| Vince Cmela | CIBC | Director |
| Jean Oliver | LSSD | Director |
| James Allardice | Boston Pizza | Director |
| Kelly Cook | Individual | Director |
| Kayla Fidler | Rogers Selkirk | Director |
| Michelle Balharry | Selkirk Record | Director |
| Kurtiss Krasnesky | Scotiabank | Director |
| Ted Lewis | Individual | Director |
| Wendy Lang | Selkirk Home Hardware | Director |
| Rob Cormack | Barney Gargles | Director |
| Ashley Martyniw | Tudor House Personal Care Home | Director |
| Andrea Gruyters | Canalta Hotel | Director |
| Coun. Robert Hogg | RM of St Andrews | Director - Appointed |
| Coun. Ray Frey | RM of St Clements | Director - Appointed |
| Coun. Stan Parag | RM of West St. Paul | Director - Appointed |
| Faisal Anwar | City of Selkirk | Director - Appointed |

Wendy, Ashley, Rob, Andrea & Ted will be joining us as new members – welcome!



Bud Oliver presiding over the Selkirk Biz election of officers 2017 Selkirk Biz Exec: (l-r) Sylvia Magyar-Brambilla, Christa Denoon, Brett Mitchell, Jenifer Bilsky, Shawn Trudeau



A big Thank You as we bid farewell to Chad Balmer, Matt Evans, Mike Klassen, Dianne Little, Rosalyn Ferguson, Carol Manlow, Philip Giles, Lesli Malegus and George Hacking as they will not be rejoining our board in 2017. Our deepest appreciation for all your expertise, time and effort given to Selkirk Biz!

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SELKIRK Biz.ca NEWS

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YOUR CHAMBER OF COMMERCE SINCE 1901 YOUR REGULAR BIZ UPDATE - SIX TIMES A YEAR!

Annual Fair Parade - July 15 - WE NEED YOUR HELP!

This could be our 50th annual parade! If you, or someone you know, has information on the first parade held, we would like to hear from you! Businesses and community groups....it is never too early to starting planning your entry to the parade! Raise your profile, as spectators can average up to 10,000+!



6th Annual Biz Awards

Each year this event gets bigger and better! There are so many great businesses and leaders in our region that need to be recognized for making our region a great place to live, work, play and do business! It is never too early to think of who should be recognized this year at our Gala evening in October. Watch for more details on how you can nominate our local stars!



Upcoming Events

Kicking off our 2017 calendar with a fun event you won't want to miss!

2nd Annual Winter Warm-up Networking Night - January 26

Last year, we added another opportunity offering two Networking Nights per year. We had so much fun out at Gaffer's in Lockport that we are doing this again! See poster for more details...hope you can join us! Our newest members can attend for free!

State of the Region Address Luncheon - March 22 (tentative)

Our 8th annual round-up of regional highlights is being planned in March. Our community leaders from St. Andrews, St. Clements, West St. Paul and the City of Selkirk will be presenting on their respective communities. Hear a recap of 2016 accomplishments and a forecast for 2017 and beyond. More details to follow!

Summer Networking Night - June TBA

The 8th annual Networking and New Member Recognition night will be held in the balmy month of June at one of the most interesting venues in the region! Stay tuned for details on the annual tradition held at Hunt's Country Roadhouse in Petersfield!



"It's all right here!" - St. Andrews, St. Clements, West St. Paul & City of Selkirk

invites you to our 2nd Annual

'Winter Warm-up'
Networking

&
New Member Recognition
Evening

Thursday, January 26, 2017

7:00 pm

The Hook (lower level) - Gaffer's Restaurant & Lounge
Lockport, MB

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RSVP by January 24, 2017: Selkirk Biz 204-482-7176 or info@selkirkbiz.ca
48 Hr Cancellation Policy applies

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Investigation unit clears officers in fatal shooting of man near Bird's Hill

Staff

Winnipeg police officers were "justified" when they fatally shot a 44-year-old man along Highway 59 in September 2015, according to the Independent Investigation Unit of Manitoba (IIU).

The director of the Serious Incident Response Team in Nova Scotia, Ron MacDonald, was appointed to oversee the investigation and has determined no charges should be laid against any officer.

Winnipeg police shot and killed Haki Sefa after following him from Transcona to Highway 59 at Kirkness Road near Bird's Hill Provincial Park in East Selkirk on Sept. 20, 2015.

Members of the Winnipeg Police Service (WPS) had been attempting to pull over the white van Sefa was driving. Several 911 calls had been received indicating he was possibly suicidal, was travelling with a gun, and

might be on his way to kill another individual. When the van was finally stopped, he exited the van with a gun. Three WPS officers fired at the man, causing his death.

The IIU assumed responsibility for the investigation into the man's death, in accordance with the Police Services Act. MacDonald took over the investigation after his counterpart, Manitoba civilian director Zane Tessler, raised concern over an apparent conflict of interest.

Before joining Manitoba's new Investigation Unit, Tessler had worked as a Crown attorney, and was involved in prosecuting Sefa in 2011. The proceedings at the time were stayed.

In addition to interviews with the three subject officers, the IIU investigation included an examination of the shooting scene, autopsy reports, 911 calls from family members regarding the affected person, statements from



RECORD FILE PHOTO BY BRETT MITCHELL

RCMP forensic officers examine evidence at the scene of a Winnipeg Police shooting that left a 44-year-old man shot and killed in East Selkirk along Highway 59 near Bird's Hill Provincial Park in September 2015.

nine witness officers and 12 civilian witnesses, and reports from forensic firearm specialists, among others.

In his report on the investigation, MacDonald wrote that he considered two main issues: whether the pursuit and stop of the affected person was justified and conducted properly; and whether police were justified at law to fire upon the individual.

Given that 911 calls from family members indicated the man was intending to take his own life and perhaps kill another individual, MacDonald wrote that police were "amply justified" in their attempts to conduct a traffic stop of the man.

The subject officers and witness officers all gave statements that the man got out of the vehicle with

a gun pointed at one of the officers. MacDonald wrote their statements were very consistent with the objective evidence found at the scene.

MacDonald also wrote that the evidence showed the affected person was intent on taking his life.

"His action of pointing his pistol at a police officer is consistent with a person who wishes to instigate a police shooting to accomplish that purpose. This is an unfortunate yet recurring circumstance seen across Canada in situations similar to this."

The final report summarizing the IIU investigation is available online at iumanitoba.ca. The details of this investigation were first released on Sept. 21, 2015.

Manitoba's acting chief medical examiner has called an inquest into this death, as required under the Fatality Inquiries Act.

Inquests explore the circumstances and events leading to deaths for the purpose of finding out what, if anything, might be done to prevent similar deaths in the future.

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How To Make Existing Windows More Energy Efficient

Drafty windows make homes less comfortable by allowing cold air in during the winter and warm air in when temperatures rise. But comfort is not the only concern associated with leaky windows, as such fixtures also can have a negative impact on the environment.

Leaky windows require heating and cooling systems to work harder to keep home interiors comfortable during times of the year when temperatures can be extreme. In the dead of winter, a leaky window will force a home's inhabitants to turn up the thermostat, which only increases energy consumption and energy bills. The same scenario plays out in summer, when leaky windows allow hot air in, leading homeowners to lower the temperature of air conditioning units so everyone inside is cool and comfortable.

Thankfully, making windows more energy efficient does not necessarily require homeowners to replace existing windows. Before going that potentially expensive route, homeowners can consider the following strategies to improve the energy efficiency of their windows.

- Hang curtains. Curtains can help homeowners cut down on heating and cooling costs. According to the U.S. Department of Energy, properly hung draperies can reduce heat loss by as much as 25 percent. In the summer, curtains can block the hot rays

from the sun from entering a home, reducing the need to turn up air conditioning units. While curtains won't fix leaks or block hot or cold air from entering a home, they can serve as a buffer between a home's inhabitants and the air seeping in through leaks.

- Caulk or add weatherstripping. Small cracks and gaps around windows, which are most often found around windows in older buildings, might not seem like a big deal, but such breaches can lead to considerable energy loss. The DOE recommends using caulk to seal cracks that are less than 1/4-inch wide on the parts of the window that do not move (i.e., frames and where the trim meets the wall). Caulk might be less effective at fixing leaks larger than 1/4 inch in width. Employ weatherstripping to address leaks on movable parts of the window. Properly applied weatherstripping should adequately seal windows when they are closed without making it difficult to open or close them later on. Weatherstripping is available in various materials, and homeowners can visit www.energy.gov/energysaver/weatherstripping to find the material that's most suitable for their situation.

- Install windows films. Plastic window films are another option for homeowners looking to improve the energy efficiency of their windows. Heat shrink film can be cut to fit each individual leaky window in a home

and then attached to windows using double-sided tape. A hair dryer can then be used to shrink the film and remove any wrinkles. Low-emissivity, or Low-E, coatings are a more expensive alternative to heat shrink film, and they can be equally effective at improving energy efficiency. Installation of Low-E coatings can be more

difficult, as they do not provide as much leeway for mistakes during application as heat shrink film.

Leaky windows are bad for homeowners' energy bills and the environment. But homeowners have options other than full window replacements to fix leaks and improve efficiency.

The George Hacking Team



Jefferson & Assoc.



George Hacking

Ashley Douglas

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|---|---|--|--|------------|---|------------|---------------------------------------|----------|---|-----------|---------------------------------|-----------|--------------------------------------|-----------|------------------------------|-----------|-------------------------|-----------|--|-------------|--------------------------------------|-----------|--|-----------|--|-----------|--|-----------|---------------------------|-------------|---------------------------|----------------------|--|----------|
| <p>SELKIRK</p> <p>PRICE REDUCED</p> <p>527 Christie Ave \$329,900</p> | <p>SELKIRK</p> <p>NEW LISTING</p> <p>410 Pacific Cute 2+ BR \$147,500</p> | <p>COUNTRY</p> <p>30056 Rd 81N, 80 Acres \$390,000</p> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <p>NEW LISTING</p> <p>12 Timber Lane West Pine Ridge, St. Clements \$225,000</p> | <p>408 Strathnaver Ave. \$245,000</p> | <p>31144 Rd 86N \$149,000</p> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <p>512 Manitoba Ave \$199,000</p> | <p>PRICE REDUCED</p> <p>233 Manchester Ave \$244,900</p> | <p>2186 Rushman Rd West St Paul \$349,900</p> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <p>520 Moody Ave \$236,000</p> | <p>COUNTRY</p> <p>7 Victoria Ave Matlock \$207,000</p> | <p>VACANT LAND</p> <table border="0"> <tr><td>3 Houghton Bay Road</td><td>\$59,900</td></tr> <tr><td>81 Colony Rd - 2.76 Acres</td><td>\$95,000</td></tr> <tr><td>16 ACRES Kreamer Rd. Cottonwood Park</td><td>\$95,000</td></tr> <tr><td>2 Gwen Ellen Way St. Francois Xavier Hwy 26 St. Francois Xavier</td><td>\$110,000</td></tr> <tr><td>0 Petersfield Pkts, 120.6 Acres</td><td>\$340,000</td></tr> <tr><td>72101 Pine Road S. Prime Development</td><td>\$445,000</td></tr> <tr><td>605 Ctl Road - 65.62 Acres</td><td></td></tr> <tr><td>DEVELOPMENT OPPORTUNITY</td><td>\$492,000</td></tr> <tr><td>1 Harry Waytiuk Dr, East Selkirk</td><td>\$125,000</td></tr> <tr><td>1 Catherine Waytiuk Dr, East Selkirk</td><td>\$140,000</td></tr> <tr><td>14 Harry Waytiuk Dr, East Selkirk</td><td>\$130,000</td></tr> <tr><td>4 Catherine Waytiuk Dr, East Selkirk</td><td>\$150,000</td></tr> <tr><td>0 First Ave - Sandy Hook</td><td>\$49,000</td></tr> <tr><td>0 Ferry Road St. Clements</td><td>\$122,000</td></tr> <tr><td>NEW 20 Acres Libau</td><td>Call for info</td></tr> <tr><td></td><td>\$26,000</td></tr> </table> | 3 Houghton Bay Road | \$59,900 | 81 Colony Rd - 2.76 Acres | \$95,000 | 16 ACRES Kreamer Rd. Cottonwood Park | \$95,000 | 2 Gwen Ellen Way St. Francois Xavier Hwy 26 St. Francois Xavier | \$110,000 | 0 Petersfield Pkts, 120.6 Acres | \$340,000 | 72101 Pine Road S. Prime Development | \$445,000 | 605 Ctl Road - 65.62 Acres | | DEVELOPMENT OPPORTUNITY | \$492,000 | 1 Harry Waytiuk Dr, East Selkirk | \$125,000 | 1 Catherine Waytiuk Dr, East Selkirk | \$140,000 | 14 Harry Waytiuk Dr, East Selkirk | \$130,000 | 4 Catherine Waytiuk Dr, East Selkirk | \$150,000 | 0 First Ave - Sandy Hook | \$49,000 | 0 Ferry Road St. Clements | \$122,000 | NEW 20 Acres Libau | Call for info | | \$26,000 |
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| | \$26,000 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <p>109 S Dominique Drive \$49,900</p> | <p>TO BE BUILT</p> <p>7 Howard Place \$365,000</p> | <p>COMMERCIAL</p> <table border="0"> <tr><td>Commercial Lease - Flex Space East Selkirk</td><td>\$14 sq ft</td></tr> <tr><td>Commercial Lease - Service Station East Selkirk</td><td>\$14 sq ft</td></tr> <tr><td>Commercial Lease - Restaurant Selkirk</td><td>\$79,000</td></tr> <tr><td>153 Lily Ave Zoned M1</td><td>\$110,000</td></tr> <tr><td>129 Lily Ave</td><td>\$129,000</td></tr> <tr><td>502 Greenwood RENOVATED BUILDING</td><td>\$449,000</td></tr> <tr><td>Profitable Garage in Selkirk</td><td>\$755,000</td></tr> <tr><td>66 Acre MI Development</td><td>\$980,000</td></tr> <tr><td>1753 Fairway Road Netley Creek Golf Course</td><td>\$2,999,000</td></tr> <tr><td>New Bowlers Restaurant & Lounge</td><td>\$549,900</td></tr> <tr><td>Southbeach Collision Gimli, MB Turnkey - Profitable Call for Details</td><td></td></tr> <tr><td>381 Main Street Commercial & Residential Income Property</td><td>\$249,000</td></tr> <tr><td>311 Grassie Blvd Completed Subdivision</td><td>\$385,000</td></tr> <tr><td>200 IXL CRES</td><td>SOLD</td></tr> <tr><td></td><td>\$79,900</td></tr> </table> | Commercial Lease - Flex Space East Selkirk | \$14 sq ft | Commercial Lease - Service Station East Selkirk | \$14 sq ft | Commercial Lease - Restaurant Selkirk | \$79,000 | 153 Lily Ave Zoned M1 | \$110,000 | 129 Lily Ave | \$129,000 | 502 Greenwood RENOVATED BUILDING | \$449,000 | Profitable Garage in Selkirk | \$755,000 | 66 Acre MI Development | \$980,000 | 1753 Fairway Road Netley Creek Golf Course | \$2,999,000 | New Bowlers Restaurant & Lounge | \$549,900 | Southbeach Collision Gimli, MB Turnkey - Profitable Call for Details | | 381 Main Street Commercial & Residential Income Property | \$249,000 | 311 Grassie Blvd Completed Subdivision | \$385,000 | 200 IXL CRES | SOLD | | \$79,900 | | |
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| 502 Greenwood RENOVATED BUILDING | \$449,000 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Profitable Garage in Selkirk | \$755,000 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| 1753 Fairway Road Netley Creek Golf Course | \$2,999,000 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| 200 IXL CRES | SOLD | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | \$79,900 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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The benefits of hiring professional contractors

The DIY movement has inspired many homeowners to tackle home repair and remodeling projects on their own. DIY projects can be rewarding, and many homeowners who have embraced the DIY movement have discovered talents they never before knew they had.

But no matter how simple popular home renovation television shows make remodeling projects appear, homeowners should know that such undertakings are far more difficult than they appear on television. Homeowners who overestimate their abilities and the time they have to complete projects can cost themselves substantial amounts of money. In fact, there are a variety of reasons homeowners might want to work with professional contractors when tackling home improvement projects.

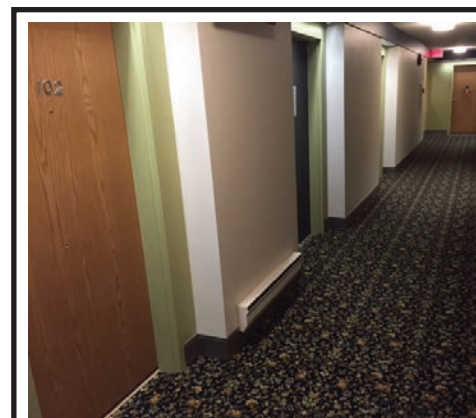
Experience

A trial and error approach can work with various projects and problems. But applying such an approach to home improvement projects is risky and potentially dangerous, not to mention costly. Experienced professional contractors with strong track records (seek recommendations from friends or neighbors) won't have to go through trial and error and are therefore more likely than DIYers to complete a project on time and on budget.

Inspiration

One oft-overlooked benefit of working with professional contractors is the likelihood that they can draw up ideas for projects that homeowners might otherwise never have thought up on their own. Homeowners with-

Continued on page 18



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Is it time to update your home's electrical system?

The invisible systems in a home often are taken for granted. When such systems are working as expected, daily life moves along smoothly. However, when a system goes awry, it can negatively impact routines and may create a dangerous home environment. This is especially true when something goes wrong with a home's electrical system.

Faulty wiring is a leading cause of residential fires. Many homeowners, particularly those who live in older homes, might be living in properties that have outdated electrical systems. The experts at Lowes state that having old wiring and/or insufficient amperage in a house can endanger residents. It also may damage appliances and make it difficult to sell a property in the future.

It can be difficult to gauge exactly when to overhaul an electrical system. Unless circuits routinely trip or lights often dim, homeowners may put off the work. But degrading wires or overextended circuitry can pose a fire risk, so it is best to address electrical systems promptly.

Home inspections may uncover electrical problems. Some homeowners may discover potential trouble while making renovations that require

opening up walls or tearing them down, exposing the wires. Still other homeowners learn about electrical systems when they're adding new, large appliances or other gadgets that consume more power than existing items. These devices may continually cause power outages in the house, such as tripping the circuit breaker or popping a fuse.

When it comes time to update the electrical system, it is always best to work with licensed and bonded electricians who have the expertise to work with electrical wiring without getting injured. This is not a do-it-yourself type of job since it requires specialized training.

Electricians likely will recommend upgrading the electrical panel to bring more power from the utility poles into the home. This can include replacing the existing meter and circuit breaker box to allow it to handle more power or replacing items that are obsolete or dangerous.

Many older homes are only capable of handling a minimum number of amps, utilizing just a few circuits. But nowadays, when homeowners have far more electronics in their homes than they once did, increased demand on electricity can overload a circuit

(all of the outlets linked on one wire). Tripping a circuit breaker is a safety measure to prevent the wire from becoming overheated and causing a fire. However, in some old systems, the circuit breaker will not trip, and this can be problematic.

Rewiring a home is another step. Wire insulation can deteriorate over time, and new wires may be needed. This can be messy and time-consuming, but it's a small price to pay for safety. When rewiring an electrician also may suggest new outlets. Many home building codes now require outlets with ground fault interruptors, or GFIs, in kitchens, bathrooms and other rooms exposed to moisture.



Some older homes may not even have three-pronged outlets, so this will necessitate an update as well.

Electrical systems are the heart of a home, delivering power where it is needed. It is essential to keep such systems up-to-date so they can handle the power demands of everyday life.

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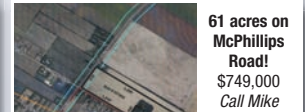
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> PROFESSIONAL CONTRACTORS, FROM PG. 16

out specific ideas in mind can ask contractors to come up with various scenarios before committing to a particular one. Veteran contractors can draw on years of experience to create designs that DIYers might be incapable of coming up with and/or incapable of seeing through to completion.

Cost

Conventional wisdom suggests it's less expensive to do something yourself than to hire someone else to do it for you, but that's not necessarily true of home improvement projects. Labor costs typically account for a substantial amount of professionally contracted projects, but homeowners can cut those costs by volunteering to do some of the simpler tasks themselves. In addition, contractors often purchase materials at a much lower cost than individual homeowners because contractors buy in bulk. So while labor costs might be lower on DIY proj-

ects, the cost of materials can offset those savings.

Resale value

Many homeowners renovate their homes with eyes on improving the resale value of those homes. But if homeowners want to showcase a newly remodeled kitchen when selling their homes, they should be prepared for prospective buyers to ask who worked on the project. Fearing potential problems down the road, some buyers might be put off by homes that were remodeled by DIYers and not professional contractors.

Renovating a home on your own can be a rewarding project for homeowners. But it's important that homeowners recognize the many benefits of working with professional contractors before making any final decisions with regard to who will tackle their next project.

Steps to take before an appraiser's visit

Homeowners unfamiliar with the appraisal process might not know if there is anything they can do to make the process go more smoothly. While certain variables involved in the appraisal process, such as location of the home and the value of surrounding homes, are beyond homeowners' control, the Appraisal Institute recommends homeowners take the following steps before an appraiser visits their home.

- Clean the house. A dirty home that is full of clutter will not make the best impression on appraisers. Dirty homes may be vulnerable to insect infestations that can lead to structural problems with the home. While a dirty home is not necessarily an indicator of infestations or a reflection of a home's value, a clean home will create a stronger first impression with the appraiser.

- Make any necessary repairs ahead of the appointment. Homeowners who have been putting off repairs should make them before the appraiser arrives. Homes with repairs that still need to be made will likely be valued

less than similar homes with no such repair issues. Though repairs can be costly, investing in home repairs will likely increase both the appraisal and resale value of the home.

- Obtain all necessary documents before the appraiser arrives. Homeowners who have certain documentation at the ready can speed up the appraisal process. Such documentation may include a survey of the house and property; a deed or title report; a recent tax bill; if applicable, a list of items to be sold with the house; purchase history of the home; and the original plans and specifications of the home.

- Inform the appraiser about recent improvements. Homeowners can inform appraisers about any recent improvements to the home and the cost of those improvements. The value of home improvements with regard to a home's appraisal value vary depending on a host of variables, but having such information at the ready can help appraisers make the most informed appraisal possible

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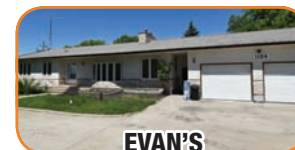


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> MEAL IDEAS

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Roasted tomato and cauliflower pasta bake



6 servings / 55 min
Prep 20 min / Cook 35 min
Pop the vegetables in the oven to

roast while you cook the pasta, then stir it all together with zippy Asiago cheese and you've got a pasta dish that's sure to become a new favourite. Serve a leafy green salad on the side.

- Ingredients**
2 tbsp (25 mL) olive oil
4 cups (1 L) cauliflower florets (about 2/3 medium head)
3 cups (750 mL) grape tomatoes
2 cloves garlic, minced
1/2 tsp (2 mL) dried rosemary or

- basil
1/2 tsp (2 mL) pepper
1/4 tsp (1 mL) smoked paprika (optional)
2 tbsp (25 mL) red or white wine vinegar
8 oz (250 g) whole wheat rotini or fusilli pasta
1 cup (250 mL) shredded lower fat Asiago or Provolone cheese or 3/4 cup (175 mL) shredded regular Asiago or Provolone cheese
- Directions**
Preheat oven to 425°F (220°C). Place oil in a 13- by 9-inch (33 by 23 cm) glass baking dish. Heat in oven for 3 minutes or until oil is heated. Add cauliflower, tomatoes, garlic, rosemary, pepper, smoked paprika (if using) and vinegar to baking dish and toss to evenly coat. Roast in oven for about 25 minutes or until

cauliflower is tender and browned and tomatoes have split, stirring once.

Meanwhile, cook pasta according to package directions, until a dente (tender but firm). Drain well, reserving 1/4 cup (50 mL) of the cooking water.

Stir pasta into vegetables in baking dish, mashing tomatoes slightly to release juice. Add reserved cooking water, a little at a time, to moisten pasta as desired. Stir in half of the cheese. Sprinkle remaining cheese on top and bake for about 5 minutes or until cheese is melted.

Easy Cold-Weather Cooking Carrot-Lentil Vegetable Stew



Prep time: 20 minutes
Cook time: 25 minutes
Servings: 4
1 cup dry lentils
3 cups fat-free, reduced-sodium

- vegetable broth, divided
1 cup water
3/4 cup chopped onion
3/4 cup sliced celery
3/4 cup chopped bell pepper
1 can (14 1/2 ounces) no-salt-added diced tomatoes
1 jar (15 1/2 ounces) Aunt Nellie's Glazed Small Sliced Carrots
1 large clove garlic, minced
1/2 cup chopped fresh parsley
shaved Parmesan cheese (optional)
Rinse lentils and drain. Place in Dutch oven or other large saucepan. Add 2 cups broth and water. Bring

- to boil, reduce heat and simmer 15 minutes (lentils should be slightly undercooked).
Add onion, celery, bell pepper, remaining broth, tomatoes with liquid, carrots with liquid and garlic. Bring to boil, reduce heat and simmer 10-15 minutes, until liquid is reduced as desired and vegetables are just tender. Stir in parsley. Serve topped with Parmesan, if desired.
Note: If desired, 1/2 pound chicken sausage links, cooked and cut into bite-sized pieces, can be added to stew during last 5 minutes of cooking.

Ham and Gouda Quesadilla



- Cook time: 15 minutes
Servings: 1
2 teaspoons olive oil
1 small onion, thinly sliced
2 teaspoons Dijon mustard
1 flour tortilla (10 inches)
2 slices deli ham
8 dill pickle rounds
1/2 cup (2 ounces) Borden Cheese Gouda Shreds
In small, nonstick skillet, heat olive oil over medium-high heat until hot. Stir in onions. Cook, stirring frequently, until onions become tender and golden brown.

- Spread mustard on one half of tortilla. Top with ham, onions, pickles and cheese; fold uncovered part of tortilla over filling to form semi-circle.
Cook quesadilla in dry skillet over medium-high heat until browned on both sides and cheese is melted.
Cut into four pieces and serve.

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Brewing something different in Selkirk

There are many health benefits to drinking tea, local shop owner says

By Lindsey Enns

When Michelle Bloom opened Selkirk's first loose leaf tea shop just over a year ago, she wasn't quite sure what to expect.

Three 6 Tea now offers more than 130 tea flavours and business continues to heat up.

On average, the St. Clements resident says her and her staff members serve anywhere from 50 to 75 customers per day.

"Things have been going fantastic, I'm absolutely overwhelmed by how we've been received by Selkirk," Bloom said while sitting inside her family owned and operated shop located at 351 Main St. "We have a loyal customer base, new people coming in everyday, I couldn't really ask for more.

"Selkirk is such a great place to open up a business."

The teas, which come from countries



such as Japan, India, Africa and China, are sold by weight or by the cup for those wanting a hot or cold tea for inside or to go.

"Tea has such a wide demographic it's not grandma's drink anymore," Bloom said with a smile. "There's a tea for everyone."

The stay-at-home mom turned entrepreneur officially opened Three 6 Tea on Dec. 7, 2015. Bloom said she quickly fell in love with tea and got inspired to open her own business after visiting a tea shop similar to hers in Kenora, Ont.

"I was actually a coffee drinker at the time, but the place smelled beautiful, the tea was out for the customers to be able to smell ... and I just realized there's this whole world of tea,"



RECORD PHOTOS BY LINDSEY ENNS

ABOVE: Michelle Bloom, owner of Three 6 Tea, a specialty loose leaf teashop located along Main Street in Selkirk, serves up a hot cup of tea to a customer last Friday. **ABOVE LEFT:** Bloom holds up a spoonful of matcha powered green tea. The shop now offers matcha in various flavours.

she said. "And there's so many health benefits."

According to the Tea and Herbal Association of Canada, tea is the most popular prepared drink in the world and it's linked to a long list of health benefits.

Drinking tea can lead to lower blood pressure, a healthier heart, can help you lose weight and keeps your caffeine consumption in check.

Bloom added tea is also very high in antioxidants.

She said her shop also offer nearly 16 flavours of matcha tea, which is a powdered form of green tea.

"So you're actually ingesting the leaves so your getting the antioxidants of 10 cups of tea in one cup

of matcha," she said. "It also gives you that caffeine boost ... so you're getting that mental alertness like a coffee would give you but you also get a sense of calm."

As for Selkirk's signature tea blend, Bloom said they are still working on it, but hope to have something out sometime this year.

"We're looking at actually doing a tea that has local plants and herbs in it," she said.

Bloom said she credits the community's support for helping her business succeed.

"Selkirk has that small town feel ... so I really feel like people are behind me," she said, adding she's also found it beneficial to work and collaborate with other businesses in the area. "The business community is pretty amazing and interconnected and I don't think you'd get that in a bigger city."

Three 6 Tea is open Monday to Friday from 9:30 a.m. to 6:30 p.m. and Saturdays from 10 a.m. to 5 p.m.

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Sunova Credit Union welcomes a new addition to their team

Submitted

We got a puppy! Sunova Credit Union is thrilled to introduce their newest employee, a 35-pound, four-month-old, St. Bernard puppy named Lily.

Joining big 'brother' Gallagher on the D.O.G (director of greetings) team, Lily has already begun extensive training to make sure she's well equipped to handle the responsibilities of a Sunova D.O.G. Once her training is complete, Lily's very important job will consist mostly of greeting members, asking for belly rubs, shedding excessively, and giving excellent hugs.

"Lily's arrival is extremely exciting for our staff and members," says Sunova Credit Union president and CEO Ed Bergen. "Our D.O.G program isn't a marketing gimmick, it's a representation of who we are as an organization. Our D.O.Gs brighten the days of everyone they meet and we think that's a very important part of the world-class member service that Sunova offers. Lily joins the team nearly a decade after the hiring of our first D.O.G, and I'm thrilled to be able



SUBMITTED PHOTO
Sunova Credit Union is thrilled to introduce their newest employee, a 35-pound, four-month-old, St. Bernard puppy named Lily.

to watch the next generation of pups join the team."

Lily is expected to begin short branch visits in February, and join the D.O.G team full time within the next six-months to a year.

Sunova Credit Union is based in Selkirk at 233 Main St. and also has locations in Winnipeg and across the Interlake region.

Record receives national award



RECORD PHOTO BY MICHELLE BALHARRY

Selkirk Record staff received a National Award of Merit from the Huntington Society of Canada "for outstanding contributions to the Huntington Disease Community" in November 2016. Pictured from left to right: Vern Barrett, president of the Huntington foundation's Manitoba chapter, Marla Benjamin, the Manitoba foundation's resource director, Jeff Hoffman, the Huntington Society of Canada's national manager, Brett Mitchell of the Selkirk Record and local volunteer Jeff Bowes. The Record received the award because of all the print coverage and volunteer support for the Huntington Society of Canada's Manitoba chapter. This year's two-day HD500 snowmobile ride, organized by Mitchell, will take place on Feb. 24 and 25. To pledge a rider or for more information visit hdmanitoba.ca.

Who's Got the **Coollest Shack?**

Week One Winner The "John Deere" Shack

Congratulations!
This Shack of the Week has won a Tim Hortons Prize Pack.

Send us pictures of the exterior and of the interior of your ice shack - tell us what makes it unique and interesting!

Email your pictures to:
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Stay tuned for your chance to vote for your favourite shack.



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City teams up with pet rescues to help stray animals

By Dave Baxter

A local pet rescue believes they will now be able to find more homes for stray animals in the Tri-S area because they finally have the City of Selkirk in their corner.

"In the past we did not feel the city was open to a community-city partnership, but now we feel they are," Pawed Pals Animal Rescue chairperson Karen Keppler said.

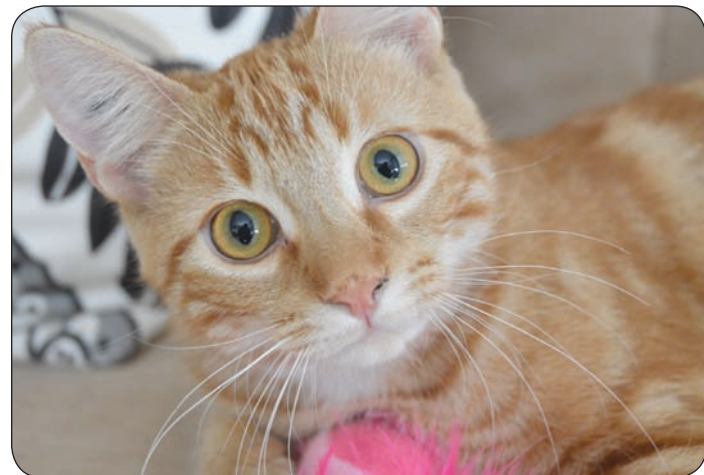
The City of Selkirk runs an Animal Retention Centre that works to take in stray animals and find them homes.

But Keppler said that for many years the city was not willing to work with other animal advocates and rescue organizations to help local stray animals, or to share resources and information.

"If we can work with them that's important because our volunteers are always willing to help in whatever ways they can," Keppler said.

Keppler said that lack of co-operation changed when the city brought on David Thorne as their new director of protective services in October 2016.

"Dave Thorne has been like a dream come true for us," Keppler said. "It's now a completely different and more collaborative way of looking at things



RECORD PHOTOS BY DAVE BAXTER

Pawed Pals Animal Rescue chairperson Jo-Anne Wilson plays with her cat Bernie, pictured above right, who she adopted through Pawed Pals. The local pet rescue now says the city is collaborating with them to help save stray animals in the area.

and that makes us very optimistic about what we can accomplish."

When Thorne first came on with the city he immediately reached out to Pawed Pals and other rescues and organizations to see if there were ways they could work together.

Keppler added Pawed Pals volunteers will soon be getting a tour of the city's Animal Retention Centre.

"We feel the care of animals is a community endeavor, so we do think

we should be allowed into the centre, and that we should all be working together because we are working towards the same goals."

Thorne said he believes the city is already doing a great job helping stray animals in the area.

The city's animal retention centre has been the temporary home to 202 dogs since 2013, according to the city.

But of the 202 dogs that came to the facility, either because they were stray or surrendered by their owner, only two have been euthanized and in both cases it was due to medical reasons.

Thorne said despite that success, he decided when he took on the role that it made sense to work with other organizations that also work to help local animals.

"The more avenues we have as a city to re-home animals that come to our care, the better chance we can make that happen," Thorne said. "You have

to be collaborative in this day and age, we simply can't go at these things alone."

He said moving forward that co-operation could include holding adoption days, sharing resources, information and volunteers as well as working together to find ideal homes for animals housed both by the city and by local rescues.

"After meeting with Pawed Pals I feel like they now feel very optimistic moving forward, whereas before they really felt like they were doing this on their own," Thorne said.

Although Thorne said the "majority" of pet owners take proper care of their pets, he wants to remind all pet owners their animals can't be taken for granted.

"People have to use common sense and they have to be taken care of," Thorne said. "They are a pet, but they are also a member of the family."

TRI-S
Outdoor Soccer
Registration

Registration for all Tri-S United teams will run from **January 29th to February 12th**. This is for players born in 1999 to 2009 to form Tri-S United teams that play in the WYSA League

* As of January 2017 - All players from the outside the City of Winnipeg region that wish to play in the WYSA League must register with a club inside their Region or fill out an Out of Region Transfer Form found on the Manitoba Soccer website by February 12th. This procedure will be strictly enforced by the MSA and failure to do so will result in player ineligible to play in the 2017 Outdoor season.

To register for the season or more information please go to www.trissoccer.com.

If you are interested in coaching or being a referee please email info@trissoccer.com

Head-on crash on Clandeboye



RECORD PHOTO BY BRETT MITCHELL

Two cars collided head-on along Clandeboye Avenue near Main Street on Tuesday morning around 8:30 a.m. Drivers were taken to hospital with minor injuries.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Pruden powers Steelers over Natives in MJHL action

By Brian Bowman

It wasn't easy, but the Selkirk Steelers found a way to defeat the Neepawa Natives on Sunday evening at the Selkirk Rec Complex.

The Steelers jumped out to an early 3-0 lead and then saw their offence suddenly go cold as they eked out a 4-3 shootout win in MJHL action.

"We deserved to win this game," Steelers' head coach Dustin Hughes told Mike FM after the game. "We were the better team today."

Ryan Pruden and Brady Castellano scored for Selkirk in the shootout while Steelers' netminder Landon Poiron stopped Jordan Martin and Griffin Chwaliboga.

Selkirk took a 3-0 first-period lead just 14:47 into the contest as Pruden scored twice sandwiched around a Colby Dudek goal.

Martin scored late in the first period and then former Interlake Lightning forward Riley Vautour pulled the Natives to within a goal at 7:30 of the second.

Justin Metcalf then tallied early in the third to tie the score at 3-3.

Selkirk outshot Neepawa 36-20. Both Neepawa's Tyler Gutenberg and Poiron played well in goal.

With Sunday's win, Selkirk earned five out of a possible six points last weekend.

"I think it was a good weekend," Hughes said. "It wasn't a great weekend by any stretch but it was a good weekend. Three-in-threes are always tough and we have certainly had a lot of those this year, unfortunately, but

that's just the way the schedule maker made it."

Crushing the Caps

Selkirk started the weekend in style, whipping the Oil Capitals 7-1 in Virden with seven unanswered goals.

Nathan Halvorsen continued his stellar play with two goals and two assists in the first two periods while Ezra Hall, Liam Kroeker, Cole McCartan, Carter Barley and Taylor Fisher also tallied.

Virden's Ben Dalke opened the game's scoring at 9:06 of the first period. Hayden Dola made 39 saves for the win.

The next night, the two-game, home-and-home series between the two clubs took a complete 360 turn as Virden won 2-1 with Kirklan Lycar's overtime winner.

In regulation time, Kroeker and Virden's Dylan Thiessen traded goals.

Home-win streak snapped at 15 games

On Jan. 10, the Steelers' 15-game home-winning streak ended abruptly with a 3-2 loss to the OCN Blizzard at the Rec Complex.

Dallas Starodub gave the home side a 1-0 lead with a first-period goal but OCN's Maverick Rafter tied the score at 7:43 of the second period.

The Blizzard's Brady Valiquette and Halvorsen traded power-play goals in the third before OCN's George King scored the game winner with just 3:44



RECORD PHOTO BY BRETT MITCHELL

Selkirk Steelers' forward Nathan Halvorsen, right, battles for the puck during MJHL action Sunday evening at the Rec Complex. Selkirk edged Neepawa 4-3 in a shootout.

left in regulation time.

Selkirk, now an impressive 29-11-3 and in second place with 61 points, will hit the road for three games this weekend. The Steelers will visit Virden on Friday (7:30 p.m.) and then OCN Saturday (7 p.m.) and Sunday (2 p.m.).

"It's going to be a lot of fun," Hughes predicted. "It's going to be a challenge. We have Virden on Friday and then OCN back-to-back. They're two teams that we're battling with and they're two teams that we may see down the road in the playoffs."

Steelers make several trades at Jan. 10 deadline

By Brian Bowman

As the Jan. 10 trade deadline has come and gone, junior hockey teams from across the country did some last-minute tinkering to their rosters.

And the Selkirk Steelers were part of that frenzy, making three separate deals.

Selkirk acquired forward Nash Dabb (1997) from the SIJHL's English River Miners in exchange for future considerations. Dabb, a North Vancouver native, had six goals and 15 assists in 27 games this season.

Selkirk also traded forward Adam

Withers (1998) and the MJHL List Rights of forward Tyrae Fountain (1999) to the Waywayseecappo Wolverines in exchange for defenceman Kevin Takatch (1997).

Takatch scored once and added seven assists with Waywayseecappo this season.

The Steelers also made a pretty big trade in goal, sending Brett Friesen (1997) to the Melville Millionaires in exchange for forward Liam Shaw (1996) and futures.

In other trade news, the Swan Valley Stampers traded Carter McMurdo

(1996) to the Portage Terriers in exchange for the MJHL List Rights of Tanner Morrison (2001).

Swan Valley also traded Jordan Valentino (1996) to the OCN Blizzard in exchange for Shane Roulette (1997), the MJHL List Rights of Drayson Collyer (2001), and futures.

The Stamps also sent Josh Martin (1997) and the CJHL Playing Rights of Lasse Petersen (1997) to Portage in exchange for Calvin Bliid (1998) and futures.

Meanwhile, Waywayseecappo traded Ryan Mignault (1999) to Melville in

exchange for Tristan Pacquette (1999).

OCN acquired Kevin Resop (1997) from the Miramichi Timberwolves in exchange for futures.

Portage traded Jordan Thomson (1996) to the Virden Oil Capitals in exchange for Cole Oliver (1997) and futures.

The Dauphin Kings acquired Colin MacDonald (1997) from English River in exchange for futures. The Kings earlier traded Hayden Pierce (1996) to Virden in exchange for the MJHL List Rights of Nick Hatley (2000).

Fishermen reel in win over Ice Dawgs

By Brian Bowman

The Selkirk Fishermen had just one game last week – but they sure made it count.

Selkirk skated to a solid 5-2 road win over the Ice Dawgs in KJHL action last Friday.

Auzzie Loewen, Bronson Kelly, Dylan Painchaud-Niemi and Drayton Mendrun scored for Selkirk in the first period and then Mendrun netted his second goal of the game in the third.

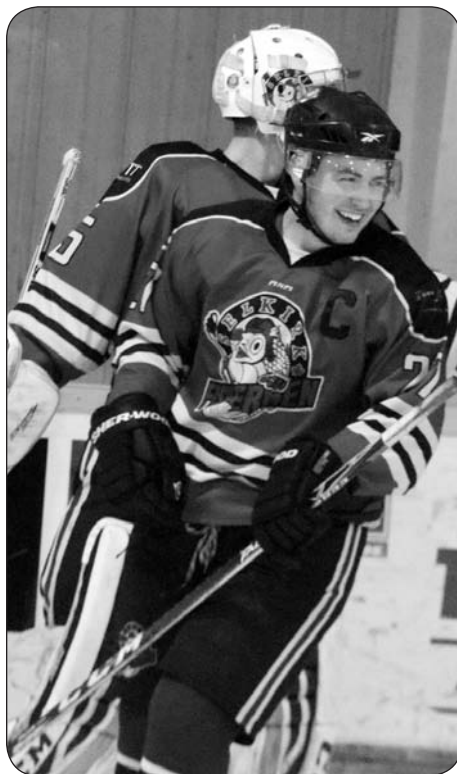
Milan Horanski had two assists for the winners.

Spencer Kilbrei and Karson Collins replied for Arborg as Riley Bannerman made 29 saves for the win.

Selkirk (18-7) played at Lundar Wednesday but no score was available at press time. The Fishermen won't play again until Jan. 27 when they travel to St. Malo to play the Warriors in a key South Division matchup.

In off-ice news, the Fishermen have started an alumni association and will be hosting their first fundraising social on Feb. 19. The social, which will include a silent auction, will be held at the Rec Complex and begins at 8 p.m. Tickets are \$20.

"We will be raising money for our 100th year celebration," said Fishermen head coach Chris Poponick. "In 1917-18, it was the first time that the Fishermen name and logo was used.



Drayton Mendrun celebrates his goal.

So, we will be celebrating 100 years next year."

In the future, the Fishermen plan on hosting other events as well as a yearly social. Alumni games are one idea, said Poponick, with a fish fry and golf tournament being other ideas that have been mentioned.



RECORD PHOTOS BY LANA MEIER

The Fishermen's Coel Forsyth protects the puck from an Ice Dawgs' player in Selkirk's 5-2 road win last Friday.

"We're trying to help out the kids in the community," said Gord Dehn, chairman of the Fishermen alumni association, and a former player. "It's very important (to have these fundraisers) because all of the costs are going up.

"Referee costs and travel costs are going up with all junior hockey team, so any way to get revenues up is great." Tickets for the social can be purchased from individuals associated with the Selkirk Fishermen hockey club.

Clegg named Wesmen male player of the week

Staff

University of Winnipeg men's volleyball player Mikael Clegg was recently named the Wesmen's Male Player of the Week.

Clegg, a second-year setter, orchestrated the attack in the Wesmen's weekend sweep over the UBC

Okanagan Heat.

Clegg finished weekend play with 65 assists, 12 defensive digs, and three blocks.

In Friday's four-set win, he had 36 assists and six digs. Clegg followed that performance up with a 29-assist, six-dig, three-block effort in a

straight-sets victory on Saturday.

Clegg, a former Selkirk Royal, is currently second in the Canada West Conference in assists with 511.

The Wesmen will be back in action Friday and Saturday when they visit the University of Regina Cougars.



Mikael Clegg



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Royals win third-place game at Gimli tourney

By Brian Bowman

The Selkirk Royals saved their best performance for their final game at the Gimli varsity boys' basketball tournament last Saturday.

Selkirk was very good in dominating the Lac du Bonnet Chargers 96-61 in the third-place game.

"We're pretty young and only have a handful of guys who have played varsity basketball," said Royals' head coach Dean Goodbrandson. "We struggled (early in the tournament) but it all came together in the Lac du Bonnet game.

"We kind of found it in that last game against Lac du Bonnet – it was nice to see."

Selkirk had four players finish in double digits in scoring against Lac du Bonnet. Brandon Monkman led all scorers with 23 points, followed by teammates Alex Unrau (21), Corben Ponzilius (16), and Drake Balantyne (10).

In pool play, Selkirk beat Stonewall Collegiate 55-35 but lost to the Frontier Raiders 61-48.

Brandon Monkman led Selkirk in scoring against Stonewall with 23 points while Owen Schwartz added 20. Against Frontier, Schwartz poured in a team-high 17 points while Alex Unrau had 10 and Monk-

man nine.

All three of the Royals' tournament opponents matched up well in terms of talent with Selkirk, said Goodbrandson, even though the results varied quite a bit from game to game.

Selkirk hosted Lorette in a KPAC Tier 2 game last night but no score was available at press time. The Royals were 0-2 in league play heading into that game.

"We're a solid Tier 2 team," Goodbrandson noted. "We're going to win some and we're going to lose some. Hopefully, we can get to that Tier 2 final."

The Royals do a good job staying disciplined and scoring from the paint, said Goodbrandson. Selkirk has a decent amount of height compared to the rest of the teams in their league, which helps them score inside.

The Royals' goal by the end of next month, said Goodbrandson, is to improve to the point where they can beat teams like Murdoch Mackay. Selkirk lost 77-56 to Murdoch Mackay earlier this season.

Next action for the Royals is this Monday when they host Springfield Collegiate. Game time is 7:30 p.m.

WHSHL royal all-stars



RECORD PHOTO BY VAL LULASHNYK

The Selkirk Royals were well represented at the WHSHL all-star day last weekend at the MTS Iceplex. Pictured back row, left to right: Evan Bedard, Travis Spratt, Logan Artimowich, Chad King and Wesley Hoydalo. In front, goalie Brady Hrymak.

Next-Home Games



VS



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Chad King



Evan Bedard



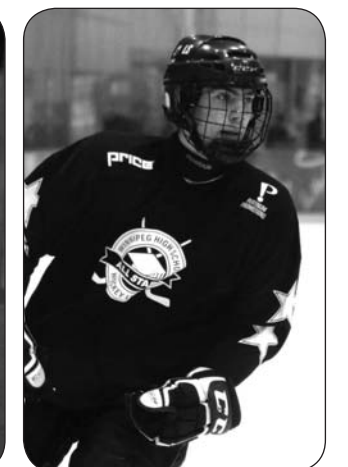
Brady Hrymak



Logan Artimowich



Wesley Hoydalo



Travis Spratt

The Selkirk Record

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Royals racking up wins this month in female hockey

By Brian Bowman

The New Year has brought plenty of cheer to the Selkirk Royals girls' hockey team.

Selkirk won its second consecutive game this month after a hard-fought 2-1 home win over Vincent Massey on Monday in East Selkirk.

"We've had two games since we've come back (from the break) and we've played really well in both of them," said Royals' head coach Noah Cain after the game. "That's good to see – us coming back with momentum as we ramp up for the playoffs."

Brooke Johnstone and Courtney Sorokopud-Jones scored for Selkirk late in the first period. Jazmyn-Rae Desjarlais had an assist on the Royals' second goal.

The tight, defensive victory was nice to see as Selkirk prepares for the upcoming playoffs.

"Our goalie, Jodi Clifton, stepped up, especially at the end of the second and third (periods)," Cain said. "She made some big saves and we got the puck out when we needed to."

"The games are going to start tightening as we get to the playoffs."

The Royals began play in 2017 with a solid 6-3 home win over the Jeanne Sauve Olympiens on Jan. 11.

"That was one of the best games that we've played," Cain said. "They have some weapons and some girls that can score goals."

Sorokopud-Jones led Selkirk with a pair of goals while Brooke Anderson and Cienna Palmer each had a goal and an assist. Cassidy Ilchena and Desjarlais also tallied in the win.

Alexa St. Jean replied with a pair of power-play goals for Jeanne Sauve while Naomie Berube also tallied. Clifton faced 20 shots in the victory.

Selkirk, now tied for second place with St. Mary's, each with 23 points, played the Westwood Warriors yesterday but no score was available at press time.

The Royals will then battle St. Mary next Wednesday at the MTS Iceplex. Game time is 4:50 p.m.



RECORD PHOTO BY BRETT MITCHELL

The Selkirk Royals' Cienna Palmer does a good job controlling the puck against the Jeanne Sauve Olympiens during WWSHL action last week. Selkirk is 2-0 this month after a 2-1 win over Vincent Massey on Monday.



High-flying action

RECORD PHOTO BY BRETT MITCHELL

Selkirk and St. Andrews was the home to some high-flying ringette action last week. In the left picture, Selkirk's Kaley Head wires a shot at the opposition's goalie during tournament action last Saturday at the Selkirk Rec Complex. Pictured, at right, clockwise, Selkirk goalie JJ Borthistle, Morgan Hutchinson, Amy Rosser, and Daiya Purling do a great job keeping the ring out of their net during tournament play. A highlight for local players was Selkirk winning the gold in the U12 division after a convincing 11-4 win over Portage.

Dolphins make a splash at Winter Chill Meet



The Selkirk Dolphins' Mats Hanson was hard at work in the pool during the Dolphin Winter Chill Meet last weekend at the Comp.



RECORD PHOTOS BY BRETT MITCHELL

The Selkirk Dolphins' Petra Pearson was tearing through the water at her club's Dolphin Winter Chill Meet.

Eichler joins annual Brandon Ag Days celebrations

Staff

The new year is off to a good start for Manitoba farmers.

This upcoming season, farmers across the province will continue to reap the benefits of comprehensive coverage from AgriInsurance and the Western Livestock Price Insurance Program (WLPPI).

The provincial and federal government are working together to provide producers with protection against farm business risks, including the financial impact of extreme weather and price fluctuations. AgriInsurance and WLPPI are risk-management programs supported through Growing Forward 2, the five-year federal-provincial-territorial policy framework. The Manitoba Agricultural Services Corporation (MASC) administers both programs.

At the 40th annual Ag Days in Brandon on Jan. 17, Federal Agriculture Minister Lawrence MacAulay and Manitoba Agriculture Minister Ralph Eichler noted that this year's coverage is the second highest on record and is expected to exceed \$2.6 billion on 9.6 acres in Manitoba. AgriInsurance coverage is increasing on average by seven per cent, while premium rates are down by an average of four per cent from last year.

"Through AgriInsurance, we continue to offer a comprehensive risk management program for Manitoba's farmers, which is effective whether they are just starting out or have had years of experience," Eichler said. "To ensure the long-term growth of our province's agriculture sector, AgriInsurance is an essential tool, as it provides reliable protection against the unpredictable challenges of weather

and other production-related risks."

Under AgriInsurance, premiums for most programs are shared 40 per cent by participating producers, 36 per cent by the federal government and 24 per cent by the provincial government. Administrative expenses are paid 60 per cent by the federal government and 40 per cent by the provincial government.

Providing protection against unexpected price declines, WLPPI expanded to include Manitoba cattle and hog producers in 2014. Due to lower cattle prices in 2016, WLPPI paid out \$1.7 million to producers, with 73 per cent of insured calves qualifying for a payment. The average payment for each calf that qualified for an indemnity was \$94.

Under WLPPI, administrative expenses are paid 60 per cent by the federal government and 40 per cent by the provincial government. Participating producers pay the premiums.

While at Ag Days, Canada's largest farm show and Manitoba's main agriculture event, Eichler and Premier Brian Pallister celebrated the impact of agriculture on Manitoba's economy.

Pallister acknowledged the challenges farmers might have faced in recent years due to flooding and water management. He also announced that Manitoba's soon-to-be-released green plan will include an overall water management strategy.

Meanwhile, Eichler announced the government's commitment to immediately begin consultations as part of a review of the funding structure of Keystone Agricultural Producers (KAP) under the Agricultural Producers Organization Funding Act.



RECORD PHOTO BY JEFF MEIER

Manitoba Agriculture Minister and MLA for Lakeside Ralph Eichler attended the 40th annual Ag Days in Brandon on Jan. 17.

"The current check-off funding structure creates needless administrative costs for farmers, KAP and purchasers of agricultural products," Eichler said. "A review of the system

has long been requested. Our government is listening to Manitobans and we are pleased to be taking this step today."

Vehicle owner addresses to be removed from registration cards

Submitted

In the interest of protecting the privacy and security of Manitobans, Manitoba Public Insurance will be implementing a system change to remove the printing of registered owner addresses on non-commercial vehicle registration cards, Crown Services Minister Ron Schuler announced on Tuesday.

"This is a positive step in enhancing privacy for Manitobans," said Schuler. "Vehicle registration cards are often left inside the vehicle which makes them susceptible to being taken should the vehicle be broken into. Removal of the registered owner address

will ensure the privacy, confidentiality and security of registered vehicle owners is maintained in these cases."

This change, which is supported by the Manitoba Association of Chiefs of Police, will be introduced starting with renewals and new vehicle registrations effective March 1, 2017 and later.

"Police vehicles across the province now have online computer access to driver and vehicle licensing databases to confirm addresses of registered vehicle owners, making it unnecessary to include this information on the physical vehicle registration card issued," said Ward Keith, vice-president

of Business Development & Communications and chief product officer, Manitoba Public Insurance.

"The new cards will be automatically introduced at no cost as policyholders renew or make vehicle or insurance changes that trigger printing of new vehicle registration documents," said Keith. "Full transition will take up to five years as current vehicle registration cards can be valid for this period of time."

Customers wishing to obtain a new vehicle registration card immediately without physical address can do so at any Autopac agent for a \$15 vehicle registration card replacement fee.

Commercial vehicles registered under the International Registration Plan (IRP) will not be affected by this change because the addresses on commercial vehicle registrations are typically those of commercial transport businesses, so the same risk to personal privacy and security does not exist, explained Keith. In addition, because IRP-registered vehicles are primarily operated outside of Manitoba, the address on the registration card is required by law enforcement officers in other jurisdictions who do not have direct access to Manitoba vehicle registration records.

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Rural Municipality of St. Andrews



REQUEST FOR PROPOSALS 2017 & 2018 PRIVATELY OWNED EQUIPMENT HOURLY RATES

The Rural Municipality of St. Andrews is seeking proposals from qualified bidders for hourly rates for Privately Owned Equipment for the 2017 and 2018 seasons.

Request for Proposal packages including submission documents are available at the Municipal Office, or from the R.M.'s website, www.rmofstandrews.com.

Sealed submissions clearly marked 2017 and 2018 Equipment Rates will be received by the undersigned at the address below until 4:00 p.m. on February 16, 2017. Late and incomplete submissions will not be accepted.

All inquiries related to the Tender should be directed to the Public Works Department by calling (204) 738-2264.

Brad Pawluk, Public Works Supt.
R.M. of St. Andrews, 500 Railway Avenue
Clandeboye, MB ROC OPO

METAL RECYCLING

Autos, farm scrap, brass, copper & batteries wanted. 47 Patterson Dr. Stonewall Industrial Park. Interlake Salvage & Recycling Inc. 204-467-9344.

HOUSE FOR SALE

House for sale to be moved (Hwy 212 at Saption Road), Cooks Creek (sign posted). 1140 square feet, good condition. New electric furnace, hot water tank and more included. Accepting offers until February 28, 2017. All inquiries to: info@stmichaelsrc.com or 204-479-3303.

Immediate possession available. 1638 sq. ft. RTM. 2.5 baths, cathedral ceiling, island kitchen. \$189,000. Floor plan online at wgiesbrechthomes.ca. Custom Builds also available. Call 204-346-3231 or email wilbert@wghomes.ca for more information.

APARTMENT FOR RENT

2 bdrm. suite at 40 Eveline. \$859/per month. Please inquire at admin@d7management.com 204-989-4211.

Quiet 55+ 1 bdrm. riverview suite in Selkirk, MB. Avail. immediately. \$1167/mth. No smoking or pets. Please inquire at admin@d7management.com or 204-989-4211.

HOUSE FOR RENT

East Selkirk, 900 sq. ft. 1 bedroom house. All appliances, pet friendly, \$900/mo. plus utilities. Call 204-268-2098.

2 BDRM HOUSE FOR RENT IN SELKIRK. INCLUDES FRIDGE, STOVE, WASHER & DRYER. \$1,000/MO. PLUS UTILITIES. PLS. CALL 204-485-0010.

FIREWOOD

1 cord of Cedar \$210. 1 cord of Silver Maple \$250. 1 cord of Oak \$300. Bundles available. Free local delivery. Ph. 204-485-0706.

SNOW REMOVAL

Professional roof top snow removal with All Nu Roofing, also cleaning of plumbing stacks and ice dams. Ph. 204-799-6023 or 204-757-9197.

George Hempler Snow Removal Services. Reasonable rates. Ph. 204-785-3736 or 204-785-8363.

Roof top snow removal by Ron's Window Cleaning. Also cleaning off plumbing stacks, vents and ice dams. Ph. 204-785-2742.

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Are you physically or medically challenged & motivated to work? Call A.I.M. for Work at 204-482-2130 or 1-800-494-4179.

Dream job! Live in caregiver/housekeeper in Winnipeg and Florida! Driver's licence required and must be able to travel. 204-997-4629.

Oyen Seed Plant - F/T manager. Experience necessary; wage negotiable. For further information contact Dave Sullivan 403-664-3865 or email: scrockd@hotmail.com

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MISCELLANEOUS

Student desk study lamp EWO \$15, toaster EWO \$15, LN sz. 9 safety shoes EC \$60. Ph. 204-785-8598.

MISCELLANEOUS

Men's light blue suit, coat & blue shirt sz. XL, pants sz. 38-40 Pants in-seam (leg) 30, out seam 36, immac. cond., \$50; men's purple pinned striped suit, coat & white shirt sz. XL, pants measurements same as above, \$50; winter over-coat red, white & black for above EC \$100. Both suit, coats & pants have recently been dry cleaned. Had very little use. Ph. 204-785-8598.

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NOTICE OF HEARING

UNDER THE HIGHWAYS PROTECTION ACT THE HIGHWAY TRAFFIC BOARD

Notice is hereby given that a hearing of the Highway Traffic Board will be held on Tuesday, January 31, 2017 at 10:00 a.m. in Room 204-301 Weston Street, Winnipeg, Manitoba.

PERMITS - PART I - SECTION 9 H.P.A. AND PART III - SECTION 17 H.P.A. 1/011/092/S/16 - RECREATIONAL TRAIL BUILDERS (MANITOBA) INC.

Application for Two On-Premises Signs (Other) adjacent to P.T.H. No. 11, between S.E. 1/4 23 and S.W. 1/4 24-19-7E, R.M. of Alexander.

1/011/093/S/16 - RECREATIONAL TRAIL BUILDERS (MANITOBA) INC.

Application for Two On-Premises Signs (Other) adjacent to P.T.H. No. 11, between N.W. 1/4 13 and N.E. 1/4 14-19-7E, R.M. of Alexander.

1/059/094/S/16 - RECREATIONAL TRAIL BUILDERS (MANITOBA) INC.

Application for Two On-Premises Signs (Other) adjacent to P.T.H. No. 59, between S.E. 1/4 34 and N.E. 1/4 27-19-7E, R.M. of Alexander.

1/059/095/S/16 - RECREATIONAL TRAIL BUILDERS (MANITOBA) INC.

Application for Two On-Premises Signs (Other) adjacent to P.T.H. No. 59, between S.W. 1/4 35 and N.W. 1/4 26-19-7E, R.M. of Alexander.

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

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



take a break > GAMES

SUDOKU

| | | | | | | | | |
|---|---|---|---|---|---|--|---|---|
| 1 | | 6 | 4 | 2 | | | 5 | |
| | | 7 | | 9 | | | | |
| 2 | 4 | | | | 6 | | | 9 |
| 7 | | | 8 | 5 | | | | 2 |
| | | 9 | | | | | | |
| | 1 | | | | | | 4 | 8 |
| | | | | 2 | | | 8 | |
| | 2 | | 6 | | | | | |
| | | 4 | | 7 | | | | 5 |

Fun By The Numbers

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

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

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

Sudoku Answer

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| S | S | V | S | S | S | S | S | V | S |
| S | N | I | N | E | S | S | S | S | S |
| S | S | S | S | S | S | S | S | S | S |
| S | S | S | S | S | S | S | S | S | S |
| S | S | S | S | S | S | S | S | S | S |
| S | S | S | S | S | S | S | S | S | S |
| S | S | S | S | S | S | S | S | S | S |
| S | S | S | S | S | S | S | S | S | S |
| S | S | S | S | S | S | S | S | S | S |

Crossword Answer

CLUES ACROSS

- Newts
- Taxis
- Ski down these
- Solace
- Thieves of the sea
- Diacritical mark
- Frost
- Enmities
- Furnace for baking
- Founder of female institute
- Eight
- Earl Grey and chamomile are two
- Messenger ribonucleic acid
- Dull, unproductive pattern of behavior
- A large and hurried swallow
- Large nests
- A way to choose
- Grocery store
- Drains
- Hawaiian wreath
- Where fish live
- Get rid of
- Beyond, transcending
- Uncastrated male sheep
- Asserts
- Snoopy and Rin Tin Tin are two
- Windy City footballer
- Green veggie
- Director
- Conditioning
- Spoke foolishly
- Legislative body
- Square measures
- Cheek

CLUES DOWN

CROSSWORD

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

- Call forth
- Front legs
- Third-party access
- Hairlike structure
- Ghanaian money
- Settled down
- Ill-natured
- Choose
- Mountain in the Slovenian Alps
- Samsung laptops
- Inquire into
- Not slow
- Thailand
- Front of the eye
- Kentucky town 41549
- Extreme disgust
- Not fast
- Smelled bad
- Portended
- Leader
- Comedian Noah
- Course
- Sloven
- Perfect places
- A vast desert in N. Africa
- Monetary unit of Angola
- Clerks
- Canadian law enforcers
- Without (French)
- Having wisdom that comes with age
- Delicacy (archaic)
- Grows older
- Bitterly regrets
- It's present in all living cells (abbr.)

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LOST

Dec. 22, Walmart parking lot, Puzzle ring, 6 bands, tri-color. This ring is a special memory from my past, cannot be replaced. Reward offered. Bert 204-485-6906.

HEALTH

Are you suffering from joint or arthritic pain? If so, you owe it to yourself to try elk velvet antler capsules. Hundreds have found relief. Benefits humans and pets. EVA is composed of proteins, amino acids, minerals, lipids and water. Key compounds that work to stimulate red blood cell production & cartilage cell regeneration & development. Stonewall Elk Products Ltd., 204-467-8428 or e-mail stonewoodelk@hotmail.com



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F: 204.571.9363
E: theuchert@renaissancetrans.ca

HEALTH

Canada Benefit Group - Attention Manitoba residents: Do you or someone you know suffer from a disability? Get up to \$40,000 from the Canadian Government. Toll-free 1-888-511-2250 or www.canadabenefit.ca/free-assessment.

COMING EVENTS

Manitoba Riding for the Disabled Association 18th Annual Super Flea Market 2017. February 4th & 5th at Assiniboia Downs-Winnipeg. Vendor spots available - 80 vendors in the show! www.mrda.cc

HAY

Small square bales Alfalfa June Courtney Grass, also Alfalfa Courtney Grass. Ph. & leave message 204-482-5101.

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- Memo pads
- Post cards
- Presentation Folders

Call **204-785-1618**

ANNOUNCEMENT

ENGAGEMENT



Chorney - Watson
Doug and Michelle Chorney are pleased to announce the engagement of their daughter, **Erin Chorney, to Nathan Watson**, son of Darius and Joy Watson. A March wedding is planned.

Want to express your thanks? call the Record **204-785-1618**

McSherry Auction

Consignment Sale
Saturday, Jan. 21 10:00 AM
Featuring Bobcat 773 w 700 hrs * JD 750 Utility Tractor * 2013 Chev Trax LTZ Sport Utility 14,500 KM SFT* Yard Items * Tools * Metal Lathe * 3 PH Equip *

Estate & Moving Sale
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HELP WANTED

The Gordon Howard Centre has the following opening
Congregate Meal Coordinator:

The overall purpose of this position is to provide nutritious meals and social support to seniors and persons with disabilities in a congregate dining setting, which assists them in maintaining their independence and remaining in their community.

Qualifications

- Experience in food preparation for large groups.
- Ability to provide hot, nutritious noon meals.
- Ability to plan daily menu following the Canada Food Guide.
- Ability to establish and maintain good working relationships with seniors, and ability to coordinate volunteers.
- Willingness to learn about special cooking, dietary needs or food preparation for seniors.
- Five hours a day Monday, Wednesday, and Friday
- Must be willing to take a Food Handling Course.
- Supply own car and have a valid driver's license

Interested applicants should apply in writing by January 30th at 4:00 pm to the Executive Director, Gordon Howard Centre, 384 Eveline St., Selkirk, Mb R1A 1N3
While we thank all who apply only those chosen for an interview will be contacted.

Red River Co-op Gas Bar Agency Operator in Selkirk, Manitoba



About Red River Co-op:

Red River Co-op is a dynamic and growing organization. We are a cooperative that is owned and guided by our members, with petroleum, food and pharmacy as our core business, and customer service as our competitive advantage. We strive to be the customers' preferred choice. We are community minded, are truly local, and provide lifetime membership benefits. In 2015, over \$322,000 was invested in worthy non-profit community initiatives where Red River Co-op members work and live, bringing our contribution to over \$860,000 in the last 5 years.

The Position:

Red River Cooperative Limited invites applications for the position of Gas Bar Agency Operator in the city of Selkirk, Manitoba. We are seeking a hands-on individual who is committed to service and has the required leadership skills to lead their front line staff. The Selkirk location offers both full and self-serve fuel, a full sized modern convenience store, a car wash and a strong customer membership base to service. **A minimum investment of \$80,000 will be required.**

Red River Co-op will support the business with a strong leadership team including a direct relationship an Operations Supervisor, offering a complete Convenience Store program with no capital assets to acquire or major maintenance costs / utilities expenses.

About You:

The successful candidate will live our brand, making our members and the employees feel at home. Applicants will possess above average communication / interpersonal skills. You will have an aptitude for accounting, bookkeeping, maintaining image standards, and basic merchandising techniques.

Prior experience in managing a retail business would be considered a key asset. You will demonstrate a proven track record of success.

Red River Co-op owes its success to the members of our community who support our business. Because our continued success depends on the strength of our community, Red River Co-op is committed to bettering the lives of our members and taking initiative in the communities we serve.

If the values of Red River Co-op match what you are looking for, if you have the skillset we are looking for, and you want to join a growing and dynamic co-op, please send your resume in confidence by February 3, 2017 to:

Human Resources Manager
Red River Cooperative Ltd.
10 Prairie Way, Winnipeg, Manitoba, R2J 3J8
Email: hr@rrcoop.com Fax: 204-594-0780

We thank all applicants, however only those selected for an interview will be contacted.

Selkirk Record

Don't forget to send your special wishes and congratulations to your friends and family.

Call 204-85-1618 or email lucy@selkirkrecord.ca

Hi Tech Installations

MAINTENANCE & CONSTRUCTION

Hi Tech Installations Ltd. is a rapidly growing construction company that sells & installs Material Handling Equipment to the Dry Fertilizer Industry in Western Canada, located 20 minutes from Winnipeg in St Andrews, MB.

We are currently accepting applications for a PROJECT MANAGER

We are looking to hire a self-motivated person for Project Manager to act as a liaison between our head office, suppliers, customers, installers and any sub-contractors. The responsibilities will include daily scheduling and monitoring of projects, supervising onsite personal including all sub-contractors. This position will involve traveling to job sites in Western Canada.

The goal for the project manager will be to ensure that the company continues to provide a high quality installation that our customers have become accustomed to. We are looking to hire a self sufficient manager with the ability to problem solve, prioritize, work together with crews as a team leader with a strong attention to details (A Company Characteristic). Knowledge and experience in Welding / Millwrighting / Concrete / Ag Industry would be an asset.

Hi Tech Installations Ltd. offers a comprehensive benefit and pension plans to all employees.

Please forward your resume to: Sara Michaud
E-mail: smichaud@hitechinstallations.ca

Announcements

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ANNOUNCEMENT

CARDS OF THANKS

On a cold and blistery Saturday morning, the Nutbean family was surrounded with love and support as we said "until we meet again" to our father; Robert (Bob) Nutbean. We would like to thank Gilbert Funeral Home for their guidance and support, Brackendale catering for their yummy reception, Leanne Gilbert for her beautiful music and The Ven. Godfrey Mawejje for his ongoing support of Dad and the lovely service provided at his memorial. The family would like to say thanks to the numerous members of the health care team that helped Dad during his journey. We would especially like to thank Dr. Speer and Dr. Czaykowski (nurse Denise Klasen) for their care of Dad. Also to all the home care and palliative staff, the nurses, health care aides and staff at the Selkirk and District General Hospital for their extra special care of Dad. Thanks to all our friends and family who supported us while we supported Dad especially this past year. The journey is now over, "sweet dreams papa".

ANNOUNCEMENT

CARDS OF THANKS

The family of the late Margret Schmidt would like to thank all family and friends for the expressions of sympathy and thoughtfulness as shown by all the beautiful flowers and heartfelt cards received. Thank you to Tudor House staff for the loving care you provided for her for the past 4 years. Thank you to Gilbert Funeral Home for taking care of all the arrangements. Alzheimer's is such a hard disease to endure for both the patient and family. Margret had a beautiful smile and laugh - that's the memory and the person we hold on to. Love you Mom.

-James, Birgit, Kent, Heather, Monika and families

ANNOUNCEMENT

IN MEMORIAM

In Memory of our parents
Albert (Cowboy) Eames
July 20, 1922 - January 20, 1996
Kathleen Eames

September 30, 1919 - January 26, 2013
Resting where no shadows fall,
Remembered and loved by us all.
-Missed and loved by your family

ANNOUNCEMENT

IN MEMORIAM

In Memory of Linda Johanson
March 10, 1950 - January 25, 2015
In our hearts memories are kept,
Of someone we loved and will never forget.
-Laverne and family

ANNOUNCEMENT

IN MEMORIAM



Teddy Paul Balcaen
June 23, 1956 - January 16, 2016
If love could have saved you,
You would have lived forever.
-Forever loved and missed
by your family
Over out.

OBITUARY



Jean Klasz (nee Kaluzny)
Fred Klasz

It is with saddened hearts that we announce the passing of our mother, Jean Klasz. Mom passed away quietly January 9, 2017 with her family at her side.

She was predeceased by her husband of 60 years, Fred Klasz. Fred and Jean were the proud parents of five children and eight grandchildren.

Mom was the proud owner of Mom's Perogie Factory, having dad by her side as a Sous Chef. As we grew up we always had a house full of pets. As the children left the house, more and more pets arrived. There was never a hungry stray animal in our neighbourhood, for dad would always come up with food and some form of shelter for them.

With mom's poor health we were unable to celebrate dad's life. At this time we invite you to come and celebrate their lives with us. Prayers will be held Thursday, January 26, 7-9 p.m. Funeral service Friday, January 27, 10:30 a.m. both held at the Holy Eucharist Ukrainian Catholic Church, 505 Watt St., Winnipeg.

OBITUARY

Raymond (Raye) Joseph Porhownik

Peacefully, on Thursday, January 12th, 2017 at the Selkirk General Hospital, Raye Porhownik, aged 78 years of Lockport, MB, beloved husband of Betty, passed away.

In keeping with his wishes cremation has taken place and a private family service will take place at a later date.

Gilbart Funeral Home, Selkirk in care of arrangements.
www.gilbartfuneralhome.com



OBITUARY

Julia Pauline Cooper



Quietly on Monday the 9th of January, 2017 Julia Pauline Cooper (nee Witwicki) left to join her husband Alan 'Bunny' Cooper. It is with great sadness and also relief that we announce our mothers passing, sadness as we have lost the person who was always there for each of us and relief that her suffering is over.

She leaves behind to cherish her memories her sons Paul (Alice), Bruce and Allan and grandchildren Caitlin and Kieran. Mom was the last of her family to leave us and she is survived by sisters-in-law Joan Cooper, Jennie Witwicki, Jean Witwicki and Joyce Le Breton along with numerous nieces and nephews from the Cooper and Witwicki families. Mom also leaves to mourn her passing many close friends and also fellow worker/friends at Lower Fort Garry National Park where she worked for 25 years. She enjoyed her time at the Fort and it never seemed like work to mom, it was more

like her extended family.

We would like to thank Dr Speer and all the wonderful staff at Selkirk General Hospital that made mom's last days bearable and full of kindness.

A very special thanks to Rob, Laurel, Patrick and Clare Sargenson who welcomed mom and Allan into their home over festive holidays and special occasions. Also to Father Art Seaman who was able to visit with mom the day before her passing, it meant so much to the three of us.

Cremation has taken place and Gilbert Funeral Home is looking after arrangements. A memorial service is being planned for this summer.

Gilbart Funeral Home, Selkirk in care of arrangements.
www.gilbartfuneralhome.com



OBITUARY

Elsie Marie Allan (nee Thompson)



Our mother, Elsie Marie Allan, 94, of Selkirk, Manitoba, passed away at 3:40 a.m., Friday, January 13th, 2017 after a long and difficult journey with dementia. Her wish was to die at home and as a family we were able to honour her wishes.

Elsie was born on December 3rd, 1922 in Selkirk, Manitoba to William and Matilda Thompson of Netley, Manitoba where she was raised as a young girl. She married our father William Allan who predeceased her on January 12th, 1998. She is survived by her three children Joyce Kotyluk of Selkirk, Ken Allan (Lillian) of Winnipeg and Donna Sale of Gonor, Manitoba; five grandchildren she adored, Darren Kotyluk of Winnipeg, Renee (Mark) Artimowich of Gimli, Drew Allan of Winnipeg, Troy Sale (Ferial) of Nairobi, Kenya and Amber Sale (Damian) of Vancouver. She loved her nephews and nieces, with a special place in her heart for nephews Ron

Palmer and Marvin Locoshavich and former son-in-law Brian Sale, they continued to call and visit her until her passing. Elsie was predeceased by her parents; son-in-law Leonard Kotyluk and her siblings who she missed and loved dearly, Pearl (Charles) Locoshavich, Harry (Chris) Thompson, Wes (Joyce) Thompson, Dorothy (Glen) Palmer and Eva (John) Allan.

Mom's most treasured memories are the 25 years she spent living in Bissett, Manitoba where she raised her children. She was an avid curler, loved working at Ernie's Bakery as well as the cookhouse for the miners. She also spoke fondly of the "Canteen" she organized for teenagers in the community hall, where they would spend evenings dancing and socializing. Mom had many friends and there were many stories of the antics that she and her girlfriends managed to come up with. Mom had a wonderful sense of humour!

For the past 50 years she has lived in Selkirk where throughout this time she worked at the Betel Home as an aid, the local pharmacy, as well as Rifkin's clothing store. She spent many hours babysitting her grandchildren and enjoyed travels to Hawaii, a Caribbean Cruise as well as other vacation sites.

Mom was an avid Blue Jays and Jets fan and she spent many hours watching curling. Mom remembered a wonderful 90th birthday party she had where many friends and family of past and present came to celebrate with her. This was a highlight of recent and it was shortly after this her life changed dramatically by the progressive nature of her illness.

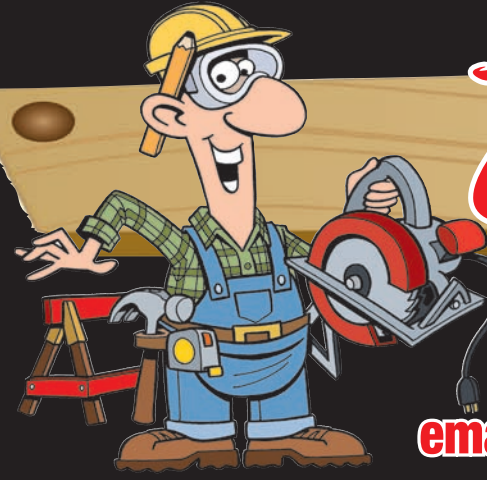
There will not be a funeral as per mom's request and a private burial will be planned later this summer.

Memorial contributions if so desired may be made to the Winnipeg Humane Society, 45 Hurst Way, Winnipeg, Manitoba, R3T 0R3 or to make a gift by phone call (204) 982-2041.

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