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The Selkirk Record

THURSDAY, JANUARY 12, 2017

VOLUME 8 EDITION 2

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Reeling in some big bucks

RECORD PHOTO BY DAVE BAXTER

Curtis Kalyta donned his fox fur hat to help keep him warm while ice fishing with his son Rylan, pictured left, and his daughter Laneya, pictured right, at the KidFish Ice Derby in Selkirk on Sunday afternoon. The St. Andrews residents were among the hundreds of fishers that helped raise just over \$39,000 for the Children's Hospital Foundation of Manitoba and the CancerCare Manitoba Foundation. For a story and more photos, see page 12.

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

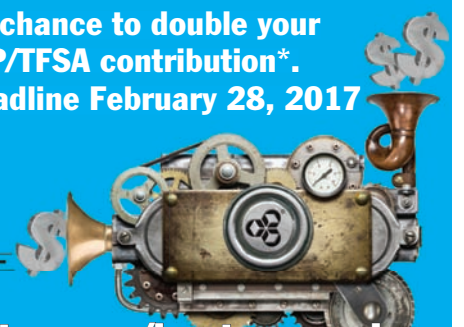
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Winter weather delays West St. Paul's water project

By Dave Baxter

West St. Paul's mayor says harsh winter weather has delayed the municipality's major water project, but they hope to have the second phase of the project completed by the end of this month.

West St. Paul is the latest municipality to join the Cartier Regional Water Cooperative, which already supplies potable water to seven other Manitoba municipalities.

The municipality said phase two of the project, which would see a water line run from Stony Mountain into West St. Paul, would be completed by late December or early January, in a release in early December.

Henley said last Friday the construction timeline on phase two has been

"WITH THE SNOW AND THE COLD THINGS JUST WENT A LITTLE SLOWER."

pushed back due to snow and cold this winter, but that phase is "about 90 per cent complete."

"With the snow and the cold things just went a little slower," Henley said.

Henley said the water line will be buried approximately nine feet into the ground, and they hope to be pressure testing the line by this spring.

Once the line has been tested, Hen-

ley said they hope to break ground on the third phase of the project, which will include the construction of a water reservoir and pumping station.

"And that phase has an expected completion date of late 2017 or early 2018," Henley said.

The water pipeline project will see more than 14



RECORD FILE PHOTO BY DAVE BAXTER

Pictured from left to right: St. Paul MLA Ron Schuler, Kildonan-St. Paul MP MaryAnn Mihychuk, West St. Paul Mayor Bruce Henley, Manitoba's Indigenous and Municipal Relations Minister Eileen Clarke, and Association of Manitoba Municipalities president Chris Goertzen stood by pipes that will be used to bring potable water to West St. Paul in this July 2016 photo. Henley says harsh winter weather has delayed the project but they hope to have the second phase of the project completed by the end of this month.

kilometres of pipeline run from where it connects to the Rockwood pipeline on Highway 7 at Prairie Green Road, to the West St. Paul reservoir and pump house, located at the West St. Paul Public Works yard on Kapelus Drive.

"The pipeline is designed for future expansion and will guarantee a sustainable supply of safe, treated water for years to come as the municipality

grows," the RM stated in a release.

The RM tendered the project in early 2016 and successful bidders were selected.

Construction of the pipeline began in August, 2016.

The RM said the \$4.5 million project is funded through the Canada/Manitoba Infrastructure - Small Communities Fund, and the Manitoba Water Services Board.

The federal government will contribute \$1.5 million to the project, while the province will also contribute \$1.5 million.

The RM will cover the remaining costs from a public/private partnership.

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A young woman with blonde hair, wearing a grey shirt and a brown fur-trimmed jacket, holds a black sign with a drawing of a flower and handwritten text. The text reads: "Stay strong through your pain grow flowers from it you have helped me grow flowers out of mine so bloom beautifully dangerously loudly bloom softly however you need just bloom. ~Rupi Kaur". The sign also features a drawing of a flower with orange and purple petals and green leaves.

Smith said the school's administration will soon be sending her a list of what kind of supplies are needed and she will then purchase the supplies and personally deliver them to the school.

www.packersfashion.ca

Travel Necessities



BIG DOLLAR

Take-home naloxone kits now available in Selkirk

Staff

Those at risk of an opioid overdose now have access to take-home naloxone kits and other supports in more than nine locations across Manitoba including Selkirk.

"Overdose is one of the leading causes of accidental death in Manitoba," Health, Seniors and Active Living Minister Kelvin Goertzen said in a release last Tuesday. "Making naloxone kits available across the province won't stop the opioids crisis, but it will save lives and help prevent overdoses."

The kits are now available free of charge in Selkirk at the Selkirk Public Health Office located at 202-237 Manitoba Ave. Monday to Friday from 8:30

a.m. to 4:30 p.m.

The kits are also available at five locations in Winnipeg, the Flin Flon Primary Health Care Centre, Gillam Hospital, Pine Falls: Nations First Pharmacy, The Pas Primary Health Care Centre and Thompson Public Health.

Individuals who request a take-home naloxone kit will receive training on overdose recognition and how to use the kit. They will also be able to access information on addiction and harm reduction services. For more information about where kits are available and other resources, visit streetconnections.ca.

In 2016, the Winnipeg Regional Health Authority launched a nalox-

one distribution program through Street Connections. Between January and December 2016, more than 245 kits were distributed and 31 overdoses were reversed as a direct result.

The purpose of a take-home-naloxone program is to get naloxone into the hands of people who are there during an opioid overdose, namely - people who use opioid drugs.

More than 100 people die from overdose every year in Manitoba, making overdose one of the leading causes of accidental death in the province, according to streetconnections.ca. Overdose is also the leading cause of death for people who inject drugs. Opioid drugs are especially dangerous because they can slow down or stop a

person's breathing.

Naloxone is a medication that reverses overdose caused by opioids. It does not work on overdose caused by other drugs. It can be given by paramedics and hospital staff, but these health care providers are usually not present during an overdose event.

However, Goertzen stressed that naloxone does not eliminate the risks associated with drug use.

Recently, schools in the province received electronic information packages offering general information on fentanyl and a guide for parents on how to talk to their children about drug and alcohol use.

Addictions foundation to host fentanyl forums across Manitoba

Submitted

With the growing concern about the presence of fentanyl in Manitoba, the Addictions Foundation of Manitoba (AFM) will be hosting a series of community forums across the province to increase awareness and provide information about the dangerous opioid and other drugs for youth and families.

"We know that parents and young people are looking for more information about the facts and dangers of fentanyl and other drugs," said AFM CEO Ben Fry. "That is why we have organized these community forums to give Manitobans more opportunities to get the information they need to know from the experts. Talking about drugs like fentanyl is the best way to

keep kids safe."

A community forum will be held in Selkirk at the Comp on Monday, March 6 from 7 p.m. to 9 p.m.

Community forums will also be held in Brandon on Jan. 12, Portage la Prairie on Jan. 16, Thompson on Jan. 19, Winnipeg on Feb. 8 and 9, and Steinbach on Feb. 16.

Everyone is welcome and the forums will be free to attend.

The forums will feature presentations by experts from the AFM, as well as from law enforcement, health care, and other community organizations.

"The RCMP is pleased that the Addictions Foundation of Manitoba is teaming with our local detachments to educate the public on the dangers

of drugs such as fentanyl," said Cpl. Scott Hanson, head of "D" Division's synthetic drug operations. "Prevention and education play key roles in reducing the risk."

For more information about AFM's community forums on fentanyl and other drugs, including dates and locations, visit afm.mb.ca

"We know that one of the best ways to combat the rise of fentanyl is to provide greater public awareness and education," said AFM medical director Dr. Ginette Poulin. "These forums are a great way to bring to-

gether experts who deal with the realities of fentanyl and other drugs on a daily basis, and answer questions that youth and families have about drugs and the supports that are available. I encourage everyone along with their families and friends to come out and join us as we gather in your communities to discuss and share in this opportunity."

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Evening of History to benefit Selkirk heritage fund

Submitted

It's time once again as the new year dawns to take part in an evening that celebrates Selkirk's history.

The Noventis Credit Union's Evening of History, A Fundraiser for the Selkirk Heritage Endowment Fund (SHEF), will be held at the Gwen Fox Gallery in the Selkirk Community Arts Centre on Thursday, Feb. 2 from 6 p.m. to 9 p.m.

The event will include a heritage presentation and displays, wine or beer, hors d'oeuvres, entertainment and an art auction. The Gwen Fox Gift Shop will also be open during the event.

David McInnes will be the evening's guest speaker. McInnes is the designer of the steamboat exhibit at the Marine Museum of Manitoba and he is developing interpretative exhibits for the passenger deck of the Keenora.

SHEF was established in 2012 by the City of Selkirk as a perpetual endowment fund that will support the ongoing operational costs of a new municipal heritage museum. Until such a museum is established, the fund will provide annual grants to the Marine Museum of Manitoba.

In 2015, the fund paid out its first grant of \$5,422 to the Marine Museum. The fund currently has a value of \$299,300.

The Selkirk and District Community Foundation manages SHEF and executive director Bev Clegg said the Evening of History has proven to be a hit.

"It's a great evening to celebrate heritage with others in the community. The event itself is a really nice time where people can get together, learn

a little bit about our city's past and enjoy good company," Clegg said. "And the proceeds go to the Selkirk Heritage Endowment Fund so you're having fun and supporting a good cause."

Selkirk CAO Duane Nicol, who was a City of Selkirk councillor in 2012 when SHEF was established, said it came about as a result of the city's 'Capturing Our Shared Heritage' vision paper that was adopted by council of the day. In addition to the city's annual contribution to the SHEF, the fund benefits from private donations.

"The vision behind the SHEF was to establish a solid base of operating funds before a new museum is created. Experience tells us, that while it is challenging to raise the dollars and collect the human resources to establish a museum, it is the on-going operational costs that prove to be the true barrier. This is a long-term project which is expected to take 10 to 15 years to complete, but in the end we will have an affordable and financially sustainable museum for our community," Nicol said.

Tickets for the fundraiser are available for \$25 or \$50 for a builder ticket. Each ticket entitles you to admission,

including entry into a draw for a door prize, two glasses of wine or two beer and hors d'oeuvres. Those who opt for the \$50 ticket make a greater contribution to the fund, get their name on the 'gold guest list' that will be displayed near the bar and they receive a \$25 tax receipt.

Tickets are available at the Selkirk Civic Centre, located at 200 Eaton Avenue and the Selkirk branch of Noventis Credit Union, the event's title sponsor.



SUBMITTED PHOTO

Pictured from left to right: City of Selkirk CAO Duane Nicol, Selkirk and District Community Foundation executive director Bev Clegg and Sylvia Magyar-Brambilla of Noventis Credit Union, are pleased to announce that tickets are now on sale for the Noventis Credit Union Evening of History on Feb. 2, which aims to raise funds for the Selkirk Heritage Endowment Fund.

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Dashing through the snow



RECORD PHOTO BY LINDSEY ENNS

A pair of snowmobilers make their way to Selkirk off Highway 59 while on a trail ride on a sunny afternoon on Dec. 30.

Former East Selkirk neighbours to release new children's book

By Lindsey Enns

Two women who lived next door to each other for nearly 20 years in East Selkirk are getting ready to release their second children's book.

"We were neighbours for years and we raised our kids out there," said Monika Hansen who now lives in Winnipeg. "So one day we just decided to do something together."

"That's our fun time actually."

Hansen and Diane Van Wart of East Selkirk published their first children's book, "Wilson, Do You See It?" in 2013. Van Wart wrote the book while Hansen did the illustrations.

Their second children's book, "Wilson, Do You Hear It?" will be launched at McNally Robinson Booksellers located inside Grant Park Shopping Centre in Winnipeg on Sunday, Jan. 15 at 2 p.m.

The book revolves around Little Hare who asks his good friend Wilson to help him identify the animals he saw in winter that live in his big backyard in the country.

This time he's describing the animal sounds he's hearing around him. Wilson makes the guessing game a little harder by giving Little Hare rhyming word clues.

These are the animals Van Wart and Hansen observed around their homes in East Selkirk.

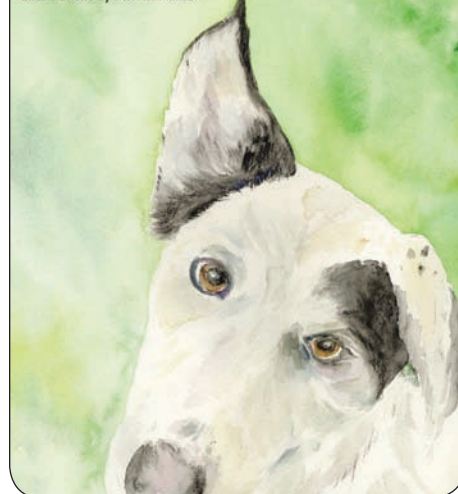
Van Wart, who is a retired Grade One teacher who taught within the Lord Selkirk School Division for many years, said her and Hansen "love working together."

The East Selkirk resident of nearly 40 years said both books were based on what they see and hear in their neighbourhood.

"The book is written for around ages four to six," she said, adding their latest book is 32 pages. "We're just look-

Wilson, Do You Hear It?

By Diane Van Wart
Illustrations by Monika Hansen



SUBMITTED PHOTO

"Wilson, Do You Hear It?" written by East Selkirk resident Diane Van Wart with illustrations by Monika Hansen of Winnipeg will be released during a book launch at McNally Robinson Booksellers in Winnipeg on Sunday, Jan. 15.

ing forward to launching this one."

Hansen, who discovered her love of painting at an early age, said it's always "exciting" to see her pieces in a published book.

"It's something different than having it canvas," Hansen said. "The first time when we opened up that book it was just overwhelming and then the second time too ... to kind of see it finished it's something."

"Wilson, Do You Hear It?" is currently available at the Forks Trading Company in Winnipeg.

Those looking to purchase a copy, can contact Diane Van Wart directly by calling 204-482-7718.

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DECEMBER'S TOP ACHIEVER

Bob Krychuk

Bob would like to take this opportunity to thank all of his friends and customers for stopping by in 2016. He is looking forward to seeing you all in 2017!

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City crews picking up Christmas trees for recycling this week



PHOTO COURTESY OF METRO NEWSPAPER SERVICE

City of Selkirk crews are picking up Christmas trees as part of regular garbage pick up until Friday, Jan. 13.

Staff

Now that the holiday season is officially over, City of Selkirk crews are busy picking up Christmas trees for recycling this week.

Crews will be picking up trees on your regular garbage day until Friday, Jan. 13.

The city asks that you please place your tree at curbside prior to 8 a.m.

Trees can also be dropped off at a designated site at the Curling Rink Parking Lot located at 381 Jemima St. on or before Friday, Jan. 13.

For more information, contact the City of Selkirk operations department by calling 204-785-4930.

Do you have a cool ice shack? We want to know about it

Staff

Ice fishing is a culture and a way of life in Selkirk and area.

Anglers take pride in customizing and equipping their shacks for comfort and making them a home away from home, which is why we want to get a better look at them.

As part of the *Selkirk Record's* first annual Coolest Ice Shack Contest, local ice fishers are being asked to submit interior and exterior photos of their ice shack with a short story telling us what makes your shack so unique and interesting. To qualify, the ice shack must be located on the Red River or Lake Winnipeg between Lockport and Grand Beach. Entries can be submitted via email to ads@selkirkrecord.ca.

As part of the contest for four weeks starting Thursday, Jan. 19 every week one shack will be named the Shack of the Week and the winner will be hand delivered a Tim Hortons gift pack by Arnie Weidl, the *Record's* weekly fishing columnist.

On Thursday, Feb. 16, all of the Shack of the Week winners will appear in the *Record* and will be automatically entered



RECORD PHOTO BY DAVE BAXTER

The *Selkirk Record* wants to find the coolest ice shack as part of the *Record's* first annual Coolest Ice Shack Contest.

to win a reader's choice award.

Readers will then have their chance to vote for their favourite ice shack. Votes can be submitted via email to ads@selkirkrecord.ca. Deadline to vote is Friday, Feb. 24.

The shack with the most votes will win a grand prize package including ice fishing gear donated by various local and area sponsors and will be named the Coolest Ice Shack.

For more information, contact the Selkirk Record office by calling 204-785-1618.

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



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

Your ice shack must be located between Lockport and Grand Beach.

Every week we will feature a "shack of the week" with the winner receiving a Tim Horton's Gift Pack.

Email your pictures to: ads@selkirkrecord.ca

Stay tuned for your chance to vote for your favourite shack.











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getfishing

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Baiting some fish with jellybeans

Hi folks.

Last week my instincts told me it was time to visit anglers on Gull Lake and Shoal Lake, which are known for great perch fishing. The grey, cool, breezy day seemed to have little affect on some folks at Gull Lake last Tuesday as they sat on overturned pails nursing baited lines in ice holes. Children played tag in the snow as I moved from one ice shack to another getting to know folks and in time met Alexander Embrechd with his son Robin from Steinbach.

Young Robin looked much like his father who was of average height, thin, strong in movement and expression with short brown hair, beard and mustache. They like everyone else on this amazing lake took great pleasure in showing me how many fine eating perch they had caught that morning. In the middle of last week I got onto the Red River ice off the "CIL" road by Selkirk.

Some ice anglers who love for this pastime, have brought their hard wall shacks to this river bend for decades. I watched old friends greet each other with friendly waves while setting up as I urged "old red" toward to a fairly new shack.

A young athletic looking chap emerged from his hut as I got out of my truck. He had just got there so while his shack was heating up our new fishing friend, Dakota Mayer from Winnipeg said, "let's jump into my truck, I've got a story."

He began, telling how he was summer boat fishing with a buddy on Macara Lake who had caught a huge jackfish. Bending over the side of the boat, he called to Dakota to come help with "them". The "them" didn't regis-



RECORD PHOTO BY ARNIE WEIDL
Stephanie, Guy Darrens' wife, with a pickerel she caught on Dauphin Lake.

ter with Dakota until he came alongside his buddy ready to tease him for not being able to handle and 3' jack by himself. He was stunned to see the gaping mouth of an even bigger musky tearing into the jack.

They tried to grab the musky, why, they're still not sure and once or twice they came close by grasping its slippery tail. Eventually their hands weakened as they fumbled over each other and the monster, freed, disappeared beneath the dark water.

We sat laughing over the story noticing the window in his shack had become clear which meant the shack was warm so he went in to fish and I went for lunch.

On the weekend I was close to that other terrific perch fishing spot, Shoal Lake north of Stonewall but never made it. I met a truck obviously returning from the 93N church jump-off

spot and waved it down. There wasn't another soul around so we stopped in the middle of the road to talk. I introduced myself to Darren Guy and Kerry Yanke of Poplar Point who revealed the only way to get onto Shoal here was with sleds. I judged Darren and Kerry to be in their 30s, both had brown hair under toques. Darren was heavier muscled while Kerry was thinner in body and face. Both had funny stories.

First, Darren got a kick out of telling me how when they first started fishing together, his wife Stephanie would walk beside their truck as he drove out onto ice for fear of being caught in the truck if it broke through. That was until she started catching fish. The next time out she was behind the wheel first telling Darren to get a move on. Then it was Kerry's turn.

His mood became soft as he told how a few years ago the two families including his very young daughter, Taylor, were ice fishing here and he noticed she was losing interest. He got an idea. He had Darren distract her then pulled up her line, put a jelly bean on the hook, dropped it in the water then shouted, "Taylor, I think you have a fish."

She rushed to her line pulling it up squealing in wide-eyed joy, "daddy I caught a jelly bean!"

"Yes honey you can catch jelly beans as well as fish," he lied with an innocent stare.

Back went her line into the water as fast as she could get it there. Holding her rod, she did a little dance in excited expectation but guilty dad couldn't bear his deception and came clean offering her the whole bag of candy. Loving Taylor forgave him. Bye for now.

View the Selkirk Record online at www.selkirkrecord.ca



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EDITORIAL

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TROUBLE WITH PAPER DELIVERY?

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Safety focus of new liquor service training program

Staff

The Liquor and Gaming Authority of Manitoba (LGA), and the Manitoba Tourism Education Council (MTEC) have teamed up to develop and launch a new mandatory training program for those who sell or serve liquor across the province.

The online program entitled Smart Choices officially launched on Jan. 2, replacing Serving It Safe and the Problem Gambling Assistance Program.

Smart Choices focuses on current laws, safety requirements, and responsible strategies when serving or selling liquor.

"The focus is safety," LGA executive director and CEO Rick Josephson stated in a release last week, adding that liquor servers and salespeople can protect themselves and their customers by understanding and following the law.

Smart Choices also features new elements to increase awareness about problem gambling, drink-spiking and sexual assault, and Canada's low-risk drinking guidelines. Manitoba is among the first provinces in Canada to incorporate these elements into re-



PHOTO COURTESY OF METRO NEWSPAPER SERVICE

Anyone who serves or sells alcohol in Manitoba is now required to take the Smart Choices course on responsible liquor service, which officially launched last week.

sponsible service training.

While responsible service training has been required for restaurants, lounges and other service establishments since the 1990s, the same standard now applies to liquor retailers, including managers, security and staff at beer vendors, Liquor Marts, liquor vendors and specialty wine stores.

"Requiring the same training for

all licensees creates a level playing field and results in standardized knowledge in the hospitality industry," Josephson said. "This approach also gives employees the flexibility to

move around the industry without the need for additional training."

Smart Choices certification will be valid for five years from the date a person completes the program. The LGA is also offering a five-year grace period to anyone who has already completed Serving It Safe or the former It's Good Business training program through MTEC.

"We see the new comprehensive Smart Choices program as an effective way to reach out to hospitality workers across the province," said Ben Fry, CEO of Addictions Foundation of Manitoba. "Our hope is this new training program will help to get support information into the hands of even more Manitobans who are struggling with alcohol and gambling."

The LGA consulted broadly with Manitobans, including hospitality industry representatives, as part of the development of Manitoba's new liquor laws in 2014. The LGA has communicated with all retail and service licensees about Smart Choices.

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Run to Quit aims to turn smokers into runners

By Lindsey Enns

If your New Year's resolution is to quit smoking, a program that combines quitting smoking with exercise may be worth a try.

The Canadian Cancer Society and the Running Room with funding from the Public Health Agency of Canada have partnered to launch Run to Quit, a 10-week program that combines running or walking sessions with coaching on how to quit tobacco for good.

Sharon Mulder, the Interlake regional representative for the Canadian Cancer Society's Manitoba division, says the program is for all fitness levels and a step-by-step approach makes it easy to quit smoking by becoming more active.

She added walking and running can help smokers cope with stress and cravings while cutting down and quitting smoking.

Mulder partnered with the Interlake-Eastern Regional Health Authority and the Gimli Recreation Centre to host two lunch and learn



PHOTO COURTESY OF METRO NEWSPAPER SERVICE

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sessions about the program in Gimli on Wednesday, Jan. 11 at the Gimli Community Health Centre. During the winter months, the Gimli High School will stay open a few evenings a

week so that those walking or running can do so indoors, she said.

Mulder said if any individuals, businesses or organizations are seeking more information about the program,

they are welcome to contact her directly via email at smulder@mb.cancer.ca or by calling 204-276-2664.

Run to Quit was launched as a pilot program last year and is currently being studied by researchers from the University of British Columbia for its potential as a chronic disease prevention program.

This year, when registered participants stay smoke-free and complete a five kilometre walk or run event they will be eligible to win a 2017 Honda Coupe LX or one of 13 cash prizes totalling \$16,000.

There are two ways participants can join Run to Quit. They can join a Run to Quit Training Program, which includes support from the Running Room in Winnipeg and quit smoking experts, or the Do it Yourself - Commit to Quit program, which includes resources and support from a National Quit Smoking Line. The deadline to register for the Run to Quit Training Program is Monday, Jan. 23. Another session will start up again in the spring. You must be over the age of 18.

Gov't task force to 'examine' health care wait times

Staff

Manitoba's PC government has established a Wait Time Reduction Task

Force that will "examine and address" health care wait times in the province.

In a statement released on Dec. 30,

the province said the Wait Times Reduction Task Force will be made up of two committees, and will examine

wait times for emergency care and also for priority procedures such as surgeries and diagnostic tests.

"We know there is much work to be done to address wait times in emergency departments, particularly in Winnipeg, as well as wait times for surgeries and diagnostic procedures," Health, Seniors and Active Living Minister Kelvin Goertzen said in a release. "These individuals bring a wealth of front-line expertise to help us look at different ways of working to make real changes across the system."

Dr. John Ross of Nova Scotia and Dr. Alecs Chochinov of Winnipeg will co-lead the emergency department wait times committee of the Wait Time Reduction Task Force.

Dr. Jack McPherson of Winnipeg and Dr. Michael Rachlis of Toronto will co-lead the priority procedures wait times committee, which will focus on waits for cataract surgery, hip and knee replacement surgeries, and MRI scans.

The committee members will include urban and rural physicians and nurses, and other health professionals.

During the 2016 provincial election, the PC government promised they would examine wait times for health care in the province, and would look to make changes to reduce those wait times if elected.

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Weigh options before using a payday lender, province warns

Submitted

The Consumer Protection Office of Manitoba Justice is encouraging people to be sure they understand all of their options before borrowing money.

After the holidays, consumers may consider taking out payday loans to cover extra costs or bills, and while these short-term loans are easy to obtain, they are typically one of the most expensive ways to borrow money.

Payday lenders can charge up to \$17 for every \$100 borrowed, which can work out to an annual interest rate of more than 500 per cent. This maximum rate can be charged regardless of the term of a payday loan and early repayment won't reduce the total amount owed.

Before using a payday lender, consumers should consider all of their options. They are encouraged to talk to a financial institution, such as a bank or credit union, about other solutions that may have much lower annual interest rates. Such loans and credit products come with early repayment options that can significantly reduce the amount of interest that has to be paid.

People thinking about using a payday lender should shop around and compare costs, as lenders may offer different interest rates. Payday lenders must disclose, in writing, all terms and conditions in a clear and understandable way before having a credit agreement signed.

Be extra cautious before using an online payday lender. Always check to ensure it is a licensed online payday lender as protections are not available if an illegal, unlicensed lender is used. All online payday lenders offering loans to Manitobans must have their license number and its expiry date posted on the introductory page of their website.

The Consumer Protection Office administers Manitoba's payday loan and high-cost credit product legislation. For more information about payday loans and high-cost credit products, visit gov.mb.ca/consumerinfo/initiatives/money-matters/payday-loan-regulations.html.

People who feel they could benefit from debt counselling can contact the Consumer Protection Office.



PHOTO COURTESY OF METRO NEWSPAPER SERVICE

After the holidays, consumers may consider taking out payday loans to cover extra costs or bills but they are typically one of the most expensive ways to borrow money, the Consumer Protection Office of Manitoba Justice warns.

WARNING!

Thin ice conditions on Cooks Creek and the Red River in East Selkirk

In accordance with its operating licence, Manitoba Hydro's Selkirk Generating Station may be operating on an intermittent basis throughout the winter season. This will result in thin ice conditions on Cooks Creek.

The area affected extends from the mouth of Cooks Creek at the Red River, upstream on Cooks Creek to the discharge pipe near the generating station. The second thin ice area is on the Red River, at the location of the pump house near the station.

Please exercise extreme caution in these areas.



The Selkirk Record

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KidFish reels in \$39K for children's hospital, CancerCare

By Dave Baxter

Garther Cheung was never concerned that bone-chilling temperatures might stop ice fishers from coming out to support a good cause last weekend in Selkirk.

"We can deal with cold, we're Canadians," said Cheung, one of the organizers behind the annual KidFish Ice Derby, while standing out on the ice in -25C weather last Sunday. "We're ice fishers, we're not worried about -25 or -30."

The third annual derby, which was held along the Red River at the Float Plane Base in Selkirk last Sunday, saw about 1,200 participants flood out onto the ice and cast their lines.

On Monday, organizers said 861 adults and 347 kids showed up to the derby and they raised \$39,055. Those funds will now be donated to both the Children's Hospital Foundation of Manitoba and the CancerCare Manitoba Foundation. A total of 1,208 tickets were sold for this year's event.

Last year through ticket sales, donations and sponsorships the tournament, brought in more than \$34,000 with \$15,233 going to the Children's Hospital Foundation of Manitoba, and \$14,500 going to the CancerCare Manitoba Foundation.

An additional \$2,000 also went to the CancerCare Manitoba Foundation specifically for their Guardian Angel Care Room program, which provides hairpieces for girls between the age of eight and 10.

Anyone driving past the Float Plane Base last Sunday would have noticed a sea of fishers, ice shacks and vehicles out on the ice.

Cheung said the weather may have been cold, but spirits were high during the derby, which ran from 10 a.m. until 2 p.m.

"It's amazing," Cheung said. "Even though it's really cold outside everyone's spirits are really, really high."

"We got lots of kids running around



RECORD PHOTOS BY DAVE BAXTER

ABOVE: Samuel Vandale of Winnipeg, pictured left, with KidFish ice derby organizer Garther Cheung, pictured right, shows off a fish he caught during the KidFish derby last Sunday in Selkirk. The event helped raised \$39,055 for the Children's Hospital Foundation of Manitoba and the CancerCare Manitoba Foundation. BELOW LEFT: Despite it being -25C with the wind chill last Sunday, Kody Mark of Winnipeg did his ice fishing right out on the ice during the KidFish Ice Derby. BELOW RIGHT: Winnipeg Goldeyes mascots Goldie and Goldette hung out with kids and adults and offered up a few hugs during the KidFish Ice Derby last Sunday.



and they are laughing and smiling. You can't complain."

Samuel Vandale of Winnipeg sat



with members of his family casting his line on Sunday. The 13-year-old said for him ice fishing is a chance to spend time with the people he loves.

"It's just so much fun," Vandale said. "I get to catch fish, but I also get to be with friends and family, so it gets us all together."

"It's nice and warm and calm in the shack so we can fish, but we can also just hang out and talk."

Vandale said the fishing was "a bit slow" on Sunday, but he and his family members managed to pull a few fish out of the water.

This year's KidFish Ice Derby also featured a food tent, prize giveaways throughout the day, a silent auction, and an appearance by Winnipeg Blue Bombers mascots Buzz and Boomer and Winnipeg Goldeyes mascots Goldie and Goldette.

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> YOUR FARM

Talking to CN about the future

By Harry Siemens

In this week's issue, my farm articles are top heavy on CN and how they are moving forward to be the handle of choice when it comes to moving grain in Western Canada.

I've done lots of interviews with key people in farming industry and, spanning a 45-year career, to get to a new level becomes even more difficult. I noticed something happening in the media where CN representatives kept appearing at various events, holding sessions with producers and seemingly telling it as it is.

Many years ago, I served on the Manitoba Farm Writers and Broadcasters Association with James Feeny, colleague in the business who moved to the position of director of Public Affairs for the CN.

Before Christmas 2016, I sent James a message asking to talk to someone in CN, hoping that at least he would speak to me on the record because in the past it was always like pulling teeth.

As it happens, he's retiring and sent me the name of the person now in charge, Kate Fenske and within days, Kate setup an interview with David Przednowek, director of grain marketing in Winnipeg, and Greg Hamilton,

corporate development manager in Montreal.

What happens when you get three people who now want to tell their whole message in one conference call? Yes, you guessed it, lots of great and new information and all pertinent to issues of moving grain from farmers' combines into place for the end user to process.

I appreciate the opportunity and the reason I've included so much of that interview in this week's issue because it is so vital to the well-being of our farmers in Western Canada.

Remember the 2013-2014 grain lack of movement debacle, when heavy snow and very cold weather caused a real backlog in grain movement leading to contract cancellations for farmers and a real genuine blame game that made the Trump- Clinton election rhetoric seem tame. Well, almost.

With new grain companies, the one that replaced the old CWB, G3 Canada Grain and others building new terminals loop tracks and even a terminal in Vancouver that will also use the loop track system, CN stepped up to the plate to make sure they wouldn't be the weakest link of the system.

There is another point and one myth that the CN representatives told me

that didn't get into the main articles, one has to do with winter time shipping and another myth.

"You hit wintertime and the terminals at Thunder Bay close and your cycle times get longer to the east coast direct than they are to Thunder Bay, says Przednowek. "When it starts to get cold, a magic number is -25 C thinking of safety first, that is when we start to shorten our trains, so we put our winter operating plan into place.

"We've also in terms of that capacity and shortening up the amount of time it takes to load a train, or to get a grain train moving in the winter time, couple of years ago we introduced a winter ready program. Customers who can invest in infrastructure at their elevator so that they can actually air up the train before the locomotive comes to pick up the cars, they get a credit with the CN. What that means is if a locomotive goes to that facility and that train is not aired up, that train has to sit there and get it aired up taking hours and hours. If the elevator does the airing up, boom the locomotive shows up and the train is ready to go. A good program a win-win for the shipper, for the CN, the supply chain, and the shipper can get a pay back quickly on their investment, cycle time is reduced, and we're creating capacity and supply chain by doing that."

Here is another myth question: what about when other commodities become

more expensive and they take up more of your entire system to haul, for example oil, how will that affect the grain deliveries?

David says even at peak in 2013-14 the height of challenges moving grain in the supply chain, crude oil shipments only represented a couple of percentage points of our overall bookings. Back in that market, it was busy for minerals, lumber, grain, everything there is to move and we have only so much network capacity

Przednowek says since then lots of new investments, we set record after record, after record and that is a sign to me and should be to others that is a railroad that wants to move grain.

"As we free up capacity that frees up for us to move everything on the railroad, we will keep pushing."

I put this information out there for two reasons. Firstly, to let people know when a company criticized in the past makes great changes and moves to make things better and right.

Secondly, CN talks a lot about accountability and here it is in writing my friends, we will be watching.

So far, the proof is in the pudding, they have a report on their website released every Friday that will show the movement figures, and commentary to explain. I'm looking forward to watching the grain farmers grow move to market on time.



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> MEAL IDEAS

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Bistro chicken pasta salad



This dish makes a great lunch or light dinner.

6 servings / 20 min

Prep 10 min / Cook 10 min

This dish makes a great lunch or light dinner that can be ready to go for hungry kids or spontaneous guests. You may want to double the recipe because it goes so fast.

Ingredients

1/3 cup (75 mL) balsamic vinegar

1 tbsp (15 mL) Dijon mustard

2 tsp (10 mL) canola oil

1 garlic clove, minced

2 cups (500 mL) whole wheat penne pasta, cooked

3 boneless, skinless chicken breasts, grilled or cooked, cut into cubes

1/4 cup (50 mL) grated or shaved Parmesan cheese

12 cherry tomatoes, sliced in half

1/2 small red onion, sliced in rings

1/4 tsp (1 mL) ground oregano

1/4 tsp (1 mL) freshly ground black pepper

1/2 cup (125 mL) freshly chopped basil

Directions

In small bowl, whisk together balsamic vinegar, Dijon mustard, canola oil and garlic. Set aside.

In large bowl, combine pasta, chicken, Parmesan, tomatoes, onion, oregano and pepper, tossing gently. Stir in balsamic mixture and basil, tossing gently again. Serve immediately or cover and refrigerate up to two days.

Pulled Pork Grilled Cheese



Servings: 6

Sandwiches:

3 pounds pork shoulder

Barbecue Sauce (recipe below)

4 tablespoons Borden Butter

1 loaf (1 pound) sourdough bread, sliced

16 slices Borden Cheese Singles

Sensations Extra Sharp Cheddar

Barbecue Sauce:

2 tablespoons Borden Butter

1 medium yellow onion, diced

1 jalapeno, diced (optional)

1 cup ketchup

1/2 cup brown sugar

liquid smoke, to taste

To make sandwiches: Heat smoker to 210 F.

Smoke pork shoulder 3-5 hours, until internal temperature reaches 150 F. Remove and wrap in aluminum foil. Refrigerate overnight.

Remove excess fat from pork. Using

two forks, shred remaining meat into large bowl. Mix in Barbecue Sauce.

In skillet or griddle, brown two slices of buttered sourdough bread over medium heat.

Place slice of cheese on each piece of bread. Top with one-eighth of pulled pork mixture, second slice of cheese and another slice of buttered bread.

Turn sandwich over when bottom slice has browned and brown other side.

Tip: Use prepared pork shoulder in place of smoking pork.

To make Barbecue Sauce: In medium skillet, melt butter over medium heat. Saute onions until soft; stir in jalapenos, ketchup, sugar and liquid smoke. Bring to boil then reduce heat to medium-low and simmer 1 hour, or until sauce has thickened to desired consistency.

Tips: To make sweeter sauce, add more sugar. To make spicier, add more jalapenos.

Baked Spaghetti



Cook time: 35 minutes

Servings: 6

Nonstick spray

1 package (16 ounces) spaghetti

1 tablespoon butter

1 cup chopped onion

1 cup chopped green pepper

1 pound ground beef

1 can (28 ounces) tomatoes with liquid, cut up

1 can (4 ounces) mushrooms, drained

1 can (2 1/4 ounces) sliced ripe olives, drained

2 teaspoons dried oregano

2 cups Borden Cheese Mild Cheddar

Shreds

1 can (10 3/4 ounces) condensed cream of mushroom soup

1/2 cup water

1/4 cup grated Parmesan cheese

Heat oven to 350 F.

Spray 9-by-13-inch baking dish with nonstick spray. Cook spaghetti according to package directions.

In large, nonstick skillet, heat butter over medium-high heat until hot.

Saute onion and pepper until tender. Add ground beef and cook until beef has browned; drain.

Stir in tomatoes, mushrooms, olives and oregano. Bring to boil and reduce heat to medium. Simmer 10 minutes.

Place half of spaghetti in prepared baking dish. Top with half of vegetable-meat mixture. Sprinkle with half of cheddar cheese. Repeat layers.

Combine soup with water; pour over casserole. Sprinkle with Parmesan cheese.

Bake uncovered 30-35 minutes, or until thoroughly heated.

Easy Quinoa Mac and Cheese



Cook time: 55 minutes

Servings: 4

Nonstick spray

2 teaspoons olive oil

1 tablespoon minced onion

1 clove garlic, minced

1 cup quinoa, rinsed and drained

2 1/2 cups water

2 large eggs

1 cup non-fat milk

1 cup Borden Cheese Sharp Cheddar

Shreds, divided

chopped tomato (optional)

green onion (optional)

Heat oven to 350 F and spray 8-by-8-inch baking dish with nonstick spray.

In medium skillet, heat oil over medium heat until hot. Add onion and garlic, and saute 1 minute, or until onion is tender.

Add quinoa and cook, stirring, until golden brown and toasted, 2-3 minutes. Add water, bring to boil, reduce heat to medium-low and simmer, covered, until water has been absorbed, about 10 minutes. Remove from heat.

In large bowl, whisk together eggs and milk. Stir quinoa into egg mixture and whisk in 1/2 cup cheese. Spread in prepared baking dish and sprinkle with remaining cheese.

Bake 30 minutes.

Garnish with chopped tomato and green onion, if desired. Serve immediately.

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INSIDE > OUTSIDE > UPSIDE DOWN

Surging Steelers slide into second place in MJHL standings

By Brian Bowman

The Selkirk Steelers' home-winning streak is now at 15 games.

The Steelers erased a 2-1 third-period deficit with three unanswered goals in a 4-2 comeback win over the Virden Oil Capitals last Saturday evening at the Selkirk Rec Complex.

"I don't think we started the way that every team wants to start but there are going to be games where you don't play your best all of the time," said Steelers' head coach Dustin Hughes after the game.

"But I didn't feel we had a bad start, per se. It was a good team that we were playing and they have a dangerous power play."

Shannon McFadden scored the game-winning goal for Selkirk at 17:50 of the third period, assisted by Brady Castellano and Braden Lozinski. Castellano did a great job taking the puck wide – and using his speed – to create the scoring opportunity.

Lozinski then sealed the win with an empty-net goal with 25 seconds left in the game.

Steelers' defenceman Ryan Gardiner had tied the score at 2-2 with his fourth goal of the season on the power play early in the third. Ezra Hall and Nathan Halvorsen picked up assists on the goal.

But Selkirk's home-win streak appeared to be in jeopardy.

Virden's Carter Cowlthorp opened the game scoring's with a power-play goal at 12:15 of the first period and then the visitors went up two goals as Tyler Kirkup tallied midway in the second.

Hall gave the Steelers some life, however, as he struck on the power play with a huge goal at 19:34 of the middle frame, assisted by Liam Kroeker and Mark Wilson.

Landon Poiron looked like a poised veteran in goal, making 19 saves for his first MJHL win.

"I thought it was a really good for (Landon) to get in the game," Hughes said. "He's a young goalie and I thought he was really good tonight...he did his job and was a big part of the win."

Knocking off Neepawa

Last Friday, the Steelers defeated the Neepawa Natives 4-3 in overtime in Selkirk.



RECORD PHOTO BY BRETT MITCHELL

The Selkirk Steelers' Liam Kroeker puts pressure on Virden Oil Capitals' captain Mack Hardy during MJHL action Saturday at the Rec Complex. The red-hot Steelers won the game 4-2, scoring three unanswered third-period goals.

Steelers' forward Connor Barley scored the game winner just 51 seconds into OT, assisted by Taylor Fisher and Gardiner.

Selkirk bolted out of the gate, taking a 3-0 first-period lead on a Halvorsen goal and a pair late in the frame by Ryan Pruden. Hall assisted on all three of those goals while Halvorsen had a pair of helpers in the opening frame.

But Neepawa's Ashton Anderson cut into that lead, however, at 12:47 of the second period and then Justin Metcalf and Arborg's Griffin Chwaliboga tallied in the third to tie the score at 3-3.

Selkirk outshot Neepawa 32-14 as Hayden Dola earned his 19th win of the season.

Crazy comeback in Wayway

On Jan. 3, the Steelers battled back from a 4-0 defi-

cit late in the second period to defeat the Wayway-seecappo Wolverines 6-5.

Gardiner scored twice while Connor Barley added a goal and three assists. Carter Barley, Fisher, and Halvorsen also scored for Selkirk. Kroeker had three assists.

Dola came on in relief after the first period to post the win.

Selkirk, now 27-10-2 and in sole possession of second place, hosted the OCN Blizzard this past Tuesday evening but no score was available at press time. The Steelers will then play three games in three nights this weekend.

Selkirk will be in Virden Friday, host the Oil Capitals Saturday, and then battle the Neepawa Natives here Sunday. The Steelers have a busy January with 13 games scheduled.



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Selkirk whips up goal-scoring storm against OCN

By Brian Bowman

Goal scoring was a problem for the Selkirk Fishermen in a 4-1 road loss to the Warriors in St. Malo last Friday.

But it sure wasn't a concern on Sunday after the Fishermen whipped the visiting OCN Storm 16-5 at the Selkirk Rec Complex.

"We just couldn't get any puck luck on Friday," complained Fishermen head coach Chris Poponick. "We had two breakaways in the first 10 minutes of the game and we didn't capitalize on those. If the bounces were going, they certainly weren't going in our direction but it wasn't for a lack of opportunities, put it that way."

The outcome was never in doubt, though, against OCN as Selkirk scored seven first-period goals on 19 shots in the comfortable 11-goal victory.

"They were short-staffed and had a few guys missing," Poponick noted. "But I think the Friday (game) kind of fired the boys up because we came out Friday playing fantastic in the first period but couldn't get any bounces."

"But then we sat back in the second and came up with some injuries and penalty trouble in the second and third."

Dylan Painchaud-Niemi and Milan Horanski both had great offen-

sive games for the Fishermen against OCN. Painchaud-Niemi scored four times and added an assist while Horanski netted a hat trick to go along with two assists.

Griffin Steeves and Drayton Mendrun each had a goal and three assists while Gordie Longbottom, Auzzie Loewen, Sean Loutit, Coel Forsyth, Dawson Courchene, Talon Kelly and Dane Derewianchuk also scored for the winners.

Selkirk's Connor Spratt finished the game with six assists.

Mitchell Tilley (two), Aavory Wilkie, Broady Personius, and Brandon Sinclair-Martin replied for OCN. Travis Schalk made 26 saves for the win.

Against St. Malo, Kyle Fortin scored to give the home side a 1-0 first-period lead and then St. Malo went up 2-0 as Riley Hunter tallied a shorthanded goal in the second.

Jared Hunter made it 3-0 midway in the third before Horanski made things interesting with a goal with 4:29 remaining.

Hunter then added his second goal of the period into an empty net with just two seconds left on the clock.

Selkirk was 0-for-5 on the power play while St. Malo was 0-for-7. The Warriors outshot the Fishermen 35-30.

The Fishermen, now 17-7 and in sec-



RECORD PHOTO BY BRETT MITCHELL

Selkirk Fishermen forward Griffin Steeves attempts to drive to the net with the puck against the OCN Storm during KJHL action Sunday at the Selkirk Rec Complex. Steeves, a Warren product, had a goal and three assists in Selkirk's 16-5 victory.

ond place in the South Division standings with 34 points, will play three straight games on the road, beginning Friday when they travel to Arborg to battle the Ice Dawgs.

Selkirk will then be in Lundar next Wednesday and in St. Malo for a key matchup on Jan. 27. The Fishermen and the Warriors will hook up three more times during the regular season.

Dola named MJHL Goalie of the Month



Hayden Dola

Staff

The Selkirk Steelers' Hayden Dola was selected as the MGEU-MJHL Goaltender of the Month, the league announced last week.

Dola, 19, posted an impressive 7-1 record in December, highlighted by one shutout and a sparkling .926 save

percentage. He was twice named a game star last month.

Dola, a Winnipeg Beach native, had 18 wins heading into last weekend's games. The runners up for the monthly award were Roman Bengert of the Steinbach Pistons and Cole Weaver of the Winkler Flyers.

Meanwhile, the RBC Player of the Month honour went to the Portage Terriers' Jeremy Leipsic. Leipsic, 19, was selected after he recorded 19 points (five goals, 14 assists) in nine games.

The Winnipeg product had seven multiple-point games, highlighted by being named a game star on two occasions. He also leads all MJHL scorers with 64 points through 35 games.

The runners were forward Dexter Kuczek of the Winnipeg Blues and forward Kirklan Lycar of the Virden Oil Capitals.

IBAM-MJHL Rookie of the Month

Brendan Martin, 19, of the Way-

wayseecappo Wolverines has been outstanding this season and his December was exceptionally strong, reflected in 12 points in nine games.

The power forward from Thunder Bay is third in club scoring with 11 goals and 27 points in 31 games.

The runners up were Winkler's Weaver and Virden Oil Capitals' defenceman Tristen Cross.

**Sher-Wood-MJHL
Defenceman of the Month**

The Pistons' Tyler Anderson was solid on the blueline in December, earning him Sher-Wood-MJHL Defenceman of the Month honours.

Anderson, 19, recorded 10 points (three goals, seven assists) in seven games played. In two of those games, the Winnipeg product was named a game star.

The runners up for the award were the Steelers' Taylor Fisher and the Flyers' Lawson McDonald.

**Manitoba Pork
Peak Performer of the Month**

Steinbach's Julien Koga has been named December's Pork Peak Performer of the Month.

Koga, 19, is in his third season with the Pistons and is enrolled at the University of Manitoba. He aspires to be a doctor and is always looking to give back to the community.

Koga is dedicated to helping children and is making a positive impact with a local cancer patient, four-year-old Isaiah Peters.

Peters has battled cancer for three years and, in October, he was the special guest of the Pistons at their 'Pink in the Rink' game where he met Koga.

The pair spends time together reading, talking and playing mini sticks each week. Koga was also involved in packing and delivering food hampers to needy families prior to Christmas and is a recent recipient of the RBC 'Make 150 Count' program to promote volunteering.

Volunteers needed for 2017 Canada Summer Games

By Brian Bowman

An estimated 4,000 athletes, 500 officials, and more than 20,000 visitors are expected to converge on Manitoba in late July to mid-August for the 2017 Canada Summer Games.

But several other thousands of people are also expected – volunteers.

The 2017 Canada Summer Games is hoping to recruit 6,000 volunteers to assist in various capacities at events in Winnipeg, Gimli and Kenora.

“Communities grow through helping each other realize their dreams,” said Sachit Mehra, a volunteer spokesperson for the 2017 Canada Summer Games, on the event’s website “The Games represent so many dreams and so many long hours for our athletes here in Winnipeg and across Canada.

“By volunteering, we can share our expertise, our knowledge and our time and help those here in our hometown really shine.”

While Winnipeg will host most of the sporting events, sailing competitions will be held in Gimli.

“We have put the call out for volunteers and have opened a recruiting centre in Winnipeg,” noted Amanda

Lefley, who is volunteering on the communications committee for the Games, in an email. “But there is still a strong need for volunteers in Gimli for the sailing event.”

The 2017 Canada Summer Games will feature 16 sports, over 250 events, and a major cultural festival. The Canada Games are our country’s largest multi-sport event for young athletes and, in 2017, will celebrate their 50th anniversary and Canada’s 150th birthday.

Winnipeg is the second Manitoba city to host a summer edition of the Canada Games after Brandon held the Summer Games in 1997.

The athletes that will converge on our community are Canada’s next generation of national, international and Olympic champions. Some of the best sports stars to ever come out of Canada gave us their first glimpses of success at the Canada Games, including Susan Auch, Sidney Crosby, Cindy Klassen, Catriona Le May Doan, Steve Nash, and Sami-Jo Small.

Those interested in volunteering for the 2017 Canada Summer Games can visit the event’s informative website at 2017canadagames.ca.

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Halvorsen named Recycle Everywhere MJHL Player of the Week

Staff

Selkirk Steelers' forward Nathan Halvorsen was named this week's Recycle Everywhere MJHL Player of the Week, the league announced Monday afternoon.

Halvorsen, 18, scored two goals and added three assists in three games played last week. The 6-foot-3, 210-pound Winnipeg product is currently third on the Steelers in goals scored (12) and tied for fifth in points (24) in 35 games.

The runners up for the weekly award were 19-year-old forward Mackenzie Graham of the Steinbach Pistons and 19-year-old forward Ashton Anderson of the Neepawa Natives.



Nathan Halvorsen

Next Home Games



Peguis Juniors

Sun., Jan. 29th 2:30 pm

at the Selkirk Rec Centre



Meet the Fishermen

#11 Coel Forsyth
Forward



Manitoba Hockey Standings

MANITOBA JUNIOR HOCKEY LEAGUE							GP	W	L	OTL	PTS	GF	GA	Pembina Valley	31	19	11	0	39	118	87								
Steinbach Pistons	37	31	5	1	63	158	73	Thrashers	27	17	7	1	37	124	63	Eastman	30	14	13	2	31	101	94						
Selkirk Steelers	39	27	10	2	56	138	114	Kenora	30	12	14	0	28	93	131	Southwest	29	13	15	1	27	88	118						
Winkler Flyers	38	27	10	1	55	140	91	Parkland	29	9	17	1	21	87	143	Interlake	28	7	18	0	17	75	131						
Portage Terriers	38	25	12	1	51	162	123	Norman	30	5	24	0	11	74	192	AAA CITY MIDGET HOCKEY LEAGUE							GP	W	L	OTL	PTS	GF	GA
OCN Blizzard	39	24	12	3	51	122	103	Winnipeg Monarchs	25	22	3	0	44	152	73	Winnipeg Sharks	23	16	7	0	32	105	76						
Winnipeg Blues	38	19	14	5	43	137	121	Winnipeg Warriors	21	11	8	1	24	97	91	Winnipeg Hawks	23	8	11	2	20	88	99						
Virden Oil Capitals	41	18	17	6	42	111	126	Eastman Selects	21	5	13	1	13	68	91	Interlake Lightning	21	3	18	0	6	54	134						
Swan Valley Stampede	37	13	21	3	29	102	144	AAA BANTAM HOCKEY LEAGUE							GP	W	L	OTL	PTS	GF	GA								
Dauphin Kings	38	10	23	5	25	88	140	Winnipeg Monarchs	22	18	4	0	36	132	31	Winnipeg Hawks	21	14	4	1	31	134	59						
Neepawa Natives	36	10	22	4	24	97	145	Winnipeg Warriors	24	13	9	1	28	95	74	Eastman Selects	21	12	9	0	24	102	74						
Waywayseecappo Wolverines	37	5	28	4	14	100	175	Winnipeg Sharks	23	9	12	1	20	58	83	Winnipeg Hawks	21	1	19	1	3	57	168						
KEYSTONE HOCKEY LEAGUE																													
Central Division							GP	W	L	OTL	PTS	GF	GA																
Arborg Ice Dawgs	23	16	7	0	32	146	84								WINNIPEG WOMEN'S HIGH SCHOOL HOCKEY LEAGUE														
Peguis Juniors	23	15	8	0	30	170	123								CTV Division														
Fisher River Hawks	21	8	13	0	16	124	162								GP	W	L	OTL	PTS	GF	GA								
South Division							GP	W	L	OTL	PTS	GF	GA	Shaftesbury Titans	15	9	2	1	24	49	25								
St. Malo Warriors	22	17	4	1	35	164	84								St. Mary's Flames	16	10	4	0	23	51	37							
Selkirk Fishermen	24	17	7	0	34	145	48								Vincent Massey Trojans	15	8	4	0	20	36	25							
Lundar Falcons	21	8	12	1	17	95	109								Selkirk Royals	15	7	5	1	19	40	35							
North Winnipeg Satellites	21	7	13	1	15	80	110								Dakota Lancers	17	7	8	0	18	56	49							
North Division							GP	W	L	OTL	PTS	GF	GA	Jeanne Sauve Olympiens	15	6	6	2	16	27	30								
OCN Storm	20	13	7	0	26	170	130								Oak Park Raiders	17	3	13	0	7	31	63							
Cross Lake Islanders	21	8	12	1	17	105	124								Westwood Warriors	14	2	10	1	6	29	55							
Norway House North Stars	24	1	23	0	2	60	285								*STATS AS OF TUESDAY, JANUARY 10														
MANITOBA MAJOR JUNIOR HOCKEY LEAGUE																													
HOCKEY LEAGUE							GP	W	L	OTL	PTS	GF	GA																
Pembina Valley Twisters	27	18	5	4	40	117	78																						
St. James Canucks	29	19	9	1	39	106	92																						
Stonewall Jets	26	19	7	0	38	125	81																						
Charleswood Hawks	26	16	5	5	37	88	67																						
Raiders Jr. Hockey Club	28	16	10	2	34	122	80																						
St. Vital Victorias	29	13	12	4	30	107	116																						
Ft. Garry/Ft. Rouge Twins	29	12	14	3	27	103	119																						
Transcona Railer Express	30	13	16	1	27	104	119																						
St. Boniface Riels	29	11	14	4	26	97	117																						
River East Royal Knights	29	4	25	0	8	72	172																						
AAA MIDGET HOCKEY LEAGUE							GP	W	L	OTL	PTS	GF	GA																
Wild	29	22	4	0	47	154	59																						
Yellowhead	30	18	4	2	44	132	91																						
Brandon	29	20	7	1	42	123	83																						
Central Plains	32	20	11	1	41	131	108																						

*STATS AS OF TUESDAY, JANUARY 10

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

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!

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!

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

Sudoku Answer

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

Crossword Answer

X CROSSWORD

CLUES ACROSS

- Short tributary of the Seille
- Where you sleep
- Crinkle
- Regions
- United States
- Icelandic poetry books
- Transferred property
- Electrocardiography
- From here
- Hunting or observation expedition
- Used to make cabins
- Containers
- Famed patriot
- Makes less intense
- Forced to take refuge
- Campaigner
- Special security team
- Egyptian city
- The Muse of lyric and hymns
- What newlyweds just said
- Pain
- Norwegian village
- Produced on paper
- Acceptance
- Semite
- Detective Ventura
- Martens
- Small mammal related to rabbits
- Airsick
- Itinerant
- Has spotted
- Garland
- Search engine
- Former Knick and Bull Curry
- Student selected components
- Norwegian island

CLUES DOWN

- Fathers

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
				39	40	41		42	43			
			44	45				46				
							48					
49						50			51		52	53
56						57			58			
59						60				61		
62						63					64	

- Region
- The Great Barrier
- Father
- Civil War general Don Carlos
- Bodyguards
- Knives
- Member of U.S. Navy
- English prince
- Expression
- Giants great Willie
- Curving
- Actress Keaton
- Deploy
- Medicine that treats animals
- We all have it
- Greek goddess of the dawn
- Kevin Smith film "Chasing
- City in India

- Went jogging
- What thespians do
- One and only
- Largest English dictionary (abbr.)
- Obstructs from a course
- Prophets
- Prefix meaning on or above
- Got up
- Drenched
- N.Y. State capital
- Sampled
- Tending to an end
- Architectural recess
- Undergarments
- Ethnic group in China
- Reactive structure
- Greek portico

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Red River Planning District

The Red River Planning District (RRPD), comprised of the RM of East St. Paul, RM of West St Paul, RM of St. Clements, RM of St. Andrews, City of Selkirk and the Village of Dunnottar, is accepting applications for the full time position of Development Officer/ Building Inspector.

Under the supervision and direction of the Manager of Development Services, the Development Officer requires sound knowledge in the administration of the Manitoba Building and Plumbing Code, and Zoning and Building by-laws. This position provides ongoing professional building code information to the general public and performs the duties responsible in examining drawings, issuing permits, performing inspections and maintaining reports on building inspections.

PREFERRED QUALIFICATIONS:

- Practical experience working with development regulations (e.g. building code, plumbing code, zoning by-law).
- Successful completion of Part 9 and/or Part 3 Manitoba Building Code, and related, courses preferred.
- Familiar working with computers and office related software (such as MS Word, MS Excel etc.), and other office related equipment (fax, copier etc.).
- Proven ability providing clear communication, both verbal and written.
- Ability to assess situations and exercise sound judgment.
- Ability to exercise courtesy, tact and sound judgement in discussion of land use and development matters with developers, consultants, the representatives of other levels of government, Planning District staff and members of the general public.
- Ability to work efficiently and with frequent interruptions.

Interested candidates should submit a cover letter and detailed resume, including three references, marked **Development Officer Position** no later than **4:00 P.M. Friday, January 27, 2017.**

Jennifer Ferguson, Executive Director
Red River Planning District, 806-A Manitoba Ave., Selkirk, MB R1A 2H4
Fax: (204) 482-3799
Email: jennifer@rrpd.ca

Thank you to all who apply, however, only those candidates selected for interviews will be contacted.



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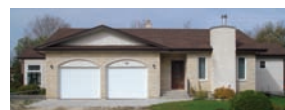
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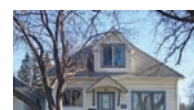
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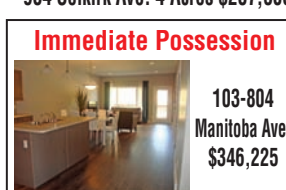
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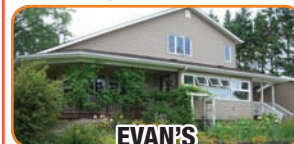


EVAN'S
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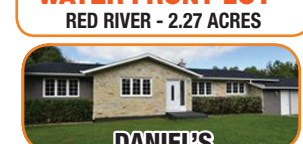
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ANNOUNCEMENT

CARDS OF THANKS

A heartfelt thank you to all those who provided excellent care and quick efficient service for me during my recent health problem. Special thanks to the paramedics, the emergency team at Selkirk General, the surgical doctors and nurses at the St. Boniface Hospital, the doctors and nurses at Selkirk, the health care workers, the staff, the pharmacist, and all my friends and neighbours whose visits contributed to my speedy recovery.

-Jim Brolund and Julie Stangl

ANNOUNCEMENT

CARDS OF THANKS

Thank you for all your amazing support and friendship for all these years. The times we have spent together, the social interaction and trust we have developed has enriched my life and has made my career as, Your Barber, "Awesome". You have made my life and I thank you. I am sorry it has to end, but due to health issues, I must now retire.

-Love and miss you all,
Barber Glenn

P.S. The B.S. was also wonderful.
Have a coffee!

ANNOUNCEMENT

CARDS OF THANKS

The Begg family would like to sincerely thank: The staff at the Betel Home (Selkirk) who befriended Mom (Estelle) and treated her with kindness and respect; all the staff at the Selkirk & District General Hospital who took excellent care of Mom and provided kindness and compassion; Archdeacon Mawejje for his compassion, support and kindness to our family during this very sad, difficult time, as well as, Mom's touching memorial service on December 23, 2016; Brackendale Luncheon Specialties for the delicious lunch and excellent service; Gilbert Funeral Home in Selkirk for their excellent service and compassionate understanding and all our family and friends who took time to share with us, Mom's Celebration of Life service. As well, family and friends who could not attend but extended their sincere condolences.

ANNOUNCEMENT

IN MEMORIAM

Philip Stolar

December 1, 1921 – January 6, 2014

Remembering you is easy, Dad,
It happens every day;
Missing you is something,
That never goes away.
Loved and missed more than words can say.
-From your daughter and son-in-law
Sally and Gord

ANNOUNCEMENT

IN MEMORIAM



Marilyn Gwendolyn Bedard

April 12, 1954 – December 20, 2015

In loving memory of our dear Daughter,
Mother, Grandmother, Great Grandmother,
Aunt and Sister

God saw you getting tired,
When a cure was not to be;
He closed His arms around you,
And whispered come with Me.
In tears we saw you sinking,
We watched you fading away;
Our hearts were broken,
You fought so hard to stay.
But when we saw you sleeping,
So peacefully free from pain,
We could not wish you back,
To suffer all that pain again.
So keep your arms around her Lord,
And give her special care;
Make up for all she suffered,
And all that was unfair.
Forever in our hearts and loving you always.

-Loved and missed by,

mother Beatrice Bedard, daughter Cherlynn,
Kevin and daughter Lesley and son Daniel
Scramstad,
your sisters; Marie, (Bootem), Linda (Robert),
June, (John),
brother Paul and friend Ellissa,
all your grandchildren, great grandchildren
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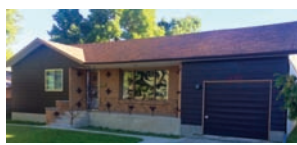


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OBITUARY



Herman Van Der Hart

On Sunday, December 25, 2016, age 70, Herman Van Der Hart passed away peacefully at home after a courageous, hard fought battle with lung cancer.

Herman was predeceased by his parents, Barteld and Janna; his sister Engelina and brother Cornelis. Left to mourn his passing are his beloved wife Carol; brothers Bert, Archie (Anne); his daughter Robin (Jason) and son Jason (Evelyn) and grandchildren Michael, David, Emma, Nicholas, Sam, Melissa and Adam as well as his beautiful stepchildren Melanie (Chris), Kelly (Scott), BJ (Katlyn) and grandchildren Brendan, Destin, Shantal and great grandson Russell; his niece Tessa and nephew Jessie; his good friend Howard and many other family and friends.

The family would like to thank all the medical staff involved in his care such as Cancer Care in Winnipeg, the Chemotherapy staff in Selkirk and especially the Palliative Home Care staff for their compassion.

In keeping with his wishes, there will be no formal service and cremation has taken place. A celebration of Herman's life may be held sometime this summer with family and friends.

Those we love don't go away,
They walk beside us every day...
Unseen, unheard, but always near,
Still loved and missed and very dear.

OBITUARY

Donna Mary Fey (nee Smith)

Peacefully, after a brief illness, Donna Fey, aged 83 years, of St. Andrews, MB, passed away in her sleep.

Donna was born in Selkirk, MB and resided in the area her whole life.

The eldest of four children, Donna was predeceased by her parents, Donald and Sylvia; brothers George and Gordon; sister Shirley and grandson Craig. Donna was also predeceased by her husband of 60 years, Eugene, who she dearly missed.

Donna leaves to mourn her passing, sons, Larry (Karen), Roy (Sandra) and daughter Noreen (Bill); grandchildren Calvin (Cheryl), Christopher (Monica), Tyler (Jessica), Kyle (Stephanie), Monica and Gina; great-grandchildren, Clara, Maxwell and Damon, as well as many family and friends.

As per Donna's wishes, cremation has taken place, with interment to follow at a later date.

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



OBITUARY



Helene Frieda Wanag (nee Peters)

Helene passed away on December 11, 2016 at the Betel Home in Selkirk at the age of 100.

Helene was predeceased by her husband, Arthur; siblings, Evelyn and Ralph; and son in-law Ralph Smolinski.

She will be missed by daughters Peggy Smolinski and Patti Kenny (Eugène); grandchildren Donna Smolinski-Mandziuk, Tammy Belanger (Robert), Emily Kenny and Marielle Ziegler (Frank); and great-grandchildren Andrew, Kristin, Jordan, Lise, and Rielle.

Mom was born and raised in Libau, Manitoba, and farmed there with dad until retiring to Selkirk in 1989. She loved and maintained the farm and garden, raised a family, and donated her time to the local community club and school. Although

the farm was busy, friends and family were always welcomed into their home where there was spirited conversation, exceptional baking, and a game of cards. Mom's wit, selflessness, and strength remained with her until the end. She was and always will be an inspiration to those who knew her.

A memorial service will be held at the Good Shepherd Lutheran Church, 106 Sawchuk Drive, just south of Selkirk, MB off Hwy #9 on Saturday, January 14, 2017 at 11:00 a.m.

In lieu of flowers, donations in Helene's name can be made to Betel Home Foundation, 212 Manchester Ave, Selkirk MB, R1A 0B6 or Paved Pals Animal Rescue, 511 Robinson Ave, Selkirk, MB, R1A 1E5.

The family is very grateful to the staff of Betel Home for their care.

Gilbart Funeral Home, Selkirk in care of arrangements.
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OBITUARY

Florence Winifred Lippoway

It is with great sadness that we announce the passing of Florence on December 11th 2016.

She will be lovingly remembered by her son David (Fran) children Buddy (Diana), Brandy, Bob and Caty; son Monty (Lisa) children Allison (Paul) and Matthew; and daughter Liza (Dan) children Taylor (Tim) Tanner and her great-grandchildren.

Cremation has taken place and a service celebrating her life will be held Thursday, January 19th at 7:00 p.m. at the Stonewall United church, 369 1st Ave N, Stonewall MB.

In lieu of flowers, in Florence's memory donations may be made directly to the Stonewall United church.



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



OBITUARY

Robert (Bob) Senkow

November 4, 1952 - January 4, 2017

It is with profound sadness that we announce the passing of Bob; he was in his shop doing what he loved best - working on one of his John Deere tractors.

Bob was predeceased by his parents William (Bill) and Muriel, brother-in-law Lawrence, brother-in-law Jim and great niece Aisha. Bob is survived by his wife, Sandra; sisters, Eileen Morran of Flin Flon and Deann (Jeff) Lane of Selkirk; brothers, David (Barb) of Regina, Donald (Tammy) of St. Andrews and Fred (Shelley) of Seven Sisters; sister-in-law Dorothy (Douglas) Olafson of Gimli, James (Della) Beattie of St. Andrews and Dennis (Patti) of Selkirk. Bob was proud of each and every one of his nieces and nephews; always happy to see how well they are doing: Jennifer (Omar), Matt (Christine), Krista (Don), Don (Emily), Greg (Michelle), Mike,



Gareth (Hannah), Devon (Karen), Donica (Joi), Heather (Alan), Bobby (Christina), and Hillary. Bob is the "greatest" uncle to Colton, Eva, Sigg, Snorri, Alexa, Niko and Zara.

Bob was born November 4, 1952 in Selkirk, MB and has always called the area home. He started his career early on by "trucking" around town delivering the Winnipeg Tribune and the Star Weekly. He graduated from Selkirk Collegiate and moved to Grand Rapids to help with the family business. He became the agent for Gardewine in the early 1970's. He pounded up and down the highways for many years working for various companies - Atomic Transport, Swan River/The Pas Transfer with lots of gravel hauling and a few trips over the winter roads. He traded in his wheels for a desk and started as dispatcher with CN Route Canada and then into sales with Kingsway and Motorways. He became terminal manager with Porter Trucking and although he sat at the same desk for the past 25 years, he worked for several different companies concluding with TST Overland at the time of his passing. Bob was very active in the trucking industry in Manitoba. He was a long-time member of the Manitoba Trucking Association and served a term as President. Bob had many other passions to which he gave his all. He was very involved with his brothers in their love of drag racing and attended all the races. In the early days, he brought the 'lunch' bucket, a little old travel trailer. He decided to restore a car and eventually completed ground up restoration on a couple of Mustangs which became his pride and joy and afforded many hours of pleasure with 'car show friends'. And of course, there was his love of cooking...smoking things to be exact. He read everything he could get his hands on about techniques, flavours and the perfect pairings. He loved showing off his creations on Facebook and left many out there drooling! His cooking buddies will miss Monday mornings when he took some samples to be shared. He developed his love of landscaping from his Uncle Ed and the family; he took a piece of prairie and turned it into a beautiful home and yard. He planted at least 2200 trees and painstakingly watered them with buckets of water until they were established; a great example of his perseverance! Bob touched many people in many different areas of his life and loved the times he spent with them. From having a plan come together at work, to having his own in-house auto body man, to comparing notes on the John Deeres with the neighbour, Bob held everyone he knew in their own special place in his heart. There are no words or expressions that can describe the grief and sorrow that we as his family and friends are feeling right now. May you rest in peace- we love you.

We would like to thank the St. Andrews Fire Department, First Responders and the Selkirk RCMP for their assistance.

Funeral Service with reception to follow held on January 11, 2017 at 2:00 p.m. at Glen Eden Funeral Home, 4477 Main St., West St. Paul, MB.

In lieu of flowers, donations to the Heart and Stroke Foundation would be greatly appreciated. Family and friends may sign a Book of Condolence at www.glenedenmemorial.ca

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