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Mindful stretches

RECORD PHOTO BY DAVE BAXTER
 Pictured from left to right: Robert Smith School students Jersey Crate, Aiden Brownell, Alexis Scheel and Jessa Roberts took part in some mindful stretching near some snow outside their school during their recess on Monday afternoon. The optional stretching program helps students exercise their body and mind during recess. For a story, see page 3.

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

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Interlake docs urge health authority to merge ERs

Group threatens to quit if nurses continue to run emergency rooms

By Austin Grabish

A group of Interlake doctors is threatening to walk off the job if the perpetual practice of using nurses to run emergency rooms doesn't end.

A letter obtained by the *Record*, and at least one other media outlet last week, stated ER doctors in the Interlake will no longer support the practice in "any capacity" unless the RHA agrees to amalgamate ERs in the region by May 1.

"What's happened is the doctors have banded together. They've sent a letter to say 'hey, we really need to move away from nurse-managed care,'" said Interlake-Eastern Regional Health Authority CEO Ron VanDenakker.

VanDenakker said the doctors have suggested some ERs like Gimli and Arborg or Ashern and Eriksdale be joined together.

The move, at its best, would see one ER staffed with a doctor as opposed to having two ERs open but without adequate staffing resources.

Several ERs are under nurse-managed care in the Interlake and have been for years.

The practice meant initially only to be temporary, sees nurses triage patients and determine if a patient should be sent home, treated by a nurse, or sent in an ambulance to a hospital with a doctor.

The RHA and province have both repeatedly touted the practice as "normal."

In 2013, former RHA CEO John Stinson said the practice was a "very good" solution to the Interlake's growing doctor shortage.

Three years later, VanDenakker said that's now changed.

"We have to rely on (the physicians') professional integrity and skill," he said. "When their college and insurers and nursing unit says 'hey, we tried this and this isn't sustainable,' we have to respect that and move on to coming up with what's going to work."

He said the RHA is in talks with the doctors to work out a solution to the



RECORD FILE PHOTO BY AUSTIN GRABISH

A group of Interlake doctors is threatening to walk off the job if the Interlake-Eastern Regional Health Authority doesn't put an end to nurse-managed care. Pictured above is the entrance to the emergency room in Gimli.

problem and discuss what their "exit strategy" looks like.

VanDenakker said he doesn't see the doctors' letter as a threat, but instead as an opportunity to work together noting a challenge has been a division amongst doctors in the region.

"There's been no group practices, there's been no or limited amounts of docs backing one another up, helping each other out when there's vacations things like that," he said. "This is the

first sign of doctors having worked together to try to come up with a regional solution."

Last month the RHA said it was short as many as 45 doctors.

When the *Record* asked the RHA for a detailed breakdown explaining the doctor shortage by hospital, we were told to file a Freedom of Information request.

That request, filed last Thursday, has yet to be fulfilled.

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ANNUAL GENERAL MEETING & ELECTION ANNOUNCEMENT:

April 28

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1. To consider the annual report of the directors, the financial statements and the auditor's report
2. To appoint an auditor
3. To announce election results
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Robert Smith School students stretch away stress

Program helps students exercise their mind, body

By Dave Baxter

Robert Smith School students didn't let abnormally cold temperatures and a little bit of snow stop them from getting outside on Monday.

The Selkirk school offers what it refers to as "mindful stretching," similar to yoga, to its students so they can go outside every recess and exercise their body and minds.

"It's a way for kids to work through things like stress and anxiety," said Margo Yeomans, the school's guidance councillor.

Yeomans said the stretching program is part of the MindUp curriculum, which teaches students to pause, listen, and breathe when they find themselves in situations that could cause stress or anxiety.

"There has been a lot of issues with

kids having stress and anxiety and parents asking if teachers can help," Yeomans said.

About 60 students have joined the club, which saw students outside stretching on Monday for the first time this spring.

"I promised them that after Easter we will meet every recess, and spring just won't come, but we came out because I promised them," Yeomans said.

The school recently received a \$600 Healthy Schools grant to buy brand new mats for the program.

Grade 6 students Cassidy Drummond and Lenae Peebles both said the program is a great way to relieve stress.

"I like mindful stretching because it helps me with deep breathing, so if I am upset about something this can help me feel better," Drummond said.

Peebles added there are certain days when stretching and breathing really come in handy.

"If I have a test or something like that it helps me a lot," Drummond said. "It takes away the stress."



RECORD PHOTOS BY DAVE BAXTER Robert Smith School student Lenae Peebles stretches outside her school on Monday.



Pictured from left to right: Robert Smith School students Jersey Crate, Aiden Brownell, Alexis Scheel and Jessa Roberts took part in some mindful stretching outside their school on a cool Monday morning. The optional stretching program helps students exercise their body and mind during recess.

Red River Dental Group

Red River Dental Group would like to announce the **retirement of Dr. Ron Isfeld**. Dr. Jamie Wozney and Dr. Thomas Lee wish Dr. Isfeld all the best on his next chapter of his life.

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BiG DOLLAR

Tina Turner tribute artist bringing PTSD tour to Selkirk

Luisa Marshall to perform at Selkirk Legion on April 20

By Lindsey Enns

A travelling Tina Turner tribute artist is hoping to raise awareness about Post Traumatic Stress Disorder (PTSD) during her tour stop later this month in Selkirk.

World champion tribute artist, Luisa Marshall, is bringing her Hope Beyond Thunderdome PTSD Awareness Tour to the Selkirk Legion on Wednesday, April 20 at 7:30 p.m.

Marshall and the rest of her band are taking their tour bus on the road and travelling to different legions across Canada in an effort to raise awareness about PTSD.

"We wanted to do a Canada-wide tour to see if we could raise some awareness and raise money at the same time and be able to engage a lot of people," Marshall said. "And of course we wanted the legions to be involved."

"We're getting a lot of support from the legions and it's just wonderful. People are very excited."



PHOTO COURTESY OF ELLEN TUBE

Tina Turner tribute artist Luisa Marshall, pictured left, dances alongside Ellen DeGeneres during a taping of "The Ellen DeGeneres Show." Marshall will be performing at the Selkirk Legion on April 20 as part of her Canada-wide PTSD awareness tour.

Marshall said she started performing as Tina Turner back in 1995 and has been on "The Oprah Winfrey Show" twice and the "The Ellen DeGeneres Show."

"My first wig was a \$10 wig but that started it all," Marshall said with a laugh. "The first time I wore the wig it literally brought the house down and that was when my career as a tribute artist was born."

Marshall said \$5 from every ticket

sold on her tour will go towards the Veterans Transition Network or any other program selected by each legion. During her show in Selkirk, the funds will be donated to Project New Hope Canada, Inc.

The non-profit educational and humanitarian organization, based in Teulon, provides veterans and their families with the education, training and skills needed to manage their lives after operational service through

family retreats, seminars and workshops.

Kayleen Valley, the Selkirk Legion's entertainment chair, said so far nearly 103 tickets have been sold for the show and the legion seats more than 200.

"We're excited and a lot of people are excited about this," Valley said. "I've seen a couple of shows she's put on in Toronto and on Ellen the audience really thought she was Tina Turner."

Tickets are \$25 and can be purchased at the Selkirk Legion, located at 403 Eveline St., or online at brownpapertickets.com.

Valley said they chose to have the funds raised go to Project New Hope Canada so the money will help out veterans across the Interlake.

"I'm glad that it's staying in Manitoba," she said, adding a person from the organization will be speaking before Marshall takes the stage.

Marshall's show in Selkirk will be the 16th stop on her tour.

As of last week, Marshall said their tour has already raised more than \$6,000.

"We have been received very well by the people ... and it's just amazing and I think we're going to reach our goal which is \$60,000."



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Businesses step up to help elderly couple assaulted in Selkirk home

By Lindsey Enns

Two local businesses are stepping up to help an elderly couple that was seriously assaulted in their Selkirk home on Sunday night.

Noventis Credit Union's Selkirk branch is collecting monetary donations for the local couple this week and Brown and Sons Construction has agreed to help better secure their home.

"My mother and father live in town here, they're an elderly couple as well, and this just really hit home for us," said Joanne Brown, who owns Brown and Sons Construction with her husband. "We're going to make sure they're all secure as well."

Brown added their company, which is associated with Selkirk Soil, helps look after a lot of local seniors.

"We look after their snow, we'll go cut their hedges, whatever they need," she said. "We look after quite a few seniors who don't have anybody else ... so when somebody gets hit like that in our town we're going to step up to the plate and do what we can to help."

Brown said they plan to reinforce the couple's doors and add a small security camera system to their home.

"They're probably going to be pretty scared to be in their home after this," she said, adding after this incident she plans to better secure her own parent's home in Selkirk.

News spread quickly throughout the

community on Monday following the assault on Sunday night.

Selkirk RCMP said on Sunday around 8:30 p.m. they were called to an assault within a Selkirk home.

Officers immediately responded to the scene and found an 88-year-old male and an 85-year-old female who had been "seriously assaulted and were suffering from injuries" inside their home.

The elderly couple were transported to hospital and are currently in stable condition, RCMP said in a release on Monday.

Shortly after the initial call, a second call was made to Selkirk RCMP about a suspicious male walking near the home. Officers then tracked down the man and arrested him in relation to the assaults.

Sylvia Magyar Brambilla, Selkirk's Noventis Credit Union branch manager, said she noticed a post on Facebook suggesting the community help the couple out so they decided to step up.

"When people's security and their ability to live safely in the community is threatened, we feel that it's important that the businesses and the people in the community step up," she said, adding Noventis in Selkirk is collecting monetary donations for the couple until the end of the day Friday.

Noventis Credit Union in Selkirk is located at unit 1-1012 Manitoba Ave.

Scuba diving adventure in Selkirk



RECORD PHOTO BY LINDSEY ENNS

Dave Alderson, an instructor with Underwater Scuba and Sport based in Winnipeg, pictured right, gives 12-year-old Ian Gurney, pictured far left, from East Selkirk and 12-year-old James Lucas, pictured centre, from St. Clements, a scuba diving lesson at Selkirk Community Pool last Thursday afternoon. The local pool, located inside the Comp, was open for spring break last week and offered a long list of programs and activities.

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Hundreds gather for Disability Matters debate

By Dave Baxter

People who live with disabilities and those who support them came together for the first Disability Matters Great Debate last week.

Four provincial candidates gathered with hundreds of Manitobans last Thursday in Winnipeg to discuss issues surrounding people living with disabilities.

Hundreds filled the room at the Norwood Hotel for the debate as well as two overflow rooms, while hundreds more watched the debate live at eight satellite locations, including one in Selkirk at the Canalta Hotel.

Community Living Selkirk executive director Maria Freeman said she was encouraged to see how many people showed up in different locations to watch the debate.

"What we have found is disability issues never make the platforms of the parties," Freeman said. "We are always the last group to be looked at and we decided we can no longer sit idly by."

The Disability Matters campaign, formed by Abilities Manitoba and Barrier-Free Manitoba, is asking candidates in the upcoming provincial election to make inclusiveness an election issue and organized last week's debate.

Liberal, PC, NDP and Green Party candidates debated a number of issues related to people living with disabilities as well as issues surrounding those who care for and work with



ABOVE LEFT: Brian Geoerg, pictured left, lives with a disability and Tyler Parks, pictured right, works with people with disabilities. They were both at the Disability Matters Great Debate at the Norwood Hotel in Winnipeg last Thursday. The debate was also streamed live at eight satellite locations, including one in Selkirk at the Canalta Hotel. ABOVE RIGHT: Provincial candidates Vanessa Hamilton, Ian Wishart, James Beddome, and Kerri Irvin-Ross are seen at last week's Disability Matters Great Debate in Winnipeg.

them.

Debate moderator Marcy Markusa told the crowd disability staff are among the lowest paid workforce in Manitoba and make significantly less than those working in childcare and homecare.

She said yearly employee turnover rates for front line staff range from 25 to more than 66 per cent.

An adult living with a disability in Manitoba may have as many as 164 caregivers in 10 years, Markusa said.

Freeman said wages are an important issue because of the "revolving

door of employees."

"When you have staff that can make this a career and don't have to leave because they want to start a family and can't afford to live on their wages, than you can have consistent staff," Freeman said. "The client will have a better quality of life because they are with someone that knows them, and they don't have to get to know someone and learn to trust someone every time there is new staff."

PC Candidate Ian Wishart said many people working with those with disabilities especially in rural areas "are not making a living wage."

"We recognize this has been an ongoing problem for many years," Wishart said. "What we need to do is to examine all the spending of government and look at the priorities, because clearly looking after those with disabilities has not been a priority."

Liberal candi-

date Vanessa Hamilton said a Liberal government would "base wages on consultations with people working in the system."

"If we don't take care of our workers than we can't take care of who is in front of them," Hamilton said.

NDP candidate and Minister of Family Services Kerri Irvin-Ross said an NDP government must find ways to turn jobs into careers.

"It is a consistent message that I hear about the frustration of wages," Irvin-Ross said. "We need to make sure this is full time work and not casual work."

Green Party Leader James Beddome said his party would "implement a guaranteed income for every Manitoban through tax reform."

Candidates were also asked questions about getting more people with disabilities into the workforce and how to offer a "dignified income" for those with disabilities that can't work.

Freeman said no party has done enough yet to get her vote, and she will not decide how she will vote until she sees written specifics by each party.

The provincial election is set for April 19.

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Selkirk to host Interlake Career Expo April 13



RECORD FILE PHOTO

St. Andrews School staff and students pet Sunova Credit Union's large St. Bernard during the school's career fair in this October 2015 photo. Schools from across the Interlake will be at this year's Interlake Career Expo at the Selkirk Rec Complex on Wednesday, April 13, which will include a presentation by Sunova.

By Lindsey Enns

This year's Interlake Career Expo will give hundreds of students and community members the chance to check out different job options under one roof.

"It's so they don't have to drive all the way to Winnipeg to get the same kind of information," Options Employment Services for Youth resource assistant Kelsey Shymko said. "There's not typically a big expo out this way so people coming from Gimli, Pinawa, and Selkirk ... people who don't maybe drive, it's just something more easily accessible for them."

This year's career expo will take place on Wednesday, April 13 from 10 a.m. to 6 p.m. at the Selkirk Rec Complex.

Shymko said this is the first year the event is being held at the rec complex and those attending are encouraged to wear pink for anti-bullying day.

Options Employment is helping organize the event and Shymko said nearly 30 exhibitors will be on site to offer up a wide range of information.

Some of the exhibitors include the University of Manitoba, Manitoba Hydro, Brokenhead Ojibway Nation, Manitoba Aerospace, the Manitoba Print Industry Association, Assiniboine Community College and more.

"Some of them will be recruiting, some of them will be bringing information for their programs," Shymko said. "We have several guest speakers as well."

The Canadian Armed Forces will be doing a demonstration and some of the guest speakers will include the Canadian Mennonite University and Sunova Credit Union to name a few.

Food vendors will also be on site.

For more information contact Kelsey Shymko at Options Employment Services for Youth by calling 204-785-1815 or via email at options@mymts.net.



Make your choice



Provincial election day is Tuesday, April 19

When will you vote? You can vote on election day or at any advance voting location in Manitoba from Saturday, April 9 to Saturday, April 16. You don't need a reason to vote in advance.

To find your electoral division and advance voting locations near you, visit electionsmanitoba.ca or download our mobile app.

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DEWAR, Greg – 594 McPhillips Rd., Lockport	NDP	Denis Fitzpatrick
JONES, Stefan – 2 Cook's Cove, East Selkirk	Lib.	Mona Jones
LAGIMODIERE, Alan – 916 Ferry Rd., East Selkirk	PC	David Borgford

Registered Parties in Manitoba

CPC-M – Communist Party of Canada – Manitoba
GPM – Green Party of Manitoba
Ind. – Independent
Lib. – Manitoba Liberal Party

MP – Manitoba Party
NDP – New Democratic Party of Manitoba
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Ashern couple wins ice fishing raffle

Welcome friends. The sun was warm and bright a couple of weeks ago as I picked my way around the slippery glare ice on Gull Lake at Stead favoring thin snow patches for better traction. I had left my truck in the parking lot choosing to hoof it out to groups of anglers scattered about the lake. I made for a young family and upon reaching them introduced myself.

Our new angling friends were Ed and Julie Neiser from Winnipeg and as we stood beside their portable ice shack getting to know each other their girl who was maybe three years old played with great vigor in the snow as only a child can. Ed remarked how they liked to fish here for perch.

He smiled pointing to a number of them lying in the snow they had caught that morning. He also said that because walleye are their second favorite fish they kept a hard wall shack on Lake Winnipeg north of Libau.

Suddenly we were startled from our easy conversation as the air was pierced by the little girls' screams of pain. Our attention darted to her. She had slipped and fallen face first onto the ice hitting her nose. Ed and I stood shocked as Julie scooped her baby up checked her nose then plopped down cross-legged on the ice cradling and rocking her child until the crying and tears faded away. Eventually all was well.

Ed and I shook hands and as I turned heading for shore, I remembered how the same thing had happened in my family years ago.

Two or three weeks earlier the ice was still pretty thick at Lockport which is where I found a Tristin Stothers of Winnipeg sitting in a chair nursing two ice holes. It was a fine calm warm gray day. One could hear the roaring river waters pouring over the gates of the locks nearby as Tristin; a tall, athletic guy gave us an unusual story.

Last year, he was vacationing in



RECORD PHOTO BY ARNIE WEIDL

Manitoba Ice Fishing Association's (MIFA) raffle winner, from left to right, Laurie Anderson of Canadian Tire, Alana Waite of Smittys, Lawrence Proulx president of MIFA shaking hands with the winner Keith Zimmerman of Ashern and his wife Linda.

Florida and went fishing with a friend, Jack. They were in a large kayak trout fishing in Satellite Beach south of Cape Kennedy and when paddling home a pod of dolphins suddenly rose to the surface right beside them. They seemed to want to play as they chattered, rolled and leapt from the water. They came so close to Tristin and Jack the guys shrieked in gleeful excitement and a little fear as their outstretched hands touched the silky surfaces of the animals. Abruptly, as they had appeared the dolphins dove under the murky water and were gone.

Jack marveled that in all his years in Florida he had never seen anything like it and it was the best day of his life.

Now my angling brothers and sisters it gives me great pleasure to announce the winner of the Manitoba Ice Fishing Associations' annual raffle of a large portable ice shack and ice auger, Keith Zimmerman of Ashern. Keith and his wife Linda have been life-long outdoors folks and after settling down a bit from learning of their win, Keith offered us a fishing story.

He and Linda went ice fishing at Cross Lake north of Grand Rapids. They were on their way out on the ice and met some guys from Winnipeg who told them they could use their holes they had drilled the day before. Keith was happy with that knowing he wouldn't have to go through much ice to hit water. They found the holes and Keith proceeded to drill. No sooner had he started than a gush of water flooded over his boots along with a small jackfish. Putting the auger and fish aside Keith and Linda stood there wondering how this could be. Then it hit Keith. The water here rises and falls quite a bit all the time so when the Winnipeggers had released a jack back in the hole the bottom must have been only slightly frozen trapping the jack but letting enough water up to keep it alive even as a cap of ice formed at the top of the hole. A great story Keith- thanks.

Until next week, bye for now.



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Bed capacity leads to long wait times, expert says

By Dave Baxter

An emergency medicine expert says both the NDP's and PC's plans to fix emergency room wait times in Manitoba are "doomed to fail."

"Manitoba is becoming the epicenter for everything that is wrong with emergency medicine in Canada," chair of the public affairs committee for the Canadian Association of Emergency Physicians Alan Drummond said.

Drummond, who is based in Ottawa, is an advocate for an improved standard of emergency care in Canada and is the 2008 recipient of the Canadian Medical Association's Sir Charles Tupper Award for Political Action.

Both Selkirk NDP candidate Greg Dewar and PC candidate Alan Lagimodiere have offered up promises they say will ease up emergency room wait times.

One of the NDP's promises involves opening more Quick-Care Clinics in Manitoba, and in a recent interview Dewar said the existing clinics are easing up wait times because "thousands of people are visiting them, so they are certainly working."

Drummond said "non-urgent" clinics such as QuickCare Clinics don't solve ER problems.

"In order to solve the problem you have to understand what the problem is," Drummond said. "You've had ER crowding identified since 1994 and every several years some incarnation of the government says they are going to fix it, but they try to fix it by attacking the wrong problem."

Drummond said governments in Manitoba continue to believe "overutilization or abuse of system" is the problem and the answer is to divert people with non-urgent issues to other facilities such as QuickCare Clinics.

According to Drummond, a number of studies show that hospitals with long ER wait times do not have a large enough bed capacity.

"The cause of ER crowding is hospital crowding, so you get an emergency department that has a patient that needs to be transferred to a ward and there is no beds, so the person spends 12 to 34 hours waiting for a bed to become available," he said. "When that bed is used by a patient that means it can't be used by a patient in the waiting room, so it has nothing to do with directing patients elsewhere."

Drummond added many people spend long times in hospital beds because there is nowhere else for them to go.

"So after treatment is complete you have a person, often the elderly, who can't get a bed in a care home and they can't be sent home, so they sit in a bed, which again leads to the overcrowding."

Three keys to stopping long ER wait times are more available beds in care homes, better home care services so more patients can go home, and spending money to get higher bed capacity in hospitals, according to Drummond.

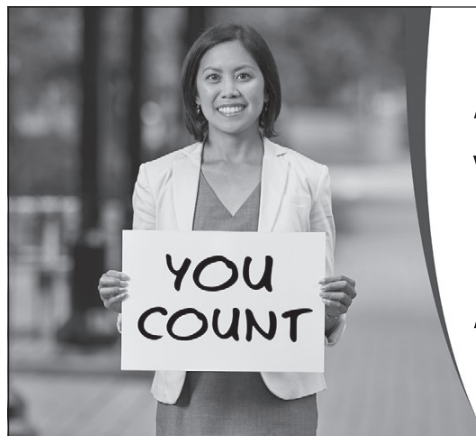
"At the end of the day we know increasing bed capacity is expensive, but there is a grey tsunami coming and the problem is going to get worse as the population ages," Drummond said. "You are going to have to increase the number of beds because the problem isn't going to go away."

The Manitoba PCs have pledged to create a wait times task force to tackle the problem and said they would consult directly with frontline workers, health professionals and "impacted stakeholders."

Lagimodiere said in a recent interview a PC government would go directly to frontline workers to ask them what they think is needed to fix problems with health care.

"There is no reason for a task force because we know exactly what the problems are, so I am not pleased with that announcement," Drummond said.

Drummond said if hospitals can have capacity reduced to about 85 per cent, overcrowding would be "non-existent."



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- April 14 Clandeboye Community Club
- April 14-16 Evergreen Tech Centre, Gimli
- April 14 Riverton Community Hall

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Additional Locations:

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- April 14 Golden Leisure Club, Powerview - Pine Falls
- April 9, April 16 Lac du Bonnet Pioneer Club
- April 13 Little Black River Band Hall
- April 12 Manigotogan Recreation Centre
- April 9 Pinawa Council Chambers
- April 11 Sagkeeng First Nation Multiplex, Fort Alexander
- April 15 Stead Community Centre
- April 9 Victoria Beach Senior Scene Inc.

SELKIRK

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332 Manitoba Ave (Lutheran Hall), Selkirk

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- April 15 Gaynor Family Library, Selkirk
- April 16 Grand Marais Fire Hall
- April 14 Private Tom Chief Memorial Centre, Scanterbury

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NDP pledges to fund Selkirk to Winnipeg bus route

Dewar says NDP would fund 50% of the cost in wake of Beaver Bus shutdown

By Dave Baxter

Finance Minister and Selkirk MLA Greg Dewar says an NDP government would fund at least 50 per cent of a public bus service between Selkirk and Winnipeg.

It was announced late last month that Beaver Bus Lines will permanently shut down their Selkirk to Winnipeg service on July 1.

Last Thursday Dewar, who is seeking re-election, announced an NDP government would work with both Winnipeg and Selkirk "to develop a seamless transit system between the two communities."

"A daily transit system between Winnipeg and Selkirk is important for our seniors, students, people with disabilities and working and middle-class Manitobans," Dewar stated in a release. "I will work with our municipal partners to find a solution for people who rely on this bus service before the existing service stops."

Currently under the NDP government, the province covers 50 per cent

of both the Winnipeg Transit and Selkirk Transit operational costs.

"An agreed-upon transit route between the two communities will also receive at least 50% funding from an NDP government," Dewar said.

When reached for comment last week, Dewar said the party could not make the funding agreement if a private company took over a Selkirk to Winnipeg route.

"In our opinion the best solution would be for a private sector provider to continue on with the service," Dewar said. "But if that is not possible we would be prepared to give 50 per cent of the costs if the solution can be found with the City of Selkirk and the City of Winnipeg."

Dewar cautioned despite last Thursday's announcement it's too early to tell if the cities of Selkirk or Winnipeg would work to create a Selkirk to Winnipeg route, but he believes "it is now a possibility."

"There are logistical challenges but I



RECORD PHOTO BY DAVE BAXTER

A Beaver Bus cruises down Highway 9 in St. Andrews on its way to Winnipeg last week. Selkirk MLA Greg Dewar says the NDP government would fund at least 50 per cent of a public bus service between Selkirk and Winnipeg after Beaver Bus Lines announced late last month they are cancelling the service as of July 1.

have spoken with Selkirk Transit and they are open to discussing the concept, but they are understanding of all these logistical issues that need to be resolved."

Selkirk Mayor Larry Johannson said the city will work with the province to "find a solution."

"We will not shut any doors, so of course we would look at it," Johannson said. "Citizens from all walks of life take the bus. It's not one generation or one class of society."

"It's going to be missed and this could be an opportunity to work together on reinstating that."

It has been reported that Beaver Bus Lines Selkirk to Winnipeg service was losing money, so Johannson said he knows the city would have to look at ways to make a service feasible.

"Of course you'd want it to be a success," Johannson said.

Johannson said he doesn't want

Selkirk residents who work or go to school in Winnipeg to feel having a car is their only option.

"If I worked downtown I would much rather take public transportation," he said.

The Beaver Bus service currently takes residents back and forth from Selkirk to Winnipeg 10 times a day during the week. But the company says they will discontinue their Selkirk to Winnipeg scheduled bus service on July 1 "due to decreased ridership and rising expenses."


Although between 250 to 300 people use the service daily during the week, that still isn't enough to make it feasible, Beaver Bus Lines Selkirk division manager Kim Macdonald previously told the *Record*.

Beaver Bus currently runs between Winnipeg and Selkirk and also makes stops in Middle-Church, Rivercrest, St. Andrews and Lockport.

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Local historian earns volunteer service award

Fraser Stewart to be presented with a Lieutenant Governor's award this month

By Dave Baxter

One of the Tri-S area's biggest history buffs will be honoured for all the work he does to take local residents back in time.

Fraser Stewart of St. Clements has been selected to receive the Lieutenant Governor's Volunteer Service Award later this month.

Stewart's volunteer work revolves around bringing local history to life in St. Clements and throughout the Tri-S region.

As part of the St. Clements Heritage Committee, Fraser is working to create an online database of local history to ensure residents have a better understanding of the history that has taken place right in their own backyard.

"A lot of what we have been working on has been making information accessible to students," Stewart said. "With the schools there is a lot of info about things like Canadian history or medieval history, but very little history available to learn about what happened in this community."

"There are very interesting stories that tell the history of this area and different people and I hope young people will get inspired."

Stewart also gave many volunteer hours to make the East Beaches Heritage Wing at the Grand Marais Community Central building a reality.

The centre features displays that show the history of the St. Clements area and specifically the East Beach-

"THERE ARE VERY INTERESTING STORIES THAT TELL THE HISTORY OF THIS AREA."

es area, where residents have lived, worked and vacationed for decades.

Kelly Lewis, the chairperson of the Selkirk and District Community Foundation said one of the greatest traits of Stewart is his "humility."

When asked how he feels about the upcoming honour, Stewart was very humble.

"Well I am very honoured to be considered, but I would say a lot of the things that have been done are because of a number of people that have been involved in these projects and activities," Stewart said. "I've been singled out, but a lot of people are a part of this."

The Selkirk and District Community foundation nominated Stewart for the award and Lewis said despite Stewart's humility his work is being noticed in the community

Stewart was also honoured as the Selkirk and District Community Foundation Citizen of the Year in November 2015.

"He just goes about his work quietly without making a big deal of it," Lewis said. "But he has a passion for the history and what goes on in the commu-

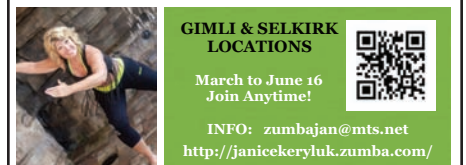


SUBMITTED PHOTO

Fraser Stewart of St. Clements will be honoured with the Lieutenant Governor's Volunteer Service Award this month.



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nity, and he wants to get that message out there."

Stewart is also working with the Marine Museum of Manitoba in Selkirk to help them update many of their exhibits.

He is one of six recipients who will be presented the award by Manitoba's Lieutenant Governor The Honourable Janice Filmon at the 33rd Annual Volunteer Awards on April 28.

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Selkirk senior brings lifetime of artwork to Gwen Fox

By Dave Baxter

One man's long lifetime of artwork will be on display all this month at the Gwen Fox Gallery.

The paintings of 92-year-old Gabriel Gely of Selkirk will hang in the gallery during the A Lifetime of Art show until April 30.

Gely was born in Paris, France in 1924 and said he has had a "passion" for art since he was a child.

The self-taught artist witnessed Inuit clothing and artifacts for the first time in a library window in Paris and said he then became "obsessed" with the idea of visiting the Canadian Arctic.

By 1953 he had made his way to Baffin Island, and spent many years living with the Inuit people of that region.

Pictures he took while in the North inspired much of his work and for years he worked on Arctic themed oil paintings.

This month's show in Selkirk will focus on his oil paintings, which feature everything from scenes from the Arctic, to local landmarks like the Selkirk Golf and Country Club.

Gely said if he sees something that inspires him he will paint it.

He added he has slowed down a bit now that he is in his 90's, but still has a passion for painting.

"I would not do

it if I didn't love it," Gely said. "It's a lot of work, but I love the process of creating something."

"It really is an addiction, and when I don't do it I miss it."

Gely's work is currently displayed across Canada, in galleries in Yellowknife, Iqaluit, Calgary, Ottawa and Saskatoon.

The pieces in the show in Selkirk will span different decades of Gely's work and most will be available to purchase.

The Gwen Fox Gallery, located at 101-250 Manitoba Ave., is open Tuesday through Saturday from 11 a.m. to 4 p.m.



RECORD PHOTO BY DAVE BAXTER

Gabriel Gely shows off his oil painting of the Selkirk Golf and Country Club, which will be on display during the A Lifetime of Art show at the Gwen Fox Gallery this month.

March 28, 2016

Beaver Bus Lines Public Notice: TO ALL OUR VALUED CUSTOMERS

With deepest regret Beaver Bus Lines will be discontinuing the Selkirk - Winnipeg scheduled bus service as of July 1st, 2016.

Due to decreased ridership and rising expenses we can no longer continue to operate.

The management and staff would like to thank each and everyone of you who have supported us over the years.

The many miles we have traveled together, the laughs we have shared and the friendships formed will last forever.

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West St. Paul mayor welcomes 2016 federal budget

Staff

This year's federal budget offers a much-needed focus on critical infrastructure, according to West St. Paul Mayor Bruce Henley.

"This budget offers a real win for West St. Paul and Canadians as a whole because it enables us to continue to build wastewater, water and other needed public infrastructure works," Henley, who is also a Federation of Canadian Municipalities Manitoba director, said in a release last week. "I'm happy to join FCM President Raymond Louie in supporting this budget as it represents a real turning point for all municipalities."

Budget 2016 recognizes the key role local communities play in identifying infrastructure projects needed to improve quality of life and promote sustainable economic growth, Henley added.

"This budget has laid out a strong foundation for a new era in federal municipal collaboration that will allow us to build the great hometowns and the great country that our families deserve," Henley said.

By streamlining the funding process, Budget 2016 can provide smart federal investments for vital "shovel-worthy" projects while building the foundation for future development.

Henley also welcomed new funding to manage data on the condition of existing infrastructure. As municipalities are responsible for 60 per cent of Canada's infrastructure, this ensures money spent on infrastructure goes where it is needed the most, he said.

Henley was also in favour of the re-capitalization of the Federation of Canadian Municipalities' Green Municipal Fund, and the recent federal announcement of \$75-million for FCM's other climate change program.

Volunteers team up to sponsor Syrian families

By Lindsey Enns

Local volunteers from various churches are joining forces with one goal in mind, to help bring three Syrian refugee families to Manitoba.

So far dozens of volunteers from 15 churches from Selkirk and surrounding areas including St. Andrews, St. Clements, Winnipeg Beach and Gimli have signed on to help out with the cause.

"Our goal is to reach out to everyone we can," said Don Forfar, the co-ordination team's chair and former long time St. Andrews mayor. "A lot of churches are reticent to sponsor a family because it's a huge commitment."

"They're much more willing to do it as a group of churches."

The group of volunteers have dubbed themselves the Red River Churches Refugee Team and their first meeting took place in February.

Forfar, who lives in Clandeboye and is a member of the St. George's Wakefield Anglican Church, said so far they have decided to help out with three families initially and have set themselves a budget of \$100,000 to do that.

"It depends on the size of the family ... and how much you need to support them and for all their household set up," Forfar said. "It's about \$30,000 a family so we've set a budget of \$100,000."

"Talking to other groups that have done it, stuff comes up. In Dauphin something that came up is expensive dental work. There's things you don't think of until they're here."

Forfar said they are still formalizing their relationships with all of the churches involved. He added they plan to meet their \$100,000 goal by the end of June through hosting various fundraisers and getting the word out that they are accepting monetary donations.

"We want to have a significant amount raised by then," he said.



SUBMITTED PHOTO

Don Forfar, pictured centre left, is the co-ordination team's chair for the newly formed Red River Churches Refugee Team, a large group of volunteers from various local and area churches who are helping bring three Syrian refugee families to Manitoba.

Forfar said they have looked at how other groups have gone about sponsoring families and they have decided to work with a sponsorship agreement holder, which will be one of the national churches, but the details are still being worked out.

"There's basically four different ways of sponsoring a refugee family," he said. "You can either tag on with a sponsorship agreement holder and that tends to be one of the national churches ... you can go on as a co-sponsor or just a group of people as long as there's five people. Also a community sponsor."

He added they hope to have their application submitted to one of the national churches by June and then start waiting for their first family to arrive, which could take weeks or months after that.

Forfar believes it's going to be much more difficult to get volunteers on board to help the families once they get to Manitoba than it will be to raise the \$100,000.

"There's just tons of roles for volunteers and we think that's going to be the toughest challenge," he said. "It won't be impossible but a lot more work than going out and looking for money."

Forfar said once the families arrive, volunteers will be responsible for driving them to their appointments, English lessons, looking after children and taking them to community events.

"You want to help integrate them into the community, so you want them to go swimming, you want them to go to a hockey game, whatever things that go on in a community," he said. "Volunteers will also have to help them find work and maybe even drive them to work."

Forfar said it was an easy decision for him to get involved with this simply "because it's the right thing to be doing."

"Having all these churches in our community working together, it's just great to see so many people from different denominations all working together," he said.

As previously reported in the *Record*, the Clandeboye Amalgamated United Church has also taken on the sponsorship of a Syrian family of four, and Shandra Czarnecki of Petersfield said seven members of her book club are taking on the "ground work" to help them with their resettlement and transition into life in Manitoba.



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Selkirk Waterfront events aim to promote arts, culture

City to host various events this summer starting June 18

By Lindsey Enns

It may not feel like summer is on its way, but the City of Selkirk is already gearing up for plenty of events at the Selkirk Waterfront.

The city's summer events schedule at the Selkirk Waterfront kicks off on Saturday, June 18 with a performance by Aaron Starr as he opens up for Ray St. Germain.

This year's Canada Day celebrations on Friday, July 1, easily the city's biggest bash of year, will include a performance by country singer Kendra Kay who took home the 2015 Manitoba Country Music Association Female Artist of the Year award and won the 730 CKDM's Battle of the Bands at the 2015 Dauphin's Countryfest.

"We were contacted by her manager a couple weeks ago who said Kendra has always wanted to play the waterfront," said Vanessa Figus, the city's marketing and communication coordinator. "An unknown sponsor has sponsored her to play here so we're really excited to have her."

Closing out the show on the Canada Day will be AC/DC tribute band Whole Lotta Angus with a big fireworks display to follow.

Last year roughly 7,000 community and surrounding area members attended the festivities to celebrate Canada's 148th birthday in Selkirk.

"This year for Canada Day we're going to have longer sets and fewer bands," Figus said. "We feel that will



RECORD FILE PHOTOS BY AUSTIN GRABISH AND LINDSEY ENNS

ABOVE LEFT: Selkirk resident Orvis Thomas performs during Dawg Days of Summer at the Selkirk Waterfront in this August 2015 photo. Free live entertainment courtesy of the City of Selkirk will return this summer every Wednesday afternoon during the month of August. ABOVE RIGHT: Free Ride performs in front of the Canadian flag for thousands in the crowd at the Selkirk Waterfront during Canada Day celebrations in this July 2015 photo. Country singer Kendra Kay and AC/DC tribute band Whole Lotta Angus are set to perform during this year's Canada Day celebrations on July 1.

make more of an impact."

On Saturday, July 23 the waterfront will host the Multicultural Extravaganza, which will include performances by the Selkirk and District Ukrainian Dancers, Scandia Fun Folk Dancers and African drumming, rhythm and movement dancer, Cof-fie-man.

Rock the Waterfront will take place on Saturday, Aug. 6 this year and include performances by JukeBox Heros and KISS tribute band the Paul Stanley's.

The Waterfront Festival, formally known as the Country Carnival, will take place on Saturday, Aug. 20.

Figus said the reason behind the

name change this year was so they weren't limited to only having country music performers and fans come out for the event.

"It wasn't always country themed," she said. "We thought we're limiting ourselves ... and we can leave it open to a different genre every year if we like."

The festival will include a magic show by Ryan Price and a performance by Fleetwood Mac tribute band Dreams and Rumours.

The City of Selkirk has been putting on free events at the Selkirk Waterfront for nearly 12 years with the goal of "continuously enhancing the events," Figus said.

"The attendance has been growing, the quality of the events has been growing," Figus said adding the city's waterfront events budget grew slightly this year to \$18,500 from \$16,000 last year. "The reason for that is because we really want to promote arts and culture in the community."

"Nothing showcases Selkirk's natural beauty like an event with the Red River as the backdrop and on the historic docks. It's just a beautiful place for the community to get together."

Dawg Days of Summer will also return this year with free entertainment taking place from 11:30 a.m. to 1 p.m. every Wednesday during the month of August.

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Comp tutor earns Women of Distinction award nom

Winners to be announced at YMCA-YWCA gala on May 4

Staff

A teen with ties to Selkirk has been nominated for a 2016 YMCA-YWCA of Winnipeg Women of Distinction award.

At the age of 19, Jesslyn Janssen, who was nominated by Athena Leadership in the young women of distinction category, has done more than most people will in a lifetime.

Fueled by the personal loss of her grandfather to Alzheimer's, Janssen taught herself about the neuroscience behind the disease and conceived the idea of a biosensor that could potentially detect Alzheimer's early onset.

Due to the lack of funding opportunities, she self-funded this research and then worked with scientists from the University of Manitoba to help make this biosensor a reality.

Janssen also participated in a Free the Children humanitarian trip to Nicaragua in 2014 and is a volunteer pre-calculus math tutor at the Comp, where she graduated from.

Other women nominated in the same category as Janssen include Acqueline Masviken, Dariya Petryshyn and Mona Moquin.

The YMCA-YWCA of Winnipeg announced their 50 award nominees in various categories last week.

Tina Keeper, North of 60 actor, producer and social issue activist will

host this year's Awards Gala on May 4 at the RBC Convention Centre in Winnipeg.

"The Awards Gala puts a spotlight on the outstanding achievements of these extraordinary role models, visionaries and pioneers," said Melanie Verhaeghe, chair of the YMCA-YWCA Women of Distinction steering committee. "The nominee stories are awe-inspiring – these women have gone above and beyond to create opportunities for others and make our communities better. We invite everyone to join in the celebration on May 4th."

The biographies of all nominees can be viewed online at ywinnipeg.ca/WODnominee2016.

Proceeds from the YMCA-YWCA Women of Distinction Gala help provide funds for a variety of YMCA-YWCA of Winnipeg programs that touch the lives of women, youth and children.

Tickets to the May 4 gala are available at ywinnipeg.ca/wodtickets or by

calling 204-831-2974.

The YMCA-YWCA of Winnipeg is a registered charity committed to strengthening the foundations of community, the YMCA-YWCA of Winnipeg serves more than 80,000 members and was founded in 1879.



Seniors have spent their lives working hard to build this province. They deserve to live their lives with dignity and to be respected by a government that recognizes their contribution. It is unfortunate that under 17 years of the Selinger NDP, Manitoba seniors have seen a notable decrease in the quality and accessibility of their healthcare, and increases in their taxes and day-to-day expenses.

Under the watch of NDP candidate and Finance Minister Greg Dewar, taxes have skyrocketed which leaves seniors with less money in their pockets. Health care services in our communities have been slashed. Housing costs have skyrocketed. For those on a fixed income, the challenges have been enormous.

"It is unfair that our seniors have been put in this position," says PC Selkirk candidate Alan Lagimodiere. "I met a 72 year-old citizen who told me how he had to take a second job in order for him to afford his life-saving medication. Our seniors shouldn't have to make a decision between paying their hydro bill or medication."

"Another woman told me how she fell ill but didn't call for an ambulance because they couldn't afford the hit to their budget," says Lagimodiere. "This is not acceptable. The financial stress on our seniors is evident."

Higher taxes and fees are largely to blame. Seniors are paying more while the quality of services have decreased.

Tax relief will come under a new Progressive Conservative government as they roll back the PST from 8 to 7 percent. Seniors will see further relief as government raises the level of the basic personal exemption and eliminates 'bracket creep' leaving more money in the pockets of Manitobans.

The Selinger NDP have only added 20 personal care home beds per year during their time in office. The result has been longer emergency room waits, backlogged hospitals and many of our most vulnerable living in inappropriate conditions awaiting placement in personal care homes.

Only a Progressive Conservative government will increase the number of personal care home beds by 1,200 to address the crisis caused by Greg Selinger's NDP. Only the PC Party will work to bring back the 2,300 doctors that fled the province under the NDP government.

Under the new Progressive Conservative team, Selkirk Candidate Alan Lagimodiere has pledged he will work in partnership with all Manitobans to gain back their trust.

"The people of this area value trust, common sense, integrity and honesty," says Lagimodiere. "It's time to make the quality of life for all our constituents better."

approved by the official agent for Alan Lagimodiere

Polar vortex brings cold weather, snow to Manitoba



RECORD PHOTO BY LINDSEY ENNS

The Selkirk water tower sits under cloudy skies on a cool and windy afternoon last Thursday. A polar vortex hit parts of Manitoba last week, bringing on below-seasonal temperatures and some snow following what has been a relatively mild winter, according to Environment Canada.

Water treatment plant employee named operator of the year

Submitted

Another member of Selkirk's water and wastewater team has been recognized for his outstanding performance.

Ed Partyka was named the Manitoba Water and Wastewater Association's (MWWA) 2016 Operator of the Year at a banquet held last month to honour industry members.

This is Partyka's second industry award – he was named Rookie of the Year in 2010 – and the city's seventh award since 1998.

Mayor Larry Johannson said he's proud of the employees at the water treatment plant and their dedication to their jobs has earned them plenty of accolades over the years.

"The guys at the water treatment plant do a fantastic job and take real

pride in their work," Johannson said. "Having good water is important to everyone and all of us here are in great hands with guys like Ed, who always go that extra step and really care about doing the best job they can."

Employees at the water treatment plant are responsible for ensuring Selkirk has a continual and safe source of water, which the city calls for as a priority in its strategic plan.

Dan McDermid, the city's director of operations, said there are more than 700 operators in Manitoba and Selkirk's crew is always recognized as being among the best.

"We have an illustrious history of producing high quality people," McDermid said.

Partyka said he was honoured to be recognized by the MWWA and surprised at the same time.

"It's humbling, right? You don't expect anything like that to come down your way, you're just doing the best you can while you're here and go home thinking you made a bit of a difference and feel good about that," Partyka said.

Partyka added he enjoys his work, in large part because everyday offers something different. It's also an important job.



SUBMITTED PHOTO

Ed Partyka, Selkirk's water and wastewater team, has been named the Manitoba Water and Wastewater Association's 2016 Operator of the Year during a banquet last month to honour industry members.

"People are happy when the tap water is running and the toilets are flushing but behind the scenes it's quite complicated. It's also very interesting what we can do to water to make it safe and also what we can do to wastewater to make it safe for the receiving streams," he said.

Dale Scott, the city's manager of water and wastewater, and himself a previous MWWA award winner, most recently recognized last year with the Lorne Sayer award for lifelong dedication to the job, nominated Partyka. Scott said Partyka is an employee who goes above and beyond.

He recently worked on a portable water station that will make its debut this summer at various events in Selkirk. The station can be connected to

any water source and will allow people to fill their bottles with cold, refreshing water for free. It's about the size of a hot dog cart, has three filling stations, one that is wheelchair accessible, as well as a fountain.

"I have always asked the guys to think about making the job we do better. Ed has done that time and again, with projects like the polymer feed system and the water hydration station," Scott said. "Each time we improve something, we make the job more efficient and easier for who comes behind us. This frees up time to again, improve the next project."

Other Selkirk water treatment plant employees who have won MWWA awards include Dylan Funk, Ron Grove, Rick West, and Andy Dmitruk.

Third party legislation will be in effect this election

Staff

For the first time during a provincial general election, third party legislation will be in effect in Manitoba.

The new rules aim to promote fairness by limiting spend-

ing by individuals and interest groups who may influence public opinion during an election, according to Elections Manitoba.

The legislation defines "third party" as a person or group (other than a political party, candidate or con-

stituency association) that promotes or opposes a registered party or candidate during an election.

The legislation came into effect February 21, 2013 in The Election Financing Act.

Voters go to the polls on April 19.

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of the Board of Directors

Red River North Trail Association Inc.

5:00 p.m.-Thursday, April 28th, 2016

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Lake Manitoba fishers ban nets to protect perch

By Patricia Barrett

The Lake Manitoba Commercial Fishermen's Association (LMCFA) made a voluntary gesture of goodwill towards fish stock preservation at its AGM in St. Laurent last month.

The association is suspending three-inch meshes (nets) until it can determine whether perch stocks have recovered.

"Our resolution was to put them on hold for three to five years as the perch have been destroyed by jackfish [pike]," the association's chairman Allan Gaudry said.

Jackfish, the "water-wolf" of freshwater lakes, have increased to such an extent that Gaudry said only 100 of the association's 400 licensed members are active during the lake's winter fishing season.

Perch fetch a higher price at market than jackfish do and with declining catches, the livelihoods of many fishers have been affected.

"It [the arrival of pike] was caused by the flood in 2011," Gaudry said.

The theory is pike habitats, such as marshes, were created in flooded areas, allowing the species to thrive.

Interlake MLA and Conservation and Water Stewardship Minister Tom Nevakshonoff said he was encouraged by the association's voluntary move to suspend the three-inch mesh.

He said it will also prevent fishers from inadvertently catching young walleye [pickerel] while fishing for perch.



RECORD FILE PHOTO BY PATRICIA BARRETT

A fishing net washed up on the shore of Lake Manitoba near Laurentia Beach in this July 2015 photo. The Lake Manitoba Commercial Fishermen's Association is suspending three-inch meshes until it can determine whether perch stocks have recovered.

"You can catch baby pickerel in that mesh," said Nevakshonoff, who attended the Association's AGM.

In light of last October's Seafood Watch report that criticized both the government's management of the fisheries and the fishers on Lake Manitoba, Lake Winnipeg and Lake Winnipegosis, the Association "knew something had to be done," said Nevakshonoff.

Using data from a scientist at the David Suzuki Foundation, Seafood Watch recommended fish from the three lakes be "avoided."

"For 2011 and 2012, commercial deliveries of Lake Manitoba yellow

perch were at their lowest levels since the early 1980s," and "...walleye deliveries have generally declined since the late 1970s," according to the report.

"They [LMCFA] put forth the resolution...as a sign of goodwill," said Nevakshonoff. "That was commendable."

Lake Manitoba is managed by a pulse system, which, in essence, means restrictions are laid and lifted as fish stocks change, as well as by a lake quota of two million kilograms "that all fishers can work towards," said Nevakshonoff.

Lake Winnipeg, by contrast, is managed by a multi-species quota system, whereby fishers can catch up to three

different species to meet an individual quota.

That system has come under attack by biologist Scott Forbes of the University of Winnipeg. He recently spoke at the Manitoba Wildlife Federation's AGM in Brandon and posted a video of the meeting on YouTube.

The system, he implied, gives Lake Winnipeg fishers carte blanche to go after whatever species they want and discard fish that aren't as valuable to the market.

Calling the system "insane," Forbes said "we don't have the data to evaluate management models."

He said despite the myths perpetrated by fishers, the Lake Winnipeg fishery collapsed in the 1960s because of overfishing and "took a long time [about 20 years] to recover."

Today pickerel stocks in Lake Winnipeg have soared to such an extent that they're "unsustainable," said Forbes.

Emotions can run high when some commercial fishers perceive a threat to their livelihoods, whether that threat comes from an external source, such as California-based Seafood Watch, university biologists or the province's Conservation department.

"When you step that [fishing] back, fishers voice their opinions," said Nevakshonoff.

Gaudry said after the self-imposed moratorium period, test netting will be carried out to determine whether the perch have rebounded.

World Health Day aims to raise diabetes awareness

Staff

For the first time, this year's World Health Day on Thursday, April 7 is hoping to raise awareness about diabetes and its global impact.

In Canada, diabetes has reached epidemic proportions—with an estimated 11 million people living with diabetes or prediabetes and a Canadian is diagnosed with diabetes every three minutes.

"People with diabetes play a critical role in ensuring the best health outcomes with the disease. Working closely with their health-care team, they manage blood sugar levels, foot care, eye care, physical activity and healthy eating," Dr. Jan Hux, chief science officer at the Canadian Diabetes Association (CDA) said in a release last week. "Self-management is the cornerstone of diabetes care and people affected by it need the knowledge and skills to properly manage diabetes."

Diabetes increases a person's risk

"SELF-MANAGEMENT OF DIABETES IS IMPORTANT, BECAUSE IT IS THE ONLY ROUTE TO PERSONAL WELLNESS."

for many serious complications such as heart attack, stroke, kidney failure leading to dialysis, and blindness. Nevertheless, for many people it is possible to live a healthy, full life with diabetes.

Diagnosed with type 1 diabetes at age 13, Garry Giesbrecht, 61, from Steinbach explains how diabetes has impacted his life and why daily management of his diabetes is essential to his health.

As a young adolescent, it was tough to attain independence with his diabetes. Needles had to be boiled each morning for his daily insulin injection and he had a regimented diet that prohibited spontaneous treats.

He experienced frequent hypoglycemic reactions from physical activity and at that time blood sugar testing was only done several times per year at the hospital.

As an active father of two sons who enjoys skiing, cycling, reading, traveling and golfing, Giesbrecht uses an insulin pump to manage his diabetes.

"Today we have better technology available to help manage diabetes. My health-care team has also had a very positive impact on my life—guiding me through my health journey by advising and co-ordinating specialized services," Giesbrecht said. "Self-management of diabetes is important, because it is the only route to personal wellness. While your health-care team provides information and ser-

vices, they cannot implement healthy lifestyle choices for you. Those daily decisions and actions rest with the individual with diabetes, as do the results and consequences."

According to the CDA's Report on Diabetes: Driving Change, access to diabetes education is vital for learning more about nutrition, physical activity, blood sugar monitoring, medication and ways to make even little changes that can lead to success.

Some tips to keep on top of your diabetes include: taking action to learn as much as possible and using diabetes programs and services when needed; setting your targets and goals to maintain optimal average (A1C) and daily blood sugar levels; performing self-checks for foot problems; and scheduling regular eye exams. For more information, visit diabetes.ca/takecharge.

For more information, visit diabetes.ca or call 1-800-BANTING (226-8464).

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Slow cooker pork roast and veggies



Ingredients

- 3 each large carrots and parsnips, peeled and cubed
- 3 cloves garlic, minced and divided
- 1 onion, sliced
- 2 tbsp (25 mL) chopped fresh parsley
- 2 tsp (10 mL) canola oil
- 1 tsp (5 mL) each dried oregano and dried basil leaves
- 1 tsp (5 mL) fennel seeds, crushed

- 1 tsp (5 mL) smoked paprika
- 1/2 tsp (2 mL) fresh ground pepper
- 1 boneless pork loin roast, trimmed, about 800 g
- 3/4 cup (175 mL) sodium reduced vegetable broth
- 1 tbsp (15 mL) tomato paste

Directions

Combine carrots, parsnips, garlic, onion and parsley in slow cooker.

In a small bowl, combine oil, oregano, basil, fennel, paprika and pepper. Rub all over pork roast and place on top of vegetables.

Whisk together broth and tomato paste and pour around roast onto vegetables. Cover and cook on Low for 8 hours or on High for 4 hours or until pork and vegetables are tender.

Remove roast to cutting board and let stand 10 minutes before slicing. Serve with vegetables and slow cooker juices.

Pork Tenderloin With Pears and Sweet Sherry



Serves 4 as tapas or 2 as main course

- 1 pound pork tenderloin
- 2 tablespoons extra virgin olive oil
- 1 small red onion
- 2 garlic cloves
- 1 pear, not too hard if possible
- Scant 1/2 cup sweet oloroso sherry
- Few tablespoons chicken broth (optional)

Sea salt and freshly ground black pepper

Heat a ladled sauté pan to medium-hot. (The trick to pan-frying meat is the temperature of the pan. It should be hot enough to brown and seal the meat, but not so hot that you burn the bottom of the pan, as the sediment left adds a delicious flavor to the final sauce.)

Trim the tenderloin of any white sinew and cut into 1/2-inch slices. Add the oil to the pan and, when hot, add the pork. Cook the slices, browning on both sides. Remove when the meat is sealed and brown, but if the slices are thicker, reduce the heat a little to cook through.

Meanwhile, chop the onion and slice the garlic.

Remove the meat to a bowl and add the onion and garlic to the pan. Cover the pan with the lid and gently cook the onion, scraping all the tasty sediment left by the meat (add a dash of water to help remove it before it burns if

the pan is too hot).

While the onion is cooking, peel the pear, quarter, core and cut into thin slices. Add the pear and continue to cook for another 5 minutes, covered. When the onion and pear are soft, return the meat to the pan, mixing into the onions and season with salt and pepper.

Increase the heat to medium-hot, add the sherry and cook at a brisk simmer for 2 minutes to amalgamate the flavors. If you like your meat with a bit more sauce, you can add a few tablespoons of chicken broth or even water when the sauce comes to a boil.

Set aside for a few minutes then serve as a tapas or main course.

Pork and Shrimp Posole



Makes 6 servings

- 1/4 cup all-purpose flour
- Fine sea salt and freshly ground black pepper
- 2 1/2 pound boneless pork shoulder (picnic ham), trimmed of most of the exterior fat and cut into 1-inch cubes
- 2 to 3 tablespoons olive oil
- 1 medium Spanish onion, chopped
- 1 small red bell pepper, seeded and chopped
- 1 fresh long red chile or serrano chile, seeded and minced
- 1 garlic clove, minced
- 1 cup good-quality, low-sodium chicken broth or fish broth
- 1 15-ounce can diced tomatoes, with juice
- 1 15-ounce can posole (whole hominy), drained and rinsed
- 12 ounces large (26-30 count) shrimp, peeled and deveined
- Finely grated zest and juice of 1 lime
- 3/4 cups chopped fresh cilantro

Preheat the oven to 200 F.

Mix together the flour, 1 teaspoon salt and 1/2 teaspoon pepper on a sheet of aluminum foil. Toss the pork pieces in the seasoned flour to coat completely.

In a large Dutch oven, pour enough olive oil to coat the bottom generously and place over medium-high heat. Heat until the oil is shimmering hot. Working in batches as needed to avoid crowding the pot, add the pork to the hot oil and cook to brown nicely on all sides, about 5 minutes per batch. Transfer the pork pieces to a plate as they are finished. When all of the pork is browned, set aside. Do not discard the remaining flour mixture.

If the pot seems dry, add more olive oil and return to medium-high heat. Add the onion and bell pepper and sauté until the vegetables soften, about 5 minutes. Add the chile and garlic and sauté until the garlic is aromatic, about 30 seconds more.

Add the reserved flour mixture and stir until dissolved in the oil in the pot. Cook, stirring constantly, until the flour toasts lightly, about 1 minute. Add the broth and the tomatoes with their juices and stir to mix well. Return to a simmer and season with more salt and pepper, if needed. Return the pork to the pot, along with any juices that accumulated on the plate. Stir in the posole. Cover, transfer to the oven, and cook until the flavors have blended and the pork is fork-tender, about 6 hours.

Remove the pot from the oven, uncover, and stir in the shrimp and lime juice and zest. Re-cover and set aside and let the shrimp cook in the steam until firm and opaque throughout, about 2 minutes. Stir in the cilantro and serve.

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INSIDE > OUTSIDE > UPSIDE DOWN

Fishermen swept by Juniors in KJHL final

By Brian Bowman

The KJHL final series between the Selkirk Fishermen and the Peguis Juniors was expected to be an exciting – and lengthy – one.

Sure, it was exciting. But it sure didn't last very long.

Peguis swept the Fishermen in four straight games – which saw the series last just six days – after a 4-2 win in Game 4 on March 29 in Selkirk.

Peguis came out flying, taking an early 2-0 lead just 4:21 into the game.

"They've always had a history of coming out fast in the first 10 minutes," said Fishermen head coach Chris Poponick. "We call it the Peguis storm. Boy, oh boy, they were pretty jacked up and they came out flying."

Devon Garson scored on the power play 2:31 into the game and then Theoren Spence made it 2-0.

Karl Fey cut that deficit in half with a first-period power-play goal and then Kale Ilchena tied the score at 2-2 at 5:37 of the second.

"It was just a matter of getting everything under our feet and settling down," Poponick insisted. "We did a good job of settling it down and getting back to even."

But Selkirk and Peguis were not even very long.

Romano Paul netted the eventual game winner just over two minutes after Ilchena's marker and then Matthew Cameron closed out the scoring with a power-play goal midway in the third.

Peguis limited Selkirk to just 14 shots in the final two periods of Game 4. The Juniors did a real good job containing

Selkirk in the final two games of the series.

"They're forwards worked extremely hard," Poponick noted. "They have some talented defencemen back there and they do a good job. But their forwards were back in the play and the backside pressure that they put on us was something that I hadn't seen since the westerns, to be honest with you."

"They really, really worked hard to get themselves back in the play."

The Fishermen, meanwhile, were nipped by the injury bug during the final series. Selkirk started with seven defencemen but that number dwindled down to just three by the end of the series.

"We lost four guys due to injury during the course of the series in different games," Poponick noted.

Despite the disappointing series loss, Poponick said he was proud of his guys and the effort that they gave against a talented Peguis team. He noted that the Fishermen will lose four players – captain Tyndall Fontaine, Fey, Scott Thomas, and Jeremy Pachkowsky – due to graduation.

"People have to realize that Peguis had 13 guys that were 20 or 21 years old in their lineup," Poponick said.

"And we had that many rookies in our lineup. It was the old against the young. It was interesting how well we did (this past season) with one of the better crops of rookies that we've had in a long time."

That talented crop of rookies helped the Fishermen put together a very good season. Selkirk compiled an



RECORD PHOTO BY BRETT MITCHELL

The Fishermen's Jeremy Pachkowsky carries the puck in the offensive zone during the KJHL final against Peguis.

impressive 26-6-0-2 record during the regular season to finish atop the South Division.

Poponick felt this past season was a real good one on many different levels.

"I just want to thank the players, the parents, our sponsors, and everybody that was involved with the organiza-

tion throughout the year," he said. "It's not just done by a handful of people, there's a whole bunch of people behind the scenes."

"Our executive is a big, big part of our success. I appreciate everyone's support and help and I look forward to a new season next year."

Steelers to host spring camp later this month

By Brian Bowman

The Selkirk Steelers' season may be over, but the club will be preparing for its future in a couple of weeks.

Selkirk will be hosting its annual spring camp April 23-24 at the East Selkirk Recreation Centre.

The camp hours will be from 8:30 a.m. to 4:45 p.m. on both days. Cost of

the spring camp is \$130 (non-refundable) and includes a jersey.

Registration forms will be accepted on a first-come basis and there will be a maximum of five teams (with rosters limited to 20 skaters and three goalies) per squad.

Team and roster numbers may change at the discretion of Steelers'

management. Final placement is also at the discretion of team management.

All players not on a Junior "A" or "B" card must wear a full cage or full mask at all times. Players listed by another Manitoba Junior Hockey League team are not permitted to attend the Steelers' camp.

Goalie spots for the spring camp are already full.

The camp rosters and game schedule will be posted on the Steelers website www.selkirksteelers.com after 7 p.m. on April 20.

For more information, please visit the Steelers' website.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Steelers win 13A2 city championship

By Brian Bowman

Taking his team to a city championship is a regular occurrence for head coach Rod Goetz.

So is winning city titles.

Goetz and his hard-working group of 13 year olds won the 13A2 city championship recently after edging the Varsity View Falcons 3-2 in overtime in Game 4 of their best-of-five final series.

Brayden Anderson scored the game winner in OT.

"Myself, as a coach, I have had about five of these kids for the last five years and in those five years, we've been in the final all five years," said Goetz earlier this week. "And, out of the five (championships), we've won three. The last two years in a row we've won back-to-back (titles).

"It's been good for the kids."

Selkirk started the final series with a 2-0 shutout win on March 16 but then lost 4-1 just two days later. After a 4-0 shutout victory on March 19, the Steelers then sealed the series win on March 23.

Selkirk did a great job defensively in the entire series, giving up just six goals in four games.

"We were good in the finals, specifically, but we were also real good all year," Goetz noted. "I think we had 37 goals against (during the regular season), which was the lowest in the league."

The Steelers, which finished third



SUBMITTED PHOTO

Pictured, back row, left to right: Coach Derik Milne, Brayden Anderson, Dylin Naherney, Hunter Gaborieau, Brandyn Linklater, Karl Olson, Jaden Kreviazuk, Jayden McCulloch, Coach Brian McKnight; front row: Head Coach Rod Goetz, Gavin Hermiston, Riley Pollock, James Lee, Rayley Goetz, Steele Palmer, Mark Edmonds, Max Milne; Goaltender Tristan McKnight. Missing from the photo Coach Derrick Peitsch.

overall during the regular season, put it all together in the post-season. The Steelers beat a much-improved North Kildonan team 2-1 in a one-game elimination playoff and then upset first-place Varsity View.

Selkirk came together real nicely as a team down the stretch.

"It's the heart that they have," Goetz insisted, noting the Steelers' top scorer played the final series with a broken collarbone. "They truly didn't have a lot of skill at the start of the year. I was pretty worried how far we would go but they pulled it together. They helped each other out and sup-

ported each other."

The Steelers improved immensely with their puck control and possession over the course of the season, said Goetz. They really picked up on cycling the puck in the offensive zone.

"They were very well disciplined," said Goetz. "And they were good kids."



12A2 Steelers win city title

SUBMITTED PHOTO

The 12A2 Selkirk Steelers won the city championship after a 1-0 double overtime win over Fort Garry in Game 5 of their best-of-five final on March 22.

Fort Garry started the series with a 4-3 victory but Selkirk came back to win the next two games by scores of 3-1 and 3-2.

Fort Garry then forced a series-deciding fifth game with a 4-1 win.

Selkirk, which started its post-season third overall, lost its first playoff game to drop the Steelers to the B-side.

Facing elimination with another loss, the Steelers battled their way to the city finals.

Pictured left to right, back row: Kurt Procter, Lyle Thompson, Lucas Parent, Nathan Vaughan, Marcus King, Justin Skoryk, Jason Skoryk, Dylan Duguay, Dan Duguay, Bryce Parker; middle row: Alec Usipiuk, Brett Zeller, Kobe Swain, Blake Harder, Brandon Doucet, Talin Thompson, Joshua Hofe; front row: Kael Procter

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

McLeod, Dear named Bisons' MVP's

By Brian Bowman

A pair of local athletes were selected as team MVP's in their respective sports at the University of Manitoba Bisons' annual awards banquet last weekend.

Rachael McLeod was named the most valuable athlete in women's track and field while Devren Dear was selected as the Bisons' men's volleyball team's top player.

For Dear, it was the second time in his four-year career that he was named the Bisons' male volleyball MVP. It was a great honour for him to be recognized on a very talented team.

"That was really nice because it was a team vote," said Dear, who has one more year of eligibility remaining next season. "It was really nice to be recognized by them. We have a lot of strong players and it could have gone to any one of us."

The 6-foot-6 Dear was outstanding in his high school career with the Royals. He - has been equally as good

at the university level - and he is only getting better.

"This was the best year that I have ever had, especially offensively," Dear said. "I was at the top of Canada West in most stats."

Dear said the experience of playing so many games at the university level has helped him improve his play.

As a team, the Bisons had a successful season, reaching the Canada West Final Four in Edmonton last month. Manitoba struggled in that competition, though, and failed to advance to nationals.

The goal next season, said Dear, is to earn a spot at the nationals. Winning the nationals would be a great way to finish his stellar career.

"We should have almost the exact same team next year," he explained. "There will be seven of us in our fifth year next year, so it will definitely be our last shot."

Dear, a St. Andrews native, was also up for the Bisons male athlete of the year award. That award was won by



Rachael McLeod



Devren Dear

David Onyemata, an extremely talented defensive lineman, who has a good shot at being picked in the NFL draft in July.

"I wasn't expecting (to get selected) at all," Dear said. "When I got the call that I was up for this award, it just made my day. That was just awesome

to get recognized."

McLeod, meanwhile, enjoyed a tremendous season on the track and was fully deserving of winning the MVP award. The Selkirk product, who attended Kelvin High School, was unavailable for comment, however, at press time.

Thunder announce returning coaches, registration dates for this season

Staff

The Interlake Thunder have announced the return of their head coaches for the 2016 season.

Ed de Laroque will move from the PeeWee program and assume responsibility for the Thunder Bantam team.

Joel McDonald will return to coach Interlake's senior girls' team while Kris Johnston will, once again, be the head coach for the Midget squad.

The Thunder also announced that Derek Charison will be the head coach of the junior girls' team.

The local football program is now accepting applications for head

coaches for the Cruncher, Atom and PeeWee teams for the 2016 season.

If more information is required, or if interested individuals wish to apply, they may contact Derek Charison at development@interlakethunder.org.

Meanwhile, the registration times and locations for this upcoming have been announced.

* May 5 at Teulon Elementary School from 6:30-9 p.m.

* May 6 at Stonewall Veterans Memorial Sports Complex (arena) from 6:30-9 p.m.

* May 7 at Selkirk Arena from 10 a.m. until 2 p.m.

Selkirk Judo Club fighters earn provincial championships

Staff

Six Selkirk Judo Club members competed at the Provincial Judo Championships in Virden last Saturday, bringing home two gold and two silver medals.

Winning his fifth consecutive provincial championship was Damien Ekosky, 16, a brown belt, in the Senior Men Advanced under-73 kg division.

Ekosky, normally a U18 fighter, competed in the older Senior Men division at provincials. With 10 competitors in the division, Ekosky won four-straight matches to claim gold.

Justin Ekosky, 15, a blue belt, won his first provincial title in U16 Men under-66 kg, while teammate Bailey Malinowski, 15, a blue belt, finished second in the same division.

Joey Kuch, 16, a brown belt, also moved up to the Senior Men age division, taking a silver medal in the over-100 kg category.

Meanwhile, James Colp, another Selkirk club member, was selected by Judo Manitoba to be one of the referees at the provincial championships.

"James has been working hard to develop his refereeing skills and was recently rewarded with a grading to his National 'C' level referee rank at the Edmonton International tournament in mid-March," said Brian Jones, one of the club's coaches, in a media release.

The Selkirk Judo Club will next compete at the Portage Open in Portage la Prairie on April 16.

KJHL says farewell to Fontaine after six seasons

By Brian Bowman

For the past six winters, Tyndall Fontaine has gone to the rink to play games in the Keystone Junior Hockey League.

And five of those years were right here in Selkirk with the Fishermen.

But last week, Fontaine, a steady defenceman, played a KJHL game for the very last time as the Fishermen were defeated 4-2 by the Peguis Juniors in Game 4 of the league final.

It was his final game in an impressive 249-game KJHL career.

"He's the epitome of what you want in a defenceman," said Fishermen head coach Chris Poponick last week. "He plays solid defence, he can jump up into the play and

create offence, he's a good leader, and he works his butt off every time that he's on the ice.

"He's one guy that left his tank absolutely empty in this series and the five years that he was with the Fish."

Fontaine, a Fort Alexander product, was a very good captain on a young Fishermen team that featured 13 rookies this past season. That's a lot of youth surrounded around a wily vet like Fontaine.

"He's one of those guys that you watch him play the game and watch his work ethic and watch what he brings to the table and he's what, you hope, the younger guys will inspire to be," Poponick said.



RECORD PHOTO BY BRETT MITCHELL
Fishermen's captain Tyndall Fontaine played his final game in an impressive 249-game KJHL career last week. Fontaine played five of six KJHL seasons with the Fishermen.

take a break > GAMES

SUDOKU

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

Level: Intermediate

Here's How It Works:

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

Fun By The Numbers

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

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

Sudoku Answer

P	V	E	N	S	E	D	E	V	E	R	E	S
V	E	D	I	M	I	P	D	V	E	S		
E	T	V	B	A	S	T	V	H	G	V		
R	E	S	A	V	M	V	H	C	A	D		
			S	T	S	P	A	V	T	S		
V	T	S	T	V	R	T	O	S	R	O		
D	B	V	D	E	C	O	S	V	C	S		
V	G	I	V	S	D	I	C	S	V	T	V	B
V	D	R	B	S	D	D	D	S	V	O	R	E
	B	A		D	V	T	V	F	S	D		
		N	O	T	N	I	M	D	V	B		
V	C	V	D	E	V	N	V	S	E	C	V	D
T	R	I	G	E	N	V	I	N	I	R	E	
B	V	R	V	S	E	R	V	C	E	P	I	A
E	N	E	D	S	T	I	P	D	E	S		

Crossword Answer



CROSSWORD

CLUES ACROSS

- 1. Brave act
- 5. Ejects saliva
- 10. A vale
- 14. Expression of surprise
- 15. Feels concern
- 16. Saddle horse
- 17. Emerald Isle
- 18. Silly
- 19. Female child
- 20. Cyprinids
- 22. Comedienne Gasteyer
- 23. National capital
- 24. Court game
- 27. Tooth caregiver
- 30. Supervises flying
- 31. Small amount
- 32. Degree of loudness
- 34. Wore down
- 36. Upper-class young woman (abbr.)
- 37. Actor Pitt
- 39. Red mineral
- 40. Have already done
- 41. Asian antelope
- 42. Forms over a cut
- 43. Performer ___ Lo Green
- 44. Pressed against
- 45. An alternative
- 46. 5th note of a major scale
- 47. Tell on
- 48. Patti Hearst's captors
- 49. Breaks apart
- 52. Russian country house
- 55. Female grunts
- 56. Type of sword
- 60. Ottoman Empire title
- 61. Emaciation
- 63. He was Batman
- 64. Nonmoving
- 65. Group in China
- 66. A thought
- 67. Withered
- 68. Worldly mosquitoes
- 69. Tide
- CLUES DOWN
- 1. Unreal

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17					18						19			
20				21		22				23				
			24		25				26					
27	28	29		30				31			32	33		
34			35				36				37			38
39						40				41				
42					43				44					
	45			46				47				48		
				49				50			51			
52	53	54				55				56		57	58	59
60						61			62		63			
64						65					66			
67						68					69			

- 2. River in Norway
- 3. Long poem
- 4. Cygnus star
- 5. ___ fi (slang)
- 6. Known for its canal
- 7. A citizen of Iran
- 8. Inhabited
- 9. Midway between south and southeast
- 10. Semitic fertility god
- 11. ___ Clapton, musician
- 12. Lawman
- 13. City 3000 B.C.
- 21. They hold valuables
- 23. Department of Defense
- 25. Begetter
- 26. Check
- 27. Early union leader
- 28. Lawmaker
- 29. About Sun
- 32. Negligible amounts
- 33. Roll

- 35. Just a little bit
- 36. Small, spotted cubes
- 37. Founder of Babism
- 38. Father
- 40. Blue Hen State
- 41. Satisfies
- 43. Police officer
- 44. Digital audiotape
- 46. Covers most of Earth
- 47. Inflorescence
- 49. Find this on hot days
- 50. Fanatical
- 51. Absorption unit
- 52. Sitcom "My Two ___"
- 53. Phil ___, former CIA
- 54. Partially burn
- 57. ___ farewell
- 58. Ancient Greek City
- 59. A way to derive
- 61. Women's social organization
- 62. Female sibling

Classifieds

Book Your Classified Ad Today - Call 785-1618 or Email lucy@selkirkrecord.ca

The Selkirk Record

AUTOS

2006 Ford Grand Marquis LS 4 Door, 8 cyl. Red clean car, must be seen. Low 49,950 kms. Call for price 204-470-7036.

METAL RECYCLING

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

PROPERTY FOR SALE

10 acres - residential building lots. Ph 1-204-376-5244.

MOBILE HOME FOR SALE

Stonewall - 1064 sq. ft. 2 bdrm., 2 bath mobile home on leased lot in Stonewall Trailer Park. Open floor plan, vaulted ceilings, screen porch, hot tub, 50x120 lot. Call Richard Tyerman, Unrau Realty 204-467-8295.

5 new 16 x 80, 3 bdrm., 2 bath, starting at \$83,000. Altona Mobile Homes, 1-800-582-4036, 1-204-324-6776. Email amhl@mymts.net.

HOUSE FOR RENT

Quaint 2 bedroom, partly furnished, available immediately. Selkirk, excellent location. No pets/Non-smoker preferred. Must be employed, references required. Ideal for young couple or single. 1-204-487-0958.

GARDENING

Fruit tree pruning & care. Don't wait for May! TreeCare Arborist Services 204-268-3563 treelady@mymts.net Group workshops also avail.

CAREERS

Is a REAL ESTATE CAREER in Your Future? Visit <http://www.century21.ca/careers/> take-the-test to find out. For more information, contact Reg Black, 204-268-2011 / 1-800-854-4148 or email reg.black@century21.ca

HELP WANTED

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

Gellers Year Round Property Service - We are a family owned and operated landscape maintenance and construction company located in the heart of St. Andrews. We focus on providing quality service at a competitive price. We are looking to hire 2 foremen to run separate maintenance/construction crews, as well as a variety of labour positions. Candidates for the foremen position will have 2 years experience in the field, the ability to operate small engine equipment, zero turn mowers, skid steer/excavator equipment. Ideal candidates for our labour positions will be in physically fit condition, able to work long hours with a strong will to learn. All potential employees MUST have a valid class 5 license, steel toe boots, ability to work outside for long periods of time and lift 40 lbs, have a great working attitude and be available from April 1-Nov. 15. Year round employment is available. All interested applicants email resume to: gellerswp@gmail.com

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

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Healthcare Documentation Specialists are in huge demand. Employers want CanScribe graduates. A great work-from-home career! Train with Canada's best-rated program. Enroll today. www.canscribe.com. 1-800-466-1535. info@canscribe.com.

BUSINESS OPPORTUNITY

Great Canadian Dollar Store franchise opportunities are available in your area. Explore your future with a dollar store leader. Call today 1-877-388-0123 ext. 229; www.dollarstores.com.

MISCELLANEOUS

Adult push walker with wheels, seat, seat belt and brakes, compl. \$300 firm; men's light blue suit, coat & blue shirt sz. XL, pants sz. 38-40, pants in-seam (leg) 30, out seam 36, immac. cond. \$50; men's purple pinned striped suit, coat & white shirt sz. XL, pants measurements same as above, \$50; both suit, coats & pants have recently been dry cleaned, had very little use. LN Sz. 9 safety shoes EC, only worn about 2 wks., \$60; BN never used EWO student desk study lamp still in box, \$15; BN never used 1 brown leather wallet w/change purse & side lock, \$15; Sunbeam 2 - slice toaster in EWO, \$15. 204-785-8598 Selkirk.

MISCELLANEOUS

Wanted Military: Lee Enfield, Full Stock, starting from 1916 and newer, B.S.A. Co, 1916 SHTLE. No 4 Mk1, SMLE. Call 204-485-0878.

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

Sawmills from only \$4,397 - make money & save money with your own bandmill - cut lumber any dimension. In stock ready to ship. Free info & DVD: www.NorwoodSawmills.com/400OT 1-800-566-6899 Ext: 400OT.

Reforestation nursery seedlings of hardy trees, shrubs, & berries for shelterbelts or landscaping. Spruce & Pine from \$0.99/tree. Free shipping. Replacement guarantee. 1-866-873-3846 or www.treetime.ca.

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Save 30% on our Heart of the Arctic Adventure. Visit Inuit communities in Greenland and Nunavut aboard the comfortable 198-passenger Ocean Endeavour. Call for details! 1-800-363-7566 or visit: www.adventurecanada.com. (TICO#04001400)

Imagine your dream vacation, in Cuba and oceanfront. We've gone 10 times. You get full value with our expertise free by acting now. tripvacations.ca or 204-770-7771.

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Wanted - used musical stringed instruments. Also: amps, etc. Phone 204-376-5244, Arborg.

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Wholesale Water Filters!! New Waterite water softeners, 30,000 grain/\$550. All sizes avail. Reverse osmosis systems, \$220. Paterson iron removers/\$520. Greensand iron odour removal systems, \$720. All Seasons Furnishings 204-661-8581.

PERSONAL

21st Century Home Church - Inviting committed trans-denominational evangelical seekers of Christian maturity, authenticity and leadership. Apply now for upcoming sessions in May, June, September, October and November 2016. kknaggs@mymts.net or 204-757-2300 (leave message) Lockport Mb.



FLAGGERS

A Winnipeg based heavy construction contractor is currently accepting applications for Flaggers for roadwork on Hwy # 9 in the Clandeboye Area.

Applicants must be 18 years of age or older, be able and prepared to work 12 - 14 hours per day, hold a valid driver's license, and have own means of transportation to and from the job site.

Work is expected to commence early May 2016, completion July 2016.

Qualified individuals can expect competitive wages.

Send resumes to: jobs@nelsonriver.com or Fax: (204) 237-8337, Attention: Karen



CITY OF SELKIRK PUBLIC NOTICE

PUBLIC NOTICE is hereby given that the City of Selkirk intends to conduct the following Pesticide Control Program during 2016.

TO CONTROL THE FOLLOWING INSECT PESTS:

- Adult mosquitoes using Malathion and/or Prelude.
- Larval mosquitoes using Aquabac

The projected dates of application for the above programs will be from May 1 to October 31, 2016.

All of the pesticides used and procedures followed will be in accordance with federally approved label recommendations.

The public may send written submissions within 15 days of date of publication of this notice regarding the advertised control program or register with the department their written objection to the use of pesticide next to their properties to:

Manitoba Conservation and Water Stewardship, Pesticide and Hazardous Waste Section Suite 160, 123 Main Street, Winnipeg, MB R3C 1A5

RM of St. Andrews Summer Student Employment Opportunities

The RM of St. Andrews is currently accepting applications for various positions within the municipality. Students are encouraged to apply by sending their resume with a cover letter and stating the position(s) they are interested in applying for. Students must be returning to school in the fall of 2016 to qualify.

1. Summer Camp leaders - 2 FT positions at St. Andrews CC - available June 20 - Sept 2 (M-F)
2. Summer Camp leaders - 2 FT positions at Clandeboye CC - available June 20 - Aug 26 (M-F)
3. Summer Art/Craft Camp leader - 1 FT position at Little Britain CC - available middle two weeks in Jul & last four weeks of Aug (ending Sep 2nd)
4. Museum Coordinator - 1 FT position at St. Andrews Rectory - available May 30 - Sept 2
5. Historic Interpreter & Guide - 2 FT positions at St. Andrews Rectory - available May 30 - Sept 2
6. Garden & Activity Assistant - 1 PT position at St. Andrews Rectory - available July 4 - Sept 2
7. Tree Planter - 1 FT position at several locations - available July 4 - Sept 2
8. Youth Volunteers - PT flexible positions available with all organizations listed above - available July - Aug

For more details about these positions, please visit www.rmofstandrews.com.

Resumes should be submitted on or before Thurs., April 14, 2016 by email to Teresa at recreation@rmofstandrews.com or fax to 204-738-2500.

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



Betel Home Foundation - Gimli

80 bed personal care home in Gimli, Manitoba is accepting applications for the following positions:

- RN 1.00 Permanent Day/Night
- RN 0.40 Permanent Day/Night
- RN 0.40 Permanent Day/Evening
- RNs - Casual

LPN 0.70 Permanent Day/Evening

LPNs Casual

Nursing applicants may qualify for up to \$6000 NRRF grant for rural/long term care nursing

Certified Health Care Aides - Casual

Please forward your resume to: Cheryl Nieckarz
Director of Resident Care
Betel Home Foundation
Box 10, Gimli, MB R0C 1B0
cnieckarz@ierha.ca
Phone 482-5469 ext 20960

Positions are subject to a satisfactory Criminal Record Check, Child Abuse Registry Check and Adult Abuse Registry Check.

Casual - Dietary Staff

Please forward your resume to: Lorraine Smith
Dietary Manager
Betel Home Foundation
Box 10, Gimli, MB R0C 1B0
Lorraine.Smith@compass-canada.com
Phone: 642-5556 ext 22359

Classifieds

Book Your Classified Ad Today - Call 785-1618 or Email lucy@selkirkrecord.ca
The Selkirk Record

NOTICES

Christ rose from the dead on the first day of the week as well as appeared to His disciples on the first day of the week. In Acts 2 we read of the outpouring of the Holy Spirit which as well took place on the first day of the week. In this way Christ, being Lord of the Sabbath, transferred the Sabbath from the seventh to the first day of the week. www.clda.ca

Don't forget to send your special wishes to your friends and family with a message in the Record

NOTICES

Provincial Election Forum. Topic: Metis Issues, April 10, 1pm at the Selkirk Friendship Centre. We encourage everyone to attend to hear the positions of each Party as it relates to Metis issues. Greg Dewar - NDP, Stefan Jones - Liberal, Dr. Alan Lagimodiere - Conservative. Brought to you by the Selkirk Red River Metis Local Inc.

NOTICES

Notice of Change of Date: The date of Kirstin's Walk for Kids has been changed to June 26th, 2016. Registration at 10:00 - 10:45 a.m. Walk begins at 11 a.m. Pre-register online at www.running.room.com Location - Selkirk Park, lunch included for all participants, silent auction, kids activities. Proceeds are directed to the SDCF to help support local children's programs in memory of Kirstin Sutherland. Please join us for a great day. Contact 204-485-4461 or lauriemk@hotmail.com

UPCOMING EVENTS

Separated - Widowed - Divorced. Beginning Experience (BE) is a non-profit, peer support grief resolution program helping single-again people deal with the natural grief process and offers an opportunity for turning pain from loss into an experience of positive growth. We offer 10 week programs 3 times per year. NEXT 10 WEEK PROGRAM STARTS APRIL 13TH, 2016. FOR MORE INFORMATION - please call 204-275-3090 or visit www.beginningexperiencewinnipeg.ca

UPCOMING EVENTS

Sacred Heart Parish Cemetery presents the Father Robbie McDougall Concert, Celebrating Mothers. Sunday, May 1st, 2016, 2 p.m. at Sacred Heart Church, 18 Pine Ave., Garson. \$10 youth, \$15 Adult. Advanced sales only. Call 204-268-3563 or 204-482-4325. Coffee and fellowship to follow.

Support our local businesses

HEALTH

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

POTATOES FOR SALE

Potatoes - Red, Yellow & Russet. Onions, cabbage, beets, turnips, parsnips & honey. Deer feed, \$9; black oil sunflower seeds, \$21. Interlake Potato Farm, phone 204-886-2676. 1 mile N. of Teulon on #7 & 1 mile E. on Rd. 95N.

PETS

Wanted farm cats for barn and property. Heated facility. Ph. 204-485-1419.

LIVESTOCK

Polled Pedigreed Sallers Bulls on farm and at Douglas Station. Red or black. High performance herd. Can arrange delivery. www.sweetlandsallers.com Ken Sweetland, Lunder, MB 204-762-5512.

Charolais yearling bulls for sale, Red Factor or White. Also 1 Red Factor 2 year old. Good prices. Good birth weights. Call John at 204-383-0308.



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OPEN HOUSE

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SATURDAY & SUNDAY 1-4 PM
10 Pearson Parkway The George Hacking Team



OPEN HOUSE WINNIPEG



Sat, April 9 12-2 pm &
Sun, April 10 12-2 pm
60E Rougeau Ave
\$219,900 Rich/Judy Moyer

SELKIRK



Sun, April 10 1-3 pm
109 Toronto Ave
\$283,900 The George Hacking Team

SELKIRK



629 Vaughan
\$234,900 Rich/Judy Moyer



111 Montgomery
\$329,900 Rich/Judy Moyer

SELKIRK

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UNDER CONSTRUCTION

4 Pawley Place Creekside Properties

\$365,465 The George Hacking Team

109 Edstan Place

\$509,000 The George Hacking Team

GREAT VALUE

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\$269,000 The George Hacking Team

3 BED, 2.5 BATH

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4 Plex suites 1146 SF/ea with att garage Prices starting at

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QUICK POSSESSION

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\$174,000 The George Hacking Team

GREAT LOCATION

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SELKIRK



EXECUTIVE HOME WITH MORTGAGE HELPER SUITE
114 Oliver Avenue Riverfront
\$699,900 The George Hacking Team
Judy/Rich Moyer



421 Strathnaver Ave
\$167,900 The George Hacking Team



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3 Creekside Blvd
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207 Dufferin Ave
\$274,900 Rich/Judy Moyer



32 Ash Ave. Tyndall
\$284,500 Rich/Judy Moyer



150 Bridgeview Dr
\$489,000 The George Hacking Team

COUNTRY



NEW LISTING
237 Tom Prince Dr Cottage & Property
\$175,900 The George Hacking Team



NEW 2013
58 Pine Ave, Tyndall
\$329,900 The George Hacking Team



1272 Breezy Point Rd
\$534,900 Judy/Rich Moyer



ADJACENT LOT AVAIL. SPECTACULAR VIEW
7 McIvor Lane S
\$439,500 The George Hacking Team



57 Byers Dr.
\$409,900 Judy/Rich Moyer



1015 Frank Street
\$282,900 The George Hacking Team

COUNTRY



82052 St. Peters Rd
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\$399,900 The George Hacking Team



80 ACRES
33125A rd 85N
\$384,900 Rich/Judy Moyer



95082 RD 37E Patricia Beach
\$334,900 Rich/Judy Moyer



12 Cedar Cres
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45 McIvor Lane N.
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WINNIPEG



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VACANT LAND

Mars Sand Hills 1.3-1.6 Acres	\$25,000-\$40,000	Judy/Rich Moyer
16 Greenwood Ave	\$52,900	Rich/Judy Moyer
5 Howard Phase 2 Creekside Properties	\$84,500	The George Hacking Team
GREAT building Lot 0 Park Stony Mountain	\$89,500	The George Hacking Team
595 Cil Road - 4 Acres	\$92,400	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
NEW 2 Gwen Ellen Way St. Francois Xavier	\$110,000	The George Hacking Team
Lot 2 Jacobs Lane	\$110,000	The George Hacking Team
NEW Hwy 26 St. Francois Xavier	\$120,000	The George Hacking Team
71 Vincent Road - Stony Mountain	\$114,900	The George Hacking Team
4748 Henderson Highway	\$115,000	The George Hacking Team
77 Vincent Road - Stony Mountain	\$119,900	The George Hacking Team
Lot 4 Two Mile Rd. - 6 Acres	\$119,900	Judy/Rich Moyer
68 Cowan Place	\$125,000	The George Hacking Team
Road 88N - 332 Acres Native Pasture	\$200,000	Judy/Rich Moyer
0 Floodway Drive, 309.9 Acres	\$325,000	The George Hacking Team
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

COMMERCIAL

153 Lily Ave Zoned M1	\$110,000	The George Hacking Team
129 Lily Ave	\$129,000	The George Hacking Team
Reward Auto 633 Main	\$249,900	The George Hacking Team
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**Don't forget to send your special
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Announcements

The Selkirk Record

OBITUARY



Marie Johnson

It is with deep sorrow we announce the peaceful passing of our Mom, Sister, Aunt, Grandma and Great-Grandma, Marie Johnson, on Sunday, April 3, 2016 at the Gimli Community Health Center with family by her side.

Left to cherish her memory are her six children, Connie (Brent), Bonnie (Claude), Wade (Terri), Marsha, Marcella (Keith) and Ross; father of her six children, Rene Lepine; 13 grandchildren and 13 great-grandchildren. She is also survived by her sister Darlene; sister-in-law Donna; brother-in-law Peter; numerous nieces, nephews, friends and long-time friend and companion Ted.

Mom was predeceased by her parents, Eloy Alexander Johnson and Mary Blanche Emms; granddaughter Crystal Dawn Lepine; brothers Norman, Gary, Ed and Raymond; sisters Lillian, Lena, Dorothy and Grace.

As per mom's wishes, cremation has taken place and a celebration of life will take place on Friday, April 15, 2016 at 2:00 p.m. in the Gimli Legion Hall, Branch 182. A private family interment will take place at a later date.

We would like to thank the staff for their care and support at the Gimli Community Health Center. We would also like to thank everyone for the wonderful visits, phone calls, flowers and cards. Mom truly appreciated it all very much.

In lieu of flowers the family requests that a donation be made in Mom's name to the Palliative Care Unit at the Gimli Community Health Center or to the Canadian Cancer Society.

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



OBITUARY



Alexander (Sandy) Field

Cherished partner of Tanis McCarthy passed away on Monday, March 28, 2016 at the age of 61.

Survived by his children Jason and Tara; sister Kim and brother Bob; children Kerry and Todd Epps, Robert and Erin McCarthy and grandchildren Joel, Lucas and Matty Epps, as well as numerous relatives and friends. Sandy was predeceased by his mother Ruth, father Alex, sister Sandra and brother Mark.

Sandy was born in Winnipeg and in his teen years was invited into the home of Ernie and Yvonne Still where he resided for several years, he became a part of their family. Their understanding, faith and love guided him to become the kind, gentle person he was.

He was active in coaching Lions B fastball team, helping his children with figure skating, racing cars, running a business. Sandy was employed with MRM, Selkirk for 30 years, retiring in July 2015.

One of his greatest accomplishments was obtaining his Shriner's designation at the age of 25.

Sandy loved life, his family and friends, camping expeditions and vacations. He was a very kind, loving person and will be missed greatly and forever in our hearts.

Special thanks to Melanie from Palliative care, Carol from Homecare and Dr. Pannu from the Stonewall Medical Clinic.

Many thanks to the friends and family that have shown their love, kindness and friendship through their visits with Sandy and his family.

Until we meet again.....

A celebration of Sandy's life was held at Gilbart Funeral Home, Selkirk, Manitoba on Friday, April 1, 2016 at 11:00 a.m.

Gilbart Funeral Home, Selkirk in care of arrangements.
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