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VOLUME 7 EDITION 10

THURSDAY, MARCH 10, 2016

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Local mayors want school taxes taken off property bills

By Dave Baxter

Two local mayors say it's time to get school taxes off of municipal property bills, because they believe taxpayers who get a hefty tax hike are directing their anger in the wrong direction.

The Lord Selkirk School Division approved their 2016-17 budget last Tuesday night, which will see school taxes rise by 5.76 per cent.

In December, the City of Selkirk approved an increase of 2.99 per cent on municipal property taxes.

With Selkirk property owners now on the hook for an almost nine per cent tax increase, Selkirk Mayor Larry Johannson said taxpayers will likely direct their anger at the city and not the school division.

"They are not going to go after the school, they are going to go after mayor and council," Johannson said. "It's separated on the bill, but I guarantee a lot of people just look at that bottom line and if they are paying more they are saying 'why did that go up?'"

"When people get that bill and see an eight or nine per cent increase they just get mad. That's too much."

Johannson said he believes it's time to completely change how school taxes are charged to residents.

Continued on page 7



An Easter tradition

RECORD PHOTO BY LINDSEY ENNS
Grade 9 East Selkirk Middle School student Kelsey Vieira sprinkles flour on a piece of dough while making Ukrainian paska bread as part of an Easter tradition at her school last Wednesday afternoon. For another photo, see page 7.

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Trustees approve 2016-17 budget, 5.76% tax hike

By Lindsey Enns

Lord Selkirk School Division trustees have approved their \$58 million 2016-17 budget along with a 5.76 per cent tax hike.

The increase equates to approximately \$96 a year, or \$7 a month, for a house assessed at \$283,000.

With this being a reassessment year, LSSD secretary treasurer Brian Spurrill explained the average 5.76 per cent tax hike will either increase or decrease depending on a property's value.

"Unfortunately if you want to keep a solid educational foundation and keep it going, unfortunately the way the system works now it means tax increases," Spurrill said.

Following no debate during last Tuesday night's school board meeting, trustees passed a motion to ap-



RECORD PHOTO BY LINDSEY ENNS

Lord Selkirk School Division secretary treasurer Brian Spurrill, pictured left, and school board chair Jean Oliver pass a motion to approve the division's 2016-17 budget during their regular board meeting last Tuesday night.

prove the \$58,285,042 operating fund budget, which represents a 3.87 per cent increase in expenditures.

The LSSD receiving a zero per cent increase in provincial funding for five conservative years led to a tax increase, Supt. Scott Kwasnitza said.

"We have a standard of what we consider quality education and so while some people would like to see us freeze taxes ... to be able to do that would require an astronomical reduction in the budget," Kwasnitza said, adding reductions would result in major staff cuts. "We looked at different scenarios ... the difference in tax increases was minimal."

Despite a zero per cent increase in funding from the government, "everything has gone up in price," school

board chair Jean Oliver said.

"The needs of our school division are very different than the needs of school divisions across the province," Oliver said. "There's just such a diverse type of need throughout the province and the province doesn't recognize that when it comes to funding."

By combining the province's zero per cent funding increase and other revenue sources, the division's mill rate for 2016 will be set at 13.82, which represents a mill rate decrease of .98 to LSSD ratepayers.

The division will also continue to receive \$182,595 to assist with the province's kindergarten to Grade 3 class size initiative and an additional \$62,500 to fund a new career development co-ordinator position.

Budget expenses breakdown

- Regular instruction: \$33,956,184
- Student support services: \$9,476,368
- Operations and maintenance: \$6,609,865
- Transportation of pupils: \$2,696,725
- Divisional administration: \$2,047,290
- Instructional and other support services: \$1,704,410
- Fiscal: \$1,000,000
- Adult learning centres: \$337,880
- Community education and services: \$456,320
- Total: \$58,285,042**

Budget highlights

- Additional time for educational assistants to participate in school planning.
- Lead teacher for cultural proficiency and a career development/dual credit co-ordinator position to be funded by the province.
- Division wide wireless infrastructure in all buildings to receive upgrades
- Major upgrade and replacement of servers, storage and network switching in the division data centre.

Total full-time staffing for the 2016-17 budget is 355.10, an increase of 1.75 from the 2015-16 budget. Spurrill said staff salaries make up more than 80 per cent of the LSSD's budget.

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Crown Royal makers in Gimli strike after failed contract negotiations

By Patricia Barrett

Workers at the Crown Royal distillery in Gimli have gone on strike after negotiations for better wages and benefits failed.

Last Friday, 98 per cent of the Diageo distillery employees represented by United Food and Commercial Workers (UFCW) Local 832 rejected the company's final offer.

The workers make the Crown Royal line of whisky, which includes Northern Harvest Rye, which was named World Whisky of the Year by re-

nowned whisky expert Jim Murray.

"Our members go to work every day with the mindset that they are making (the) world's greatest whisky," said Local 832 President Jeff Traeger said in a press release. "The membership believes that if the company put the same effort into this round of bargaining we wouldn't be on strike."

Workers are seeking wage increases, more vacation time and health and welfare benefits, according to the UFCW website.

They voted for a strike mandate in

early February in the event no deal was reached.

Although Traeger did not get into specifics about the company's final offer, he told *CBC News* that the company's financials would have allowed it to offer more than it had.

"The settlement that's on the table (that) they offered is not reflective of a company that's doing as well as they are," he said, "and not reflective of what kind of settlements we've been seeing in the industrial sector over the last year."

The Diageo plant employs about 50 workers. They began walking the picket line Saturday. They erected a sign on PR 231 between Highways 8 and 9 alerting drivers that they are on strike.

UFCW Local's 832 members are employed across the province in sectors including retail, food processing, textiles, health care and transportation.

For more information and updates on the strike, visit the UFCW web site at ufcw832.com

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Selkirk	Wednesday April 6	Regional High School 221 Mercy St. Selkirk MB	7:00 – 9:00 PM

Doors and registration table open at 6:15 pm

Written questions from the public:

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Out & About

New Member Net- working Night – February 3



This is the winter version of our annual fun event that takes place every June. Over 40 members and guests joined us at Gaffer's in Lockport for a great meal, fun mini pool/dart tourney and a whole lotta networking! Congrats to our tourney winners Philip Giles, Eddie Phillips, Chad Balmer and Dennis Fuerst who will receive free admission to our next event! Did you know new members get into our NMNN for free? Stay tuned for details on our second NMNN to take place in May/June.



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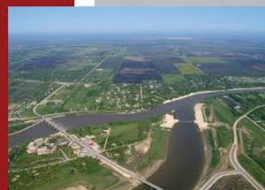
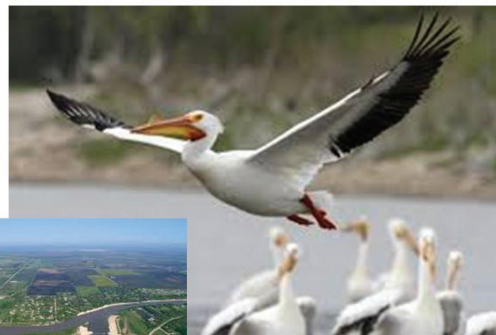
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Junior Parliament gives local students a voice

Lockport School hosts 42nd annual debating session for students

By Lindsey Enns

Roughly 25 Lord Selkirk School Division students were given the chance to debate hot topics such as immigration, refugees and justice as part of this year's Junior Parliament session.

Students in grades seven through nine from East Selkirk Middle School, École Selkirk Junior High and Lockport School gathered at Lockport School last Tuesday and Wednesday as part of the two-day 42nd annual Junior Parliament debating session.

Lockport School teacher and Junior Parliament supervisor Jennifer Krawchuk said every year students in debate clubs across the division choose timely bills to discuss during their parliament session.

"We try to pick something serious, controversial and silly in each of our bills," Krawchuk said during last Wednesday's session. "They have fun coming up with serious and reasonable solutions as well as ridiculous



ABOVE LEFT: Grade 8 École Selkirk Junior High School student Julie Stevenson takes notes during the 42nd annual Junior Parliament debating session at Lockport School last Wednesday afternoon. ABOVE RIGHT: Grade 8 student Luc Perreault debates during the Junior Parliament session at Lockport School last Wednesday.

goofy ones because they love to debate that part."

She added students are "really good" at choosing topics they are passionate about.

"Quite often my job is just taking their ideas and writing them out and facilitating the discussion but they really do guide a lot of it themselves,"

she said, adding they try to imitate parliament as much as possible during their annual sessions. "They direct their questions to the speaker ... they're not allowed to talk across the table to each other, they have to refer to each other by their title rather than their personal names, they can't throw insults.

"We try and keep the basics of debate and how to form an opinion and to recognize the other person's idea."

Grade 9 Lockport School student Josh Little, who has been a part of his school's debate club for three years, said he's always been interested in politics.

Continued on page 9

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Woman dies after being struck at Selkirk crosswalk

Staff

A 76-year-old Selkirk woman is dead after being struck at a pedestrian crosswalk along Main Street on Monday.

Selkirk RCMP said that on Monday around noon, they were called to a collision between a vehicle and pedestrian on Main Street near Daerwood School.

Investigation later revealed a north bound vehicle struck a 76-year-old woman at a cross walk.

"Both the vehicle and the pedestrian were located at the scene," Selkirk RCMP said.

The woman was transported to Selkirk Hospital where STARS ambu-

lance was dispatched and she was later transported to a Winnipeg hospital via ground ambulance requiring "critical care," STARS spokesperson Cam Heke said.

Selkirk RCMP said the woman later succumbed to her injuries and died in hospital.

The two occupants of the vehicle were unharmed.

A traffic analyst also attended the scene and is assisting with the ongoing investigation in order to establish the cause of the incident.

At this time, alcohol is not being considered as one of the factors, RCMP said.



RECORD PHOTO BY BRETT MITCHELL

Selkirk RCMP were on scene after a 76-year-old Selkirk woman was hit by a vehicle at a pedestrian cross walk along Main Street near Daerwood School on Monday afternoon. The woman was transported to Winnipeg hospital where she later died from her injuries.

Students take part in a special tradition



RECORD PHOTO BY LINDSEY ENNS

Retired Lord Selkirk School Division teacher Susan Phillips shows Grade 8 students how to twist and shape dough while making Ukrainian paska bread at East Selkirk Middle School last Wednesday afternoon.

> 'I DON'T THINK IT'S FAIR,' FROM PG. 1

"I don't think it's fair and equitable, for example apartment block renters don't pay school taxes, but an individual with two properties and no kids could pay twice," he said. "I just don't think it's the right formula."

"The first thing should be a referendum on a more fair and equitable way, like possibly putting it on people's income tax."

West St. Paul Mayor Bruce Henley echoed Johannson's

concerns.

"When administering the municipal and school taxes onto the homeowner, we would love to see it done separately," Henley said. "But the province has never indicated that they are willing to separate those taxes."

"We feel if there was a way to have the school division be responsible for doing their own invoice that would be fair, because people look at that bottom line and see that amount and think that is what the mu-

nicipality is charging for services, but 66 per cent of that number is going to the school division."

Last year Seven Oaks School Division school taxes went up 4.7 per cent.

The Seven Oaks School Division has not yet released their 2016-17 budget, and West St. Paul has yet to finalize their latest budget.

Henley said he expects the West St. Paul budget to be released in the coming weeks.

COMMUNITY CENTS

Understanding mortgage insurance

Buying a home? Renewing an existing mortgage? In either case, there's something you need to consider. What happens to your home if you should become incapacitated or die? Would your family be able to stay in their home? Most lending institutions offer mortgage insurance when you arrange a mortgage with them and it's the 'easy' way to get coverage. But before you say yes, here are a few things to think about.

- The lender's representative who arranges your mortgage is usually not licensed to sell insurance products and cannot provide you with advice or guidance with respect to the insurance or provide guidance in answering the questions on the enrollment form for mortgage insurance. Here's what can happen and has been documented in some cases: On the mortgage insurance form, you are asked to answer some general questions about your health and you do so to the best of your ability without realizing that your answers may not provide the full disclosure the insurance company needs. For mortgage insurance, the underwriting (the process of choosing who and what the insurance company will insure) is done at the time of a claim – so while you may believe you are covered, at the worst possible time, that coverage can be uncertain.

- A policy obtained through a lending institution has no cash value and benefits are paid directly to the lender not to your beneficiaries at a time when the money may be required the most.

- Premiums can be raised or the policy cancelled at any time.

- Your lender owns the policy so if you decide to move to another lender for a better interest rate or for a new mortgage on a new home, you would have to re-qualify medically for coverage, maybe for higher premiums, or you may no longer be eligible for coverage.

- Your coverage decreases as the mortgage is paid down but your premiums remain the same so the cost of your insurance actually increases as your coverage decreases.

- There is absolutely no coverage when the mortgage is paid off.

There's no doubt insurance is necessary protection for you home and family. But before making the decision, look at other options like getting the coverage you need with a personally owned life insurance policy. A professional advisor can help you select the right insurance for your needs and other protection that fits seamlessly with your overall financial plan.

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Leg wrestling pickerel in Gimli

Hi guys and gals.

Last week as the ice breaking crew on the Red churned their way upstream our fellow anglers continued enjoying our pastime ahead of them by Sugar Island. The ice shack village there seemed thriving as I threaded my way amongst the hard walls and portables. Presently a sturdily built fairly narrow hut caught my eye. I pulled up to it in "old red", got out and called, "hello, is anybody home?"

"Come on in", a kindly voice came back from inside. I opened the door and before me three retired gentlemen, Wayne Domenco of Selkirk, Ryan Gudge of Meleb and Don Libich of Libau were sitting in a row along one wall jigging their fishing gear in ice holes. Across from them within easy reach a big pot of perogies slowly boiled on the stove. A relaxed warm feeling hung in the air of the shack as we casually began talking of fishing experiences. While we chatted back and forth my eyes fell upon a couple of zip-lock bags filled with fillets hanging on a nail from one of the shack rafters. I looked at the guys inquiringly and Don smiled saying, "we catch 'em, clean 'em at home and that's our lunch the next day." Good thinking boys.

Now I mentioned before these fellows know how to build a solid shack, including the door. Apparently someone tried to break into it not long ago and while repeatedly pounding on the doors' lock assembly; they broke their hammer which the guys found in pieces in the snow the next day. Wayne, Ryan and Don reflect, had the thief gotten in he would have left empty handed because the boys take everything home at night. One of the guys remarked how he had been at Balsam Bay a few days ago and there were so many anglers out there, it was



RECORD PHOTO BY ARNIE WEIDL

The huge pickerel that Caralynn Siatecki held down with her legs until Mack Licobpe landed it in their Gimli ice shack

like a city.

I had to agree, since I was there earlier in the week just after a truck broke through the ice.

As I drove past it out to the "city", all you could see was the cab above the ice pointing skyward as crews worked to salvage it.

About a mile offshore I came across a large ice shack that was more like a cottage. I knocked on the door and was greeted by Ben Barbula, his brother Julian and Uncle Roman Reinhold all

from Steinbach. Inside their nicely finished shack, Roman said they had been catching eating sized pickerel here but that they also like to go to Moose Lake east of Sprague where it's been really good for all kinds of fish.

Lately, I've noticed an increase in the number of shacks on the ice at Gimli's south bay so I made a point of running over there to visit with fellow anglers. Again, I came across a really nicely built hard wall shack. I swear these shacks seem to be getting grander all the time. I knocked on the door and was invited in by locals Mack Licobpe and Caralynn Siatecki. We sat down in comfort and I asked as I always do if they had ever had an unusual or humorous fishing experience.

Mack and Caralynn sitting on their sofa looked at each other and smiled saying, "oh yes!" A short time ago as they tell it, they were fishing here and Mack saw a nibble on his finder. Immediately he felt a hard hit on his line. He slowly worked his catch to the ice hole and as it came up he thought it was a large bass but as the head broke water he realized it was a huge pickerel. Mack got it onto the floor of the shack but it was jumping around so much it looked like it was going to fall back in the hole. Now Caralynn is the sweetest, prettiest girl but is also no bigger than a minute. She could see Mack was having a hard time with his line so without hesitation she got down on the floor and with her tiny but determined legs, wrapped them around that fish and hung on until Mack had a chance to get it by the gills. Good job girl.

Well, have fun on the ice in the heat this week, bye now.



> CONTACT US

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> A SAFE PLACE FOR STUDENTS TO DEBATE, TALK, FROM PG. 6

"I love Junior Parliament and I really only not enjoyed it once when I kind of lost my cool last year," Little said with a smile, adding his favourite part is having the freedom to speak his mind. "Just the debating and being able to say my opinions without it seeming out of place."

Grade 8 student Luc Perreault, who played the part of prime minister this year, said he was up for the challenge.

"I like the experience, it's a good challenge," Perreault said. "We get to debate about things that not necessarily are true but it gives you the opportunity to imagine it and experience being in power and what they have to go through."

Krawchuk said students who voluntarily join the debate club in their schools take part in the annual Junior Parliament session as well as go on a day trip to the Manitoba legislature.

As part of the club, students learn the basics about parliament and different ministries, how to develop bills, and how to debate timely issues.

"It's nice to have a place for them all to just talk," Krawchuk said. "We do some debating but quite often we'll start our group with 'what's bugging you today?' and we just rant and talk."

Krawchuk, who has been involved with the program for six years now, said debate clubs help give students a voice, build their confidence and sharpen their public speaking skills.

"It's a refresher and eye opener every year," she said. "You see them grow and change."

Debate club students will come together along with local dignitaries and politicians one last time on March 14 at the Comp as part of their final banquet.

Comedian to serve up laughs for judo club

By Dave Baxter

Some good clean comedy is coming to Selkirk to support the local judo club.

Manitoba-born comedian Matt Falk will perform at the Selkirk Recreation Complex on April 9, for the Dinner and a Show event to help raise funds for the Selkirk Judo Club.

Falk is known for making audiences laugh with his wit and without using what some might consider dirty or offensive language. He also appears to be doing just fine without the dirty jokes.

His album, "Apple Pie and Scars," recently went to No. 1 on the iTunes Comedy charts and is currently being played on Sirius XM Canada/USA and was named one of the Top 10 comedy albums the year of its release.

He's performed at Just For Laughs and the Winnipeg Comedy Festival, and has come in second place at The World Series of Comedy in Las Vegas.

Selkirk Judo Club coach Brian Jones said their dinner and show is an annual event and they always work to bring in an entertainer that can appeal to a wide audience.

The club is the largest judo club of its kind in Manitoba, with about 90 members, and every year they hold the event to raise money for their ongoing operations, Jones said.

He said the club's expenses include equipment upgrades and travel costs for tournaments.

He said the club has been going



FACEBOOK PHOTO

Manitoba-born comedian Matt Falk will perform in Selkirk on Saturday, April 9 during a dinner and a show to support the Selkirk Judo Club.

strong for 50 years because they are known in the community for being a "strong organization."

"This is a milestone because this

is the 50th year of the club," Jones said. "I think we have built a strong reputation over the years, and the club has always done well."

Event organizers have come to expect support from those connected to the club, but they are always looking for other community members and comedy fans to come enjoy dinner and a show, Jones said.

Doors for the show on Saturday, April 9 at the Selkirk Recreation Complex will open at 5:30 p.m.

The show is for those 18 and over.

The event will feature a roast beef dinner, Falk's stand up act and a silent auction.

Selkirk Judo Club members will work as servers, and alcohol will not be served at the show.

For more information or to buy tickets call Jones at 204-782-9785.

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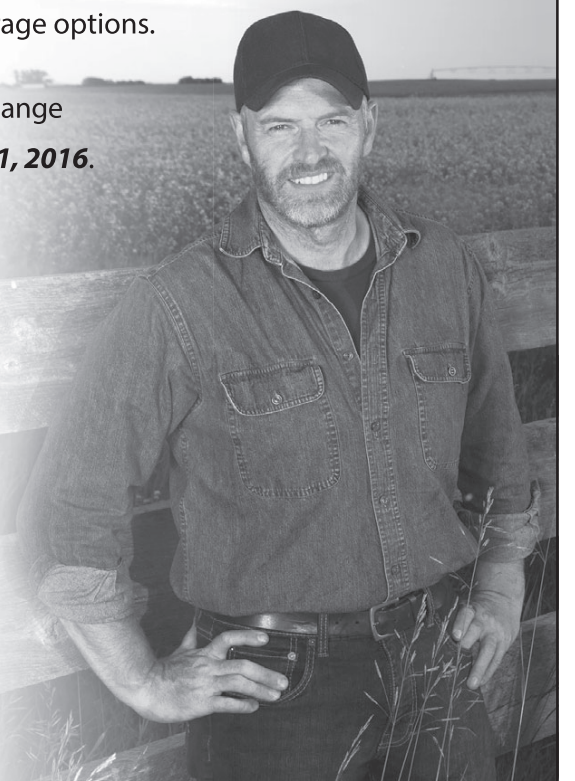
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 Well, we wanted to have a little fun this month, so, we're offering you a surprise with every complete eyewear purchase in March.
 Here's how it works ... come on into Doctors Vision Centres, pick out a great frame and select some fantastic lenses ... then, pick an Easter Egg out of our in-store basket, and find out what you've won ... here's a hint: It'll be a minimum of 20% off, but it could be 100% off!
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CHANGING LIVES THROUGH ADVANCED VISION CARE

Mayors seek bigger piece of provincial pie

Selkirk CAO says current funding model isn't sustainable

By Dave Baxter

Manitoba mayors and reeves are asking for a bigger piece of the pie when it comes to provincial dollars.

Approximately 24 mayors, reeves, council members and CAO's from across Manitoba gathered at Winnipeg City Hall for the launch of the Association of Manitoba Municipalities "Fair Share-Fair Say" campaign on Feb. 26.

The campaign asks provincial candidates to make commitments on how to address what they call a "growing infrastructure problem," and asks voters to raise the issue with their local candidates.

Selkirk Deputy Mayor Ken Beerman and CAO Duane Nicol were both in Winnipeg for the campaign and Nicol said if cities like Selkirk don't get more cash from the province, infrastructure will crumble.

"All municipal governments want a greater level of support from the province," Nicol said



TWITTER PHOTO

Winnipeg Mayor Brian Bowman speaks to mayors, reeves, council members and CAO's from across Manitoba gathered at Winnipeg City Hall for the launch of the Association of Manitoba Municipalities "Fair Share-Fair Say" campaign on Feb. 26.

He added about 60 per cent of infrastructure is owned and operated by towns and cities in Manitoba, but they only see about eight cents on every tax dollar.

"It's not a sustainable funding model," Nicol said. "We're basically sustaining 60 per cent of the infrastructure with eight cents on the dollar."

He said the current model means if Selkirk wants to fix aging infrastructure, they would have to do it on the back of taxpayers.

"The argument is that our sole source

of revenue is property taxes and it's not a tax that grows as the economy grows the way sales tax and income tax grows as the economy grows," he said. "It doesn't allow municipalities to keep up."

Options being looked at include a PST rebate for municipalities, similar to the GST rebate given by the federal government, and a full one per cent share of the PST to spend on infrastructure.

West St. Paul Mayor Bruce Henley was not in Winnipeg on Feb. 26, but was at a meeting of the Federation of Canadian Municipalities in Sherbrooke Quebec last week, where municipal representatives were pushing for both more provincial and federal

What the AMM is proposing

- Exempting or rebating \$25 million that municipalities pay to the province through PST.
- Identify "grow as we grow" revenue sources.
- Ensure all budgeted infrastructure dollars in each year are spent.
- Dedicate to municipalities the full one per cent of PST to prioritized infrastructure.
- Reverting cost of health care facilities back to the province, or reducing it from ten per cent to five per cent.
- Relieving municipalities of costs of recruiting, retaining doctors.

dollars.

"We are asking for the establishment of policy so that governments will not forget about small municipalities and big cities," Henley said. "We own 60 per cent of the infrastructure, so the taxpayers have a tough go when we go to do our budget."

"That is what we struggle with."

Henley also said that with major projects, municipalities, the province and the feds often split the costs evenly, which he believes isn't fair.

"You can't come in with a project and expect us to put in one-third when we only get eight cents on the dollar. That's far too much for us to be pulling out of our hats."



Mark Wafer is coming to Selkirk

Thursday, March 10th, 2016
11:45 am @ Canalta Hotel, Selkirk

RSVP by March 8th to Sheri Skalesky at Selkirk Biz

Phone: 204-482-7176 or Email: info@selkirkbiz.ca - Admission \$15

Mark Wafer is the owner of six Tim Hortons restaurants in Toronto. Over the past 20 years Mark and his wife Valarie have hired 127 people with disabilities to fill meaningful and competitively-paid positions in all areas of the operations, from entry-level to logistics, production, and management. They currently employ 46 people with disabilities in a workforce of 250.

Mark believes there is a clear business case for inclusive employment.

Mark is a member of the federal government's Panel on Labour Market Opportunities for Persons with Disabilities; co-founder of Canadian Business SenseAbility, Canada's national corporate strategy for hiring people with disabilities; a member of Ontario's Economic Development Partnership Council; and an inaugural member of Ontario's Champions League. He was recently inducted into the Canadian Disability Hall of Fame.

Mark is also a motorsports enthusiast, race car driver and amateur sports car champion

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Gimli store owner uses Facebook to track down thief

By Jeff Ward

A Facebook friend request to an alleged thief that robbed H.P. Tergesen's in Gimli, prompted a surge of guilt in the young culprit who then told owner Stefan Tergesen that he would turn himself in.

In the early morning hours of Friday, March 4, patrons at the Robin's Donuts alerted Tergesen that his front window on the 117-year old business was smashed. Tergesen said he went to investigate and found a watch lying in the street and a smashed display case in his store with half a dozen watches missing.

After calling the police, Tergesen said he went to check his security cameras — there are 35 in the store — and found a clear view of the robber's face and decided to post it on Facebook. Within 12 hours of the post, the video had been viewed more than 10,000 times. Within 24 hours, it had been shared more than 8,000 times.

"By then, we knew his name and a customer sent me a photo of his Facebook profile, so I figured I'd send him a friend request," said Tergesen. "I knew that he must've known that he was caught because of how many times the post was shared, but I wanted to be sure he knew."

Tergesen said that the culprit mes-

saged him saying he felt guilty and that he was going to turn himself in, which RCMP spokesperson Sgt. Bert Paquet confirmed he did on Monday, March 7.

Tergesen messaged back, saying that he has a full list of all the items missing and that he expects them to be returned, adding that he was doing the right thing by turning himself in.

RCMP said that the thief was a 15-year-old male from Winnipeg who has been released on a promise to appear in court at a later date.

Break-in and property-related charges are expected, according to the RCMP.

Drunk driver sentenced to 3 years in prison for fatal crash

Staff

A drunk driver has been sentenced to three years in prison for a crash that killed a 27-year-old St. Clements woman.

Kirstin Rae Sutherland died in the early hours of Sept 5, 2014, when a car she was in crashed into a tree on Robinson Avenue in Selkirk.

Tyler Fey, the driver of the car, who was 21 at the time of the crash, pled guilty to impaired driving causing death, and was sentenced to three years in prison on Feb. 19.

He will also be prohibited from driving a motor vehicle for five years upon his release.

Fey and a third passenger, who was a 27-year-old woman from Selkirk, escaped the crash with non-life threatening injuries.

At the time of the crash RCMP said alcohol and speed were factors and all three occupants were wearing seatbelts.



Provincial election day is Tuesday, April 19

Get on the list!

If you have not been enumerated, you can still get your name on the voters list.

Contact your returning office to have your name added to the list. An election official can come to your home, or you can go to the returning office. Be sure to bring photo ID or two other documents with your name.



What if I will be away?

If you will be away on election day and during advance voting (April 9 - 16), you can apply to be an absentee voter.

For more information:

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ElectionsManitoba

Paddle-making project 'was a great experience'

Lockport School students showcase their designs

By Lindsey Enns

Proudly holding their paddles, Lockport School students showed off their designs as part of a paddle-making project during a recent school board meeting.

Retired teacher Mark Blieske told trustees during last Tuesday's board meeting that Lockport School was very open to offering the program to their students.

"It's just blossomed," Blieske said, adding the students built the paddles and designed them themselves. "They did all the sanding and ... the beautiful artwork that you see on the paddles as well."

"They did an awesome job and it bodes well for our school division and it bodes well for kids everywhere."

The project, which combines paddle-making and photography as a way of connecting students with their culture, is part of a joint initiative through Tillikum Lens and the Canadian Canoe Museum.

Eight students from Lockport School who identify as First Nations or Métis



ABOVE LEFT: Retired teacher Mark Blieske, pictured far right, and Lockport School students show off their paddles during a school board meeting last Tuesday night. Eight students from the local school took part in the paddle-making project as part of a joint initiative through Tillikum Lens and the Canadian Canoe Museum. ABOVE RIGHT: Grade 9 Lockport School student Will Miller shows his paddle to trustees last Tuesday.



RECORD PHOTOS BY LINDSEY ENNS

took part in the program in January and were lent a Sony camera through Tillikum Lens to document their lives.

Students could document whatever they chose, including the time they spent building paddles.

"I can probably speak on behalf of all my fellow classmates that it was a great experience for us," Grade 9 Lockport School student Will Miller told trustees last Tuesday. "Making these ... paddles got us more in touch

with ourselves.

"I know that learning and understanding about my ancestors is important and it makes me feel proud of where I come from."

The students were also invited to the Silver Canoe Dinner in Winnipeg on Feb. 19 during Festival du Voyager, where all of their paddles were on display.

School board trustees thanked Blieske, a retired teacher who taught

in the Lord Selkirk School Division for 36 years and has spent years teaching students how to build canoe paddles and has taken them on countless canoe trips, for running the program at the local school.

Blieske said he plans to help extend the program to other schools in the division.

The students will now use their finished paddles while on a canoe trip this spring.

Disability advocate to address business owners in Selkirk on Thursday



RED RIVER COLLEGE | INTERLAKE CAMPUS

Information Session SELKIRK | March 22

Please join us at **Gaynor Family Regional Library**,
806 Manitoba Ave., Selkirk on Tuesday, March 22,
from 6:45 p.m. - 8:45 p.m.

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To register, please call 204.785.5328. | rrc.ca/interlake

Staff

There's more to hiring people with disabilities than just being an inclusive employer.

And that's what Tim Hortons store owner and disability advocate Mark Wafer will make the case for at a lunchtime keynote presentation to Selkirk Biz members at the Canalta Hotel on Thursday, March 10.

Wafer, who is deaf and no stranger to disability, owns several Tim Hortons locations in Toronto and has employed more than 100 people living with disabilities over the last 20 years.

"These people could easily be incorporated into the right environment

and be very successful for themselves and also assist the business owner in being very successful at their business and what they do," Selkirk Biz executive director Sheri Skalesky said. "They are just so committed and devoted to their job."

Skalesky said she hopes Selkirk business owners will be enlightened by the presentation.

"I'm hoping that this is going to expose them to a whole new skill set that they might not have considered in the past."

Community Living Selkirk is helping put on the event, which starts at 11:45 a.m. on Thursday.

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9:30am - 4:00pm
Selkirk Friendship Centre
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Call Marie Walker @ 204-482-7525 to register

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Selkirk students celebrate I Love to Read Month

Robert Smith School principal stops pucks after reading goals reached

By Dave Baxter

The principal at Robert Smith School had a few hockey pucks flying at her last week, but said it was just another way to get students excited about reading.

A hockey themed I Love to Read Month at Robert Smith School wrapped up with an assembly on Feb. 29, where teachers let students know they had reached their goal of reading 400 books throughout the month of February.

In sticking with the hockey theme, principal Lisa Minaker made good on a promise that if students read 400 books, she would stop some pucks from the students.

She disappeared from the gym and returned wearing a Winnipeg Jets jersey and full goalie equipment, making way for some of the students take their best shot.

Minaker said they look for ways for students to have fun with reading

during the month of February, but also make sure that reading continues all year round.

"Literacy is huge and it's one of the biggest jobs we have as educators," Minaker said. "We have to make sure our kids are able to read and want to pick up a book in their spare time, rather than just pick up an iPod or watch TV."

"I think the reality is we are always promoting reading, but just have different, activities and contests that let us celebrate that love of reading with the kids during February."

Robert Smith teachers work to promote reading all-year-long, Minaker added.

"They do a great job of trying to get kids connected with books they will enjoy and really help all readers and struggling readers reach their full potential."

She said they are now focused on making sure students understand



RECORD PHOTO BY DAVE BAXTER

Robert Smith School principal Lisa Minaker looked more like a professional goaltender when she stopped shots from students to help celebrate I Love to Read month on Feb. 29.

reading and writing are equally important.

"We've really been pushing the

reading and writing connection at the school this year, because they go hand-in-hand."

Health agency urges travellers to protect themselves against Zika virus

Staff

The Public Health Agency of Canada is reminding Canadian travellers to protect themselves from mosquito bites that can spread diseases that cause illness including the Zika virus.

Zika virus is spread to humans through the bite of an infected mosquito. The risk to Canadians is very low, as the mosquitoes known to transmit Zika virus are not established in Canada and are not well-suited to our climate.

However, the agency has confirmed travel-related cases of Zika.

While the agency is not advising any travel restrictions at this time, Travel Health Notices have been posted to advising Canadian travellers.

"Pregnant women and those considering becoming pregnant should discuss their travel plans with their health care provider to assess their risk and consider postponing travel to areas where the Zika virus is circulating," Canada's Chief Public Health Officer Dr. Gregory Taylor said in a release on Monday. "No vaccine or medication is currently available to prevent or treat the infection. The best way to reduce the risk of Zika virus, and other mosquito-borne illnesses such as chikungunya and dengue,

is to protect yourself from mosquito bites."

In Brazil, there has recently been a significant increase in the number of babies born with birth defects, such as infants born with microcephaly (an abnormally small head). Additional investigation is ongoing to better understand the possible relationship between Zika virus infection and increased risk for microcephaly.

The agency urges travellers to protect themselves at all times from mosquito bites, as the Zika virus is trans-

mitted by a mosquito that can bite in daylight and evening hours.

Travellers should:

- Use insect repellent
- Cover up; wear light-coloured long-sleeved shirts and long pants
- Use bed nets; use them also to cover playpens, cribs or strollers
- Stay in rooms with air conditioning
- Keep windows/door screens in good repair

Symptoms of Zika virus generally include low-grade fever, rash, joint and muscle pain, lack of energy, weakness,

headaches and red eyes.

They can take up to 12 days to appear, but are usually mild and last for two to seven days.

If you are pregnant, or you have underlying medical conditions, or you develop more serious symptoms that could be consistent with Zika virus infection, you should see a health care provider and tell them where you have been travelling or living.

For more information, consult the Canada.ca website on Zika virus.



Royal Canadian Legion Branch 42

403 Eveline Street, Selkirk
Office: 482-4319 Bar: 482-6015

March Events Calendar

Friday, March 11th - **RAVEN BAND** - 8:00 pm
Friday, March 18th - **KARAOKE WITH WAYNE**
Thursday, March 24th - **MEAT DRAW & CHASE THE ACE**
Friday, March 25th - **(GOOD FRIDAY) CLOSED**
Monday, March 28th - **EASTER MONDAY OPEN**

Wednesday, April 20th- Luisa Marshall as TINA TURNER
Doors open 6:30 pm, Showtime 7:30 pm • Tickets available at the bar or online

Mondays	Tuesdays	Fridays
Afternoon crib 1:00 pm	All day Member's Day with food & beverage specials	Meat draw & Chase the Ace sales start at 4:30 pm

And as always . . . Members & Guests are welcome



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**GENERAL MEETING THURSDAY,
MARCH 17 @ 7PM MEMBERS PLEASE ATTEND**

**PUG HAWES CRIB TOURNAMENT
SUNDAY, MARCH 20**
DOORS OPEN @ 12PM PLAY STARTS @ 1PM

MEAT DRAWS EVERY SATURDAY @ 4:30 PM

CHASE THE CARD EVERY SATURDAY @ 5 PM

JAM SESSION - 2ND SATURDAY OF THE MONTH

Everyone Welcome 18 and Over Lic. 717

Elections Manitoba encourages future, first-time voters to get involved this April

Staff

Elections Manitoba is hoping to get young Manitobans to vote in the upcoming provincial election with the help of three programs.

CitizenNext, the Student Information Officer program, and Your Power to Choose are designed to foster the habit of electoral participation among children and youth, according to Elections Manitoba.

"By providing opportunities for young people to participate this election, we hope to play a role in engaging the next generation of voters," chief electoral officer Shipra Verma said in a release last Thursday. "It's never too early to learn about democracy."

CitizenNext invites parents to bring their children with them when they vote.

Children will be welcomed at advance and election day voting places where they will receive a "Future Voter" sticker.

Kids can display the sticker on a Future Voter Pledge Card that they can print out from the CitizenNext.ca website or receive at the voting place.

The card shows the year the child will be eligible to vote and indicates their commitment to do so when the time comes.

The CitizenNext.ca website also includes information, games and activities that teach young people about the electoral process and why it's important to vote.

The Student Information Officer (SIO) program offers grade 11 and 12 students a chance to work on election day. The role of SIOs is to greet voters at the voting place and direct them to their correct voting station. SIOs are paid \$11.00 an hour and also attend a paid training session. Applications and information are available on the Elections Manitoba website. Students under 18 years of age must also submit a release form signed by their parent or guardian.

Your Power to Choose (YPTC) is a long-standing program of Elections Manitoba developed in partnership with Manitoba educators. Through YPTC, facilitators deliver interactive in-class workshops to students from grade 4 and up, as well as to adult learners. The workshops introduce participants to the history of elections, the current electoral process, and conclude with a mock election.

2016 Provincial Election

Liberal candidate looks to run positive campaign

By Dave Baxter

The Liberal candidate for MLA in Selkirk says his candidacy is about "looking to the future" and not about attacking others.

Stefan Jones, 54, a lifelong Selkirk resident, was nominated as the Selkirk candidate for the Manitoba Liberals in November and said since being nominated he has been focused on running a "positive campaign."

Jones worked for 30 years at the steel mill in Selkirk and said he has an extensive background in skilled trades as well as experience with volunteer work.

His candidacy marks his first foray into politics.

"Right now I believe we are making history with this party and I want to be a part of that," Jones said.

He said from door knocking he has heard that many Manitobans want "change" but said he has no interest in gaining political points by knocking the current NDP government, or the opposition PC's.

"I'm not going to knock anyone for what they have done or haven't done," he said. "People want to vote for something, not against something and that is what I believe we are offering as a party."

Jones said he believes the Liberals can bring improvements to a wide range of services, including health care, mental health support, home



RECORD PHOTO BY BRETT MITCHELL

Stefan Jones, pictured centre cutting the ribbon to open his campaign office in Selkirk on Feb. 29, is running as a candidate for MLA in Selkirk for the Manitoba Liberals.

care and caring for the elderly.

"There is a whole list of policies that will encompass everybody and not just one certain group," he said. "Our job has been to talk to as many people as we can, bring those concerns to the party, and build policy based on those recommendations."

The Manitoba Liberals currently hold one seat in the Manitoba Legislature, but Jones said he is confident about the party's prospects for success in the upcoming election slated for April 19.

"It's a positive movement and that wave of momentum happened federally, and it seems to be happen-

ing provincially now too," he said. "I have confidence in our leader (Rana Bokhari) because she has that confidence, she has a good group backing her and she has taken this party from where we were, to where we are now."

Jones' campaign office, at 238 Manitoba Ave. in Selkirk, opened on Feb. 29 and he said he will speak to whoever wants to chat with him.

"Anyone that has wanted to speak to me so far, I have done that, and will continue to. You are voted in to be a people's representative and if you aren't going to represent the people than you shouldn't be running for office."

Dewar ready to face a 'difficult contest' for Selkirk

By Dave Baxter

Bad press and moments of turmoil have surrounded Manitoba's NDP government for more than a year, but Greg Dewar says that shouldn't take away from what he's accomplished for his constituents.

"It will be a more difficult contest than we have faced in the past," the Selkirk MLA said, while referring to the upcoming provincial election. "But we have a tremendous record of achievement and accomplishment in Selkirk."

The NDP hold a strong majority in the Manitoba Legislature, after taking 37 of 57 seats in the 2011 election, but in November of 2014 the so-called 'rebel five' ministers demanded Premier Greg Selinger resign, after saying they had lost confidence in his ability to lead.

Later all five of those ministers resigned after Selinger refused to step down and after the dust settled Dewar was named Finance Minister, replacing Jennifer Howard.

Dewar, who has served as Selkirk MLA since 1990, said he wants his constituents to focus on what is going on in the Selkirk area and those "accomplishments" are the reason he should be re-elected on April 19.

"If you look objectively at what we have accomplished, I think many would agree that it is impressive," Dewar said.

Dewar said despite delays the province worked hard to get construction going on the new hospital currently being built in Selkirk.

"The fact is we had to replace the current hospital, which was built by the previous PC government and that is not a simple undertaking, but we have met that challenge."

The province also supported the new Nova House shelter, Selkirk's Gaynor Family Regional Library, a new gymnasium at Ecole Bonaventure, and the St. Clements Heritage Centre, Dewar said.

He added the province has made improvements to highways in the

area, including Hwy. 59 and Hwy. 9.

Dewar said he is also proud of something the province helped to take away from Selkirk.

"We worked with the City of Selkirk, and cost shared on the removal of the MS Lord Selkirk," Dewar said. "That is what the community wanted. They told us they wanted that ship removed, and we got that done."

Dewar said he knows the raising of the PST by one per cent in 2013 was a controversial decision, but he said the extra cash is helping Manitobans.

"That is the reason for many important infrastructure projects," Dewar said. "That is the backbone of our infrastructure plan."

"We have been working very well with the council in Selkirk and in St. Clements, and with the federal government, and people elect you to work with other levels of government."

Dewar will officially open his campaign office along Manitoba Avenue in Selkirk on Friday afternoon.

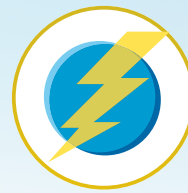
Election coverage continues on page 16

Natural Gas

Save over \$12,000 on home heating.



NATURAL GAS



ELECTRICITY

Cost to buy & install
\$3,500 TO \$5,500 **NATURAL GAS FURNACE**

ASK YOUR CONTRACTOR:
If you're installing a natural gas heating system for the first time, there may be extra charges for running the gas line within your home.

25-YEAR COST TO RUN \$15,800

Cost to buy & install
\$1,700 TO \$1,900 **POWER-VENTED NATURAL GAS WATER HEATER**

10-YEAR COST TO RUN \$1,150

TOTAL INVESTMENT:

\$25,000 OR LESS

Cost to buy & install
\$2,000 TO \$3,000 **ELECTRIC FURNACE**

ASK YOUR CONTRACTOR:
If you're installing an electric heating system for the first time, there may be extra charges to upgrade your electrical service and panel to handle the extra load.

25-YEAR COST TO RUN \$31,850

Cost to buy & install
\$800 TO \$1,200 **60 GALLON ELECTRIC WATER HEATER**

10-YEAR COST TO RUN \$2,900

PLAN TODAY AND AVOID UNEXPECTED COSTS:
An emergency furnace or hot water tank replacement may end up costing you hundreds of dollars more than a planned installation. Explore your heating options now so you have time to get quotes and advice from multiple contractors.

TOTAL INVESTMENT:

\$37,500 OR MORE

For more details, or to use our online heating calculator visit
hydro.mb.ca/heating



The cost to buy, install and operate indicated above is an average and will vary depending on your home, specific heating needs, and other conditions. Cost to run is based on a February 1, 2016 natural gas rate of \$0.2660/m³ and an electricity rate of \$0.07672/kWh.

2016 Provincial Election

PC candidate says he hopes to bring 'change' to Selkirk

By Dave Baxter

A long-time Selkirk businessman is running to be Selkirk's next MLA because he believes residents in the area are ready for change.

Alan Lagimodiere was named Pro-

gressive Conservative Party of Manitoba's candidate for Selkirk in February, following the party's ousting of David Horbas, who originally defeated Lagimodiere for the Selkirk nomination in November of 2014.

Lagimodiere has spent 30 years running a veterinary practice in Selkirk and said his skills and the reputation he built up during his career are what he can "carry over into the political arena."

"With my background in business, I was always known for my integrity, my energy and my passion," Lagimodiere said. "I have the education and background and I see excellent opportunity here to make a change for the better for all Manitobans."

Lagimodiere said he has heard from many Manitobans who say they aren't satisfied with the current NDP government because they believe they are "not getting value for their tax dollar."

"We are spending more in taxes and getting less, and it's time we had a hard look at that, and started doing a value for dollar spent valuation."

Lagimodiere said that as a former business owner and as someone who has spoken directly with many Manitobans, he saw that people were "disturbed" when the NDP raised the PST by one per cent in 2013.

"That one per cent, that goes directly to the people with low-income and mid-income that really can't afford that, so we are putting that right on their backs," he said. "In the future with any tax increases they would want a referendum on that."

Lagimodiere said he has been door-knocking since being nominated and has come to realize there needs to be more focus on Manitoba's young people and making sure there are jobs for them in Manitoba.

"I'm talking to young people in the area and they are concerned about a lack of jobs in the area of Selkirk, and in Manitoba, so unfortunately they are looking at leaving for other areas for work," he said. "If we are training we should look down the road and say 'are we providing opportunities once we've trained them?'"

Lagimodiere added he wants government to start going directly to health care workers when creating health care policies.

"The solution should be coming from those people that work in the frontline services," he said.

Lagimodiere admits he has started his candidacy later than some other candidates because of the circumstances surrounding Horbas, but said since being nominated he has tried to "go to the people."

"I'm getting out and meeting as many constituents as possible and finding out their concerns," he said. "I want to ... have an open-door policy with all my constituents."

The provincial election is set for April 19.

The Selkirk & District Curling Club and the Selkirk 2016 Viterra Championship Host Organizing Committee would like to say

Thank You

Thank you to everyone who supported the event in Selkirk including sponsors, volunteers and fans.

Viterra Championship-2016 - Sponsors & Supporters

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|--|--|---|

We would also like to thank Gary Alexander for providing MC services and the Glenaura Pipe and Drums:

Bob Grant, Rob McCleary, John Hayles and Brad Clay



Good Luck to Team McEwan at the
2016 Tim Horton's Brier in Ottawa!

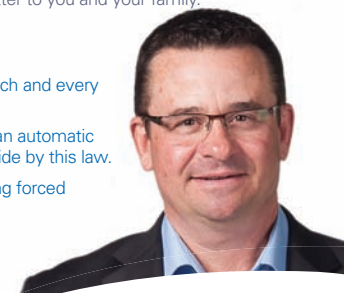
Manitobans Value Common Sense.

The NDP government has raised taxes by more than any other province in Canada. As a result, an average-income family in Winnipeg now pays \$4,000 more than if they lived next door in Regina.

We will bring Manitoban common sense back to government that values your money, eliminates wasteful government spending, and invests those savings in the priorities that matter to you and your family.

A new Progressive Conservative government will bring common sense back to your government by:

- ✓ Reducing the size of Cabinet by one-third saving millions of dollars each and every year, creating the right frugal tone at the top.
- ✓ Restoring Manitobans' right to vote on tax increases and mandating an automatic 20% salary cut for the premier and Cabinet ministers if they fail to abide by this law.
- ✓ Modernizing government contract tendering procedures by eliminating forced unionization which is unfair and hurts small business and taxpayers.



Jeff Wharton,
GIMLI
204.229.4932
wharton2win@mymts.net

PC Team

Authorized by the Official Agent for Jeff Wharton

**Congratulations to the community of St. Laurent, for being selected
as a Top 10 Finalist in the Kraft Hockeyville contest nationally!**



We encourage all Metis Citizens and Friends to
vote online on March 13 & 14, 2016.

www.khv2016.ca

-Interlake Metis Executive, Staff and Citizens.





The Huntington Society of Canada MANITOBA CHAPTER

Would like to
say a Huge

Thank You

to our 2016 Progressive Waste Solutions
HD 500 FUNDRAISING EVENT.

An incredible **\$30,000** was raised and will go
to care and research for Huntington's families



*Thank you to all of our
riders for all of their hard
work in getting pledges for
the cause*

Thanks to:

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CLEARLY MADE FOR YOU

SELKIRK



SELKIRK TIRE
AUTO

Along with hosting various events

something that we really, really needed.



Selkirk Canalta Hotel staff pictured from left to right, Michelle Farrow, Kristin Poitras, Peggy Salter and Amanda Moorhouse pose for a photo near the entrance of the local hotel located off of Manitoba Avenue recently. This year marks Canalta's one year anniversary in Selkirk.

"It certainly adds another facet to

Gruyters said the hotel is always looking at new ways to attract visitors to Selkirk and this year they are hoping to host some of their own events.

"We were trying

THE UNDISPUTED CHAMPION OF TRUCKS.

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LEASE THE 2016
F-150 XLT SUPERCREW 4X4 5.0L
WITH MILITARY GRADE ALUMINUM ALLOY BODY AND BED & BEST-IN-CLASS MAXIMUM PAYLOAD¹

\$199 EVERY 2 WEEKS	0.99% APR	36 MONTHS	\$2,595 DOWN	OR	\$40,524 CASH PURCHASE
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OFFER INCLUDES \$1,800 IN FREIGHT AND AIR TAX.

PLUS ON REMAINING 2015s

GET
UP TO **\$11,000*** IN CLEAROUT TRUCK CASH
(SUPERCAB AMOUNT SHOWN)

ELIGIBLE COSTCO MEMBERS
RECEIVE AN ADDITIONAL

\$1,000* **COSTCO**
TOWARDS MOST NEW F-SERIES

F-SERIES
BEST-SELLING IN CANADA FOR
50 YEARS



★★★★★
5-STAR
OVERALL VEHICLE
SCORE FOR SAFETY

FOR **UNDISPUTED VALUE**, VISIT FINDYOURFORD.CA OR DROP BY YOUR PRAIRIE FORD STORE TODAY.

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LSSD
CONTINUING
EDUCATION

*The Flame of knowledge lights
the path to your future*

Spring 2016 PROGRAM

JOIN US AND HAVE SOME FUN!

Phone 785-7312 www.selkirkconed.com

- All classes run subject to enrolment.
- Please register early to avoid cancellation and disappointment!
- All classes held at the High School. • Classrooms subject to change.

REFUND POLICY

- Refunds must be requested **three days prior** to course start date less \$15 admin fee.
- For courses cancelled due to insufficient enrollment you will be notified and money will be refunded in full.
- Please note start date, time and location of course. You will **not** be sent a confirmation of registration **unless** registering on-line. You will be contacted **only** if the course is cancelled due to insufficient registration.
- No refunds for one session programs.

CONTINUING EDUCATION PROGRAMS

REGISTER NOW!

SWIM REGISTRATION BEGINS ON LINE MARCH 22
IN PERSON AND TELEPHONE MARCH 24

Continuing Education ~ Lord Selkirk School Division
221 Mercy St., Selkirk, Mb. R1A 2C8 Phone: 785-7312

Registration Hours: 9:30 – 4:00

Melissa Nietrzeba ~ Program Director • Diane Thickson ~ Assistant

Check out our new WEBSITE www.selkirkconed.com

ARTS AND CRAFTS

PAINTING AND DRAWING – The Basics for Adults

\$65
Wednesdays, Apr. 13 – May 4
6:00 – 8:00 pm (4 sessions)

Have you ever wanted to try watercolour and acrylic paints, but didn't want to pay for expensive supplies just in case you didn't like it? Did you want to learn how to draw, but never had the time to try to? In this class you will get the chance to experiment with watercolour and acrylic paints plus learn basic pencil drawing skills. We won't be painting or drawing the same thing all together. You can pick how you would like to use the medium of your choice, a pencil portrait, a watercolour or acrylic greeting card or a small painting of your choice or whatever you can think of, you decide.

Room 162

ZENTANGLE

BONUS: Register for Intro and Beyond the Basics for \$70! Save \$8

INTRO TO ZENTANGLE

\$40
Saturday, Apr. 23
10:00 am – 12:30 pm (1 session)

Zentangle is a fun and easy-to-learn method of creating intricate abstract images using simple repetitive patterns. If you can print your own name, you have all the skill required for this fascinating art form! **Supply kit included!**

Room 162

ZENTANGLE – Beyond the Basics

\$38
Saturday, Apr. 23
1:00 – 3:30 pm (1 session)

Take your Zentangle practice to the next level with more complex tangles, shading techniques, tangle enhancers, transitions and more tips to develop your skills. Please bring your Intro to Zentangle kit. New Pen included. Prerequisite: Intro to Zentangle®

Room 162

ZENTANGLE – Renaissance

\$38
Monday, May 2
6:00 – 8:30 pm (1 session)

Tangle on tan coloured tiles with black and brown ink, shading with grey and highlighting with white. Please bring your Intro to Zentangle kit. Prerequisite: Intro to Zentangle®

Room 162

ZENTANGLE INSPIRED ART (ZIA) – 3D Ball

\$33
Saturday, May 28
10:00 am – 12:30 pm (1 session)

Tangle strips of paper to create a 3-dimensional ball to display your favourite tangle patterns. Will look great sitting on your desk, or hung as an ornament. This is NOT a beginner class, please bring your Zentangle supplies. Prerequisite: Intro to Zentangle®

Room 162

OIL PAINTING – Each Done on a 16" x 20" canvas

OIL PAINTING – PAINTED BIRCH

\$70
Saturday, Apr. 16
1:00 – 4:00 pm (1 session)

This is a mixed media class, using acrylics and then glazed with oil. Suitable for youth and adults. Beginners always welcome, no experience required. All supplies included.

Room 162

OIL PAINTING – WATERFALL IN THE WOODS

\$80
Saturday, May 14
1:00 – 4:00 pm (1 session)
Ages 14 and Up

A calming waterfall set back in the woods. A gentle reminder that summer is on its way. Beginners always welcome, no experience required. All supplies included.

Room 162

OIL PAINTING – FISHERMAN'S TRAIL

\$80
Saturday, Jun. 11
1:00 – 4:00 pm (1 session)

Learn to achieve a woodgrain effect using oil paint. Make a great Father's Day surprise! Beginners always welcome, no experience required. All supplies included.

Room 162

BASIC KNITTING

\$45
Tuesdays, May 3 – 17
7:00 – 9:00 pm
(3 sessions)

Have you ever wanted to learn to knit? This is the course for you!

Skills covered include casting on, garter stitch, purl, basic increase and decrease, casting off and finishing. Develop the skills to make a dishcloth and start an infinity scarf! **MATERIALS REQUIRED:** 1 set of 6 mm needles (suggested) and one ball of Bernat Handicrafter Cotton in the color of your choice.

Room 141

RAG QUILT

\$115
All Supplies Included!
Saturdays, Apr. 23 & 30
9:00 am – 5:00 pm
(2 sessions)

Ages 12 and Up

Learn to quilt your own lap sized rag quilt. Supplies included with fabric choices available. Please bring your sewing machine in good working order. Makes a lovely Mother's Day gift!

Room 175

JEWELRY MAKING – Bracelet and Chandelier Earrings

\$75
All Supplies Included!
Wednesdays, Apr. 27 & May 4
6:00 – 9:00 pm (2 sessions)

Learn to make your own bracelet and chandelier earrings using your choice of supplies included in cost. Just in time for Mother's Day!

Room 175

LEATHER WORKS with Amber Cook

FRING BAG

\$90
All Premium Supplies included!
Thursdays, May 12 – Jun. 2
6:30 – 9:00 pm
(4 sessions)

Design and make a custom leather/ suede purse. Learn design techniques, sewing and full instruction to complete your bag. Multiple fringe purse variations shown. Material Package will include; many choices of colored leather/ suede, purse lining, purse hardware, glove needle (specialty leather needle) specialty leather thread.

Room 175

WRAPS

\$136
Tuesdays, Apr. 12 - May 10
6:30 – 9:00 pm (5 sessions)
All Supplies included!

Design and make your own pair of WRAPS. Full instruction including beading techniques, sewing to complete a pair. Multiple variations will be covered. Material package will include; many choices of colored suede, foot linings, beads, beading needles, beading thread, glove needle (specialty leather needle), specialty leather thread.

Room 175

MOCCASINS

\$125
All Premium Supplies included!
Tuesdays, Apr. 12 – May 3
6:30 – 9:00 pm (4 sessions)

Students will receive a complete package of materials, and I will also provide access to equipment and patterns to continue making many more.

Material package will include; choice of colored suede, rabbit fur, linings, beads, beading needles, beading thread, Glove needle (specialty leather needle) and specialty leather thread.

Room 175



AUTISM SOCIAL SKILLS GROUPS FOR KIDS with Kristian Hooker

BONUS: Register for both Social Skills Games and LEGO Sessions: \$350 per child. Save \$30!

SOCIAL SKILLS GAMES

\$185
Mondays, Apr. 11 – Jun. 13

NO CLASS: May 23

5:30 – 6:30 pm

(9 sessions)

Your child will learn and have fun with Kristian Hooker, a graduate of the University of Winnipeg, as they will work to decode the many unwritten social rules and put them to practical good use. In these sessions, Kristian will bring a variety of newer and classic board and card games and encourage your child to learn new activities that can open doors to new communications and friendships.

Room 132

LEGO BASED SOCIAL SKILLS GROUP

\$195

Mondays, Apr. 11 – Jun. 13

NO CLASS: May 23

6:30 – 8:00 pm

(9 sessions)

Kristian Hooker brings his fun-filled LEGO® Based Social Development Therapy sessions. Sessions involve engaging groups of children on the Autism Spectrum and teaching them the value of teamwork, strategic thinking and friendship all the while enjoying LEGO activities.

Room 132



HEALTH & WELLNESS

CALM AND CLEAR – MEDITATION THEORY AND PRACTICE

\$45
Tuesdays, May 24 – Jun. 14
6:30 – 8:00 pm
(4 sessions)

Meditation has been practiced by diverse cultures for thousands of years. It is categorized under alternative therapies as "mind-body medicine" and leads to a way of being which lessens stress and brings a more peaceful calm and good humor into life. Explore the foundations of meditation and its many different forms. Working with your questions and experiences for a strong and well understood practice base this program brings calm and clear insight into life and living. **Please bring a firm cushion and a journal.**

Library

INTRO TO ESSENTIAL OILS

\$30
Saturday, Apr. 9
10:00 am – 12:00 pm
(1 session)

This very informative workshop will explain what essential oils are, their history of use, where they come from, the types of oils, how they can be used to enhance health and well-being, the role of essential oils in modern medicine, as well as what 12 oils every person should have in their medicine cabinet.

Room 183



NATURAL HOUSEHOLD CLEANING with Essential Oils

\$45
Saturday, Apr. 23
10:00 am – 12:00 pm
(1 session)

In this informative and hands-on workshop you will learn the basics to creating your own non-toxic/environmentally friendly but still very effective household cleaning products. You will go home with tons of recipes and three products that you will make in this class.

Room 183

THRIVING MIND, BODY AND SOUL WORKSHOP

\$55
Saturday, May 7
9:30 am – 12:30 pm (1 session)

Fundamental techniques to reduce stress and anxiety and live a life of balance, prosperity and joy. Improve your mental/emotional, physical and spiritual wellbeing. This is a hands on workshop so come with comfy cloths, a yoga mat, water and a journal. Take home notes on everything learned including a guided visual meditation, easy yoga poses, healthy eating tips, recipes and a dream board. A healthy snack and tea will be provided.

Library

MAKE AND TAKE NATURAL SUNSCREEN

\$35
Saturday, May 21
10:00 – 11:30 am (1 session)

Come learn the benefits of making your own sunscreen with no toxins or chemicals in this informative and hands on workshop. Everyone goes home with a sample and the recipe.

Room 183

SAFETY FIRST

FOOD HANDLERS

\$115
Includes work book
Saturday, May 7
9:30 – 4:30 pm
(1 session)

Recommended for anyone looking for a job or presently working in the food services industry. Learn the principles of safe food handling and upon successful completion, receive a **City of Winnipeg Level 1 Food Handling Certificate (valid for 5 years).**

Room 149

RE-CERT

\$70
Exam only
3:30 – 4:30 pm
Room 149

BOAT SAFETY

\$70
Saturday, May 14
8:30 am – 4:30 pm
(1 session)
ALL boat operators are now required to possess a Pleasure Craft Operator Card (PCOC) regardless of age of the operator or size of boat operated.

Attend our Transport Canada approved course just before the boating season starts. Minimum age to attend – 8 years old. **Course includes your Transport Canada test and competency card (PCOC).**

Manual may be purchased from instructor day of class for \$13.00.

Room 148

STANDARD FIRST AID

\$125
Includes Canadian Red Cross First Aid & CPR Manual
Saturday & Sunday, May 28 & 29
Saturday 9:00 am – 5:00 pm & Sunday 11:00 am – 4:00 pm
(2 sessions)

Certification is valid for three years and includes CPR C and AED. Canadian Red Cross Certification is recognized by all employers. Some self study required between classes.

Room 145



COMPUTERS with Brad

COMPUTER INTRO

\$100
Wednesdays, Apr. 13 – May 11
6:30 – 9:30 pm
(5 sessions)

Casual, easy paced – Covering word processing, email, internet, installing software, common parts, printer and digital camera. Learn to burn CDs/DVDs, computer safety and to troubleshoot common problems.

Room 276

MS OFFICE

\$80
Wednesdays, May 18 – Jun. 15
NO CLASS: Jun. 1
6:30 – 9:30 pm
(4 sessions)

Gain a basic overview and learn the functions of the powerful suite of MS Office programs, including Word, Excel, Publisher and PowerPoint. Receive a certificate upon completion of the course to add to your resume.

Room 276

WEBSITE DESIGN FOR BEGINNERS \$95

7:00 – 10:00 pm Monday & Tuesday, Apr. 25 & 26 (2 sessions)

If you have basic computer and Internet skills, you can build and maintain a website by yourself! This course, divided into two evenings, is a hands-on learning session. During the course, you will start and finish your own website, perfect for personal use, people who want to start selling something online, or for small business owners to build a website for new and existing customers. Take this class and you will produce your own finished website, and have the basic skills you need to update your website by yourself. Requirements: Basic computer skills, basic internet skills (for example, using email)

Room 277

FITNESS



ZUMBA and ZUMBA TONING with Melissa

\$75 for One Class (9 classes)
\$135 for Two (18 classes)
\$185 for Three (27 classes)
ZUMBA CRAZY Bonus - \$210 for ALL Four Classes (Best Value!) (36 classes)

Mondays, Apr. 11 – Jun. 13
NO CLASS: May 23
AND/OR
Thursdays, Apr. 21 – Jun. 16



ZUMBA

(7:00 – 8:00 pm)
Ditch the workout, join the party!

Zumba is a dance-fitness class that incorporates Latin and international music and dance movements, creating a dynamic, exciting, exhilarating and effective fitness system. Zumba integrates some of the basic principles of aerobic, interval and resistance training to maximize caloric output, cardiovascular benefits and total body toning. A Zumba class creates a party-like atmosphere that provides a non-intimidating opportunity for non-dancers, new exercisers, or those who have previously hesitated to participate in a group class.

\$10 Drop ins Welcome!
Cafeteria

ZUMBA TONING

(6:00 – 6:45 pm)

Those who want to party, but put extra emphasis on toning and sculpting to define those muscles! The challenge of adding resistance by using lightweight maraca-like Zumba® Toning Sticks, helps you focus on specific muscle groups, including arms, core and lower body, so you (and your muscles) stay engaged! Please bring maximum 3 lbs. dumbbells.

\$10 Drop ins Welcome!

Cafeteria

HATHA YOGA

\$80
With Cecilia Malcolm
For Stretching and Relaxing
Work at your own Level!

Mondays, Apr. 11 – Jun. 13
NO CLASS: May 23
5:30 – 6:30 pm
(Continuing Beginners)

OR
6:45 – 7:45 pm
(Beginners)
(9 sessions)

Explore the ancient practice of yoga asana (poses.) Learn to balance the asana with the breath to unite the body, mind and spirit. Benefits: develop bone density, balance, stress release, increase blood circulation, ease of joint movement, overall general health.

Beginners will be taught the basic foundation of yoga while the continuing beginners learn refinement to the poses to take your yoga one step closer to balancing the mind, body and spirit. Bring a Yoga Mat!

CARDIO/SCULPT INTERVALS

\$75
Thursdays, Apr. 21 – Jun. 9
7:00 – 8:00 pm
(8 sessions)

Alternating high intensity cardio segments and weight training during this class, you will get your heart rate up, burn calories and improve strength and endurance. Great for all fitness levels.

Library

PERSONAL INTEREST

GOLF for Beginners

\$65
Age 14 & up
Tuesdays, May 3 – 31
7:00 – 8:00 pm
(5 sessions)

Interested in Intro to the Game of Golf at an affordable price?

Your instructor will guide you through the basics of the game including stance, grip and swing. Students will get an opportunity to practice all the skills of the game including putting, chipping, approach shots and driving. Will be open to all but tailor to beginners.

High School Gym/Surrounding Field

WOOD WORKING at E.S.M.S

\$120
Tuesdays, Apr. 12 – May 24
6:30 – 8:30 pm (7 sessions)

Ages 18 to 95, and for all levels of skills. First class covers safety and project plans. Includes instruction on the safe use of the table saw, band saw, drill press, planer, air nailer, jigsaw and all hand tools for woodworking. Projects will be up to you, make what you like or copy the instructor's project. Please bring safety glasses.

Wood Working Lab at East Selkirk Middle School

INTRODUCTION TO MAKE UP

\$45
Wednesday and Thursday, Apr. 27 & 28
6:00 – 8:30 pm
(2 sessions)

Have you always wanted to learn how to apply makeup? It sure can be overwhelming with all of the products out there! Join our makeup class and you will learn all the tips and tricks on how to apply basic makeup. Whether you are looking for a daytime look, or a bit more of a dramatic look for a night out, we can help you! You will learn the fool-proof steps that will get you a radiant, perfected look.

Cosmetology

BASIC DOG OBEDIENCE

\$75
Tuesdays, May 3 – Jun. 7
7:00 – 8:00 pm
(6 sessions)

An introductory course designed to establish a calm leadership and improve your relationship with your dog, while still having fun! Basic commands are covered, such as; come, sit, down, stay, walking on loose lead and heeling, leave it, on/off and stand. Your dog will also be taught how to develop self-control, how to properly greet people and to listen, even with distractions!

All ages are accepted. But recommend very young dogs do a puppy class first. Dogs must be up to date on shots, please bring proof of vaccinations to the first class. Please come equipped with a well fitted collar, 6 foot leash, and lots of tasty treats.

NO FLEXI LEASHES ALLOWED.
Outside Behind the School

PUPPY CLASSES

\$75
Tuesdays, May 3 – Jun. 7
6:00 – 7:00 pm (6 sessions)

Build your puppy's confidence through fun socialization games and learning basic manners. Learn proper care, solving issues with housebreaking and problem behaviors and basic commands. Multiple family members are encouraged to come.

Puppies can start as soon as they receive their second set of shots. Please bring proof of vaccinations to first class. Please come equipped with a well fitted collar, 6 foot leash and lots of tasty treats. NO FLEXI LEASHES ALLOWED.

Outside Behind the School

DIGITAL CAMERA FUN with Brent

Smile – Bring your camera!
BONUS:
Take \$5 off second class!

TIPS & TRIX

\$35
Thursdays, May 5 & 12
7:00 – 9:00 pm
(2 sessions)
Basic knowledge & procedures to take great photos & saving/printing pictures.

Room 141

TAKE IT TO THE NEXT LEVEL

\$35
Thursdays, May 19 & 26
7:00 – 9:00 pm
(2 sessions)

You've mastered the basic settings; now seek its full potential. Explore creative settings, lighting techniques, composition & studio photography. Bring camera, take photos & make prints for a homework assignment.

Room 141

SMALL ENGINE REPAIR

\$115
Spring Tune Up!
Tuesdays, Apr. 12 – May 17
6:00 – 9:00 pm
(6 sessions)

Come with lawn equipment such as weed wacker, lawnmower or tiller.

Hands on maintenance for beginners. Learn in a few easy lessons how you can save on repair and maintenance. Covers basic operating principles and trouble shooting in a relaxed environment. Must be a take home project each week.

Please bring a ratchet set, oil, gas, a flat screwdriver, rags, flashlight and pencil.

Room 199 Power Mech. Lab



YOUTH CLASSES

DANCE (Ages 6 and up)

\$70
Mondays, Apr. 11 – Jun. 6
NO CLASS: May 23
5:00 – 6:00 pm
(8 sessions)

Come move to the groove with Carrie! Introduction to Jazz, Ballet and Hip-hop dancing.

Cafeteria

INTRO TO ACTING & THEATRE Ages 7 & Up

\$70
Mondays, Apr. 11 – Jun. 6
NO CLASS: May 23
6:15 – 7:15 pm
(8 sessions)

"Have you ever wondered how to play a specific character for a play? Or how to mime? Or are you simply wanting to just gain confidence? Come join us on Tuesday evenings for a glimpse into the theatrical world! This class is for beginners, so do not worry if you have no experience. All you need is an open mind and a little creativity!"

Theatre

YOUTH SAFETY

BABYSITTING SAFETY

\$55
Ages 11-15
Saturday, May 14
9:00 am – 4:00 pm
Youth Ages 11 - 15 come learn to be a safe, Red Cross certified Babysitter.

Be a fun babysitter while keeping babies, toddlers, pre-school and school age children safe. Learn to recognize household hazards. Red Cross program teaches safety to be home alone, how to handle emergencies such as choking and injuries, how to contact emergency rescue workers or 911 operators. Class includes textbook and laminated wallet certificate. Bring a bagged lunch.

Please drop off and pick up children on time. No additional supervision before and after class.

Room 145

HOME ALONE – PEOPLE SAVERS

\$30
Ages 8 & up
Wednesday, Jun. 8
6:00 – 8:30 pm

This Red Cross program will teach important safety awareness & basic first aid to elementary school aged children. Students will receive a workbook to follow through the class, learning to recognize a variety of everyday situations that could be dangerous. Students will learn to be prepared, check for safety, call for help and care for a person in an emergency situation such as choking or injury with first aid skills.

Please drop off and pick up children on time. No additional supervision before and after class.

Room 145



PERSONAL INTEREST

SPANISH

\$125
with Bernarditta Valenzuela
Tuesdays, Apr. 12 – Jun. 14
6:30 – 9:00 pm (10 sessions)
Basic Spanish in a fun and friendly environment through games, grammar, interaction, matching activities, open dialogues, basic conversation.

Room 182



S.C.P. Selkirk Community Pool

SCHOOL - COMMUNITY - POSSIBILITIES

2016 Spring Programming

The Comp 221 Mercy Street | Selkirk Mb | 204 785 7310

Registration On Line March 22nd, 2016
selkirkcommunitypool.weebly.com
/in person/phone March 24th, 2016
Pool closed May 23 & 24 No Evening June 1

Questions or concerns contact pool manager. mstamm@lssd.ca

Registration:

- Step 1: Prior to registering >Select the activity – Learn to swim level that best suits the participants needs.
Step 2: Prior to online registering > search for and note the course codes for courses of interest.
Step 3: Select the course you want to register for and register.



Red Cross Swim Schedule

Monday & Wednesday 2-4 week sess.
S1. Apr 11 - May 4, S2. May 16 - June 15

Sea otter 5:15	Salamander 5:15	level 1 5:15
Sun Fish 5:50	Level 1 5:50	Sea Otter 5:50
Level 1 6:25	Salamander 6:25	Level 2 6:25
Level 2 7:00	Level 3 7:00	Level 4 7:00
Level 5&6 7:35		Level 7&8 7:45

MONDAY
Starfish/Duck 5:30

WEDNESDAY
Seaturtle 5:30

Tuesday & Thursday 2-4 week sess.
S1. Apr 12 - May 5, S2. May 17 - June 9

Sea Otter 5:15	Salamander 5:15	Level 1 5:15
Level 1 5:50	Sea Otter 5:50	Salamander 5:50
Level 2 6:25	Sunfish 6:25	Level 1 6:25
S/C 3 6:30	S/C 4 6:30	

Friday 8 Weeks
April 8 - May 27

Starfish 10:30	Duck 10:30	Sea Otter 10:30
Sea Turtle 11:00	Salamander 11:00	
Sea Turtle 5:15	Level 1 5:15	Sea Otter 5:15
Salamander 5:50	Sunfish 5:50	Level 2 5:50
Level 3 6:25	Level 5/6 6:25	Level 4 6:25
	Level 7/8 7:10	Level 9/10 7:10

Sunday 8 Weeks
April 10 - June 5

Starfish Duck	Level 4 11:15	Level 1 11:15	Sea Otter 11:15
Sea Otter 11:50	Level 7/8 12:00	Level 3 11:50	Level 1 11:50
Sunfish 12:25	Level 5/6 12:50	Level 2 12:25	Salamander 12:25
Level 4 1:00	Level 3 1:35	Sea Turtle 1:00	Salamander 1:00
Level 9/10 1:45	Sea Turtle 2:15	Sea Otter 1:35	Level 2 1:35

Programs

AquaFit

Aerobic exercise in Water for all Adults.
Monday Friday 9:10 am
Wednesday 4:00pm Thursday 7:30

Lap Swim

We have a number of times and days available for you to swim at your leisure. Drop-in or passes available on pool deck.

Open Swim

Times are available on weekends to bring the family for a swim. Drop in rates applicable.

REGISTER TODAY

Spring Break

March 28 - April 1

ADULTS:

- 7:00 am Water Walk
7:45 am Lap Swim
9:00 am AquaFit Camp
Water Boxing, Dance Yoga,
PADI Discover Scuba 1:00 pm



CHILDREN:

- 10:00 am Scuba - PADI Bubble Maker
AM Swim Lesson
11:30 am Unplug Challenge Camp
PM Swim Lessons

PUBLIC OPEN SWIM:

2:30 - 4:00 pm

Facility Closed
March 25-27



Follow us
for flash updates!
SelkirkCommunityPool.Weebly.com



Passes
(for lap swim only, please call pool office for schedule updates or check the website)

Adult 10 visits - \$35.00	Senior 10 visits - \$20.00
20 visits - \$60.00	Teen 20 visits - \$35.00
30 visits - \$80.00	30 visits - \$50.00

***Passes are to be purchased on deck or at the pool office.
Lifeguard must punch your pass for entry to the pool.
Drop-in for Aquasize and Lap Swimming available.

Open Swim (Exact change)

Adult or Student	\$ 5.00	18+
Preschool child	Free	0 – 4yr
Child	\$ 2.00	5 – 12yr
Teen	\$ 3.00	13 – 17yr
Family	\$10.00	

(For purposes here, we define a "family" as an adult and their immediate children to a maximum of 5).

Professional Development
We offer Bronze Medallion and Cross as well as NLS
Coming Soon: updated Red Cross WSI, and Red Cross Lifeguard courses.

Unsure what level to register for?
Contact mstamm@lssd.ca or call 204-785-7310 to schedule a screening

Public admission entry requirements:
Limited unlocked lockers available. Do not leave valuables in the locker or change room. The facility is not responsible for loss or damage to belongings. Children under 7 who cannot swim must be accompanied by Parent, Guardian/Caregiver and over 16. 1:4 ratio.
Children 7 and older who are not 44" tall must also be accompanied as noted above. Children 7 and older must change in gender specific change rooms. Lifeguards have complete authority – safety first. Lifeguards are to provide a safe and enjoyable experience at our pool. The primary function is to provide accident prevention through patron education, awareness and directing patrons' behaviour. They are to work with patrons to ensure they understand the pool rules, entrance requirements and identify potential risks and to be water smart at the pool.
No credit after start of classes. No refunds after start of class. 3 day prior \$15 admin fee. No transfers.
Pool Rentals
The pool is available on a first come /first serve basis for birthday parties, windups and private functions. The rate is \$90 per hour plus GST. This includes 2 lifeguards. For rentals, please contact Michelle at 204-785-7310 or email mstamm@lssd.ca. Booking requests available on-line selkirkconed.com



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[illegible]

Spring, Summer Activities & Registration

How to help kids find extracurricular activities

Sports may be the first thing that comes to mind when many parents think of extracurricular activities for their children, but not all kids are cut out for or interested in competitive athletics. But just because a youngster may not be the next star quarterback or captain of the soccer team does not mean he or she can't find an extracurricular activity to be passionate about.

Parents know that schoolwork comes first, but extracurricular activities can be important to a child's de-

velopment, serving as an avenue to meet new people and an opportunity to learn the importance of teamwork. The following are a handful of things parents should consider when trying to help their children find the right extracurricular activities.

Interests

One of the easiest ways to help kids find an extracurricular activity they can be passionate about is to discuss their interests with them. Youngsters with a love of animals might enjoy



Students passionate about a particular subject or course of study may be eligible for internships with local businesses that encourage them to apply that interest in practical settings.

volunteering at a local animal shelter or hospital, while those who love to write may find writing for the school newspaper is a great way to apply that passion in a practical setting. Even kids with a passion for video games might be interested in learning about computer graphics and what it takes to design games. When trying to find

extracurricular activities for your children, resist the urge to write off any of their interests. Instead, use those interests as jumping off points to further engage their passions.

Availability

Parents know that school comes before extracurricular activities, but kids may not be so wise. Keep in mind kids'

existing workloads when helping them find the right afterschool activities. Many organizations are especially flexible with teenage volunteers or employees, but parents still must keep a watchful eye to ensure kids do not overextend

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Thursday, March 17
6pm – 8:30 pm
Sunday, March 20
2pm – 4pm



**For information please see the
ESRA Web site eastselkirk.net**

FOR ANY ADDITIONAL INFORMATION PLEASE CONTACT THE FOLLOWING:
soccerdirector@eastselkirk.net | baseballdirector@eastselkirk.net

Coaches required: sign up at registration | Additional fee will be applicable for late registration of \$25

Continued
on page 19

Spring, Summer Activities & Registration

> EXTRACURRICULAR ACTIVITIES, FROM PG. 18

themselves. Kids who overcommit to extracurricular activities may end up feeling burnt out, which can have a negative impact on their schoolwork. Encourage kids to find activities they care about, but emphasize that these activities should not become bigger priorities than schoolwork. Let kids know that they can get more involved during summer vacation, but make sure kids don't devote too much of their time to afterschool activities during the school year. A couple of hours per week and even some additional time on the weekends should not distract kids from their responsibilities at school, and that's still ample time for kids to explore their interests.

Internships

Internships were once exclusive to college students, but many organizations now offer internship opportunities to high schoolers as well. Kids who find themselves interested in particular subjects at school, whether it's graphic design or a beginner's course on finance, may be eligible for internships with local companies. Such opportunities may even encourage kids to pursue a particular course of study once they enter college.

Extracurricular activities can help youngsters develop into well-rounded adults. Parents can help kids find the right activities while still encouraging them to keep schoolwork atop their priority lists.

City of Selkirk Annual Spring Recreation & Leisure Fair



ALL YOUR SPRING REGISTRATIONS TAKING PLACE
Saturday, March 12, 2016
10 AM – 1 PM
Selkirk Recreation Complex Lobby



To Register Your Organization,
Please call or email
Vanessa 204-785-4946
vfigus@cityofselkirk.com

House League SOCCER

Registration 2016

for players born in 1998 and later

Petersfield (CDRA)

Thursday, March 17, 5:30 p.m. – 7:30 p.m. William S. Paterson School
Friday, March 18, 9:00 a.m. – 11:00 a.m. William S. Paterson School
Wednesday, April 6th, 6:00 p.m. – 8:00 p.m. Clandeboyne Rink

East Selkirk (for info <http://eastselkirk.net>)

Thursday, March 17th, 6:00 p.m. – 8:00 p.m. 75 Strathcona Road, East Selkirk
Sunday, March 20th, 2 p.m. – 4:00 p.m. 75 Strathcona Road, East Selkirk

Selkirk (for info http://trissoccer.com/page.php?page_id=84807)

**New Online registration www.trissoccer.com from
March 12th to March 30th, Pay by Credit Card**

Saturday, March 12 10:00 a.m. – 1:00 p.m. Spring Fair-Selkirk Rec Centre
Tuesday, March 15, 6:30 p.m. – 8:00 p.m. Lobby of the Selkirk Recreation Centre

Late Registration Tuesday April 5th, 6:30 p.m. – 8:00 p.m.
Lobby of the Selkirk Recreation Centre

St. Andrews

Registration now on at <https://standrewsrec.sportssignup.com/>
Late registration fee applies after March 27th

VOLUNTEERS ARE REQUIRED FOR COACHING AND REFFING
SIGN UP AT REGISTRATION SO THE PROGRAMS CAN CONTINUE
(NO COACHES, NO REFS = NO SOCCER)

* Late Registration Fees apply in all areas and range from \$20 - \$35
**Only Selkirk Registrations are accepted at the leisure fair

IMPORTANT DATES:

Games Start the week of May 2nd (conditions permitting)
Tim Horton's Jamboree (6 & under, 4 & under) Sunday June 12th
8U-18U Windup Tournament Friday, Saturday, and Sunday 24th, 25th, 26th

REGISTRATION IS FOR PLAYERS BORN IN:

4 & under CO-ED 2012 or later	local games only	Dates Pending Per Area
6 & under CO-ED 2010 & 2011	local games only	Monday & Wednesday 6:30 – 7:30
8 & under 2008 & 2009	All Areas, teams travel	Monday & Wednesday 6:30 – 7:30
10 & under 2006 & 2007	All Areas, teams travel	Tuesday & Thursday 6:30 – 7:30 or 7:30 – 8:30
12 & under 2004 & 2005	All Areas, teams travel	Tuesday & Thursday 6:30 – 7:30 or 7:30 – 8:30
15 & under 2001 to 2003	All Areas, teams travel	Monday & Wednesday 6:30 – 7:30 or 7:30 – 8:30
18 & under 1998 to 2000	All Areas, teams travel	Tuesday & Thursday 6:30 – 7:30 or 7:30 – 8:30

* All age groups, times, same gender or co-ed teams, field size, format of game, etc. are subject to change. It is a decision of the RRRSA Executive so we can provide a place for as many players to play and enjoy soccer as possible. The above age groups are only a guideline. 18U is usually CO-ED.

CONTACT:

Selkirk - selkirksoccer@outlook.com
East Selkirk - esrasoccerdirector@eastselkirk.net
Petersfield - cdrasoccer@outlook.com
St. Andrews - staccregistration@shaw.ca

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'Richer sound' has music lovers spinning records

By Dave Baxter

Alex Reid and Richard Sturtz know music lovers can put thousands of songs on their smartphones, but that doesn't mean those young and old have forgotten about vinyl.

Both Reid and Sturtz live in St. Andrews, and twice a year for the last 16 years they have held a massive music expo at the Victoria Inn in Winnipeg, which they say has become the largest event of its kind in Canada.

The next Rockin' Richards Record and CD Sale in Winnipeg on Sunday, March 20, will have things such as CD's and collectibles, but the main focus is always vinyl records, and there will be more than 100,000 records up for sale.

Blaine's music and book store owner Blaine McVety, who runs his store in north Winnipeg but previously ran it in Selkirk, will have a table at the show and said over the last few years he has watched vinyl records fly off his shelves.

"The resurgence continues," McVety said. "We just see more and more young people getting into it and then



RECORD PHOTO BY DAVE BAXTER

Pictured from left to right: Alex Reid, Blaine McVety and Richard Sturtz hold up some classic vinyl albums, which along with more than 100,000 others will be on sale at the Rockin' Richards Record and CD Sale on March 20 in Winnipeg.

when their parents and grandparents realize it's back, they get excited and pull their turntables out.

"It's a ritual of listening to music and not just pushing buttons. You take the record out and listen to side one and

turn it over and listen to side two."

Sturtz said one of the reasons young people have gone back to vinyl is because they actually have to buy a physical package, rather than just download a file.

"Some of the album covers are real works of art and you can get all sorts of bonus material like posters, photos, stickers and lyric sheets," Sturtz said. "It's a physical package that gets collectors excited."

He added a few years ago he noticed university students getting into it, but now he even sees teenagers turning to vinyl.

"They are looking to listen to a whole album and not just singles on their phone and they like that it's something they can hold in their hand."

He added vinyl records have a "warmer and richer sound" than CD's or digital files.

Reid said he has watched their show grow every year since they started in 2000.

"We went from 25 vendors and 200 people through the doors, to over 90 vendors and 800 to 900 people through the door at our last show."

The Rockin' Richards Record and CD Sale at the Victoria Inn at 1808 Wellington Ave. in Winnipeg is set to take place Sunday, March 20 from 10 a.m. to 4 p.m.

Report outlines how to improve our transport systems

> YOUR FARM

By Harry Siemens

Ever since the beginning of transportation systems, governments keep trying to make them more efficient.

David Emerson, a former Harper cabinet minister, had the task of heading up the latest review of our nation's transport systems.

The report, *Pathways: Connecting Canada's Transportation System to the World*, is the product of a review of the Canadian transportation system and the legal and regulatory frameworks which govern it, including the Canada Transportation Act.

Emerson held consultations and received advice from a broad range of transportation interests, other governments, experts, and members of the public.

"A recurring theme in the report is the inseparable relationship between Canada's international trade performance and the quality of the transportation and logistics systems," he says. "As a small, geographically dispersed trading economy, access to a globally competitive transportation system is vital to the prosperity of the country, the competitiveness of industry, the sustainability of communities and the ease with which Canadians can travel."

Emerson says the advent of globalization has fundamentally altered the nature of industry and the evolving role of transportation and logistics in achieving competitive success. Not surprisingly, governments must also adapt policy and regulatory approaches to secure the competitive position of the country.

"The report makes significant recommendations on government decision-making and regulatory frameworks to reflect best practices in other jurisdictions," says Emerson. "A swath of specific recommendations deal with the transport of grain, Canada's trade gateways and corridors, the north, climate change, technology and innovation, accessibility, as well as recommendations relating to each major mode of transport."

In his 268-page report, tabled in the House of Commons on March 3, Emerson says Western Canada's grain transportation system needs to evolve "to a more commercially grounded framework."

That modernization, he said, should include major reforms, leading to the elimination of the Maximum Revenue Entitlement (MRE), which limits the amount of income Canada's two class one railways (Canadian National and Canadian Pacific) can earn shipping regulated prairie grain.

Producer organizations who depend so heavily on this mode of transportation for moving grain were quick to respond to the report's recommendations.

The Western Canadian Wheat Growers Association says the report includes several positive ideas, but misses on certain key issues on enhancing greater competition and service in rail shipping.

"Farmers have seen it very clearly for some time that major changes are needed in railway service for shippers, and it's good to see some of it recognized in the Emerson review" says Jeff Prosko, who chairs the association's transportation committee. "As we said in our submission to the review, 'farmers end up shouldering the cost of system failures,' and this has to change."

Prosko says farmers produce and export tens of millions of tonnes—and billions of dollars—in wheat and other grains from western Canada every year. Improved rail service for grain shippers is paramount to getting the grain to customers here at home and abroad, including to key markets in Asia. "We encourage the government to accept and implement the key recommendations on railway service, some of which would help create a more competitive market and incent

greater investment in the grain industry," said Prosko. "However, grain growers also need to see much greater competition and increased capacity among the railways—we can't keep losing customers and valuable export markets due to system failures."

On the other hand, the Wheat Growers like the idea of modernizing the MRE program, improving level of service provisions (including for producer car shippers), performance standards, reciprocity, and creation of a dispute resolution unit within the Canadian Transportation Agency to address level of service issues and complaints.

The Wheat Growers believe some form of rate regulation around the MRE will likely still be necessary in seven years, given the lack of competition among railways and the lack of alternative market channels for large segments of the prairie farm economy.

Increased competition among railways, as well as expansion in the livestock and processing sectors, is essential before any real discussion takes place of the MRE being done away with completely.

"Further, the extended interswitching provision of 160 km should not automatically sunset this summer, as that will reduce competition rather than expand it," says Prosko.

St. Laurent skates into the Top 10 for Kraft Hockeyville

Voting to decide the two finalists opens on Sunday

By Jeff Ward

The Top 10 finalists for Kraft Hockeyville 2016 were announced on Saturday night.

After approximately 20 nominations and the support of the community, St. Laurent Arena has landed one of those top 10 spots for this year's Kraft Hockeyville contest, and a guaranteed prize of \$25,000.

However, the excitement doesn't end there, because the big prize of \$100,000 in arena upgrades and a chance to host an NHL pre-season game is what supporters of the arena are really after.

And to win that the community needs to make the Top 2 first. Voting for the Top 2 begins this weekend on Sunday, March 13 at 9 a.m. and closes at midnight the next day with all voting being done online at www.khv2016.ca. The Top 10 were chosen from a record breaking pool of 3,192 nominations this year. If St. Laurent is chosen for the Top 2 they automatically win a prize of \$100,000, but only the winner of Kraft Hockeyville will have the chance to host the pre-season game. Prize money will be used to renovate the washrooms and dressing rooms at the arena.

"I tuned into the TV and waited for the announcement and when St. Laurent popped up I just started screaming and yelling," said Carl Bruce, one

"I TUNED INTO THE TV AND WAITED FOR THE ANNOUNCEMENT AND WHEN ST. LAURENT POPPED UP I JUST STARTED SCREAMING AND YELLING."

of people who nominated the arena.

"It was all very surreal, almost like I didn't recognize the name of our town. It still hasn't really sunk in yet. It really is unbelievable to be chosen after so many other communities were putting up nominations."

With only a few hundred words Bruce wrote in his nomination that St. Laurent had gone through one of the toughest times in its history. The all too recent flood of 2011 had battered the community and after businesses were closed and homes were washed away, the arena stood as a beacon for the community.

"After the flood, the arena was the space we could all get together and escape that harsh reality for an hour or two. I think that story definitely struck a chord with the judges," said Bruce.

Now Bruce wants all of St. Laurent and all of Manitoba to help get them into the Top 2 when voting opens on Sunday.

He said he believes that it will take hundreds of thousands, even millions of votes to get the job done.

Four Interlake paramedics earn national recognition

By Jennifer McFee

Four Interlake paramedics have received national recognition for their excellence, courage and exceptional dedication.

Gov.-Gen. David Johnston presented them with awards at a ceremony in Vancouver on Friday, March 4.

Donald Andruschak of Riverton and Wayne Kohinski of Selkirk both received the Emergency Medical Services Exemplary Service Medal with First Bar in recognition of 30 years of loyal and exemplary service to public safety in Canada.

Lorne Harley of Teulon and Rolland Fontaine of Selkirk both received the Emergency Medical Services Exemplary Service Medal in recognition of 20 years of loyal and exemplary service to public safety in Canada.

All four men are paramedics with the Interlake-Eastern Regional Health Authority. In total, more than 150 Canadians received the Governor General's Caring Canadian Award, an Exemplary Service Medal or a Decoration for Bravery or a Meritorious Service Decoration.

Riverside Aircraft Maintenance owner receives NASCO award



SUBMITTED PHOTO

Gary Polinuk, pictured centre, president and owner of Riverside Aircraft Maintenance in Selkirk, was presented with this year's NASCO award for outstanding aircraft maintenance engineer (AME) during a symposium in Winnipeg last Wednesday. Pictured from left to right: president of Central AME association Mike McCarten, Polinuk, and vice-president of Central AME association Dave Kielniak.

Submitted

Selkirk business owner, Gary Polinuk, has received this year's NASCO award for outstanding aircraft maintenance engineer.

This award recognizes the aircraft maintenance engineer (AME) who has performed an extraordinary act of service that has left an indelible mark on the people he or she has worked with.

Past recipients of this award are those who have expanded the boundaries of commitment to the occupation and exemplified the highest ideals of aircraft maintenance.

The NASCO award also acknowledges outstanding voluntary contributions.

Polinuk, from Riverside Aircraft Maintenance in Selkirk, has been involved with aircraft for more than 40 years as he grew up in the family business.

He started with his private pilot license in 1978 and then received his commercial pilot license in 1981.

Business was expanding and there was a need to have an AME on site, so Polinuk obtained his AME license in 1983 and a structures license followed

in 1993.

Riverside Aircraft Maintenance was formed in February 2000 with Polinuk as the owner and president.

A strong reputation exists due to the hard work and high standards that he not only expects, but models himself.

Polinuk has been fortunate to have two loyal employees who have worked with him for more than 25 years, Bruce Bates and Lou Kinrade.

He has also promoted the industry by training many potential AME's in his shop.

In the community, Polinuk is a member of the Rotary Club of Selkirk, Selkirk Biz and the Canadian Federation of Independent Business. He is very community minded and supports many organizations such as STARS Air Rescue, the Selkirk Steelers, Selkirk Junior B, Kids Fishing for a Cure, The Dream Factory, Rotary Lobsterfest, and the Selkirk Curling Club.

Polinuk also supports this symposium each year with prizes and/or monetary donations.

Polinuk was presented with his award at an annual symposium held last Wednesday in Winnipeg.



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sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Kuczek scores OT game winner for Steelers

By Brian Bowman

During the regular season, both the Dauphin Kings and Selkirk Steelers were among the worst defensive teams in the Manitoba Junior Hockey League.

And not much changed in Game 1 of their best-of-three Survivor Series.

The two teams combined for 11 goals in a thrilling 6-5 Steelers' overtime victory Sunday evening at the Selkirk Rec Complex.

"It was unfortunate that we let them back into the game but it was a big win for us, especially it being three games in three nights," said Steelers' interim head coach Jeff Mitchell. "It's always good to get the first game in a three-game series. It helps us rest here and get a bit more comfortable – and just to win the game gives us more confidence in the room."

Dexter Kuczek scored the game winner on a breakaway at 9:28 of the 10-minute overtime period. Kuczek took advantage of a fortuitous bounce past Kings' defenceman Trevor Kavanaugh to send him on a breakaway.

Kuczek calmly beat Dauphin goaltender Brandon Holtby on the blocker side for the game winner.

The Kings trailed 5-2 in the third but

roared back to score three goals in a 2:24 span by the 4:49 mark of the period. Tyler Derkatch, Landon Plett and Trevor Kavanaugh scored to tie the game at 5-5.

"We got complacent and sat back for four or five minutes," Mitchell lamented. "Bam, bam, bam, it was a tied game. We picked it up right after that but, obviously, that's not a good thing (with the letdown). We need to make sure we don't sit back at all in any of these games in the playoffs."

To start the game, Dauphin's Thomas Lenchyshyn needed just 1:22 to put the visitors up 1-0 but the Steelers scored four straight goals before the opening period ended.

Jake Dudar continued his red-hot scoring streak with a goal at 4:15 and then Brady Castellano tallied less than two minutes later.

Victor Knaub and Kuczek, an East St. Paul product, then scored late in the first period to put Selkirk ahead 4-1.

Dauphin's Keaton Leininger cut into that lead early in the middle frame but Dale Goodbrandson regained the Steelers' three-goal lead with a goal at 19:30.

Selkirk outshot Dauphin 47-38.

Game 2 of the series was played



RECORD PHOTO BY BRETT MITCHELL

The Steelers' Victor Knaub scored late in the first period to put Selkirk ahead 4-1 against the Dauphin Kings last Sunday. Selkirk went on to win the game 6-5 in overtime.

Tuesday in Dauphin while Game 3, if necessary, was played Wednesday in Selkirk. Mitchell agreed that the Steelers have to be better defensively to advance to the next round.

"We do have to tighten up," he stressed. "We're still working on that but they are buying in. It's just going to have to be 100 per cent (effort). You can't take any time off because it

shows.

"We need to keep it simple, play a good north-south game, and stay away from the cute, fancy stuff and grease out some wins."

In the other best-of-three MJHL Survivor Series, Swan Valley edged Waywayseecappo 4-3 in Game 1 on Sunday. That series also continued this week.

Next Home Game

KJHL SEMI FINALS

Game 3

St. Malo
Warriors

Saturday, March 12th or
Sunday March 13th
7:30 pm

at the Selkirk Rec Centre



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#22 Tyndall Fontaine
Defence



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the Steelers Box Office is open 1 hour before game time

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INSIDE > OUTSIDE > UPSIDE DOWN

Steelers end regular season with road win

By Brian Bowman

The Selkirk Steelers ended their Manitoba Junior Hockey League regular season with a 5-4 road win over the OCN Blizzard last Saturday.

Jake Dudar and Nathan Halvorsen scored first-period goals for Selkirk and then Ty Kraus and Cole McCartan tallied in the second. Steelers' captain Riley Derlago scored in the third period for his team-leading 27th goal of the season.

OCN, which trailed throughout the game, received goals from Brady Valiquette, Lodie Ipeelie, Maverick Rafter, and Brady Keeper.

Brett Friesen made 35 saves for the win.

Last Friday, the Steelers were defeated 6-2 by the Pistons in Steinbach. Steinbach, which held period leads of 2-0 and 4-0, outshot Selkirk by a whopping 62-13 margin.

The Pistons dominated the Steelers in the game's final 40 minutes, outshooting the visitors 45-7.

Both teams scored a pair of power-play goals. Dudar scored both of Selkirk's goals early in the third period.

Quinton Lisoway, Robert Briem and Denis Bosc each had a goal and an assist for Steinbach. Daniel Taillefer and Hayden Goderis scored once to go along with an assist while Bradley Schoonbaert tallied late in the third.

On March 1, the Steelers were blasted 7-2 by the Flyers in Winkler.

Special teams were the difference in this game as Winkler was 3-for-4 on the power play and also added a pair of shorthanded goals.

Tristan Keck led the Flyers with two goals and two assists while Scott Gall, Jordan Wall, Jeff Michiels, Jordan Williamson and Cam Whyte tallied.

Dexter Kuczek and Dudar scored second-period goals for Selkirk.

The Steelers finished the regular season with a 23-31-6 record and 52 points to finish eighth in the 11-team league.



RECORD PHOTO BY LANA MEIER

Steelers' captain Riley Derlago scored in the third period to give Selkirk a 5-4 road win over the OCN Blizzard last Saturday.

Huskies end Royals' hockey season

By Brian Bowman

The Selkirk Royals girls' hockey team's season is now over.

Selkirk was stunned 2-0 by the CSHC Huskies in Game 3 of their best-of-three Winnipeg Free Press Division semifinal series last Friday in Winnipeg.

"They played real well against us," said Royals' head coach Noah Cain. "It was a really good series and they're a good team. It was as close of a series that you could possibly have."

Annaliese Meier scored a first-period goal for the Huskies and then Jamie Pischke added a third-period marker.

The Huskies, who outshot the Royals 21-18, evened the series at a game apiece after a thrilling 3-2 overtime win March 1 in Winnipeg.

"Losing that Game 2 in overtime was really hard," Cain admitted.

Cassidy Ilchena scored both Selkirk goals in the first period and the score stayed that way until the third when Meier and Grace Carson tallied.

Chelsea Hobson then scored the game winner in OT.

The Royals were a very good offensive team this past season, scoring a division-best 113 goals during the regular season. But the Huskies held the Royals without a goal for the final five periods of the series.

"That's what happens in the playoffs," Cain said. "It's tighter checking than in the regular season and the Huskies are a good, strong defensive team."

The Royals had a real good season under Cain and the future looks bright. Selkirk will lose just four players – Emma Gillespie, Alyssa Kaoukis, Mckenzie Pelletier and Morgan Renne – due to graduation.

"Looking back, it was a really positive season for our program," Cain said. "We're definitely going to miss our seniors. They have given lots to our program and we're definitely going to miss them."

"But we're going to have lots of strong, young players (coming back). We have the groundwork (set) for a good future and we're hoping to continue to build the program."



RECORD PHOTO BY LANA MEIER

The Royals' Cassidy Ilchena scored both Selkirk goals in the first period of Game 2. However, the Huskies held Selkirk without a goal for the final five periods of the series to eliminate Selkirk.

sports & recreation

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Mandryk, Blues win back-to-back banners

Staff

The No. 2 nationally-ranked University of Toronto Varsity Blues women's volleyball team – which includes Lockport's Madelyn Mandryk – earned their second straight provincial title after defeating the Ryerson Rams 3-0 (25-20, 25-20, 25-13) in the OUA gold-medal match on Saturday night.

Mandryk, a fourth-year setter, tallied 33 assists and nine digs in the match. She was also named an OUA East first team all-star.

With the win, the Blues earn the OUA's lone berth to the CIS national championship, which is hosted by Brandon University this weekend. It

will mark U of T's 10th CIS championship appearance in program history and third time they've reached the national stage in the past seven seasons.

Toronto boasts their 10th OUA title in program history, claiming nine of the past 21 provincial banners, and becomes the first team to win back-to-back OUA titles since the Blues claimed four straight from 2001-04.

U of T went a perfect 19-0 during the regular season, finishing atop the OUA East Division. Toronto earned their spot in the Final Four after a 3-0 quarter-final win over Ottawa and then went on to defeat the McMaster Marauders 3-1 in semifinal play.



RECORD PHOTO BY MARTIN BAZYL

Lockport's Madelyn Mandryk will be in Brandon this weekend competing for a national championship with the University of Toronto Varsity Blues women's volleyball team.

Royals to face Titans in JV provincial opener

By Brian Bowman

The Selkirk Royals have an interesting matchup in their first game of the MHSAA junior varsity girls' "AAAA" basketball provincials.

The No. 8 Royals will battle the No. 9 Shaftesbury Titans in the provincial opener for both teams Thursday at Vincent Massey High School in Winnipeg. Tip-off is 8 p.m.

"All I know about them is that they play a 2-3 zone," admitted Royals' head coach Sue Gilmour during Monday's practice. "They don't shoot from the outside like Garden City does, but they do have a little bit of height, so we'll have to rely on our shooters a little bit."

Selkirk will have to shoot well to defeat Shaftesbury. The Royals have been a smart team all season, often making the right decisions with the ball. They will have to bring their high basketball IQ to the provincials if they want to be successful.

"These girls are very intelligent," Gilmour stressed. "They make very good shot selections...and they move

the ball well. That's something that we've been emphasizing since the start of the season.

"We're really getting confident with the ball movement and decision making."

Selkirk is fresh off a tough 64-32 road loss to the Garden City Fighting Gophers in the KPAC final last Thursday in Winnipeg. The Royals were within 14 points in the fourth quarter when Garden City's shooting suddenly went from cold to red hot.

"We were right there with them," Gilmour said. "It was almost like they were toying with us. They were missing shots and then, in the fourth quarter, they could not miss a thing. Everything they launched up went in and we did not shoot well."

Julia Ignagni played very well for the Royals, leading Selkirk with 10 points. She was also solid on the defensive end.

Selkirk reached the league final after defeating the Maples Collegiate Marauders 52-43 in a semifinal matchup at the Comp on March 1. The Royals



RECORD PHOTO BY BRETT MITCHELL

The Royals' Julia Ignagni drives hard to the basket during Selkirk's home win over Maples in the KPAC semifinal March 1.

transitioned the ball really well in that exciting home win.

"They made it a little too close at the end," Gilmour said. "We had an

18-point lead going into the fourth and then we kind of let up defensively and they got back in by making a couple of three-point shots."

Playoff intensity



RECORD PHOTO BY BRETT MITCHELL

The Predators' Haley Steciuk races for the puck during her team's 3-1 win over the Saints in Winnipeg Female "AA" Bantam playoff action Monday night. The Predators led the best-of-five series 2-1 as of press time Tuesday. Game 4 was played last night and Game 5, if necessary, will be played Friday at 8:15 p.m. in St. Andrews.

Flyers blast Beavers in MSHL semifinal series

By Brian Bowman

The Stonewall Flyers are headed to the Manitoba Senior Hockey League finals.

Stonewall barely broke a sweat as the Flyers easily swept the Beausejour Beavers in the minimum four games of their best-of-seven semifinal series.

Stonewall clinched the series victory after a dominating 9-3 road win Saturday evening. The Flyers turned a close game into a rout by scoring six goals in a 15:21 span in the second period.

Matt Varnes led Stonewall with three goals and an assist while Dan Stewart added a pair of goals.

Connor Appleyard, Evan Walsh, Connor Lockhart and Jarred Doyle also scored for the Flyers.

Justin Lussier, Steve Crampton and Cody Waterman replied for Beausejour. Brett Fewchuk earned the win in goal.

The Flyers grabbed a 3-0 series lead after blasting the Beavers 9-0 on March 2.

Stonewall jumped out to a 3-0 lead just 11:50 into the contest and then increased that advantage to 7-0 after

two periods.

Cale McBride was outstanding for the Flyers, scoring three goals and adding two assists. Barret Schlag scored twice while Varnes had a goal and three helpers. Patrick Sheldon, Ryan Sholdice, and Evan Walsh also scored for the Flyers.

Fewchuk posted the shutout.

In the other MSHL semifinal series, the Lac du Bonnet Blues swept the Gimli Wolves in four games.

The MSHL final series will begin this Friday (8 p.m.) while Game 2 will be played on Sunday (8:15 p.m.). The first two games of the series will be played in Stonewall.

The Flyers will be recognizing former coach Wayne Isbister for his dedication and commitment to the hockey club prior to the game Sunday at the VMSC.

Isbister has coached the Flyers for over 40 years.

Games 3 and 4 of the series will then be played in Lac du Bonnet on March 16 and March 19.

The remainder of the MSHL final series schedule had not been released by press time.

Royals ready for 'AAAA' hockey provincials

By Brian Bowman

For the first time ever, the Selkirk Royals have advanced to the MHSAA "AAAA" Provincial Boys' Hockey Championship.

Selkirk will now battle for high school hockey supremacy in Manitoba after defeating the River East Kodiaks 4-1 in a "play-in game" Sunday morning at the MTS Iceplex.

"It was a huge win," said Royals' head coach Shayne Fredborg. "If we won then we were in, but if we lost, then we were out of (advancing to the provincials).

"If the boys wanted to extend their season, then we had to win that one."

River East took a 1-0 lead as Selkirk started slowly, but the Royals finally found their groove, scoring four unanswered goals for the comeback win.

Phil Crupi tied the score at 1-1 in the opening period and then Logan Artimowich and Auzzie Loewen tallied in the second.

Travis Spratt then closed out the

scoring in the third.

The Royals are now one of six teams vying for a MHSAA "AAAA" provincial title. The other five teams include the Platinum Promotions Division champion Oak Park Raiders, St. Paul's Crusaders, Morden Collegiate Thunder, Vincent Massey (Winnipeg) Trojans, and the Dauphin Clippers.

Selkirk will be in Pool "B" along with Vincent Massey and Dauphin. The Royals play both pool games Friday, starting at 9 a.m. against the Trojans.

Selkirk will then play Dauphin at 1 p.m. Both games will be played at the St. James Civic Centre.

The top two teams in each pool will advance to the playoffs on Saturday.

The Royals' program has come a long way in a few short years under the guidance of Fredborg and his coaching staff.

"The plan when I took over a few years ago was to get this team back in the (Platinum Promotions) Division and we've been lucky because we

have had a lot of good players come up," Fredborg explained. "We were able to build the program to now where we are competing for a provincial title."

The remaining schedule for the provincials is as follows:

Friday – 11 a.m. Oak Park vs. Mor-

den; 3 p.m. St. Paul's vs. Morden; 5 p.m. Vincent Massey vs. Dauphin; 7 p.m. Oak Park vs. St. Paul's.

The semifinals will be played Saturday at 3 p.m. and 6 p.m. The championship game is set for Monday at 7 p.m.

Ekosky wins gold in Vancouver

Staff

Damien Ekosky of the Selkirk Judo Club won a gold medal at the 2016 Pacific International Judo Championships in Vancouver last weekend.

Ekosky was tops in the U-18 Men 73 kg division.

Other Manitoba medal winners included:

U-21 Men

81kg, Martin Russo, Nakamura

Judo Club, Gold

U-21 Women

63kg, Alisha Kaegi, Keisatsu Judo Club, Bronze

Senior Man

60kg, Yotaro Mizuno, U of M Judo club, Bronze

Senior Women

48kg, Lorena Kaegi, Keisatsu Judo Club, Bronze

63kg, Alisha Kaegi, Keisatsu Judo Club, fifth

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The Selkirk Record

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*Please note that phone calls will not be accepted.

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SEASONAL LABOURER POSITION

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Hours: Position runs approx. April to November, Monday – Friday, 7:00 am – 4:30 pm with possibility for overtime and weekend hours.

Location: 500 Railway Avenue, Clandeboye MB – Public Works Building
Under the direction of the Public Works Superintendent, incumbent will be required to assist the Public Works department and perform general municipal related tasks.

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Submission of Interest & Closing Deadline:

Please submit a letter of interest with qualifications, along with a current resume and references to the undersigned no later than **2:00 pm on Friday, March 18th, 2016.**

* Resumes can be submitted in person, emailed, faxed or mailed to the Municipal Office.
Please advise, only candidates selected for an interview will be contacted.

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1. To control noxious weeds on the Mars Sandhills property. The project dates of application will be May 1, 2016 to October 20, 2016. The herbicides to be used: PAR III, Super Spreader Sticker, Mecoprop, Banvel II.
2. To control fungal diseases on the Mars Sandhills property. The projected dates of application will be from April 25, 2016 to November 30, 2016. The fungicides to be used include: Iprodione, Daconil Ultrex, Instrata, Compass 50WG, Heritage Maxx, Banner Maxx, Eagle WSP, Senator 70 WP, Tourney, Roundup.
3. To control mosquitos on Mars Sandhills property. The projected dates of application will be June 1, 2016 to September 1, 2016. The insecticides used: Malathion.

The public may send written submissions within 15 days of the publication of this notice to the department below:

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Winnipeg, Manitoba R3C 1A5

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Outback GPS system, includes Max monitor & E Drive X steering system, monitor has RTK unlock, asking \$9500 + GST obo, only 3 years old, new cost \$15,000 plus; one used RTK Royer, \$1500 + GST obo.; 1 used E drive T/C black box, \$1500 obo. Call 204-292-0843.

Public Notice - Rural Municipality of St. Clements 2016 Spring Weight Restrictions



The Public is hereby advised the 2016 Spring Weight Restrictions Will commence for the following municipal roads within St. Clements on

Friday, March 11, 2016

unless otherwise notified. And will remain in effect

until May 31, 2016

unless otherwise notified

Loading will be restricted to 65% of Normal Axle Loads on the following roads:

Roman Drive	Wachal Drive	Debra Street	Nicholas Avenue
Leah Avenue	Miller Creek Road	Danko Drive	Shalom Path
Dunning East	Old River Road	Nanton Road	Church Road
Spruce Drive	Strathcona Road	Ferry Road	Old Henderson
Frank Street	Rockhaven Road	Readgan Drive	Harold Avenue

And on the noted portions of these roads:

Donald Road - from Henderson to Rebeck
Dunning - from Henderson to PR 202
McKay - from Henderson to the tracks
Rebeck Road - from Coronation to PR 202
Church Road South - from Henderson to the tracks
Hay Road - from Gunn's Creek to PR 204

The purpose of Spring Road Restrictions is to protect roadways from damage during spring thaw conditions. The Council requests the co-operation of its citizens and the commercial industry. For further information regarding Spring Weight Restrictions on municipal roads, please contact the RM of St. Clements at 204-482-3300.

Any provincial truck highways, or provincial roadways, are restricted by the provincial department of Manitoba Transportation and Government Services. Their restrictions are posted as beginning March 11, 2016. Please contact them directly with any provincial road inquiries through the Road Information Line. Information will be available through verbal description of road restrictions at 1-204-945-3704, or 1-877-MBRoads (1-877-627-6237). Provincial restrictions can also be obtained online at <http://www.gov.mb.ca/mit/srr/dates.html> a copy is also available on the www.rmofstclements.com website.

Greg Elson
Manager of Public Works

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HEALTH

RURAL MUNICIPALITY OF ST. ANDREWS PUBLIC NOTICE

APRIL COUNCIL MEETING DATE CHANGE

Public Notice is hereby given that the regularly scheduled Council meeting of April 12 has been re-scheduled to **Tuesday, April 5, 2016 at 1:00 p.m.**

Mayor & Council
R.M. of St. Andrews
www.rmofstandrews.com

RURAL MUNICIPALITY OF ST. ANDREWS PUBLIC NOTICE

2016 SPRING WEIGHT RESTRICTIONS

The Public is hereby advised that the 2016 Spring Weight Restrictions will commence on **March 11th through May 31st, 2016** unless otherwise notified. The R.M. of St. Andrews will follow the same time frame for restrictions as Manitoba Infrastructure and Transportation.

Loading will be restricted to **65% of normal loading (65 kg per 10mm of tire width)** on all hard surfaced roads. A complete list of roads and updates can be found on our website at www.rmofstandrews.com.

THE COUNCIL REQUESTS THE CO-OPERATION OF ITS CITIZENS AND THE TRUCKING INDUSTRY.

Mayor & Council
R. M. of St. Andrews

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PROGRAM COORDINATOR

The STAR (Southwest Teens At Risk) Program is looking for a dynamic individual with diverse skills to case-manage at-risk youth within the Southwest Interlake region to fill the position of Program Coordinator. This position will be a 0.8 term position (August 1st 2016 - June 30th 2017). Our ideal candidate will have a degree or certificate in Social Services or an equivalent combination of education and experience. Familiarity with multi-agency initiatives, experience in working collaboratively within a team environment and an administrative background will be considered an asset. Salary will range between \$21.00 - \$23.00 dollars per hour depending on education and experience. Valid Criminal Records and Child Abuse Registry checks required. The successful candidate will be required to undergo an enhanced law enforcement security screening. Resumes will be accepted until 5:00 pm, Monday March 21st 2016. Please forward your resume to:

Danelle Guenther
STAR Program, 404-3rd Ave. South
P.O. Box 903, Stonewall, MB R0C 2Z0
danelle.guenther@rcmp-grc.gc.ca

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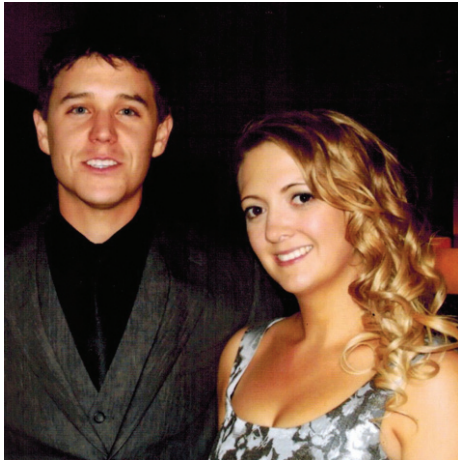
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Rural Municipality of St. Clements

Citizen Volunteers

The Rural Municipality of St. Clements is looking
for a Citizen Volunteers who would be interested in
sitting on the **Heritage Committee**.

Volunteers must be residents of the R.M. of St.
Clements. If you are interested, please submit your
name along with the reason why you feel you are
qualified by mail, fax or email to the address listed
below.

Deadline for submissions is March 28, 2016.

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East Selkirk, Manitoba R0E 0M0
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Winnipeg: 474-2642

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1753 Fairway Road Netley Creek Golf Course		

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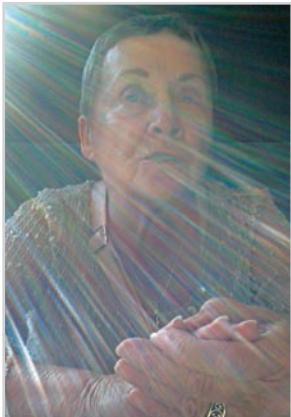
Mars Sand Hills 1.3-1.6 Acres	\$25,000-\$40,000	Judy/Rich Moyer
16 Greenwood Ave - NEW	\$52,900	Rich/Judy Moyer
1367 PR 320 Road	\$79,900	The George Hacking Team
1468 PR 320 - 7 Acres	\$84,900	The George Hacking Team
5 Howard Phase 2 Creekside Properties	\$84,500	The George Hacking Team
8 Pearson Pkwy Creekside Building Lot	\$87,500	The George Hacking Team
595 Cil Road - 4 Acres	\$92,400	The George Hacking Team
31 Pawley Place Creekside	\$95,000	The George Hacking Team
81 Colony Rd - 2.76 Acres	\$95,000	The George Hacking Team
Lot 1 Stonechurch Rd - 4 Acres	\$99,900	Judy/Rich Moyer
Lot 2 Stonechurch Rd - 4 Acres	\$99,900	Judy/Rich Moyer
Nanton Road - 2.09 Acres	\$109,900	Rich/Judy Moyer
Lot 2 Jacobs Lane	\$110,000	The George Hacking Team
71 Vincent Road - Stony Mountain	\$114,900	The George Hacking Team
4748 Henderson Highway	\$115,000	The George Hacking Team
384 Flemming Drive	\$117,500	The George Hacking Team
77 Vincent Road - Stony Mountain	\$119,900	The George Hacking Team
Lot 4 Two Mile Rd. - 6 Acres	\$119,900	Judy/Rich Moyer
1498 PR 320 - 17 Acres	\$125,000	The George Hacking Team
68 Cowan Place	\$125,000	The George Hacking Team
1488 PR 320 - 25 Acres	\$135,000	The George Hacking Team
Petersfield 4 lot subdivision & cottage 237 Tom Prince	\$195,000	The George Hacking Team
Road 88N - 332 Acres Native Pasture	\$200,000	Judy/Rich Moyer
665 Colville Rd Creekfront 7.5 Acres	\$280,000	Rich/Judy Moyer
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0 Petersfield Pits, 120.6 Acres	\$340,000	The George Hacking Team
72101 Pine Road S. Prime Development	\$445,000	The George Hacking Team
605 Cil Road - 65.62 Acres DEVELOPMENT OPPORTUNITY	\$492,000	The George Hacking Team

Announcements

The Selkirk Record

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OBITUARY



Sherry Ramsay

On Saturday, March 5, 2016 my beloved wife Sherry passed from this life to Spirit.

Sherry was born August 1942 and lived in Alberta and Saskatchewan. We married in Hinton, Alta. September 1973.

Sherry worked at Eatons until 1993. Then she worked at Big Dollar Store in Selkirk where she made many friends, including Rosalie, her employer.

She leaves to mourn her beloved sister Dinah (Roger) in Kamloops; brother Terry in Prince George and brothers Ted, Noel and Rick in Hinton Alta. and special close friend Jackie.

Cremation has taken place. Memorial service to be held later in Alberta.

You are always in my heart Sherry, and I miss you deeply. Love, your husband Tom.



William (Bill) Collier

Peacefully with his beloved wife at his side, on March 2, 2016 at Concordia Hospital, William (Bill) Collier aged 86 years of Winnipeg, Mb, formerly of Selkirk, Mb, passed away.

Bill is survived by Joyce, his wife of 63 years; son Chris (Cathy), grandchildren Bryan, Andrew and Jill; and daughter Lindsay (Leslie), grandchildren Jenny and David. Also his brother Alan and family in England.

Bill was born in Middlesbrough, Yorkshire, England on January 19, 1930. He was raised there and went on to study Mechanical Engineering at College. On graduation he served his two years National Service in the British Army, serving overseas on Malta. On New Year's Eve 1949 he met Joyce, the love of his life. They were married in 1952. He worked in the British Steel industry until 1965 when the whole family emigrated to Canada where he took

a job with Manitoba Rolling Mills in Selkirk. After 13 years there as a Project Engineer he left to join Acres Consulting until his retirement in 1992.

After raising their children, Bill and Joyce took many opportunities to travel in Canada, the USA and Europe. His passions were his family, the Yorkshire Dales and Moors and Middlesbrough Football Club. Bill also enjoyed playing golf, tennis and squash and was adept at all.

The family would like to extend their deep gratitude for the compassionate care provided by Dr. Anna Ziomek, Dr. Tim Hiebert and the whole Concordia 2East Care Team. Also thanks to Dr. Pat Harris for her many years of excellent care.

There is no service planned as per Bill's wishes.

In lieu of flowers donations may be made to the Concordia Hospital Cancer Clinic to assist in their excellent care.

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



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

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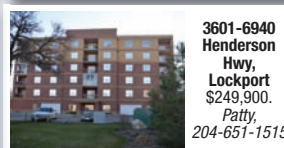
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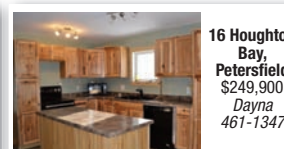
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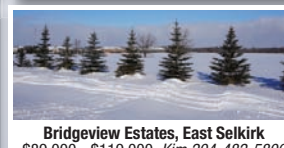
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> MEAL IDEAS

THE
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Marinated bocconcini, mushroom and tomato salad



Ingredients
1 small clove garlic, minced
3 tbsp (45 mL) balsamic vinegar
1 tbsp (15 mL) olive oil
1 tsp (5 mL) Dijon mustard
Pepper
3 oz (90 g) sliced drained mini lower fat Bocconcini cheese OR 2.5 oz (75 g) sliced drained mini regular Bocconcini cheese
8 oz (250 g) cremini or white

mushrooms, trimmed and quartered
1 cup (250 mL) grape tomatoes, cut in half
2 tbsp (25 mL) chopped fresh basil
6 cups (1.5 L) mixed salad greens (about 6 oz/175 g)
1/4 cup (60 mL) 1% plain yogurt
Directions
In an airtight container or a bowl, whisk together garlic, vinegar, oil, Dijon mustard and 1/4 tsp (1 mL) pepper. Add Bocconcini and mushrooms; stir to coat well. Cover and marinate in the refrigerator for at least 1 hour or for up to 1 day.

Add tomatoes and basil to Bocconcini mixture and let marinate in the refrigerator for at least 15 minutes or up to 4 hours.

To serve, arrange salad greens on serving plates. Using a slotted spoon, place Bocconcini mixture onto greens. Whisk yogurt into remaining marinade and season with pepper to taste. Drizzle dressing over salad.

Citrus Herbed Chicken with Asparagus

Prep time: 10 minutes
Cook time: 20 minutes
Serves: 4
1/4 cup flour
2 tablespoons grated Parmesan cheese
1/2 teaspoon McCormick Garlic Powder
1/4 teaspoon McCormick Black Pepper, coarse ground
1 pound thin-sliced boneless



skinless chicken breasts
1 tablespoon oil
1 1/2 cups chicken stock
1 teaspoon McCormick Basil Leaves
1 teaspoon McCormick Oregano Leaves
1 pound asparagus, trimmed and cut into 1-inch pieces
2 tablespoons lemon juice

In shallow dish, mix flour, Parmesan cheese, garlic powder and pepper. Reserve 2 tablespoons. Moisten chicken lightly with water. Coat evenly with re-

sonings. Bring to boil on medium heat. Reduce heat to low; cover and simmer 20 minutes.

In large skillet, heat oil on medium-high heat. Add zucchini, mushrooms and onion; cook and stir 4 minutes or until vegetables are tender-crisp. Stir tomato sauce into vegetables.

Meanwhile, cook pasta as directed on package. Drain well. Place pasta in serving bowl. Add vegetable mixture; toss well.

Tuscan Pasta

Prep time: 15 minutes
Cook time: 25 minutes
Serves: 6
1 can (28 ounces) diced tomatoes, undrained
1 can (8 ounces) no-salt added tomato sauce
1 tablespoon sugar (optional)
2 tablespoons packed brown divided
2 teaspoons Garlic Powder
2 teaspoons Perfect Pinch Italian Seasoning
1/2 teaspoon Black Pepper, ground
1 tablespoon olive oil
1 pound zucchini, sliced
1 package (8 ounces) sliced mushrooms
1 small onion, chopped
6 ounces pasta, such as spaghetti or linguine
In medium saucepan, mix tomatoes, tomato sauce, sugar and sea-

Fiesta Citrus Salmon



Prep time: 5 minutes
Cook time: 15 minutes
Serves: 4
1/4 cup orange juice
2 tablespoons olive oil
2 tablespoons McCormick Perfect Pinch Salt-Free Fiesta Citrus Seasoning, divided

2 tablespoons packed brown sugar, divided
1 pound salmon fillets
In small bowl, mix juice, oil and 1 tablespoon each seasoning and sugar.

Place salmon in large re-sealable plastic bag or glass dish. Add marinade; turn to coat well. Refrigerate 30 minutes, or longer for extra flavor.

In another small bowl, mix remaining seasoning and sugar. Remove salmon from marinade. Discard any remaining marinade. Rub salmon evenly with seasoning mixture.

Grill salmon over medium-high heat 6-8 minutes per side, or until fish flakes easily with fork. (Or bake in 400 F oven 10-15 minutes, or until fish flakes easily with fork.)

maining flour mixture.

In large nonstick skillet, heat oil on medium heat. Add 1/2 of the chicken pieces; cook 3 minutes per side, or until golden brown. Repeat with remaining chicken, adding additional oil, if necessary. Remove chicken from skillet; keep warm.

In medium bowl, mix stock, basil, oregano and reserved flour mixture until well blended. Add to skillet along with asparagus. Bring to boil. Reduce heat to low; simmer 3-5 minutes, or until sauce is slightly thickened, stirring frequently. Stir in lemon juice. Return chicken to skillet; cook 2 minutes, or until heated through.

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