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# The Selkirk Record

THURSDAY, JANUARY 11, 2018

VOLUME 9 EDITION 2

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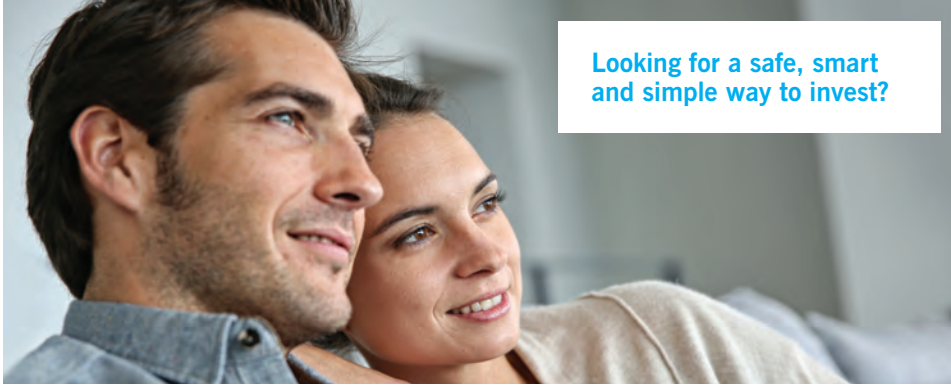


## Fishing buddies

RECORD PHOTO BY JUSTIN LUSCHINSKI

Four-year-old Darwin of Selkirk, pictured left, and five-year-old Wyatt of Lockport, pictured right, get their fishing gear ready during the fourth annual KidFish Ice Derby just north of Selkirk last Sunday afternoon. This year's event helped raise more than \$57,000 for the Children's Hospital Foundation of Manitoba and CancerCare Manitoba Foundation. For a story, see Page 3.

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# Prebiotics Boost Gut Health by Providing 'Food' for Probiotics

With probiotics a hot topic of conversation everywhere from health and fitness magazines and celebrity blog posts to supermarket aisles, many Canadians are aware of what they are – good bacteria that helps keep the digestive tract healthy. But few people have heard about prebiotics, which also play a pivotal role in maintaining gut health.

Prebiotics are a specialized type of plant fibre that is not digested and stimulates the growth and maintenance of good bacteria in the colon. Prebiotics are like "food" for probiotics and the two are more effective in improving digestive health when combined.

Studies have shown that everyone has a different mix of bacteria in their gut. Improving the good-to-bad bacteria ratio in the gut has many benefits including enhanced gastrointestinal health, which is great news for the 20 million Canadians who suffer from digestive disorders.

"Prebiotics have a positive effect on our well-being," says Natasha Haskey, a registered dietician who is an expert in gastrointestinal nutrition, especially probiotics and prebiotics, and is now doing her PhD in biology. "They have been in the background of digestive health conversations for years. But now, with the focus on gut microbiota, prebiotics are receiving more attention."

Haskey notes that prebiotics arrive in the colon intact where they nourish our good bacteria, and act as "fertilizer" for our gut.

## Bacteria in our gut starts to change in our 60s

She and many other dieticians believe all Canadians could benefit from including an ample amount of prebiotics in their diets – none more so than seniors. "We form our gut microbiota in childhood and it remains stable for most of our lives," Haskey explains. "But when we reach our 60s it starts to

change, and we often end up with more [harmful] bacteria in our systems."

While probiotics can be found in yogurt and other dairy products, prebiotics can be found in beans, legumes, whole grains, and several fruits and vegetables including garlic and chicory root. Artichokes, onions, asparagus, and bananas are particularly good sources of prebiotics and have been the focus of many studies.

It's difficult to get an adequate number of prebiotics from food alone – 25 raw onions contain just five grams of prebiotics in total and we should ingest at least twice that much daily – so, many health-conscious Canadians turn to supplements found at pharmacies and health food stores.

"Prebiotics aren't a magic fix [to improve our health]. They shouldn't be viewed in isolation," says Haskey. "But they are definitely one piece of the puzzle."

Randi Druzin

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# Warm winter weather helps KidFish Ice Derby reel in \$57K

By Justin Luschinski

Mother Nature loosened her icy grip just in time to help a popular ice fishing derby reel in some big bucks.

Hundreds of families from all over Manitoba took part in the fourth annual KidFish Ice Derby just north of Selkirk last Sunday.

The local ice fishing tournament helped raise more than \$57,000 for CancerCare Manitoba and the Children's Hospital Foundation of Manitoba, according to organizers.

Jim Bais, one of the founders of the event, said he was pleasantly surprised at the amount of support this year's event received.

"I mean just take a look around, it's

ridiculous, it's a sea of people," Bais said during the event last Sunday afternoon. "We're putting around 1,500 people on the ice, they're buying stuff in Selkirk, stuff like coffee and smoked fish, it's unbelievable."

"It's a huge boost for the people of Selkirk."

Bais said that around 1,200 tickets were per sold by the night before the event, and the staff had handed out almost 400 free fishing rods to children. The event drew families from across the Interlake area, from Beausejour, Lockport and Winnipeg.

Phil Bernardin came from Winnipeg to fish with his son, Cole. He said that his son loves the event and hopes it

continues on.

"(Cole) loves fishing," Bernardin said. "He's been fishing for four or five years, he loves it. It's a great way to enjoy winter."

"I hope they keep this going."

Over the years, KidFish has established itself as the largest not-for-profit family fun ice fishing event in Manitoba.

With more than 1,300 participants in 2017, KidFish raised more than \$40,000. Since the events inception

in 2015, KidFish has raised a total of more than \$96,000 in support of the Children's Hospital Foundation of Manitoba and CancerCare Manitoba Foundation.

Funds raised have been used to support families by purchasing parking passes at the Health Sciences Centre and sending children with cancer to Camp Indigo. KidFish has also provided funding for the purchase of a Bladder Scanner, girls wigs, laptops, iPad's and gaming systems.



RECORD PHOTOS BY JUSTIN LUSCHINSKI

ABOVE: Cole Bernardin of Winnipeg smiles while fishing at the KidFish Ice Derby north of Selkirk last Sunday. RIGHT: Hundreds of families took part in the fourth annual KidFish Ice Derby last Sunday and helped raise more than \$57,000 for CancerCare Manitoba and the Children's Hospital Foundation of Manitoba.



## Don & Matt Walters Welcome Sean Hourie To the Selkirk GM Team



"I am extremely excited to join Selkirk GM. This dealership has 2 qualities that are very near and dear to me, those are a sense of community and a Team First Atmosphere. I have been a part of this community my whole life and played on many great teams in that time. I believe this will be another one of these TEAMS that will be a success in the community. I am looking forward to growing as a person and a professional with Selkirk GM in the coming years and cannot wait to see all my friends and family in the near future." Sean Hourie

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# BIG DOLLAR

# 'We will miss you': Friends remember Big Chad for his huge heart

By Lindsey Enns

A well-known name and familiar face at various local charity, hockey and music events is being remembered for his generosity and huge heart.

Selkirk's "Big" Chad Gaborieau died last Sunday at the age of 47 in a Winnipeg hospital after flying home early from a vacation in Jamaica. Friends of Gaborieau confirmed Monday he had contracted a rare staph infection.

Selkirk Mayor Larry Johannson called Chad's death "a huge loss for our community."

"The man had a heart and generosity the same size as his stature," Johannson said. "He was just a terrific guy. We're really going to miss him."

"He was someone you could always count on for charity events, fundraisers, charity golf tournaments, he was always there at a drop of a hat."

Johannson said Gaborieau's success as a car salesman "was his claim to fame."

"If you said 'Big Chad' in Winnipeg not alone Selkirk everyone knew who you were talking about," he said. "He was brilliant when it came to marketing."

Along with being a well-known car salesman and a father of four, Gaborieau had a passion for hockey and music. In December 2015, Gaborieau along with his business



"Big" Chad Gaborieau, pictured centre alongside Jay and Brett Emmons of The Glorious Sons at The Merch in this November 2015 photo, died last Sunday at the age of 47. Friends are remembering him for his generosity and huge heart.

partner Dean Peterson, became co owners of The Merch. Together the duo were busy renovating the local bar while supporting the local music scene.

"He was one of a kind. He had a real

passion for live music and he loved to see bands and he loved to talk to musicians about their music," Peterson said. "I'm getting messages from bands from across the country, just an outpouring of grief, they're very sad to hear of his loss."

"It just shows the impact that he had."

Peterson said The Merch will continue to book bands and host shows in Gaborieau's memory.

"We're going to try and keep live music alive here despite his absence," he said, adding The Merch is planning to host a tribute night for Gaborieau on Jan. 27, which would have been a cel-

ebration for Gaborieau's birthday. "We're still going to move forward with his party. It's what he would have wanted. He's Big Chad, everything he did was big."

"We'll keep that theme."

A post on The Merch's Facebook page last Sunday afternoon read: "Today the music world lost a Friend and a true live music fan. His constant commitment to the community and his philanthropic spirit was the driving force to our continued pursuit to offer great live entertainment and music culture to the people of Selkirk. We will make it our mission to remind people of Big Chads generosity and tireless efforts at every show. We will miss you big guy. You always told us "the show must go on" and in your spirit my friend .. it will."

A celebration of life for Gaborieau is scheduled to take place on Monday, Jan. 15 at 2 p.m. at Gilbert Funeral Home in Selkirk.

RECORD PHOTO BY BRETT MITCHELL

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# Selkirk homeless shelter shuts its doors due to lack of volunteers

By Justin Luschinski

Selkirk's St. Francis Place homeless shelter has been forced to close its doors this month due to a lack of volunteers.

The shelter was forced to close its doors on Jan. 1. There are currently nine male volunteers signed up to work at the shelter, but since the shelter is co-ed, they are in need more female volunteers.

René Gauthier, the shelter's chairperson, said the shelter is facing a number of issues, including some people who are abusing the system.

"I would say 15 per cent of them are not homeless, they've got a place to stay," he said. "They come to visit their family, and they want to stay here, saying 'well I'm homeless I have no place to stay.' Meanwhile, they're visiting people that could help them. They're using this more as a hostel than a shelter."

Gauthier said since September, the

number of homeless people who have stayed at St. Francis has gone down significantly. According to him, they've had about 21 clients in December and haven't had any so far in the new year.

Gauthier said running the shelter with minimum staff was unhealthy for himself and his volunteers.

"Right now, I come here three nights a week for 12 to 13 hours," he said. "A couple of guys are doing the same thing to keep it running. It's not healthy, we've all got something to do after."

The shelter is hoping to re-open in February with the help of 18 volunteers including nine males and nine females.

Those interested in volunteering can visit the Our Daily Bread Soup Kitchen located at 368 Jemima St. in Selkirk to fill out an application. Applications can be obtained between 9 a.m. and 12:30 p.m. Monday through Friday.



RECORD PHOTO BY JUSTIN LUSCHINSKI  
René Gauthier looks through volunteer applications for the St. Francis Place homeless shelter last week. The shelter was forced to close its doors this month due to a lack of female volunteers.

## Cheerleaders visit Knight's Centre



The École Selkirk Junior High Selkirk Suns Cheerleaders visited and played games with seniors at the Knight's Centre in Selkirk On Dec. 19.

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## The one that didn't get away



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**MARKETING & PROMOTIONS**  
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**EDITOR**  
Lindsey Enns



**SALES**  
Michelle Balharry



**REPORTER/PHOTOGRAPHER**  
Justin Luschinski



**SPORTS EDITOR**  
Brian Bowman



**OFFICE MANAGER/ADS**  
Lucy Kowalchuk



**ADMINISTRATION**  
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Hi my friends, how's it going?

As the season's festivities begin to fade from our memory, hundreds of us are returning to the enjoyment of ice fishing.

Simply jumping into our trucks with a bit of fishing gear we find ourselves on the ice pack waiting for the jerking tell tale sign of a fish on our line.

That's what happened to Willi Knelsen of Lac du Bonnet who I met at Gull Lake by Stead about a week ago. He said he was sitting in his truck beside his two tip ups when one of them popped up. He jumped out of the truck, grabbed its' line and began reeling in. Soon, looking down into the water of the ice hole, the head of a good sized pickerel appeared. Just then off to his side Willi heard his other pop up snap to attention. Something didn't feel right though and on a hunch he let go of the line. The pickerel disappeared down the hole as he raced to the other rig. He reeled in and sure enough the same pickerel reared its' head from the water with both hooks in its mouth! That's one fish that didn't get away!

It was a quiet overcast afternoon some days later when I was slowly cruising along on the Red downstream of Selkirk visiting anglers when a hard wall shack with a solar panel on its roof caught my eye. I pulled up to it and knocked on the door calling out, "You having any luck today?" A young chap with short dark brown hair, athletic body and lively nature answered the door saying, "We are today!" "What does that mean?" I joked as I was ushered into a brand new shack. Our new friend introduced himself as Shawn Emery then pointed to his friend sitting on a bench as Mike Probot a little thinner guy with fine facial features, dark hair and a constant smile. "Well I see you guys are going solar like so many oth-



**RECORD PHOTO BY ARNIE WEIDL**  
Willi Knelsen with his nice pickerel catch.

er anglers," I offered. "Yeah," Shawn said, "once installed you've got free heat and light." "Just when I came in I remember you saying you were having luck today?" I questioned Shawn. "Well," he explained, "a few days ago getting down to fishing took a little doing." Apparently when they got here they drilled holes and no sooner did they drop their lines into the water than Shawn's cell phone fell out of his pocket following his line. Thinking quickly, he thrust his arm into the icy water rescuing his phone. After calming down, the next step was getting the propane heater to heat the shack. They fiddled with the couplings until they thought they were tight and lit it up. The couplings weren't tight enough! Suddenly flames began billowing all

around the fixture. Fortunately once again quick thinking Shawn turned the main valve off killing the flames. He slumped back onto the bench exclaiming, "What else can go wrong!" Well, fortunately nothing did and the guys finally settled in catching a nice mess of fish to take home.

Last weekend jumping off Road 94N past the Erinview "church road" onto the ice of Shoal Lake I could see many shacks and tailgaters. I forced "old red" through high rutted snow drifts toward two trucks that had parked together as a wind shelter. I pulled up to two young guys and a gal jigging rods in ice holes between the trucks. The white ice pack was bathed in bright sunlight though it was cold and windy as I got out of the truck. After introductions I asked if they could recall any unusual fishing experiences. Dillon Proctor of Teulon was the more talkative one. He thought for a moment toying with his thick brown mustache. Britney Borthistle from Grosse Isle and his buddy tall, lanky, Shaun Schott from Woodlands stood by waiting. Then Dillon's eyes creased in amusement recalling how their boss went ice fishing and wrecked his auger. It seems he drilled some holes then put his auger into one of them that wasn't drilled through to water, or so he thought! Sadly some water did creep up and imprisoned the auger. Ken backed his truck up to it, hooked on a chain then gunned it. The truck tires growled spinning as the auger squealed against the ice then the shaft bent and the auger leapt from the ice. Later, come Monday Ken struggled into the metal shop where they worked lugging his twisted auger. He pleaded with Dillon to fix it. "No way," Dillon exclaimed, "but I hear they've got a sale on at Canadian Tire!"

Till next week, bye for now.

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Email: [michelle@selkirkrecord.ca](mailto:michelle@selkirkrecord.ca)  
or call our office at 204-785-1618

**EDITORIAL**

Lindsey Enns 204-485-3337  
[news@selkirkrecord.ca](mailto:news@selkirkrecord.ca) Twitter: @LindseyEnns

Justin Luschinski 204-226-8268  
[Justin@selkirkrecord.ca](mailto:Justin@selkirkrecord.ca) Twitter: @ScholarJ

The Selkirk Record welcomes submissions to Letters to the Editor. Letters can be emailed to [news@selkirkrecord.ca](mailto:news@selkirkrecord.ca) or dropped off at our office. Letters must include the name and mailing address of the writer.

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# City celebrates launch of latest television series shot in Selkirk

By Lindsey Enns

The excitement surrounding the premiere of the latest television show shot in Selkirk was at an all time high last week.

The City of Selkirk helped celebrate the launch of the new CBC original series "Burden of Truth" by raising a flag to recognize their fictional equivalent "Millwood, Manitoba," last Friday at the Selkirk Waterfront.

Selkirk serves as the location for the new series, which filmed more than 50 of its 74 days in Selkirk and surrounding areas last year.

"Burden of Truth" is a legal drama starring Kristin Kreuk ("Smallville," "Beauty and the Beast") as a fast-rising corporate attorney who returns to her small hometown of Millwood - a prairie town with an industrial past and uncertain future - to represent a major client in a case against some sick high school girls. The show premiered on Wednesday, Jan. 10 at 8

p.m. on CBC.

Selkirk Mayor Larry Johannson said the launch of the show marks an exciting time for the community.

"The feedback that I've gotten ... is that Selkirk is becoming well known as a really, really great place to do business with the production companies," Johannson said. "When you come here to do a production we make it easy for them."

Selkirk's business community also stepped up to help celebrate the new television series.

Selkirk Biz hosted a private, invite only red carpet sponsorship event at Boston Pizza for 225 people to watch the first episode of "Burden of Truth" on Wednesday evening. Included on the guest list were producers, actors, local and area dignitaries as well as production team members from ICF Films, Entertainment One (eOne) and Eagle Vision.



RECORD PHOTO BY LINDSEY ENNS

Representatives from the City of Selkirk, along with Manitoba Film and Music, Eagle Vision Inc. and ICF Films raised a "Millwood, Manitoba" flag at the Selkirk Waterfront to help mark the premiere of the CBC series "Burden of Truth" last Friday afternoon.

# Activity days help keep WSP students busy during winter break

By Justin Luschinski

West St. Paul's Sunova Centre helped keep kids warm and busy over their winter break last week.

The local community and recreation centre has been hosting winter activity days for the last few weeks. The goal is to help children remain active during their winter break with activities such as Nerf gun battles and human hamster ball events.

Damara Geddes, the West St. Paul's recreation director, said that the activity days provide children with a unique way to stay active.

"We're trying to offer an experience that they wouldn't normally get if they stay home with mom and dad," Geddes said. "Parents are looking for something for their kids to do, especially this week when the kids are in holiday ... I think that it's extremely important to get the kids out and ac-

tive.

Sometimes during the winter break, kids aren't able to come out and do activities with their peers."

Geddes added with the weather being so cold lately, it makes it difficult for children to play outside. According to her, events at the centre around Christmas had low attendance, while the events during the first week of January have brought in a lot of kids.

Eleanor Lamiger and Sherri Einarson, local parents who brought their children to the Nerf gun battle last week, said the centre should spread the word more about their winter activity days.

"It's great, but they don't really promote it unless you're a part of the centre," Lamiger said. "I had a couple of friends who ended up coming here just through word of mouth. If they advertise it more, I think more people

will come."

"It's important that the kids remain active, especially with this (cold) weather," Einarson added.

For more information about future events at the Sunova Centre, visit [weststpaul.com](http://weststpaul.com) or call 204-336-0294 or email [recreation@weststpaul.com](mailto:recreation@weststpaul.com).



RECORD PHOTOS BY JUSTIN LUSCHINSKI

Around 30 local children took part in a Nerf gun battle as part of winter activity days at the Sunova Centre in West St. Paul last week.

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# St. Andrews woman remembered as 'driving force' behind Manitoba's country music community

By Michelle Bailey

The bio beside Janice (Bobrowich) Starodub's Grade 9 photo in the 1982-83 Lockport School yearbook lists being "a rich business woman" as her ambition.

She would become a business woman, but one who dedicated her days to enriching the lives of others through her deep rooted love of country music and sheer joy helping others make their dreams come true.

The longtime St. Andrews resident and founder of JanSTAR Entertainment built a career around becoming a highly sought after consultant in the music business.

However, on New Year's Eve, the 49-year-old songwriter, mentor, wife and mother of three, lost her battle with breast cancer.

She would have turned 50 on Jan. 28.

After travelling to Nashville for the first time in 2009, Starodub started collaborating with numerous writers and artists, including Winnipeg's Petric, and became immersed in the management and consulting side of

the industry.

"Janice was the strongest driving force the Manitoba country music community had," said Jason Petric, who, along with his brother, Tom, were devastated when they learned of Starodub's diagnosis. "I got to witness her take the Manitoba Country Music Association (as a member of the executive) and some of the artists on her back and carry them to the next level.

"My brother and I were very fortunate to be one of those acts."

Jason Petric would be the one to present Starodub with the Manitoba Talent Development Award last November at the Manitoba Country Music Awards.

Ontario born musician Nicole Rayy said her and Starodub "made such a great team."

"We talked every day, and not just about work, but about our lives. I wouldn't be where I am in my career today if it were not for her. I wouldn't be the person I am today if it were not for Janice."

Her commitment to the community



PHOTO SUPPLIED BY JASON PETRIC

Janice (Bobrowich) Starodub of St. Andrews, pictured centre, is joined by Jason Petric of the band Petric, pictured left, and country music artist Nicole Rayy. Both artists were managed by Janice and her company JanSTAR. Starodub lost her battle with breast cancer on New Year's Eve.

where her parents and two brothers lived during her childhood was top of mind for Starodub as well, helping to produce and promote the popular Lockport Family Dam Festival.

Those who worked alongside Starodub were in awe of her drive while undergoing treatment.

"Things took a turn for the worse right after our last photoshoot," said Winnipeg photographer Ian McCausland. "I am so glad we worked together one more time.

"Janice was instrumental in its success."

## Local GM Dealership Wins in Customer Confidence

Selkirk GM would like to congratulate Josh Isfjord, our 2017 salesperson of the year! Josh graduated from the COMP in 2012, and joined the dealership that same year as a lot attendant. Everyone in the dealership enjoys Josh's fun personality, enthusiasm for his job, and his passion for customer service. Josh sold an impressive 197 cars this year, with 25 sold in the month of July, both representing dealership records. Selkirk GM is lucky to have Josh and we are all looking forward to another great year with him in 2018.

*"A huge thank you to all of my customers, management and co-workers! It would not have been possible without you."*

-Josh

Selkirk GM would like to thank all of their new and existing customers for a record breaking year. With the help of Josh and the rest of their talented sales team, Selkirk GM has become one of the leading dealerships in the Province of Manitoba. Their commitment to customer service and community involvement continues to go above and beyond industry standards.

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# Municipal board gives south St. Andrews sewer project the green light

By Lindsey Enns

The Manitoba Municipal Board has given the second phase of the St. Andrews wastewater project the green light to move forward.

"The Board does not agree that the Proposed Project should be delayed as this would only serve in the continued negative impacts on the environment," the municipal board's report, which was received by the RM on Dec. 20, 2017, states. "In the Board's opinion the proposed project is necessary and expedient and should proceed."

The RM of St. Andrews says they are "pleased" with the board's decision.

"We are pleased with the Municipal Board's diligence in handling these hearings and we are pleased that their ruling confirmed the diligence that we as a council have put forward on behalf of all St. Andrews municipality residents," St. Andrews Mayor George Pike stated in a release on Dec. 21. "We appreciate that all residents have the opportunity to participate in these hearings and we are satisfied that people were given the opportunity to participate in the process."

"The R.M. of St. Andrews followed the processes as outlined by The Municipal Act, and now with this ruling, we will move forward together."

Municipal board hearings for Phase 2 of the St. Andrews wastewater project, which will service the southern portion of the municipality, wrapped up on Nov. 2, 2017 following two years of project design and planning.

Phase 1 of the project was approved by the municipal board on March 6, 2017 and construction started immediately and is still ongoing.

The two phases represented more than 16 years of discussions and advancements on the project by previous and existing St. Andrews councils with governments, regulatory bodies and residents, according to the RM.

"The RM is satisfied the Municipal

Board process has brought conclusion and served to represent the long history of talks and negotiations, the efficiency of existing infrastructure, the undeniable economics and the bettering of the environment that the ruling supported," the RM stated in the release.

"As this evolved, it became a chance for the Rural Municipality of St. Andrews to modernize, regroup and become a leader in Manitoba," Pike added. "That all said, we didn't just wake up one day and say 'let's change for the sake of change and put everyone through 16 years of discussion here.' At the time, we were responding to Provincial Legislation in the Red River Corridor. We approached that legislation with transparency, diligence and commitment and I am proud of the extra steps and dedication we all made over the entire process to upgrade our municipality and make it better."

"The system will address the long-standing issue of leaking fields in the municipality to protect the watershed, our drinking water and our future generations."

Costs associated with Phase 2 of the project according to the RM's website include a capital connection cost of \$7,390, which is a one time charge upon project completion or added to the annual tax bill paid over 20 years, a City of Winnipeg connection cost of \$2,400, which is a one time charge payable at time of connection as well as a on property wastewater line installation cost of \$2,000. The RM added that these above costs are still estimates at this time and any questions should be directed to the RM of St. Andrews office.

St. Andrews CAO Andrew Weremy said up front costs for Phase 1 residents could be due before the end of this year or early 2019, while costs for Phase 2 residents could come up

sometime in 2019.

"The Municipality is working hard to keep the costs for both phases as consistent and economical for residents as possible," at statement on the RM's website reads. "It is very important to note that some of the one-time costs are over twenty years while other costs are due at hook-up."

The next steps include project tendering to enable construction.

Weremy added that construction of

Phase 1 is "on schedule" and installation is expected to be completed sometime this year. Phase 2 construction is expected to begin sometime this spring.

Residents can find the Manitoba Municipal Board's full report on the RM of St. Andrews website at rmof-standrews.com under the "St. Andrews Wastewater Project" tab on the right hand side of the home page.

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PROUDLY CANADIAN

# Manitoba wildlife care centre sees spike in injured snowy owls

By Lindsey Enns

A refuge centre for Manitoba wildlife is seeing an increase of injured snowy owls heading their direction.

In 2017 alone, 17 snowy owls were brought to the Wildlife Haven Rehabilitation Centre and only two survived due to the severity of their injuries, one of which was released in December at Oak Hammock Marsh.

"The last time we've had such a significant amount was in 2015 and we had a total of 22 that year," said Tiffany Lui, the centre's animal care co-ordinator, adding out of the 22, they managed to release six of them. "In 2015 the majority of owls that came in they were starved."

In 2017, Lui said the majority of snowy owls that were brought in were due to injuries such as fractures and dislocations. One of the owls was also found caught up in a soccer net.

"Because he struggled in the soccer net, it ended up that it damaged the wings far beyond repair so he had to be unfortunately euthanized."

Lui said it's difficult to pinpoint exactly why the centre is seeing an influx of snowy owls.

"They're mostly immature owls as well. We find that the experienced



RECORD FILE PHOTO BY JO-ANNE PROCTOR

TransCanada Pipeline students Savannah and Keith assist with the release of a rehabilitated snowy owl at Oak Hammock Marsh on Dec. 12. The Wildlife Haven Rehabilitation Centre is currently seeing a spike in the number of snowy owls they are caring for.

adults usually stay up north where they can withstand the temperatures and the environmental conditions and they can hunt," she said. "Usually the juveniles, the younger ones, they're still learning to hunt that's why they

usually come down south where it's a little easier."

Lui said lots of the owls that come to the centre appear to have been hit by vehicles. She would like to remind motorists to be cautious and watch for

wildlife, especially at night time.

"Keep an eye out and drive safely," she said. "And if you ever find an owl or any other injured animal on the side of the road or wherever, give us a call. We can always try to help them."

In 2017, the centre cared for a total of 1,668 animals. There are currently 59 animals in care this winter.

Lui added the number of animals being brought in has been climbing over the last four years. She said the only animals they aren't permitted to take in include hoofed animals, skunks and bears.

"We'll take all sorts of birds ... we also take reptiles, mostly just turtles occasionally we'll get snakes ... and then we also take all sorts of mammals," she said. "Anything from squirrels and bunnies and mice all the way to foxes, coyotes and raccoons."

The Wildlife Haven Rehabilitation Centre has been rehabilitating injured, sick and orphaned wildlife for their return to the wild since 1984. The volunteer-driven, non-profit organization has cared for more than 35,000 wildlife since it opened.

To learn more about the centre, which is located in Île des Chênes, call 204-878-3740 or visit [wildlifehaven.ca](http://wildlifehaven.ca).

## Local fine option program looks to offer more community service opportunities

By Lindsey Enns

A Selkirk woman is hoping to help guide youth and adults on a path towards a brighter future by giving back to their community through the province's fine option program.

In an effort to help launch the YFC Community Networks program, Selkirk's Kin Centre outdoor rink hosted a free skate day followed by soup and bannock at the Selkirk Youth for Christ building last Friday afternoon.

Manitoba Justice's Fine Option Program allows a person who has been charged with a fine and unable to pay to perform unpaid community work equal to the value of the fine instead of going to jail. It is also possible to pay part of a fine and work off the rest through fine option. Offences under the Provincial Offence Act, Highway Traffic Act, parking offences and surcharges are not eligible for the fine option program, according to the gov-



RECORD PHOTO BY LINDSEY ENNS

YFC Community Networks co-ordinator Jeannie Red Eagle laces up her skates during a free skate day at the Kin Centre rink last Friday.

ernment's website.

YFC Community Networks co-ordinator, Jeannie Red Eagle, says Manitoba Justice has now placed the program into the hands of community service providers, which led to the creation of YFC Community Networks in Selkirk.

"The justice department has always had this in communities and it's always been something that has been in the hands of community members,

although sometimes not always as inclusive and extending into the community," Red Eagle explained. "This is an extension of what we're already doing at YFC Selkirk."

"This is a family resource centre, even though it's focused on youth ... we see the value in it for families and other community members. This is stepping it up another notch."

The program is being run out of an office inside the Selkirk Youth for Christ building, which is located at 426 Clandeboye Ave. Red Eagle said on Wednesday evenings from 6:30 p.m. to 8 p.m. she helps register clients sent from the courts or probation office into the community networks program.

"Now we can connect you with a potential work site that works for you," said Red Eagle, who is also a member of Selkirk's justice committee. "We encourage the organizations and service providers to be a potential work site and then we can tailor it to the individual and to the organization."

Red Eagle said she expects at least 25 community members from all walks of life will be sign up to take part in the program this year.

For more information about YFC Community Networks, contact Selkirk Youth for Christ by calling 204-482-3435. For more information about Manitoba's Fine Option Program, call 204-945-6313.

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# Selkirk family fundraising to bring father home following stroke

By Justin Luschinski

A retired Selkirk RCMP officer suffered a stroke in British Columbia over Christmas, and now his family is trying to bring him home.

Robert W. Brown was on his way home to Selkirk to be with his family when he suffered a stroke in a hotel room over the Christmas break. He's currently hospitalized in Cranbrook, B.C., and his family is trying to raise \$25,000 to help bring him home.

Ashleigh Schofield, Brown's daughter, started a GoFundMe page to raise money to transport him to Selkirk last week. As of last week, \$550 has been raised. Schofield said she was devastated when she learned about her father's stroke.

"We're devastated. He always supports us, he's the rock in the family, he's always encouraging us to be our best selves," she said. "We feel helpless, because we're so far away. It's really hard ... I just think that the best potential he has for recovery is being with his family.

He's all alone out there, he's depressed that we had to leave him there."



RECORD PHOTO BY JUSTIN LUSCHINSKI

Ashleigh Schofield holds a photo of her father, retired Selkirk RCMP officer Robert W. Brown, who suffered a stroke in British Columbia while on his way back to Manitoba for Christmas. Schofield and her family has set up a GoFundMe page in hopes of raising \$25,000 to help bring their father home to Selkirk.

Schofield said that when Brown had the stroke, he was on the floor of his hotel room for three hours before the family was able to contact him. The

family contacted the hotel staff, who helped him up and called an ambulance.

According to Schofield, Brown's

body is paralyzed on the left side, and the doctors at the hospital were surprised he could talk and eat, as his arteries are heavily blocked. In order to bring him to Selkirk by air, the family needs \$25,000 to cover the cost. She added her father doesn't have any insurance and any funds raised will go towards helping transport him back to Manitoba.

BJ Schofield, Brown's son, said that any donation would help the family.

"It happened at Christmas time, and it's obviously not the best time for anything. You hear (the transportation cost) and think 'how is that even going to be possible.' We don't have that kind of money, you know? ... We don't want to ask for help, we want to do this on our own, but it's way too much for us to afford. So we're looking for donations, any little bit helps," he said.

Robert W. Brown was a Selkirk RCMP officer for roughly 24 years before he retired in 1991. His children describe him as caring, helpful, and kind. The family is planning to host some fundraising events in the future.

For more information, visit [gofundme.com/stroke-for-christmas](http://gofundme.com/stroke-for-christmas).

# Lord Selkirk School Division launches school bus-tracking app

By Justin Luschinski

The Lord Selkirk School Division (LSSD) is in the process of releasing an app to inform parents and students when their school bus will arrive.

Thanks to the SafeStop app, students within the school division will soon be able to see the exact location of their bus and when it's expected to arrive at their stop. The app also updates the expected arrival time every

30 seconds.

Mike Munday, the supervisor of transportation for the LSSD, said that the app will help students and parents from being left out in the cold while waiting for their school bus.

"For some parents who have to work or whose children walk to a group stop, the peace of mind in knowing when the bus will be picking up or dropping off their children will be a relief," Munday said. "Considering we live in a climate that experiences six months of winter every year, a couple of extra minutes in the warm/dry every day will make a difference."

The app, which started being rolled out the week of Dec. 18, 2017 on one route at William S. Patterson School in Clandeboye, is expected to be available to all 50 schools within the division by February.

The app also



PHOTO COURTESY OF METRO NEWSPAPER SERVICE

Thanks to the SafeStop app, students within the Lord Selkirk School Division will be able to see the exact location of their bus and when it's expected to arrive at their stop.

contains a real-time map to help students locate their bus, and the transportation department can send out alerts about delays or changes to the schedule.

Munday said that the response to the app has been great so far, adding the LSSD transports roughly 3,000 students every day on 50 regular routes.

"We have all of the infrastructure already in place to launch the app. For

less than \$1 per student riding the bus, we can provide this service to our students/families. We believe this will be a valuable service to our school division and are excited by the response we have received from the community," he said. "We have also had several other school divisions show interest in the app as everyone sees the value to their students."



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**ZUMBA FITNESS MEGA MIX**



# Selkirk hospital helps welcome first baby of 2018 in IERHA



SUBMITTED PHOTO

The first baby of 2018 for the Interlake-Eastern Regional Health Authority arrived at 2:50 p.m. on Monday, Jan. 1 at the Selkirk Regional Health Centre. Weighing seven pounds, eight ounces, Ezekial David James Bennet was born to mother Ashlea Harley, pictured centre, and her husband Lance Bennet, pictured left, joined by their four-year-old son Billy all from Teulon.

### Submitted

The first baby of 2018 for the Interlake-Eastern Regional Health Authority (IERHA) arrived at 2:50 p.m. on Monday, Jan. 1 – making this the first New Year’s baby born at the Selkirk Regional Health Centre.

Weighing seven pounds, eight ounces, Ezekial David James Bennet was born to mother Ashlea Harley and her husband Lance Bennet, both from Teulon. Harley and Bennet were thrilled to welcome this new addition to the family. Their son, Billy, who is four years old, was also happy to finally meet his little brother.

Dr. Cynthia Czajka-Fedirchuk attended the birth and Harley said that the team of care providers from the Selkirk Regional Health Centre who were with her throughout Ezekial’s birth were just “wonderful.”

“The staff and everything since I got

here has been absolutely wonderful — the nurses, the doctors, just everyone,” Harley said. “Everyone says this place is great and it really is true.”

Prior to the family’s departure from hospital, members of the Selkirk and District General Hospital Ladies Auxiliary presented them with a gift basket that included diapers, a baby safety first kit, sleepers and a gift card for toys.

Every year the auxiliary celebrates the hospital’s first baby of the year with items that provide comfort and help extend the care received at the hospital into the baby’s home.

The staff and physicians at Selkirk Regional Health Centre’s family birthing unit and staff across the IERHA extend their best wishes and congratulations to Ashlea on the birth of her son.

# Province evaluating proposals for cannabis retail locations

### Staff

The province is beginning the next step in establishing a hybrid system for the distribution and retail of legal cannabis by evaluating proposals from applicants seeking to operate retail locations.

“Our hybrid distribution and retail model includes safeguards and responsible measures that will help keep cannabis out of the hands of our youth and away from the black market,” Growth, Enterprise and Trade Minister Blaine Pedersen stated in a release. “While the public sector has a very important role to play in providing oversight and ensuring the integrity of the system, there is also a significant role here for the private sector in operating all cannabis retail locations.”

To meet the July 2018 timeline mandated by the federal government to permit the recreational use of cannabis, the province has introduced measures that would authorize and regulate the retail sale in Manitoba as soon as it is permitted under federal law, and allow both the public and private sectors to do what they each do best.

A request for proposals (RFP) was launched on Nov. 7, 2017 and the province received significant interest with more than 100 submissions. It is anticipated that successful applicants will be notified by February and are expected to enter into retail agreements in the spring.

“Provincial officials will be evaluating applications based on the established criteria in the RFP and an independent fairness monitor has been appointed to ensure the integrity of the process,” said Pedersen. “We remain committed to establishing a highly competitive retail environment that creates new economic opportunities at the community level.”

Retail locations are projected to begin operating in Manitoba as early as July 2, 2018.

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# get inspired

> MEAL IDEAS

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## TURKEY CLUB SALAD

3 Tbsp (45 mL) light mayonnaise  
2 tsp (10 mL) Dijon mustard  
1 tsp (5 mL) lemon juice  
2 tsp (10 mL) canola oil  
3 Tbsp (45 mL) water  
Salt and pepper to taste

### DIRECTIONS

Layer romaine lettuce, eggs, turkey slices, avocado, bacon, cherry tomatoes and onion on two plates.

Whisk all ingredients for dressing in a bowl.

Drizzle over salad and serve.

### Nutritional Information

Per serving Calories:375

Protein:40 g Fat:16 g

Carbohydrates:18 g

Recipe Credit: Recipe courtesy of Eat In

Eat Out magazine ([www.eatineatout.ca](http://www.eatineatout.ca)).

Recipe credit: turkey.mb.ca



## Make a Positive New Year's Resolution

much of your interaction with someone is based on discussing a third party, perhaps there is not enough good stuff to sustain the relationship.

I cannot think of anything else that is this simple, yet so profound in its potential impact. The amazing thing is that if only one person makes this resolution and sticks to it, a process of positive change will be set in motion.

This is a little like cleaning up our social and emotional environments. Let's stop littering our lives with negativity, and polluting our social environments with unnecessary garbage. We'll all breathe easier, and it will be much better for our children.

Gwen Randall-Young is an author and award-winning Psychotherapist. For permission to reprint this article, or to obtain books, cds or MP3's, visit [www.gwen.ca](http://www.gwen.ca). Follow Gwen on FaceBook for daily inspiration.

### INGREDIENTS

2 romaine hearts, torn into bite-size pieces

2 hard -boiled eggs, quartered

3 cups (750 mL) cooked turkey breast, sliced

½ avocado, peeled, cubed

4 strips of cooked bacon, torn into 2" (5 cm) pieces

¾ cup (175 mL) cherry tomatoes, halved

½ cup (60 mL) red onion, sliced

Honey Mustard Dressing

2 Tbsp (30 mL) honey



## Turkey Tacos

Sauté turkey and onion in oil.

Add oregano, chili powder, salt, paprika and garlic powder. Cook, uncovered, stirring occasionally until moisture has evaporated.

Heat taco shells in 350°F (180°C) oven for 5 minutes.

Spoon turkey mixture into taco shells and top as desired with diced tomatoes, shredded lettuce, shredded cheese and salsa.

Variation: Substitute turkey strips and flour tortillas for quick, easy turkey fajitas. You could also serve chopped green onions, black olives, green chilies and avocado as toppings

### Nutritional Information

Per serving Calories:265

Protein:21 g Fat:15 g

Carbohydrates: 10 g

Recipe credit: turkey.mb.ca

I was reflecting on the practice of making New Year's resolutions, and wondered if there was one that was powerful enough to send ripples of change throughout our world, yet simple enough that everyone could manage it.

It didn't take long for an answer to come. What if we all resolved to only speak positively about other people? What if we ceased all judgement and criticism, and viewed the negative behavior of others with some compassion, recognizing that those who behave negatively are essentially unhappy with themselves? What if we accepted that all of us are doing the best that we can give our current level of awareness, and that those who are the least pleasant to be around are the ones who require the most love and encouragement?

What if, when we had a problem with another person, we gently confronted them and asked how we could work out the problem so that we could have a good relationship, instead of getting on the telephone to report the sordid details to a co-conspirator in the gossip mill?

This would mean teaching our children that it creates negative energy when we say mean things about others, and being a positive model for them. It would mean dealing with issues openly in families, rather than taking sides and ganging up against the "bad guy", it would also mean refusing to gossip about others, and letting others know that you are not interested in listening to gossip.

It might also mean not creating or participating in alignments in the workplace, but rather remaining sincerely cordial and professional in all of your work relationships. It would involve developing an awareness of our own processes, and what it is we are needing when we participate in negative processes. Having a common enemy can make two people feel closer to one another, but is this any basis for cementing a friendship? If

### INGREDIENTS

1 1/2 lb (750 g) Canadian Ground Turkey

1 small Onion, chopped

1 tbsp (15 mL) Vegetable Oil

1/2 tsp (2 mL) Oregano

1 tbsp (15 mL) Chili Powder

1 tsp (5 mL) each, Salt and Paprika

1/4 tsp (1 mL) Garlic Powder

6 Taco Shells (hard or soft shell)

Ground turkey is lower in fat. Cook over moderate heat and only until the pinkness disappears.

### DIRECTIONS

## TURKEY CHILI

2 x 1 lb (450 g) packages ground turkey

2 Tbsp (30 mL) olive oil

½ cup (125 mL) onion, finely diced

½ cup (125 mL) celery, finely diced

1 red pepper, diced

1 Tbsp (15 mL) garlic, finely chopped

2 26 oz/796 mL cans low-sodium whole tomatoes, drained and puréed

1 18 oz/540 mL can black beans, drained and rinsed

2 tsp (10 mL) ground cumin

2 tsp (10 mL) ground coriander

seed

2 Tbsp (30 mL) mild paprika

1 tsp (5 mL) dried chili flakes (add more for extra heat)

1 tsp (5 mL) dried oregano

2 tsp (10 mL) sea salt

### DIRECTIONS

Heat oil in a large pan and lightly brown turkey, onions, celery and red peppers, then add garlic.

Add tomatoes and black beans.

Transfer to slow cooker with all other ingredients.

Place lid on slow cooker then cook on low setting for 4 hours.

Serve chili with your favourite

Mexican condiments like grated cheese, sour cream and salsa.

### Nutritional Information

Per serving

Calories:110

Protein:10 g Fat:4 g

Carbohydrates:8 g

Recipe credit: \

[turkey.mb.ca](http://turkey.mb.ca)



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# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## MJHL announces December players of the month



RECORD PHOTO BY LANA MEIER

Selkirk Steelers 19-year-old forward Nathan Halvorsen was a runner up for the MJHL RBC Player of the Month for December.

### Staff

The Manitoba Junior Hockey League's RBC Player of the Month for December is Keaton Jameson of the Swan Valley Stampede.

The 20-year-old forward registered 17 points (six goals, 11 assists) in 10 games last month. The Brandon native currently leads his team in scoring with 36 points in 34 games.

The runners up were 20-year-old forward Braden Purtill of the Steinbach Pistons and 19-year-old forward Nathan Halvorsen of the Selkirk Steelers.

### Sher-Wood MJHL Defenceman of the Month

The Sher-wood Defenceman of the Month is Riley Shamray of the Dauphin Kings.

The 19-year-old from Oak River recorded 10 points (three goals, seven assists) in 10 games last month. For the season, Shamray leads his club in points with 27, highlighted by 13 power-play assists.

The runners up were the Pistons' Darby Gula and Mackenzie Dwyer of the Portage Terriers.

### MGEU-MJHL Goaltender of the Month

The MGEU-MJHL Goaltender of the Month is Steinbach's Matthew Thiessen.

Thiessen, 18, was outstanding in goal, posting a perfect 7-0 record, highlighted by one shutout. Over the seven-game stretch in December, his goals-against average was 1.69 while his save percentage was .934.

The Altona product recently committed to the University of Maine.

The runners up were Steinbach's Matthew Radomsky and Selkirk's Hayden Dola.

### IBAM-MJHL Rookie of the Month

The IBAM Rookie of the Month is Steelers' goalie Zachary Bennett.

Bennett, 17, had a 4-2 record in December with a

2.50 GAA and .924 save percentage.

The runners up were 17-year-old forward Codey Behun of the Winnipeg Blues and 18-year-old defenceman Jayden Wojciechowski of the Virden Oil Capitals.

### Manitoba Pork Peak Performer of the Month

The Manitoba Pork Peak Performer of the Month for December is the Pistons' Radomsky.

The 18-year-old goaltender works tirelessly as a community volunteer and for two years has mentored a young Steinbach goaltender, Aiden Crawford, who plays on the PeeWee "C" team.

They spend several evenings together each week and speak daily.

Radomsky, who hails from Winnipeg, also works with Crawford's younger brother, a goalie on the Novice team and assists with the PeeWee "A" goalies.

He has also spoken to students at a number of area schools including Landmark, New Bothwell and Blumenort.

Over the holiday season, Radomsky volunteered at the SouthEast Helping Hands food bank packing Christmas food hampers.

He also joined his teammates in skating in the Canada 150 Skate at the TG Smith Centre. Radomsky has made a tremendous impact in the community and has used his platform as an MJHL player in a very beneficial way.

He was also a runner-up in December for the MGEU-MJHL Goaltender of the Month.

## Selkirk getting ready for busy schedule on the ice

### By Brian Bowman

It has taken the Selkirk Royals' boys' hockey team a very long time to begin game action in 2018.

But when they finally hit the ice next Monday (4 p.m.) in a huge divisional matchup with the first-place St. Paul's 1 Crusaders at the Selkirk Rec Complex, it will be the start of a very busy couple of weeks.

Selkirk, currently in second place in the Platinum Promotions Division, will play five league games in 12 days. That includes three games in five days next week.

The Royals, with just two regulation losses in 17 league games, will host River East on Tuesday (3:45 p.m.) at the Rec Complex and then will battle Garden City on Jan. 19 (4:15 p.m.) at the Seven Oaks Sportsplex.

Selkirk wrapped up play in 2017 with a convincing 7-3 win over Garden City on Dec. 21.

The Fighting Gophers' Griffin Asham-Moroz opened the game's scoring but the Royals exploded for four goals before the first period ended.

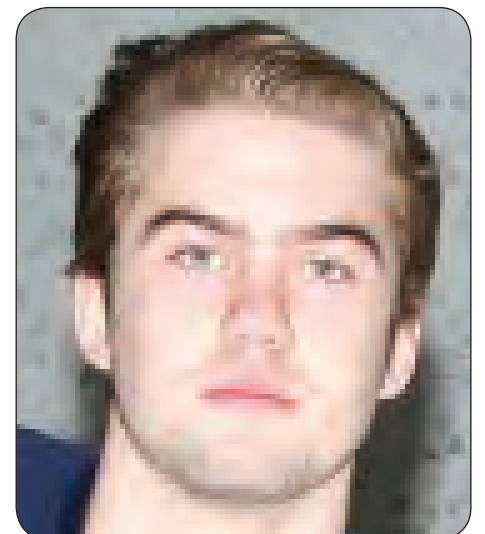
Nick Trudel, Travis Spratt, Braeden Hummel, and Reece Tessier scored

those goals and then Zach Parkinson and Spratt tallied in the second to stake Selkirk to a commanding 6-1 lead.

Garden City's Nolan Weihs replied with a pair of goals just 32 seconds apart early in the third before Tessier closed out the game's scoring with a power-play marker.

Spratt and Hummel each finished the game with four points while Tessier and Trudel both had three points.

Jordan Simko chipped in with two assists. Brady Hrymak earned the win in goal.



Travis Spratt

# Selkirk Steelers start strong in new year

By Brian Bowman

The new year has started real well for the Selkirk Steelers.

It didn't take the local club very long to notch their first win of 2018 after skating to a solid 5-2 road win over the Swan Valley Stampede on Jan. 3.

Connor Barley led Selkirk with two goals while his younger brother Carter also tallied. The Steelers' final two goals of the game were empty netters with Stampede's goalie Brett Evans pulled for an extra attacker.

Ethan Eang and Nico Labossiere scored the Steelers' other goals. Trevor Mann and Connor Navrot replied with first-period markers for Swan Valley.

Hayden Dola made 28 saves for his 14th victory of the season.

The Steelers were right back on the ice the next night, crowning the Kings 4-1 in Dauphin.

Zachary Bennett made 39 saves for the win while Ryan Gardiner and Labossiere each had a goal and two assists.

Connor Barley chipped in with a goal and an assist. He now has an MJHL-leading 30 goals in just 37 games.

Shanan McFadden scored Selkirk's other goal while Mason Fischer replied for Dauphin.

The Steelers resumed action after the holiday break with a 3-2 loss to the

Pistons in Steinbach on Dec. 30.

Daniel McKittrick scored the game winner in OT.

Brady Tatro and Tyson McConnell scored second-period goals for Steinbach. Nate Halvorsen netted both Selkirk goals.

The Steelers were outshot 54-23 as Dola was very busy in goal.

On New Year's Eve, Selkirk suffered an early hangover after getting stunned 5-0 by Steinbach at the Rec Complex.

Braden Purtill and Brendan Martin scored for Steinbach in the second period and then Purtill, McKittrick and Bradley Schoonbaert tallied in the third.

Selkirk, now 22-13-3-1 and with 48 points, had a rare eight days off between games but will be home for a pair of contests this weekend.

Virten will be here Friday and then Waywayseecappo will visit the Rec Complex on Saturday. Both games start at 7:30 p.m.

On the trade front, meanwhile, the Steelers acquired forward Kyle Wiltshire from the Winnipeg Blues last week in exchange for forward Brady Castellano.

Wiltshire has also played for the MJHL's Portage Terriers and OCN Blizzard. In 32 games split between OCN and Winnipeg this season, he



RECORD PHOTO BY LANA MEIER

The Steelers' Connor Barley led Selkirk with two goals after Selkirk skated to a 5-2 road win over the Swan Valley Stampede on Jan. 3.

has eight goals and eight assists.

Castellano was in his third season with Selkirk, scoring 14 goals while

producing 40 points in his MJHL career.

## Midget 'AA' Rebels looking to continue winning ways in new year

By Brian Bowman

The Lord Selkirk/Seven Oaks Rebels have a new coach and several different faces on this year's Midget "AA" hockey team. But there is one thing that is the same from last year's championship team.

The Rebels are winning games.

Lord Selkirk/Seven Oaks was 9-6-1-1 heading into their games last week against the Victorias and Marauders. At press time, the Rebels had 20 points to sit tied for third in the five-team league with the Rangers.

The Marauders (12-4) lead the league with 24 points, followed by the Canadians with 21.

"Things are going pretty good," said Rebels' head coach Kyle Wheeler last month. "We're (tied for third place) right now in a tight division (and) any team can beat anybody on any day."

This year's Rebels team has four first-year Midget "AA" players, according to Wheeler. They also have some guys that previously played high school hockey and a couple of players from last year's championship

team.

The Rebels also have several players from our local area. The team splits their home games between the Selkirk Rec Complex and Seven Oaks Arena.

"We have a good foundation and a good group of guys," Wheeler said. "Our team does a lot of things together (off the ice) without me organizing it. They've come together quickly and it's showing off in the record."

The Rebels are a physical team, said Wheeler, but one of their New Year's

resolutions will be to stay out of the penalty box.

"We want to take to it teams," he stressed. "But sometimes being a physical team can get you in penalty trouble. We need to settle down on that stuff in the new year and work on our penalty kill."

The Rebels will play the Canadians next Tuesday (7:50 p.m.) at Allard Arena and then will continue on the road with games against the Twins on Jan. 21 (4 p.m.) and the Rangers the following day (7:45 p.m.).

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# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Fishermen back to work after extensive holiday break

By Brian Bowman

The Selkirk Fishermen had a lot of time to shake off the extra calories consumed during the holiday break.

Selkirk had 17 days between games before the Fishermen hosted the Lunder Falcons this past Tuesday.

Selkirk ended 2017 with a hard-fought 3-1 home win over the St. Malo Warriors on Dec. 23.

Tied at 1-1 in the third, Griffin Steeves and Drayton Mendrun scored shorthanded goals for Selkirk. Mendrun's goal came with 1:45 left in regulation time.

After a scoreless first period, the Fishermen's Dawson Courchene opened the game's scoring midway in the second period. St. Malo's Dustin Wiebe then tied the score at 1-1 at 16:41 of the middle frame.

Austin DeBoer made 31 saves for the win. The KJHL rookie's numbers are fantastic this season as he improved his record to 9-1-1 with a 2.65 goals-

against average and .906 save percentage.

On Dec. 19, Selkirk was stopped 3-2 by the North Winnipeg Satellites.

Dylan Painchaud-Niemi scored both Selkirk goals while Mendrun had two assists. Both players had 29 points to lead the Fishermen at the holiday break.

Payton Boguski, Braden Sargent (on the power play) and Rustyn Lodon replied for North Winnipeg. Lodon's goal came with just 2:24 left in the third.

Riley Bannerman made 31 saves in the loss.

Selkirk, now 17-2-0-2 and with 37 points as of Tuesday afternoon, will play at St. Malo on Friday (8 p.m.).

The Fishermen will then have a tough test in a huge game against the Peguis Juniors on Sunday at the Selkirk Rec Complex.

Game time is 7:30 p.m.



RECORD PHOTO BY LANA MEIER

Fishermen captain Drayton Mendrun scored a shorthanded goal in Selkirk's 3-1 win against the St. Malo Warriors on Dec. 23.

## Dolphins excited to hit the water in the 2018

By Brian Bowman

A dolphin would not survive very long out of water.

But the Selkirk Dolphins' swim program has been surviving very well despite not having a home pool to train in for an extended period of time this season.

"Without a pool for three months, we've been doing great," said Dolphins' head coach Michelle Stamm with a laugh last Friday afternoon.

Without a home pool, the Dolphins did about nine hours of training in

the water over the course of the three months and the remainder was dry-land.

The pool at the Comp was shut down due to "mechanical failure" in August, said Stamm, forcing the local program to hit the water at the Pan Am and Bonivital pools.

Despite the adverse conditions, the Dolphins' 52 athletes have done very, very well at various meets this season.

"We've gone to competitions and the competitions that we have gone to, the (swimmers) have about 85 per-

cent personal best times," Stamm said. "The team has really congealed a lot."

The Dolphins are a younger group this season, said Stamm, with many of the older swimmers graduating or moving on.

"I have a huge group of the 10 to 13 year olds," Stamm noted. "And they have really connected and developed friendships outside of the water."

The Dolphins' main focus in the new year is the Manitoba Games, which will take place March 8-9 in Thompson. Stamm expects to take a group of 10 girls and 10 boys to the Games, representing the Sport Manitoba East region.

Selkirk will also be hosting a Dolphin Winter Chill Meet from Feb. 3-4 and then will participate at the provincials a couple of weeks later.

The next few weeks will be a busy – and very important – time for the Dolphins as they end their short course season.

"We're getting back in the pool (this past) Monday and we will be training full time," Stamm said. "They had a (good) break over Christmas, so we're going to hit the water hard and train hard right to the provincials."

Stamm is really looking forward to seeing some awesome results from her swimmers.

The Dolphins' head coach, meanwhile, wanted to mention that the club is currently short in numbers regarding their bronze developmental group.

"I think a lot of people were holding off on it just because we didn't have a pool to train in," she suggested. "We have space for another dozen kids, at least, in our lower level."

Parents can still register their child in a Dolphins' program as long as there is room, said Stamm. Stamm can be contacted via email at mstamm@shaw.ca for information on any of the club's programs.

**Next Home Game**  
**Sun. Jan. 14 7:30pm**  
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**Away Games**  
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 Fri., Jan. 12 - 8:00pm St. Malo Arena  
**vs Fisher River Hawks -**  
 Fri., Jan. 19 - 8:30pm Fisher River Arena  
**vs Lunder Falcons -**  
 Sun., Jan. 21 - 7:30pm Warren Arena




*Meet the Fishermen*  
**#11 Brady Thompson, Forward**

## Steelers have five players selected to play in SJHL/MJHL Showcase



Nathan Halvorsen



Carter Barley



Nico Labossiere

### Staff

The Selkirk Steelers will have five players represent the club at the SJHL/MJHL Showcase next week.

Carter Barley, Hayden Dola, Nolan Ferguson, Nico Labossiere and Nate Halvorsen will participate in the event.

The Showcase will feature the top 60 college-eligible players from each league as chosen by the coaches. The three teams from each league will consist of players aged 16 to 20.

One team will be comprised of players who are 18 and under while the other two teams are made up of players who are 19 and 20 years of age.

Each team in the event will play two games.

The Showcase games will take place Monday and Tuesday at the Co-operators Centre in Regina.

Monday start times for games are noon, 3 p.m. and 6 p.m. Tuesday games will begin at 10:30 a.m., 2:30 p.m. and 5 p.m.

"The MJHL is excited at this opportunity to work with the SJHL in this new event as it gives our players the chance to further showcase themselves in an elite environment to scouts and coaches from all levels," said Kevin Saurette, the Manitoba Junior Hockey League's director of operations.

All games will be broadcast live online through HockeyTV.



Nolan Ferguson



Hayden Dola

## Royals end 2017 with pair of WWHSHL victories

By Brian Bowman

The Selkirk Royals' girls' hockey team had a couple of very good reasons to celebrate the end of 2017.

Selkirk closed out its schedule before the holiday break with a pair of solid 4-1 wins.

The Royals defeated the Oak Park Raiders on Dec. 21 as Cienna Palmer led Selkirk with two goals and an assist.

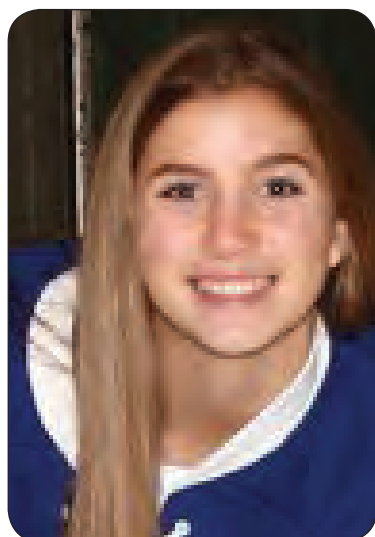
Cassidy Ilchena added a goal and an assist in the third period while Camryn Horbaty also scored in the final frame.

Jodi Clifton faced 23 shots for the win. The only shot to get past her was off the stick of Raina Guliani during a second period power play.

The following day, Selkirk hit the road for a three-goal win over the VMC Trojans at Century Arena.

Selkirk, once again, played a very strong third period, scoring three goals.

Jana King, Ilchena, and Palmer scored for Selkirk in the final frame while Anna



Cienna Palmer

Sternat scored the lone goal in the second period.

Ashley Hantscher tallied the Trojans' only goal with 26 seconds left in regulation time.

Clifton made 20 saves for the victory. She now has an 11-6 record with an impressive 2.50 goals-against average.

Palmer, meanwhile, finished

the game with three points and was later named the CTV Division player of the week.

Palmer has been very good this season, leading the Royals' in goals (14) and points (24). She was third in the division in points and fifth overall in the Winnipeg Women's High School Hockey League at the holiday break.

As of Monday afternoon, Selkirk was fourth in the CTV Division with 25 points, one point behind St. Mary's, Dakota and CJS.

The Royals resumed action on Wednesday against Miles Mac but no score was available at press time.

Selkirk will host Fort Richmond today at 4:15 p.m. in St. Andrews and then will play Sturgeon Heights next Tuesday (3:45 p.m.) at the Rec Complex.

The Royals will continue a busy stretch of games when they battle River East on Wednesday (3:30 p.m.) at Gateway Arena.

## Halvorsen named runner up for MJHL player of the week award

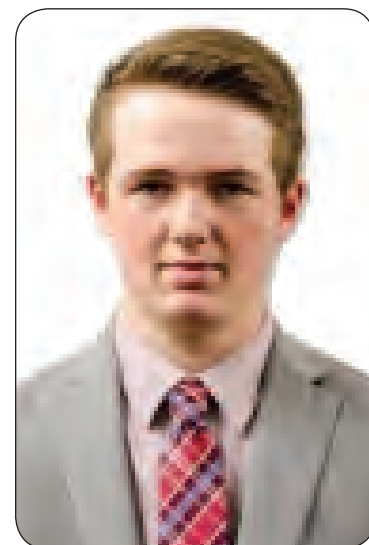
Staff

For the second time this season, Steinbach Pistons' captain Braden Purtill was named the winner of the Recycle Everywhere MJHL Player of the Week award for the period ending Jan. 1.

Purtill, 20, registered four points (two goals, two assists) in two wins over the Selkirk Steelers to end 2017.

As of Jan. 3, the 6-foot, 190-pound Winnipegger was second in the MJHL scoring race with 24 goals and 54 points in 37 games.

The runners up for the award were 19 year old Selkirk forward Nate Halvorsen and 18 year



Nathan Halvorsen

old Steinbach goaltender Matthew Radomsky.

Halvorsen scored twice in the Steelers' 3-2 road loss to Steinbach on Dec. 30.

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The Selkirk Record

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## NOTICE TO CREDITORS

IN THE MATTER OF THE ESTATE OF JOSEPH GERRARD ANDRE VERRIER, late of Libau, in the Province of Manitoba, deceased.

ALL claims against the above estate, duly verified by Statutory Declaration, must be filed with the undersigned at their offices at 407 Main St., Selkirk, MB, R1A 1T9, on or before the 1st day of February, 2018.

DATED at the City of Selkirk, in Manitoba, this 2nd day of January 2018.

PULLAN KAMMERLOCH FROHLINGER  
Selkirk Office – David Moore  
Solicitor for the Executors

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## ANNOUNCEMENT

### IN MEMORIAM



**Nadia Zook**  
January 8, 2008

Ten years have passed,  
Since we saw you last.  
Your presence is missed,  
Your memory we treasure;  
Loving you always,  
Forgetting you never.  
Dearer still as the years depart,  
You'll live forever in our hearts.

-Lovingly remembered by  
the Zook family

## ANNOUNCEMENT

### IN MEMORIAM



**Joan Pearl McLeod**  
January 19, 1939 – January 12, 2017

A year has passed since you were called away,  
Time still hasn't eased the pain.  
We miss you more that anyone will ever know,  
For you were our light, our rock,  
And our place we called home.  
We have faith that one day we will see you again  
When our journey here has come to its end.

-Love your family

## OBITUARY



**Harold Oliver Scramstad**  
March 20, 1927 – December 27, 2017

Peacefully, on Wednesday, December 27, 2017, at the Tudor House Personal Care Home, Harold Scramstad, aged 90 years of Selkirk, MB passed away.

He was predeceased by his wife Eleanor on June 11, 1999 as well as his parents Catherine and Elmer.

He leaves to cherish his memory his sons, Larry (Peggy), Les (Nadine), Doug (Heather) and Kenton; sister-in-law June Dunning as well as numerous grandchildren, great-grandchildren and great-great-grandchildren.

Special thanks to the Tudor House staff for all the care and compassion over the years.

In keeping with his wishes no funeral will be held, a private family service will be held at a later date. Condolences may be left at [www.gilbartfuneralhome.com](http://www.gilbartfuneralhome.com)

Gilbart Funeral Home, Selkirk  
in care of arrangements

Gilbart Funeral Home, Selkirk in care of arrangements.  
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## OBITUARY

### Maurice Stefanchuk



Maurice Stefanchuk, better known as "Gigi" and "Moe" passed away at 11:30 a.m. on January 1st, 2018 at the age of 86 at the Selkirk General Hospital of prostate cancer. He was comfortable and in good company with his wife of 61 years, Alice (nee Cherwaty), by his side.

Moe was born on October 7, 1931 to Dmytro and Annie Stefanchuk (nee Chubey) in Stuartburn, MB where he started his school years. He later attended school in Vita and Tolstoi before going to Winnipeg to attend Teachers College. His teaching career began in Alonsa, MB in 1952. Later, Moe became the Recreation Director in Selkirk where he made a strong and positive impact on the lives of many youth participating in sports.

Moe met his darling Alice during schooling in Tolstoi in 1949. They married on September 22, 1956 in the Plankey Plains Ukrainian Catholic Church. Together, they raised four children in Selkirk, Gillam, Steinbach and Lockport. Upon retirement, Moe and Alice returned to Selkirk where they enjoyed many happy years socializing with friends and spending precious time with grandchildren and great-grandchildren.

Moe was also an avid fisherman, outdoorsman, card player and gardener. He was a unique and unforgettable character, well known for his generous spirit and larger than life personality. He was a proud parent, grandparent and great-grandparent who leaves behind a legacy of kindness and love that we are all so grateful to reflect on. Moe was predeceased by his son Brent, mother Annie, father Dmytro, sister Mary, brothers Johnnie and Peter, sister-in-law Anne and nephew Bob. He will be profoundly missed by his beloved wife Alice, brother Walter (Pat), children Don (Cara), Ken (Lora), Donna and grandchildren Kerri (Kyle), Marly (Stefan), Jodi,

Vicky (Caleb), Halee, Brenlee and great-grandchildren Alicia and Liam as well as numerous extended family and close friends.

As per Moe's wishes no ceremony will be held.

"He was a huge part of my life, takes a huge place in my heart. Always has. I stack my wood right, garden rows are straight and appreciate the simple things in life because of our Gigi. May you rest in peace xxxoxo"

-With Love Always, Grandchild, Kerri Portree

## OBITUARY

### Roy C. Taylor (1923 – 2017)



On Tuesday, December 26, 2017 at the Selkirk Regional Health Centre, age 94 years, of Selkirk, MB, formerly of Petersfield/Netley, MB.

Survived by his wife of 69 years, Frances; sister Thelma Wawryk; sisters-in-law Irene, Rita and Liz Taylor; brother-in-law Gordon (Barb) Kizuik; sisters-in-law Mildred Kreamer and Murial Kizuik; son Larry (Sharon), daughter Norlene (Ed) MacLeod; grandchildren Shelly, Kevin, Kristin and Russell; great-grandchildren Hannah, Mackenzie, Mason, Kaylee, and Kevin; many nieces and nephews. Roy was predeceased by his parents Jack and Winnifred; brothers Tim, Harold, and Bill; sister Doris (Dave) Veitch; father and mother-in-law Nick and Vicky Kizuik; brothers-in-law Peter Wawryk, Tom, George (Lil), and Bill (Norma) Kizuik, and Lorne Kreamer.

Roy was born and raised in Netley, MB. He joined the Army in January 1943, assigned to the Sherbrooke Fusiliers (Tank) Regiment, C.A.C. Serving King and Country from Normandy through France, Belgium, Holland and Germany. Always proud of the fact they had the only tank "Bomb" that made it through the war from D-day to VE-day. Soon after the war he met Frances Kizuik and they married in 1948. He was instrumental in building and starting the 2-sheet Petersfield Curling Club in 1938 and the new 3-sheet rink in 1958. Roy worked as a farmer, the Abex steel foundry in Selkirk and drove fuel truck for Dave Veitch. In 1961, he purchased a dairy herd. After farming retirement Roy drove school bus for LSSD.

Keeping with Roy's wishes, cremation has taken place, and private service will be held. Interment of ashes will take place later.

Honorary pallbearers will be Roy's nephews, Ivan, Wade, Kerry, Dale, Perry, Brian, Brent, Brad, Mike Jeff and Derek.

In lieu of flowers, donations may be made in Roy's memory to St. Georges Wakefield Church, Box 219, Clandeboye, R0C0P0; or the Petersfield Curling Club, Box 455, Petersfield, R0C2L0.

Condolences may be left at [www.gilbartfuneralhome.com](http://www.gilbartfuneralhome.com)

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## OBITUARY

### Edward A Thomas

Edward passed away peacefully at the age of 62 at the Selkirk Regional Health Centre. Ed is survived by his father Douglas and stepmother Lila, sister January (Dave), and sister Darlene (Barry). Predeceased by his mother and his brother Chris.

A special thanks to the Emergency ward and number two medical ward at the Selkirk Regional Health Centre for their care and compassion through this short journey.

In lieu of flowers, donations may be made in Ed's memory to the CancerCare Manitoba Foundation. In compliance with Ed's wishes, cremation has taken place and no funeral service will be held with a graveside burial in the spring.

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## OBITUARY

### Stanley Lawrence Cook

February 28, 1921 – January 4, 2018

Stan passed away peacefully at the Selkirk Hospital. He was born to Jeff and Edith Cook in Riding Mountain, Manitoba, the second eldest of six children (Bill, Ben, Harold, Dorothy and Edith) and spent his childhood on the family farm. During WWII, he was very proud to serve with the RCAF as part of the Burma Bombers, flying out of the Cocos Islands in the Indian Ocean. On his return from the war, he met and married his loving wife of 70 years Dorothy Elizabeth Simpson on June 30, 1947.

Stan was a carpenter by trade, but finished his working career as a building inspector for the City of Winnipeg.

He was a avid outdoorsman and sportsman, particularly enjoying curling, golfing, fishing, hunting, sailing and skiing.

He loved to tell stories, some of them pretty tall ones, and his luck at crib was undeniable. He loved to spend time with family and friends. He cherished the time that he had with his grandchildren.

Stan is survived by his wife Dorothy; his son Ben (Susen); and his daughters Valerie (Dan) and Donna. He had six grandchildren, Jasmine, Silene (Sacha), Emily (Doug), David, Sophia, and Oliver. One of Stan's sisters, Edith Black, also survives him.

Stan's ever helpful and warm personality will be missed by his neighbors, friends and family. A celebration of his life will be held at a later date.



## OBITUARY

### Cheryl Lynn Moore (nee McKenzie)

In the early hours of Sunday, January 7, 2018, with her family at her side, Cheryl Lynn joined her mom and dad in a place where Cheryl is at rest.

Cheryl was born June 4, 1955 in Selkirk, MB to Kitty and Ian McKenzie. Cheryl was an airforce brat and moved about with her parents and siblings.

Cheryl was proud to be a nurse and graduated from Grace Hospital in 1975. Her new career took her to Dauphin where she met her soulmate James. Jim and Cheryl married November 12, 1976.

Jim and Cheryl moved to Selkirk and started their family, Jaclyn and Janelle. Cheryl worked at Betel Home, Dauphin Hospital, Selkirk Mental Health Centre, Selkirk General Hospital, Seven Oaks, Royal Hobart (Tasmania) and finally at Selkirk and District General Hospital. Due to poor health Cheryl had to leave nursing.

Cheryl is survived by her husband James; daughters Jaclyn (Jon) and Janelle; her siblings Kathy, David (Lori), Debbie (Darrell), Michael (Barb) and Cindy (Richard); father-in-law Robert and sister in-law Terry (Jim), plus many nieces and nephews. Cheryl was predeceased by her parents Ian and Kitty and mother-in-law Lillian.

Thank you to Dr. R. Lindenschmidt Sr. and the staff at Selkirk Regional Health Centre and Selkirk Home Care.

A come and go celebration of life will be held on Sunday, January 14, 2017 from 12:00 p.m. – 2:00 p.m. in the Gilbert Reception Centre. Additional parking at rear of building. A private family interment will follow.

Cheryl loved her flower garden. In lieu of flowers, plant a flower this spring in Cheryl's memory.

Condolences may be left at [www.gilbartfuneralhome.com](http://www.gilbartfuneralhome.com)



Gilbart Funeral Home,  
Selkirk in care of arrangements.



## OBITUARY

### Mary Kutzak (nee Malenko)

April 17, 1923 - January 2, 2018

Mary has left to reunite with the love of her life George, adored partner and husband of 67 happy years.

Loving mother of Bill Kutzak (Phyllis), Nancy Hutchinson, Norma McCrear (Frank); beloved Baba of Stacey and Kyle Kutzak; cherished sister of Olga, Verna, Betty (Cliff); treasured aunt to many nieces and nephews; and special to her friends.

Mary was predeceased by her parents Bill and Helen Malenko; sister Victoria and brothers John, Alex, Peter and Nick.

Mary was a generous, talented, energetic woman who loved to dance, sew, knit, garden, cook and bake; her biggest joy was to have a house full of family and friends enjoying food and each others company. Everyone was welcomed and no one ever left



her home hungry.

The family would like to express their appreciation and gratitude to the staff of Betel Home for their kindness and excellent care.

To fulfill our Mom's wishes, there will be no funeral service. The family private memorial will be held in the spring.

"Tears can heal, memories can comfort, love lives on forever."

If so desired, donations may be made in Mary's memory to Betel Home Foundation, 212 Manchester Avenue, Selkirk, MB R1A 0B6.

Condolences may be left at [www.gilbartfuneralhome.com](http://www.gilbartfuneralhome.com)

Gilbart Funeral Home,  
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## OBITUARY

### Helen Kolynchuk (née Hunka)

October 9, 1925 - January 7, 2018

Peacefully on January 7, 2018 Helen left this life to join her beloved husband John.

She will be sadly missed by her son Henry (Connie); grandchildren Jeff (Lindsay), Kristen (Clay), Ryan, Bradley and Janessa; great-grandchildren Carsten, Justice, Avery, Hudson and Lincoln. She is also survived by her sister Anne and sister-in-law Violet; as well as many relatives and friends. She was predeceased by her husband John; daughter Valerie; great-granddaughter Ainsley; sisters Mary and Barbara; step-brothers Bill, Peter, Paul and John; step-sisters Olga, Phyllis and Mary.

Helen was born and raised in Trentham, MB - daughter to Kyrilo and Anna Hunka. She grew up, found work in Winnipeg, married

and built a wonderful life with her family in the Kirkness area. They were members of St. Nicholas Ukrainian Greek Orthodox Church in Gonor.

Baba, as she was affectionately called by family and friends alike, treated everyone as her own. She made sure everyone was well fed and well loved. She was a busy farm wife and was very involved with the potato business. Yet she still managed to keep a beautiful yard with flowers and a huge vegetable garden. Dad was the perfect mate for her as he spent countless hours sitting on a bench at the mall waiting while she indulged in one of her favorite activities- shopping. She enjoyed traveling and always encouraged us to go. "Go while you are young". Her winters were spent using her talents for sewing and making enough of whatever crafts were the rage at the time so that no one ever left her house empty handed. Making peroshkie with her "secret" recipe was an art form and we all loved them. When the grandkids visited there wasn't just one dessert, but several more tucked away. Nothing was too much trouble. Many hours were spent with family playing cards and tile rummy. She lived at the Knight's Centre for 15 years. Very frequently she was up at 5 a.m. baking "goodies" to treat her friends later at morning coffee. She truly had a kind and generous spirit and was a fine example to those who knew her. She was the "puzzle queen" and it was her favorite past time in recent years.

Our family wishes to thank all those responsible for Mom continuing to live such a happy and fulfilling life - even for the last few of her 92 years. Namely, Dr. Speer, the Homecare nurses & aides who tended her while she lived alone at the Knights Centre- couldn't have done it without you. To all the Tudor House staff there are no words to say how we appreciated the kindness and caring you showed right to the end. A BIG thank you.

A funeral service will be held at 9:00 a.m. on Friday, January 12th at Gilbart Funeral Home, Selkirk, MB. Interment to follow at St. Nicholas Ukrainian Greek Orthodox Church, Gonor, MB.

If so desired donations may be made in Helen's memory to the charity of their choice.

Our Baba—sadly missed - greatly loved- forever remembered  
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