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Snow sculptures turning heads

RECORD PHOTO BY DAVE BAXTER

Majid Kermani stands next to his latest creation, a snow sculpture of Venus De Milo, in his front yard along Strathnaver Avenue in Selkirk. The snow sculpture is one of many Kermani has made so far this winter that has caught the community's eye. For a story, see page 10.

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West St. Paul council celebrates 100th anniversary

By Dave Baxter

Arthur Christensen is grateful that the current West St. Paul council is putting so much effort into celebrating the past.

Christensen, who served as West St. Paul reeve during the 1960's and is coming up on his 100th birthday, was one of many people at a special meeting of council last Monday celebrating the 100th anniversary of West St. Paul, and the very first West St. Paul council meeting that happened on Jan. 4, 1915.

The meeting was the first of many millennial celebrations planned for West St. Paul this year.

"I am very proud of what they are doing, and they are doing a good job too," Christensen said. "And our current mayor is a real history buff, so he's the perfect guy to do this."

Christensen, who still lives in West St. Paul, believes the past should be celebrated because the community has changed and evolved so much since he was reeve.



ABOVE LEFT: West St. Paul councillors Cheryl Christian and Detlef Hindemith, Mayor Bruce Henley, and Coun. Peter Campbell helped mark West St. Paul city council's 100th anniversary last Tuesday. ABOVE RIGHT: Arthur Christensen, 99, who served as West St. Paul's reeve during the 1960's and his daughter Diane look on while West St. Paul council marked their 100th anniversary last Tuesday.

"Boy things have changed quite a bit," he said. "So many things have happened."

The special meeting was just one of a long list of things the municipality has planned to celebrate the millennial anniversary and a number of former West St. Paul politicians as well as prominent community members were in the building last Monday to help celebrate.

Mayor Bruce Henley spoke about the work and dedication people have put into the RM over the years.

"Everyone in this room that served as an elected official, that served as a hockey coach or a soccer coach, a firefighter or EMS responder, we are just grate-

ful for the service you have provided this community, and that's the fabric of why we have such a strong community," Henley said.

- The meeting included West St. Paul council accepting and signing a proclamation stating that in February of 1915 West St. Paul put itself on record as being in favour of the division of the RM of St. Paul into West St. Paul and East St. Paul.
- The proclamation also stated that Jan. 4, 2016 marked the 100th anniversary of the very first West St. Paul meeting of council.
- Henley spoke extensively at the meeting about the history of the community and named the original members of council and he spoke about the changes that have taken place over 100 years.
- West St. Paul council has approved the following events and projects to help celebrate the municipality's 100th birthday throughout 2016. The list includes:
- A banquet on April 21 at the Sunova Centre
 - A joint project with West St. Paul School related to 100 years of history within the community
 - Canada Day Celebrations at the Sunova Centre
 - Dedication of Willis Road Park

as the West St. Paul Centennial Park with a time capsule prepared with West St. Paul School

- Preparation of a commemorative plaque naming all past and present elected officials who served on West St. Paul's Council
- Digitizing the 1880 to 1980 history book, *The Changing Scene*, as a permanent record
- Preparing a 2017 calendar with historic photos from West St. Paul's past

"Our population in 1916 was 80 residents and we had 555 non-resident land owners," Henley said. "Today our population is close to 5,000 people."

He also noted the very first meeting of council took place in a small schoolhouse in West St. Paul.

Henley also spoke about the fact that women were not allowed to vote in provincial elections in Manitoba until 1916, and today one West St. Paul Coun., the mayor of East St. Paul and the MP for Kildonan-St. Paul are all women.

"So you can see that the women are a force to be reckoned with," Henley said.

Henley ended the meeting by reading off a long list of events and projects that will happen in West St. Paul in 2016 to celebrate the 100th birthday.


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Tiger Dam purchases unjustified, ombudsman rules

Civil servants raised alarm bells over \$5M untendered purchase plan

By Austin Grabish

Manitoba's ombudsman has ruled an attempt by the province to purchase \$5 million in untendered flood-fighting equipment was not justified.

But Steve Ashton, the minister who made the order despite concerns from civil servants who raised alarm bells over the matter, will stay in provincial cabinet, at least for now.

The 36-page report released by Manitoba Ombudsman Charlene Paquin last Thursday raises a number of questions over Ashton's attempt to have the province purchase \$5 million worth of flood tubes for five flood-prone Interlake First Nations in 2014.

Paquin said Manitoba Infrastructure and Transportation "lacked sufficient justification" when it attempted to purchase the equipment branded as Tiger Dams without a tendered contract.

Her investigation found the department didn't conduct sufficient research that would justify the purchase of Tiger Dams, which are distributed in Manitoba by Peter Ginakes, a long-time Ashton campaign supporter.

"Some public servants believed that the \$5 million would have been better spent on a range of equipment," Paquin's report states.

But because the purchase attempt was stopped by the provincial Treasury Board and eventually went to tender Paquin found no legislation was violated.

"Ultimately, this case is a cautionary tale; a reminder that the civil service and elected officials need to work to-

gether for the common goal of providing fair, accountable service to the public," she said.

Ashton said in light of the ombudsman's report, he would do things differently, but he said the request to have Tiger Dams purchased came directly from the First Nations who were to get the equipment.

"I certainly make no apologies for the fact that we dealt with good faith with First Nations that were chronically flooded," he said. "They were the ones that put forward that they wanted this type of equipment."

Paquin's report says civil servants "immediately" questioned an invoice for the equipment that was sent by the Interlake Reserves Tribal Council to the province.

But despite this, department staff were ordered to go ahead with the

"ULTIMATELY, THIS CASE IS A CAUTIONARY TALE."



RECORD FILE PHOTO BY AUSTIN GRABISH

Manitoba's ombudsman has ruled an attempt by the province to purchase untendered flood-fighting equipment was not justified. But Steve Ashton, the minister who made the order despite concerns from civil servants who raised alarm bells over the matter, pictured above, will stay in provincial cabinet.

purchase.

"This was done with complete disregard to the advice of senior civil servants who were fulfilling their duty to provide expert advice and do what is right for all Manitobans," said Opposition house leader Kelvin Goertzen.

Goertzen and the opposition Tories want Ashton removed from cabinet, but Premier Greg Selinger said that won't be happening as the minister has "received a lesson."

A federal investigation into the matter remains ongoing.




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Red ribbons help honour missing, murdered women

Area woman brings movement to Selkirk

By Dave Baxter

Brenda Massey still remembers the day she got the harrowing news that one of her best friends had been murdered.

"I remember my aunt brought the newspaper over and it had a big picture of my friend, and I was sitting there and just didn't even believe that it was real," Massey said. "It was just total shock. It was really hard."

Massey, who lives just outside of Selkirk, said her best friend Kim was murdered in Winnipeg in 1998. Kim is one of the more than 1,000 indigenous women that have been murdered or gone missing in Canada over the last few decades.

Every time Massey hears another story of a women going missing or being murdered it takes her back to the day she found out her friend was gone.

"It's always there with me," Massey said. "But I also do what I can to keep her memory alive.

"I still take care of her grave, and I take part in marches to honour missing and murdered women."

In mid December Massey saw a story on the news about Rhonda Head from the Opaskwayak Cree Nation, who along with some friends put red ribbons on a bridge in their commu-



RECORD PHOTO BY AUSTIN GRABISH
Red ribbons attached to the Selkirk Bridge are to serve as a reminder of the hundreds of missing and murdered indigenous women across Canada, an area woman says.

nity to honour missing and murdered women.

The story inspired Massey to go out and put red ribbons on the Selkirk Bridge.

"We were watching the news and

I said to my husband, 'we should do that on the Selkirk Bridge.' So I got some ribbons and we did it the next morning."

The ribbons can now be seen tied up on both sides of the bridge that

connects Selkirk to East Selkirk and Massey wants everyone who drives across to understand the scope of how many indigenous women have gone missing or been murdered in Canada.

"People need to remember how many people are missing, and remember there are friends and families of these people that desperately want to find them or find answers," Massey said.

There was an arrest in the case of the murder of Massey's friend, but she said she knows many people who have lost loved ones go their whole lives without getting answers or the opportunity for closure.

Rhonda Head who started the Red Ribbon Awareness Campaign along with some of her friends in the Opaskwayak Cree Nation said they put up the red ribbons and posted a picture on Facebook, but the idea has grown into something more than she ever expected.

"We put the ribbons up on the bridge here and after posting the picture we found out that communities all over Canada have been doing the same thing," Head said. "We didn't do this for the attention, but it is so gratifying to know that people have taken this idea and are continuing it all over Canada, and in Selkirk.

"The more awareness we can all create for missing and murdered women is so important."

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Frigid temps fail to keep fishers off the ice

By Dave Baxter

The windchill may have plummeted to a frigid -36C on Sunday, but there was nowhere else Bob Glass would have rather been than out on the ice.

The 56-year-old who lives in Balmoral was one of many people ice fishing on the Red River near Selkirk last Sunday and he chose to sit right outside, despite the frigid temperatures.

Glass believes there is something that pulls a certain kind of person down onto the ice no matter how cold it gets.

"There's a certain breed of people that love to get out fishing, and the thrill of the catch is definitely a big part of it," Glass said.

Not knowing if it'll be a good day for pulling in fish always makes it interesting, Glass said.

"That one time you go out and catch your limit in an hour is the hopeful expectation, but other times you only catch one or two."

Pulling in the big fish is a thrill, but Glass said a big part of why he likes to get out on the ice is because it gets him outdoors during the long and cold Manitoba winter.

"Ice fishing is just a great way to get away and get outside," Glass said. "It's just awesome."

"Without questions a lot of it is to get outside and get fresh air."

With all the technology available to people these days one might think the sport of ice fishing could die off, but Glass said he sees the opposite.

"No, it's growing," he said. "Every year there are more and more people out here."

"And this area attracts a lot of people



RECORD PHOTOS BY DAVE BAXTER

LEFT: Rob Glass shows the only pickerel he had caught so far on Sunday afternoon along the Red River in Selkirk. He said he still hoped to pull in some bigger fish before the day was done. RIGHT: Steve Allen cooks up some walleye he caught on Sunday in his camping trailer that he converted into an ice fishing shack. BELOW: Seth Allen was fishing near Selkirk in his family's customized ice fishing camper on Sunday.

from other provinces and from America. A lot of people come to try and catch that big walleye."

With ice fishing, one of the most important things is to stay comfortable, Glass said

"You watch the weather and you watch the wind," he said. "You gotta be prepared. It's no fun if you're not comfortable."

Richelle Allen and her husband Steve, son Seth and uncle Brian have found a way to stay comfortable while out ice fishing by converting an old camping trailer into their "ice fishing

palace" complete with heat, four ice fishing holes, a fireplace and an element for cooking what they

catch.

"My husband and I are disabled so instead of staying at home we spend a lot of time in here and we make it as comfortable as possible," Richelle said. "We do it as a family thing."

"It's far better than sitting at home." Richelle also says the thrill of the catch is exciting and the family was cooking up walleye they had just caught on Sunday.

"There is nothing better than fresh fish, and we've been frying it up this morning."

Richelle said her and her husband typically get out on the ice at least five days a week.

"We just come out and enjoy the day. We fish and we enjoy a nice lunch. We just love it."



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Mild weather postpones KidFish Ice Derby

Event now set for Jan. 24 in Selkirk

By Dave Baxter

Unseasonably mild winter weather has once again delayed an annual ice fishing derby in Selkirk that raises money for sick children.

The KidFish Ice Derby, which will raise funds for the Children's Hospital Foundation and Cancer Care Manitoba Foundation, was originally scheduled for late December, but was pushed back to Jan. 10 because warm winter temperatures meant the ice was in no condition to hold a derby.

That mild weather stuck around in the first week of January, so the derby

has now been moved to Jan. 24.

"Overall being a family-friendly event, it's piece of mind to reschedule," derby organizer Garther Cheung said. "I know people have been out fishing since December, but when you confine 800 people to one area that is going to generate a lot of water coming up.

"It was strongly recommended by the fire marshall to reschedule."

The ice situation would also make it inconvenient to park because people could not park on the river, Cheung said.

Cheung said he can't see a situation where the Jan. 24 derby would end up being postponed.

"Colder weather is supposed to be coming in, so if I were a betting man I would guarantee it will go on the 24th," Cheung said.

Cheung said he knows a derby likely could have been pulled off on Jan. 10, but said it is simply not worth risking anyone's safety and the safety of the many kids who take part in the derby.

The rescheduled KidFish Ice Derby is scheduled for Jan. 24 in Selkirk at the Float Plane Base.

There will be top 10 prizes that can

be won by all ages, as well as top 5 prizes for kids 16 and under.

People who pull in the biggest fish will go home with prizes, but the derby's organizers make sure most kids leave with a prize even if they don't win a top five prize.

Gates are set to open at 8 a.m. with the tournament running from 10 a.m. until 2 p.m.

Tickets are still available, and for more information on the derby or how to get tickets go to the KidFish Ice Derby Facebook page, or call Garther Cheung at 204-291-8628.

Selkirk man faces multiple charges after air chase

Staff

A Selkirk man who wasn't supposed to be driving is facing charges following a traffic stop on Sunday.

At approximately 10:50 p.m. officers observed a suspicious vehicle and occupant while in the area of Brazier Street and Trent Avenue.

As a result, officers conducted a traffic stop on Henderson Highway near Neil Avenue involving a grey Chevrolet Cavalier. As the officer exited his cruiser and approached the rear of the suspect vehicle, the driver sped off at a high rate of speed northbound on Henderson Highway, according to a Winnipeg Police Service release.

Members of the Flight Operations Unit (Air1) were requested at which time the suspect vehicle was now travelling northbound in the southbound lanes of Highway 59. The suspect was observed to be travelling in excess of 160 kilometres.

Air1 pursued the vehicle while coordinating and directing officers on the ground. As a result, the suspect was safely taken into custody near Oasis Road and Highway 59.

Byron Wayne Frost, 29, of Selkirk has been charged with flight while pursued by peace officer, failure to comply with a probation order and driving while disqualified for his alleged involvement.

The WPS say he was remanded into custody.

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Crowd shows support for ACL home

Stonewall council approves conditional use for Rossmere Crescent home

By Jennifer McFee

Home sweet home. A house on Rossmere Crescent will soon become the new abode for three Community Living Interlake clients, who will live together with 24-hour supports and supervision.

On Wednesday, Jan. 6, Stonewall council unanimously approved the conditional use for a residential care facility at 9 Rossmere Cres. during a second public hearing on the topic. This approval will allow owners Jacquie Derewianchuk and Mark Shurek to rent their home to Community Living Interlake.

More than 150 people gathered for the hearing, overflowing the council chambers and spilling out both upstairs and downstairs of the Town Hall. In an unprecedented change of venue, the meeting was moved across the street to Stonewall United Church to accommodate the crowd.

Tara Smith, executive director for Community Living Interlake, ex-

plained that the non-profit organization provides support for people with intellectual disabilities. The organization currently owns five supported living homes in Stonewall and provides day programs as well as support for people living in apartments.

Funding comes from grants, donations, social enterprise businesses and per-diems received on behalf of clients.

"The reality is that the number of people that we support is growing and the need for housing in Stonewall is imminent," Green said. "We need to work together to build healthy neighbourhoods that are vibrant, safe, inclusive and welcoming places for everyone to live."

Similar sentiments were echoed by a dozen speakers who voiced their support for the proposal. Council also received 24 letters in favour of the plan.

Two people at the meeting spoke about the lack of information surrounding the issue, requesting fur-

ther clarity.

As well, council received two letters against the proposed establishment of the residential care home.

From the pulpit, Mayor Lockie McLean's announcement that the conditional use was approved unanimously was met with resounding applause.

"One of the things that came up at the first hearing was that one of the ladies said that you shouldn't have to beg to have a home," he said. "So we hear you loud and clear because there's other places where they don't have to go through this process."

Deputy Mayor Clive Hinds also spoke from the heart, explaining how a petition tried to prevent his family from moving into a Transcona neighbourhood after they immigrated to Canada in 1964.

"If we can accept all people, then I think we make for a better community," he said.

Going forward, McLean indicated that council will work towards revising the process for the future so that similar hearings might be avoided.

Opinion

Group home approved, but battle isn't over yet

By Austin Grabish

A bitter battle over a proposed group home for people living with intellectual disabilities in Stonewall may have come to an end.

But for the three adults who will call 9 Rossmere Cres. home, their battle is far from over.

They will continue to face discrimination from opponents who have forgotten it's 2016 and fear the presence of an adult living with an intellectual disability.

The controversy started last December when the Association for Community Living (ACL) put forward an application to Stonewall council to rent a home in the upscale neighbourhood of Stone Ridge Meadows.

Outdated zoning rules that have failed to keep up with provincial human rights legislation forced the association, which already has several group homes in Stonewall and Selkirk to make the request with council.

"It's really quite heartbreaking as a family member to have to go through this and to ask permission," Sharon Inman, who has a son who lives with a disability, told the *Stonewall Tribune*.

The controversy over the ACL group home has been the talk of the town, and likely will continue to be for months, and it's all because of a handful of residents with a bad case of NIMBY – Not In My Back Yard.

One woman explained her rationale in a letter to the editor, "We are in no way 'rejecting' the proposed group home residents. We are parents too. We are trying to protect our investment, maintain the single-family home zoning as it was when we invested in the neighbourhood."

It was the same story two years ago in Gimli when town council tried to update its zoning bylaw so organizations like ACL didn't need to seek permission when opening a new home.

The RM of Gimli's request was

quickly met with opposition from residents living in the upscale community of Pelican Beach, who emailed the town saying they didn't want 'sexual deviants' as neighbours.

But when opponents showed up to a public hearing attended by reporters, they weren't so blunt.

Instead, they insisted they have nothing against people with intellectual disabilities or any group home for them – just as long as it wasn't going near them.

Stonewall council voted unanimously to approve ACL's request last Wednesday after hundreds of outraged locals threw their support behind the request.

But the opponents were nowhere to be seen.

So what's the fear?

— Austin Grabish is a reporter with the *Selkirk Record*. He majored in human rights at the University of Winnipeg and studies Creative Communications at Red River College.

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Selkirk's Springs Church to stream Winnipeg Jets game this Friday

By Dave Baxter

If you're looking for a place to watch the Winnipeg Jets game this Friday night, you might want to head to Springs Church.

The Winnipeg Jets are in Minnesota to take on the Wild on Friday night and Springs Church Selkirk will host the Hockey Night in Selkirk event, which will see the game streamed live on a large projector screen.

"At Springs Church we're always looking for opportunities to be involved in the community," Springs Church assistant pastor Daniel Johnston said via email. "We like to host fun events for the whole family to give people a chance to relax, have a good time with family and friends, and

meet new people.

"At our Hockey Night in Selkirk events, we stream a Winnipeg Jets hockey game live on a big projector screen and anyone is welcome to come and enjoy the game at no charge."

The event will also include games, prizes, giveaways and concessions.

"Providing free family-friendly events like these is one way we love to give back to our community," he said.

Hockey Night in Selkirk featuring a live stream of the Winnipeg Jets taking on the Minnesota Wild will take place at Springs Church Selkirk at 479 Eveline St. on Friday.

Doors will open at 6:30 p.m. and the puck is set to drop at 7:00 p.m.

Manitoba Conservation Multimedia Competition Comp students earn 3rd place

By Lindsey Enns

A video about eutrophication helped land two Comp students third place in the 2015 Manitoba Conservation Multimedia Competition.

Grade 11 students Alyssa Adair and Cloey Skrypyk teamed up to make a video about eutrophication, which is an excessive richness of nutrients in a lake or other body of water.

In the video, Skrypyk is "rapping" about how the runoff from farmer's fields, which contains fertilizers, can enter rivers, create algae and kill fish, Adair said.

The girls made the video after it was

assigned in their biology class.

Comp biology teacher Amanda Dion said the third place video will be posted on YouTube and was shared during a conference in Brandon, Man. last month.

"We were so excited," Adair said in an earlier interview with the Record. "We were planning to do it last year but we didn't really have time to submit it and we're just so excited to win it."

Along with winning third place, the girls also won \$100 through the provincial competition.

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.



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** Eligible applicants must occupy home in order to qualify for the Education Property Tax Credit.



Man brings 'beauty to the city' with snow sculptures

By Dave Baxter

Majid Kermani wants to make Selkirk's snowy winter months a little more beautiful by sharing his art with the community.

"You see the snow piled up all the way through the winter and there is a lot less colour, so I try to bring some beauty to the city with my snow sculptures," Kermani said.

Kermani grew up in Iran and moved to Canada in 2004, and in 2010 he got into sand sculpting by trying it on a whim.

"I saw friends sand sculpting and I just decided to try it, and immediately found I was good at it," Kermani said.

Kermani has competed and done well in a number of sand sculpting competitions, but when he moved to Manitoba in 2012 he realized how long the winters were, and how little time there was to work with sand.

"Over here we have six months of the snow and a very short period of sand, so I had to switch to something else because sculpting had become my hobby, and I didn't want to stop," he said.

Kermani started sculpting in his Strathnaver Avenue yard in 2012 with ice and snow despite having no experience or training.

In 2013 he gave up on ice and started



RECORD PHOTO BY DAVE BAXTER

Majid Kermani stands with his sculpture of Auguste Rodin's *The Thinker* that he built in the front yard of the home across the street from his in Selkirk.

sculpting with only snow, and started getting a lot of attention for his work.

"I had no teacher," Kermani said. "I use books and the internet. Nobody helps me. I do this on my own."

Sculptures such as a large *Tyrannosaurus rex* and kissing doves are some of the many sculptures he has made in the past, but this year he is going for something a little more historic.

A sculpture of *Venus De Milo* and another of Auguste Rodin's *The Thinker* are what he has worked on this winter on both his yard and his neighbour's yard and he has done his best to make them as authentic as possible by making

them to the same dimensions as the originals.

He's also had a little fun by making a small sculpture of Olaf from the Disney movie "Frozen."

Kermani said that living in Selkirk has forced him to find his own winter hobby.

"Most people in Canada enjoy playing hockey or skiing, but I don't know how to do those things," Kermani said. "I can't skate or ski so I had to find something because I don't want to be shut in during the long winters, and I found this very interesting."

He may do his art for fun, but the work is definitely getting people's attention.

"Cars slow down when they drive by," he said. "I see them all the time. And some people tell me they change their route to drive down the street."

Pictures of Kermani's work have also collected hundreds of likes, shares and comments from people on Facebook.

Kermani's work can be seen in front of his house on Strathnaver Avenue in Selkirk.

Elections Manitoba launches mobile app

Staff

Elections Manitoba has launched *Manitoba Votes 2016*, a new mobile app for the provincial general election, which is set for Tuesday, April 19.

Available in English and French, this app allows Manitobans to easily connect with provincial election information on the go.

"Elections Manitoba continues to develop new ways to deliver information and improve convenience for our stakeholders," Shipra Verma, Manitoba's Chief Electoral Officer said in a release on Monday.

Continued on page 17

<p>Selkirk Adult Learning Program</p>	<p>Lord Selkirk Education Centre <i>Adult Learning Program</i></p>
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Alzheimer Society campaign aims to eliminate stigma

By Lindsey Enns

Life continues after a diagnosis of Alzheimer's or dementia is the message the Alzheimer Society wants Manitobans to hear loud and clear this month.

"We really want people to not really focus on the disease but to focus on the person," Interlake-Eastern co-ordinator for the Alzheimer Society of Manitoba Jackie Dokken said. "People with dementia, they want people to know that they are still physically and mentally and emotionally here."

The online #StillHere campaign is encouraging Manitobans to share stories of family members and loved ones who have been diagnosed with dementia. The campaign runs until the end of January and hopes to raise funds for research.

"The goal of our campaign is to create awareness about this disease and encourage all of us to see the person beyond the condition," Wendy Schettler, CEO at the Alzheimer Society of Manitoba, said in a release last Tuesday.

In his late seventies, Don de Vlaming was diagnosed with Alzheimer's disease and he wants all those Canadians who don't think it's possible to live well with dementia to think again.

"When I get together with other people who have dementia, we talk and we share ideas," de Vlaming said. "We relate to each other beautifully by talking about people's interests, such as cooking or a trip someone has taken. We all get along just fine."

What frustrates him however is that things don't go quite as smoothly when he faces the world outside his Alzheimer Society support group.

"We are treated differently," he said. "Other people have expectations that we can't meet. They don't realize that while we live in the same world, our world is a little bit different, but we are still the same people inside."

As for supports in Selkirk and area, Dokken said a local group for caregivers meets on the first

Wednesday of every month at 7 p.m. at the Gordon Howard Seniors Centre.

Alzheimer's disease is the most common form of dementia, accounting for almost two-thirds of all cases. It is irreversible and eventually fatal. Other dementias include vascular dementia, Lewy body dementia, frontotemporal dementia (including Pick's disease), Creutzfeldt-Jakob disease and other rarer forms of dementia.

Dementia is progressive. Its causes are not fully known, and there is still no cure or effective treatment to prevent the disease. Progression varies greatly from person to person and can last between eight to 10 years – or even longer.

Symptoms worsen over time and include loss of memory, changes in judgment and reasoning, difficulty performing familiar tasks, problems with language and changes in mood and behaviour.

Dementia can occur in people in their 50s, 40s and even in their 30s.

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School board budget preview

LSSD to see zero increase in education funding

By Lindsey Enns

The Lord Selkirk School Division won't be seeing any extra dollars this year despite the government's announcement they are increasing education funding to schools by \$32.5 million.

"We will be receiving a zero per cent increase again for the next school year's budget," LSSD Supt. Scott Kwasnitza said. "That's about five years in a row now where we've been frozen at zero."

Total funding for public schools will increase above the rate of economic growth at 2.55 per cent, or \$32.5 million, to bring total funding to more than \$1.3 billion, Premier Greg Selinger said in a release last Tuesday. Since 1999, provincial support for

public school has increased by 69.5 per cent, or \$536.2 million.

"We are making strategic, targeted investments in our schools to make sure that all children can succeed, no matter what barriers they may face," Education and Advance Learning Minister James Allum said. "We believe investments in students are worthwhile and believe in working with parents and teachers."

Kwasnitza said no increase to their overall funding will make the school board's budget process "a bit more challenging" this year.

Although it hasn't been announced yet, Kwasnitza said they aren't expecting to receive any additional funding under the province's kindergarten to Grade 3 class size initiative due to the division's declining enrolment.

He added the province doesn't usually make their education funding announcement until the end of January, but it was pushed up due to the timing of the provincial election, which is slated for April 19.

"It's great that we have that information ... now we have to shift through it and see what it means," he



RECORD PHOTO BY LINDSEY ENNS

The Lord Selkirk School Division won't be seeing any extra dollars this year despite the government's announcement last Tuesday that they are increasing education funding to schools by \$32.5 million.

"THAT'S ABOUT FIVE YEARS IN A ROW NOW WHERE WE'VE BEEN FROZEN AT ZERO"

said. "Unfortunately that overall increase is to the provincial funding for all school divisions, while it sounds

promising, for Lord Selkirk we don't get any additional dollars from it.

"It's a little too early to tell what that will mean."

In an earlier interview with the *Record*, school board chair Jean Oliver said they will complete their 2016-17 budget in March.

An addition to this year's budget will likely be hiring a communications person for the division, Oliver said.

"Loud and clear the message came out that we need to get with it when it comes to social media," Oliver said.

More recently the LSSD has also increased their focus on early intervention and mental health by increasing the number of counsellors at the elementary level, Oliver said. All elementary schools within the division now have a part time counsellor, which was implemented over the last few years.

"People thought that counsellors were needed at the high school level but it's recognized now that we need to start at early ages," Oliver said.

Having these extra supports are the new realities for school divisions, Kwasnitza said.

"If we don't provide those supports (students) aren't going to get those supports," he said.

With staff salaries making up roughly 84 per cent of their budget, that will also be a challenge for the upcoming budget, Oliver said.

"When you cut staff, it's going to be the students that are going to suffer," she said.

Greg Dewar
MLA for Selkirk
204-482-7066
1-855-695-1361
GregDewar.ca

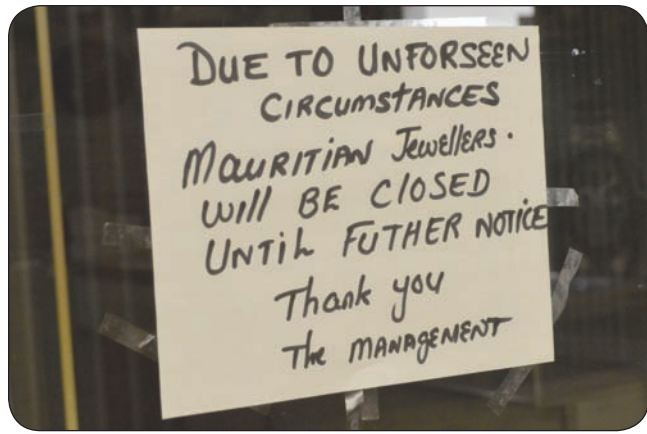
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Mauritian Jewellers shuts its doors after break-in



RECORD PHOTO BY DAVE BAXTER

A sign posted on the door of Mauritian Jewellers in the Selkirk Town Plaza says the business is now closed until further notice following a break-and-enter that occurred late last month.

By Dave Baxter

A local jewelry store has shut its doors after a break-in at Selkirk Town Plaza.

Selkirk RCMP said that on Sunday, Jan. 3 around 5:30 p.m. they got a call about a break-and-enter at Mauritian Jewellers in the Selkirk Town Plaza.

RCMP said their investigation showed that a suspect or suspects broke into the mall, and from there broke into Mauritian Jewellers.

An unknown amount of items was taken from Mauritian Jewellers, and the suspect or suspects then left the mall.

In a Facebook post on Jan. 3, Razer Brigg wrote "Someone broke into the jewelery store in the Selkirk mall. Watch out for glass as they have still not swept it up."

A sign now hangs on the doors of Mauritian Jewellers saying that due to "unforeseen circumstances" they are now closed into further notice."

A call made by the *Selkirk Record* to the business was not returned.

RCMP said the investigation is continuing and anyone with information is asked to contact Selkirk RCMP at 204-482-3322, or call Crime Stoppers anonymously at 1-800-222-8477.



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Notice of Public Hearing

TO REVIEW MAXIMUM ALLOWABLE CHARGES AND FEES FOR PAYDAY LOANS

PURSUANT to *The Consumer Protection Act* (Act) (C.C.S.M.2006 c.2006 c.200) the Manitoba Public Utilities Board (Board) will conduct a public hearing to review charges and fees for payday loans and consider the impacts of possibly reducing the maximum allowable rate from \$17 per \$100 borrowed to \$15 per \$100 borrowed. Additionally, the Board will consider the impacts of reducing the proportion of a borrowers net pay, which is used to determine the maximum loan amount, from 30 percent to 25 percent. These considerations, and other related matters, will be included in the Board's report to the Minister.

SPECIFICALLY SEC. 164 OF THE ACT PROVIDES:

- 164(2) Within three years after the first regulation under clause 163(1)(f.1) (maximum cost of credit) comes into force, the board must commence a review of
 - (a) the meaning of «cost of credit» for the purposes of this Part;
 - (b) the maximum cost of credit — or any rate, tariff or formula for determining the maximum cost of credit — that may be charged, required or accepted in respect of a payday loan; and
 - (c) the maximum amounts, or the rates, tariffs or formulas for determining the maximum amounts, that may be charged, required or accepted
 - (i) in respect of any component of the cost of credit for a payday loan,
 - (ii) in respect of the extension or renewal of a payday loan,
 - (iii) in respect of a replacement loan, or
 - (iv) in respect of a default by the borrower under a payday loan.
- Further, the Board will submit its report to the Minister which will include
- (i) a description of the board's consultation and the results of the consultation, and
 - (ii) the board's recommendations about the matters reviewed under subsection (2); and
- (b) may include any other recommendations about the regulation of payday lenders or payday loans.

HEARING DATES AND LOCATIONS:

A Public Hearing will be held on the following days:
 Date: Tuesday, April 12 to Monday, April 18, 2016 at 9:00 a.m.
 Location: Board's Hearing Room – 4th floor, 330 Portage Avenue Winnipeg, Manitoba

PARTICIPATION AND SCOPE OF HEARING:

PUBLIC PARTICIPATION AS AN INTERVENER

The public may participate in this review as an Intervener. Interveners provide evidence to the Board and are subject to cross-examination. Those seeking Intervener status should file their application with the Board by February 29, 2016. Intervener Application Forms are available on the Board's website at: <http://www.pub.gov.mb.ca/faq.html>

Interveners must identify their reasons for intervention and be prepared to cooperate with other interveners to avoid duplication of interventions.

The Board may determine whether an intervener is entitled to costs for participating in the hearing and may fix the amount of those costs. Criteria defining the award of costs are described in the Board's Rules of Practice and Procedures which are also available on the website.

The Board will issue a procedural order dealing with scope, process and intervener status following the February 29, 2016 filing deadline.

PUBLIC PARTICIPATION AS A PRESENTER

The Public is welcome to provide written submissions to the Board. Written submissions should be received by March 11, 2016.

The public may also present their views orally to the Board during the Hearing. Anyone wishing to present oral submissions to the PUB should contact the Board Secretary by March 11, 2016.

Persons wishing to address the Hearing in French are required to notify the Board's Secretary prior to March 11, 2016.

SCOPE OF REVIEW

Interveners may also wish to make written submissions regarding the scope of the review and to address any specific issues, beyond the mandatory review requirements that they seek to have the Board consider.

FILING OF INFORMATION

The Board will set out a timetable for the orderly filing of information and confirm the hearing dates in its Procedural Order.

All material filed by approved Interveners, as well as public presentations, will be provided on the Board's website.

PROCEDURE

The Board's Rules of Practice and Procedure will apply to the conduct of these hearings. All Interveners must familiarize themselves with the Board's requirements. This document is viewable on the Board's website or is available upon request to the Secretary of the Board at 400 - 330 Portage Avenue, Winnipeg, Manitoba, R3C 0C4 or by calling (204) 945-2638 or 1-866-854-3698 (toll free). The Board's email address is publicutilities@gov.mb.ca.

The Manitoba Ombudsman has recently issued privacy guidelines for administrative tribunals. The Board is mindful of its obligations under those guidelines. Its decisions in respect of the Application being considered will be sensitive to the guidelines. Personal information will not be disclosed unless it is appropriate and necessary to do so. However, the Board advises participants that these proceedings are public and that as a result personal information protections are reduced. The proceedings before the Board are transcribed and the transcript is posted on the Board's website. Names of Presenters and their written or oral presentations are included in the publicly available transcripts.

DATED this 14th day of October, 2015.

Darren Christle
 Secretary, Public Utilities Board



Five days notice required.



Wheelchair access is available.



Bon Spa set to offer local ladies curling, wellness

By Dave Baxter

Local ladies will get the chance to hit the ice and do a little curling, while also getting pampered at an upcoming event in Selkirk.

The Selkirk and District Curling Club is hosting a weekend long Women's Bon Spa event from Jan. 22 to 24.

Organizers say the event will combine curling, health and wellness, and the chance to hang out and have a good time.

"We did not have a women's bonspiel for a number of years so we decided to make a strong effort to get one going," club president and Women's Bon Spa organizer Kathleen McCallum said.

lum said. "But we wanted to make it a signature event we could brand, and wanted people to relate that brand to our bonspiel."

A three-day curling tournament will be a big part of the Women's Bon Spa, but McCallum said they will offer a whole lot more than just curling.

"It's a health and wellness retreat for the weekend," she said. "It's three days of curling, but we offer a lot more than just the curling and make it an experience where people say 'I want to come back year after year.'"

The Bon Spa will feature a massage therapist on-site that will do massages between games and even mas-



RECORD PHOTO BY DAVE BAXTER

Women's Bon Spa organizer Sally Cote, pictured left, and Selkirk and District Curling Club president and Women's Bon Spa organizer Kathleen McCallum are preparing for the upcoming Women's Bon Spa weekend curling event in Selkirk from Jan. 22 to 24.

sage those who are there just to watch, McCallum said.

"So for the participants that have been sweeping, they can get a massage and what person wouldn't like that?"

Last year's event also had a yoga class and McCallum said there would be something similar to that this year.

She also promised all the things that make up a typical bonspiel in Manitoba.

"You open it up to teams of four and there are cash prizes, and there

will be snacks and party games so there are those constants from bonspiels, but we try to deal with that health and wellness focus."

There will also be vendors at the event selling health products.

McCallum said the Bon Spa is "trending up" as this is its third year, and the amount of teams signed up has gone up each year.

She also sees the event as a way to get more people into the club, and interested in the sport.

"There have been a lot of changes over the years," McCallum said. "And some clubs have watched memberships decline, but we have had women take part in this event and then sign on to our regular Wednesday women's curling league."

Any team that signs up also gets a full dinner on the Saturday night.

The cost for a team of four is \$160 and there are still spots available.

For more information or to book a team call Kathleen McCallum at 204-757-4704, or Sally Cote at 204-482-3625.

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Residential school survivors fighting for official recognition

By Natasha Tersigni and Lindsey Enns

Jim Bear still remembers attending residential school in Teulon in the early 1960's, which is why he continues to support a group fighting for the former school's official recognition.

Survivors who attended the Teulon Residence, which was operated by the United Church of Canada, are currently in a court battle to have the institution officially recognized and added to the Indian Residential Schools Settlement Agreement (IRSSA).

"Horrendous things don't have to happen to an individual," Bear, who is the chief of Brokenhead First Nation said. "It's leaving home, no preparation, no nothing, and it's the loneliness, being apart from you immediate family, as well as your community at large."

On the heels of the Truth and Reconciliation Commission of Canada's final report release on Dec. 15, the country is moving forward on healing and reconciling the damage that occurred to the more than 150,000 aboriginal students and their families who attended residential schools run by the Canadian government and religious institutions.

While the TRC's report is a step forward in acknowledging the damage that was done, some residential school survivors are still fighting to have their experience officially recognized by the government.

The institution in Teulon operated as

a residence for aboriginal youth from 1958 to 1996. During that time hundreds of aboriginal teens were sent to Teulon to attend public school and were housed in these residences.

Students that were sent to Teulon and forced to attend school and live in the residence have been lobbying the government since 2007 to have the institution formally recognized and added to IRSSA. Formal recognition by the government would allow survivors of the Teulon Residence to apply for federal compensation based on their personal experience at the residence.

In 2011, after the government released specific criteria for adding institutions to the settlement agreement, Teulon survivors took legal action to have Teulon added. With a legal team that was funded by the AMC, Teulon Residence survivors appeared before the courts and presented why the Aboriginal Affairs and Northern Development Department should add the Teulon Residence to the settlement agreement.

For institutions to be added to the settlement it must meet both parts of the following criteria: the child must have been placed in a residence away from the family home by or under the authority of Canada for the purpose of education and Canada must have been jointly or solely responsible for the operation of the residence and care of the children there.

In the court decision released April 2 2012, the Teulon Residence was denied

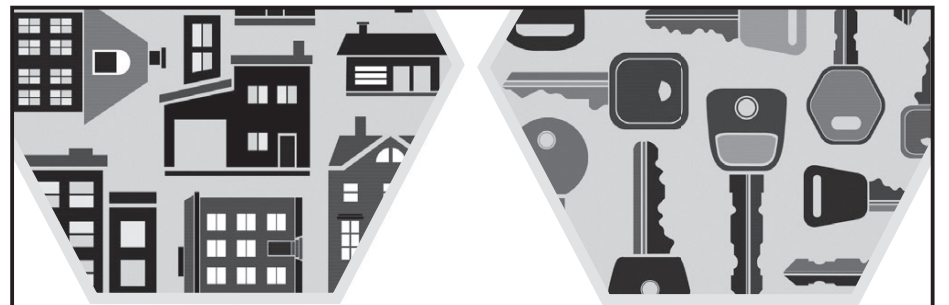
being added to the settlement agreement citing it being operated by a religious organization and not the government.

Teulon Residence survivor Gabby Munroe, who helped to lead the first court case and is now spear heading the appeal currently before the courts, told the Tribune that while the residence that housed the residential students was owned by the United Church of Canada from 1958 to 1996, the years Aboriginal students were sent there, it was set-up and regulated by the federal government.

The residence in Teulon opened in 1912 and was used to house the children of immigrants who were attend-

ing school in Teulon. In 1958 the Indian Affairs Department asked the United Church if the residences, which were being under utilized, could be used to house Aboriginal children who would live at the residences and then attend public school in Teulon.

The Teulon Residence survivors are hoping to be able to present their case to the Appeal Court this year and are funding the entire process themselves, through fundraiser initiatives, as AMC pulled financial support from the case in October. Munroe is hopeful that with their lawyers they can win the case and the survivors can begin their own process of healing and reconciliation.



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Culturama to celebrate Swiss culture in Selkirk

By Dave Baxter

The Gordon Howard Centre wants to bring the community together by celebrating cultures of the world during an event later this month.

The seniors activity centre, which provides recreation, learning opportunities and workshops to older adults living in the Tri-S area, hosts their Culturama event typically once every two months. Each event features entertainment and music celebrating a different nation and culture.

The nation of Switzerland will be celebrated at the centre's next Culturama on Jan. 25.

"I want to give people great food and I want to give them entertainment," Gordon Howard Centre program co-ordinator and Culturama organizer Elin MacLeod said. "I want them to learn something about these different places, and I just want them to come out and have a good time."

MacLeod said the response to Culturama has surpassed her expectations, as she consistently gets about 100 people coming out each time. She said she also works to ensure the food and the entertainment are "top notch."

She often books her entertainment through Folklorama and said the people who come to Culturama almost always leave happy.

"You wouldn't believe the looks on



RECORD PHOTO BY DAVE BAXTER

Gordon Howard Centre program co-ordinator Elin MacLeod holds up a Switzerland flag. The centre will celebrate Swiss culture at an upcoming Culturama event on Jan. 25.

their faces and how they are enjoying this," she said. "I encourage people to get up and dance and come out and have a good time and leave here happy."

Those who come to Culturama may have a good time, but they also learn a little as well, MacLeod said.

"They go home with an education and know a little more about the world. We have posters and displays, and I have even quizzed people on what was on the displays and they just loved that."

The Gordon Howard Centre caters its programs towards older adults, but

anyone of any age can attend Culturama. MacLeod said those who come out can expect to be entertained and fed the same way people are when they go to Folklorama pavilions in Winnipeg.

MacLeod said she could not reveal details about food and entertainment at the upcoming Switzerland event because she always keeps that a secret until the day of the event.

"And that just makes people more excited because they don't know what they are getting until they get here."

She also gets kids involved by contacting local schools and having students come out to volunteer and help out.

"It's really intergenerational and that's what I want," she said. "It gets young people here spending time with the older generation, and the people here love having the young people around."

Culturama celebrating the nation and culture of Switzerland will take place Jan. 25 at the Gordon Howard Centre on Eveline St. in Selkirk starting at 11:30 a.m.

The event is \$9 for Gordon Howard Centre members and \$11 for non-members.

For more information call the centre at 204-785-2092.

Province launches new initiatives to help Syrian refugees

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Staff

The province hopes an additional \$1.6 million in funding will help newcomers settle into their new homes, with a specific focus on key education supports for Syrian students in the classroom and in the community.

"As we welcome families from Syria to their new home, we continue our efforts to make their transition as seamless as possible," Premier Greg Selinger said in a release on Monday as he provided an update about the ongoing efforts to welcome Syrian refugees in Manitoba. "As part of our commitment to these families, we are increasing key education supports and working closely with schools."

New investments include:

- immediate funding of \$750,000 to help schools receive and assess refugee children;
- \$450,000 in increased funding for English as an additional language (EAL) students in schools;
- \$300,000 in increased funding for the Intensive Newcomer Support Grant, a targeted grant for refugee and war-affected children;
- \$50,000 in support for the Peaceful Village/Manitoba School Improvement Program;
- \$25,000 in support for the Immigrant and Refugee Community Organization of Manitoba (IRCOM); and
- \$25,000 in support for the Newcomers Employment and Education Development Services Centre.

Selinger added Manitoba has welcomed 254 government-assisted refugees arising from the Syrian crisis, including some who arrived Monday.

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Third annual PASS event fundraiser set for Feb. 27

Nominations now open for two new crystal community awards

By Lindsey Enns

The Comp's Promoting Aboriginal Student Success (PASS) committee hopes to honour two community members next month during their annual fundraising event.

Jacqueline Bercier, PASS adult committee chairperson said they are

hoping to recognize two community members who are working to advise and empower local indigenous youth during their third annual fundraising dinner on Feb. 27.

"We wanted to offer two recognition awards at the community level," Bercier said, adding the two crystal awards



RECORD FILE PHOTO BY LINDSEY ENNS

A drummers circle helps kick off the Comp's 15th annual Promoting Aboriginal Student Success gathering on May 27, 2015. The PASS committee is hoping to honour two community members at their annual fundraiser on Feb. 27.

are a new addition this year. "We have so many people here in Selkirk that run programs or are coaching ... they're empowering our young people and they're trying to make them successful and that success translates into academics."

Nominations are now being accepted for the two new award categories, which include education and community leadership.

The education award winner will have the chance to give \$250 to a local student in financial need going on to post-secondary and the community leadership award winner will get to select a school to receive \$250 towards programs for indigenous students within the Lord Selkirk School Division.

Nomination forms can be picked up at the Comp and will be made avail-

able this week online at passevent.weebly.com or by visiting the PASS Facebook page.

The deadline for nominations is Friday, Feb. 12.

Both award winners will be recognized during the third annual PASS fundraising event on Saturday, Feb. 27 at Memorial Hall. Doors will open at 5:30 p.m. and dinner will be served at 6 p.m. Tickets are \$15.

Bercier said all of the funds raised at the dinner go towards their annual PASS event held in May at the Comp. She said each year the fundraiser helps them raise around \$3,000.

Last year the event celebrated 15 years and more than 200 community members attended to watch aboriginal and non-aboriginal students from various schools and grade levels receive various awards and certificates.

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Gov't approves all-in-one personal identification card

Staff

Manitobans will soon have access to a convenient, safe and secure all-in-one personal identification card (PIC).

"Response from the public was overwhelmingly positive," Health Minister Sharon Blady said in a release on Monday. "Not only do Manitobans embrace the convenience of carrying just one durable and tamper-proof card to access health care and other services, they also strongly believe the PIC will better protect against identify theft, forgery and fraud."

The PIC will integrate a person's health identification number (PHIN) onto the back of driver's licences and photo identification cards. The minister noted the PICs are expected to be issued starting as soon as the fall of 2017, and will be authenticated using industry-proven policies, procedures and practices currently in place at Manitoba Public Insurance. Manitoba Public Insurance already issues photo identification to approximately 92 per cent of health card holders. The minister said anyone who requires a Manitoba Health Card will transition to a new PIC at no charge.

"Positive feedback was provided by a wide spectrum of affected stakeholder groups," said Attorney General Gord Mackintosh, minister responsible for Manitoba Public Insurance. "In addition to receiving feedback from thousands of Manitobans, we heard from many interested stakeholders including Manitoba's francophone community, Indigenous representatives, social service agencies, health-care administrators and service providers. All of their suggestions will be considered as the initiative moves forward."

Blady said that while Manitoba Public Insurance will be accountable for establishing and verifying identity, Manitoba Health, Healthy Living and Seniors will retain full responsibility for determining eligibility for health services, assignment of personal health information numbers and approving family relationships under health registration numbers for health-care billing and pharmacare deductible application purposes.

Blady added the PIC initiative will have no financial impact on MPI rate-payers.



Wise customers read the fine print: * t. c. ★ The Cold Days Hot Deals Sales Event offers are limited time offers which apply to retail deliveries of selected new and unused models purchased from participating retailers on or after January 5, 2016. Offers subject to change and may be extended without notice. All pricing includes freight (\$1,745) and excludes licence, insurance, registration, any retailer administration fees, other applicable taxes and other applicable fees and taxes. Retailer order/trade may be necessary. Retailer may sell for less. †Consumer Cash Discounts are offered on select new 2016 vehicles and are deducted from the negotiated price before taxes. †0% purchase financing available on select new 2016 Ram 1500 and Ram Heavy Duty models to qualified customers on approved credit through RBC, Scotiabank and TD Auto Finance. Retailer order/trade may be necessary. Example: 2016 Ram 1500 Quad Cab SXT 4x4 (25A+AGR) with a \$0 down payment, financed at 0% for 72 months equals 156 bi-weekly payments of \$195 with a cost of borrowing of \$0 and a total obligation of \$30,495. †\$9,000 in total discounts includes \$7,500 Consumer Cash and \$1,500 Loyalty/Conquest Bonus Cash. Consumer Cash Discounts are deducted from the negotiated price before taxes. †1,500 Ram Truck Loyalty/Conquest/Skilled Trades Bonus Cash is available on the retail purchase/lease of 2015/2016 Ram 1500 (excludes Reg. Cab). 2014/2015/2016 Ram 2500/3500, 2014/2015/2016 Ram Cab & Chassis or 2015 Ram Cargo Van and is deducted from the negotiated price after taxes. Eligible customers include: 1. Current owners/lessees of a Dodge or Ram Pickup Truck or Large Van. The vehicle must have been owned/leased by the eligible customer and registered in their name on or before January 5, 2016. Proof of ownership/lease agreement will be required. 2. Customers who are skilled tradesmen or are acquiring a skilled trade. This includes Licensed Tradesmen, Certified Journeymen or customers who have completed an Apprenticeship Certification. A copy of the Trade Licence/Certification required. 3. Customers who are Baeumer Approved service providers. Proof of membership is required. Limit one \$1,500 bonus cash offer per eligible transaction. Some conditions apply. See your retailer for complete details. ★The Make No Financing Payments for 90 Days offer is available from January 5 - February 1, 2016, and applies to retail customers who finance a new 2015/2016 Chrysler, Jeep, Dodge, Ram or FIAT vehicle (excludes 2015/2016 Dodge Viper and Alfa Romeo) at a special fixed rate on approved credit up to 96 months through Royal Bank of Canada and TD Auto Finance or up to 90 months through Scotiabank. Monthly/bi-weekly payments will be deferred for 60 days and contracts will be extended accordingly. Interest charges will not accrue during the first 60 days of the contract. After 60 days, interest starts to accrue and the purchaser will repay principal and interest over the term of the contract date. Customers will be responsible for any required down payment, license, registration and insurance costs at time of contract. Some conditions apply. See your retailer for complete details. †Based on \$500/F-350 full-size pickups and competitive information available at time of publication. Based on max towing comparison between 2016 Ram 3500 - up to 31,210 lb, 2015 Chevrolet 3500 - up to 23,200 lb and 2016 Ford F-350 - up to 26,500 lb. †The SiriusXM logo is a registered trademark of SiriusXM Satellite Radio Inc.

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Grilled salmon pizza



This quick and easy pizza uses small flour tortillas for a tasty thin crust. No time to cook the salmon first? Use leftover salmon or chicken instead.

Recipe developed by Emily Richards, PH Ec. ©Heart and Stroke Foundation 2013.

- Ingredients**
 1 tsp (5 mL) canola oil
 2 tbsp (25 mL) chopped fresh parsley
 1 large clove garlic, grated
 1 tsp (5 mL) Dijon mustard
 1/4 tsp (1 mL) fresh ground pepper

- 2 skinless salmon portions, about 5 oz/150 g each
 4 small whole grain flour tortillas
 4 cups (1 L) baby spinach
 1/3 cup (75 mL) crumbled light feta cheese

Directions
 In a bowl, combine oil, parsley, garlic, Dijon and pepper; add salmon and turn to coat evenly. Place on oiled grill over medium heat; close lid and grill for about 10 minutes or until salmon flakes easily when tested. Remove to plate.

Place spinach in a microwaveable bowl with 2 tbsp (25 mL) of water. Cover and steam for 1 minute or until wilted. Drain well.

Using a fork, break up the salmon into small pieces and divide over tortillas. Top with spinach and feta. Slide tortillas onto grill over medium heat and grill for about 5 minutes or until tortilla is crisped and golden.

Greek Pasta Salad

- Ingredients**
 Sun-Dried Tomato Salad Dressing
 3/4 cup sun-dried tomatoes, drained or rehydrate if dry
 2/3 cup olive oil
 1/4 cup fresh basil, chopped
 2 tablespoons capers
 3 cloves garlic
 3 tablespoons Kikkoman Rice Vinegar
 Salad
 1/4 cup Kikkoman Thai Style Chili Sauce
 4 cups rotini pasta, cooked
 1/2 cup cucumber, peeled and seeded
 1 cup cherry tomatoes
 1 cup green bell pepper strips
 1 4-ounce package feta cheese,

- crumbled
 1 3.8-ounce can black olives, sliced and drained
 3/4 cup chopped green onions
 1/2 tablespoon chopped dill weed



Preparation
 For dressing, whisk together sun-dried tomatoes, olive oil, basil, capers, garlic and rice vinegar. Set aside.

For salad, whisk together 1 cup salad dressing and chili sauce, set aside. In large bowl, combine pasta and remaining ingredients, tossing to combine. Serve with salad dressing.

Serves Servings 6

Parmesan-Crusted New York Pork Chops



Prepare medium-hot fire in grill. Place chops on grill and close lid. Grill over direct heat for four minutes. Turn chops and sprinkle panko mixture over tops. Close lid and continue grilling for 4-5 minutes more, or until topping is lightly browned and internal temperature of pork on meat thermometer measures between 145°F (medium rare) and 160°F degrees F (medium). Remove from grill and let rest for three minutes.

Preparation Time 5 minutes
 Cook Time 10 minutes
 Serves 4 servings

- Ingredients**
 4 boneless New York (top loin) pork chops, about 1-inch thick
 1 tablespoon olive oil
 1 1/2 teaspoons coarse salt
 1 teaspoon freshly ground black pepper
 1/3 cup panko bread crumbs, (Japanese-style bread crumbs)
 1/3 cup freshly grated Parmesan cheese

Preparation
 Brush pork with oil. Season with salt and pepper. Let stand for 15 to 30 minutes. In small bowl, mix panko and Parmesan together.

Cuban Pork Adobo Chops

- Ingredients**
 6 New York (top loin) pork chops, 3/4-inch thick
 1 cup lime juice
 4 cloves garlic, minced
 1 1/2 teaspoon ground cumin
 3/4 - 1 teaspoon salt
 1/4 teaspoon black pepper
 Olive oil, for grill grate



Preparation
 In a small bowl, whisk together lime juice, garlic, cumin, salt, and pepper; transfer to self-sealing plastic bag. Add chops; seal bag and refrigerate for 2 to 4 hours.

Prepare medium-hot fire with charcoal or preheat gas to medium high. Lightly oil grill grate.

Remove chops from marinade (do not pat dry), discarding marinade from bag. Grill chops directly over heat, turning once, until internal temperature of pork on thermometer reads between 145°F. (medium rare) and 160°F. (medium), followed by a 3-minute rest, about 8 to 11 minutes.

Preparation Time 10 minutes
Cook Time 10 minutes
Serves
Yield: 6 servings

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Your FARM



Business boom for Rockwood Bison

Demand is outpacing supply for local bison farm

By Jennifer McFee

Business is booming for a local bison farm that is pulling out ahead of the herd.

Rockwood Bison exports more than 500 head per year into the United States, where the demand for bison continues to grow.

Len Epp took over the business from his father-in-law nearly two years ago after working on the farm for more than 20 years.

Along with his wife, Sascha, Epp entered a partnership with Doug and Anna Griller, who take care of the breeding herd in Saskatchewan. Rounding out the business, the local couple also buys animals within Manitoba and from Alberta.

When the animals are between six and 18 months old, they arrive at Rockwood Bison where the Epps continue to care for them until they are about two years old. On the farm located north of Balmoral, the animals only eat as much as they want to consume.

"Bison only take in what they want," Epp said. "We don't push them."

Their diet consists of locally grown straw and hay, along with a pellet ration containing grains, vitamins and minerals.

"We rent some hay land right around Stonewall, and we're lucky enough to work with local farmers who grow crop and they let us bale straw right behind them," Epp said. "It works really well for us and we're really appreciative of them letting us have their straw."

The Epps sell some meat locally by the half or the whole, with all the handling and processing done in Manitoba. However, most of the meat is destined for the United States through the North American Bison Cooperative in North Dakota.

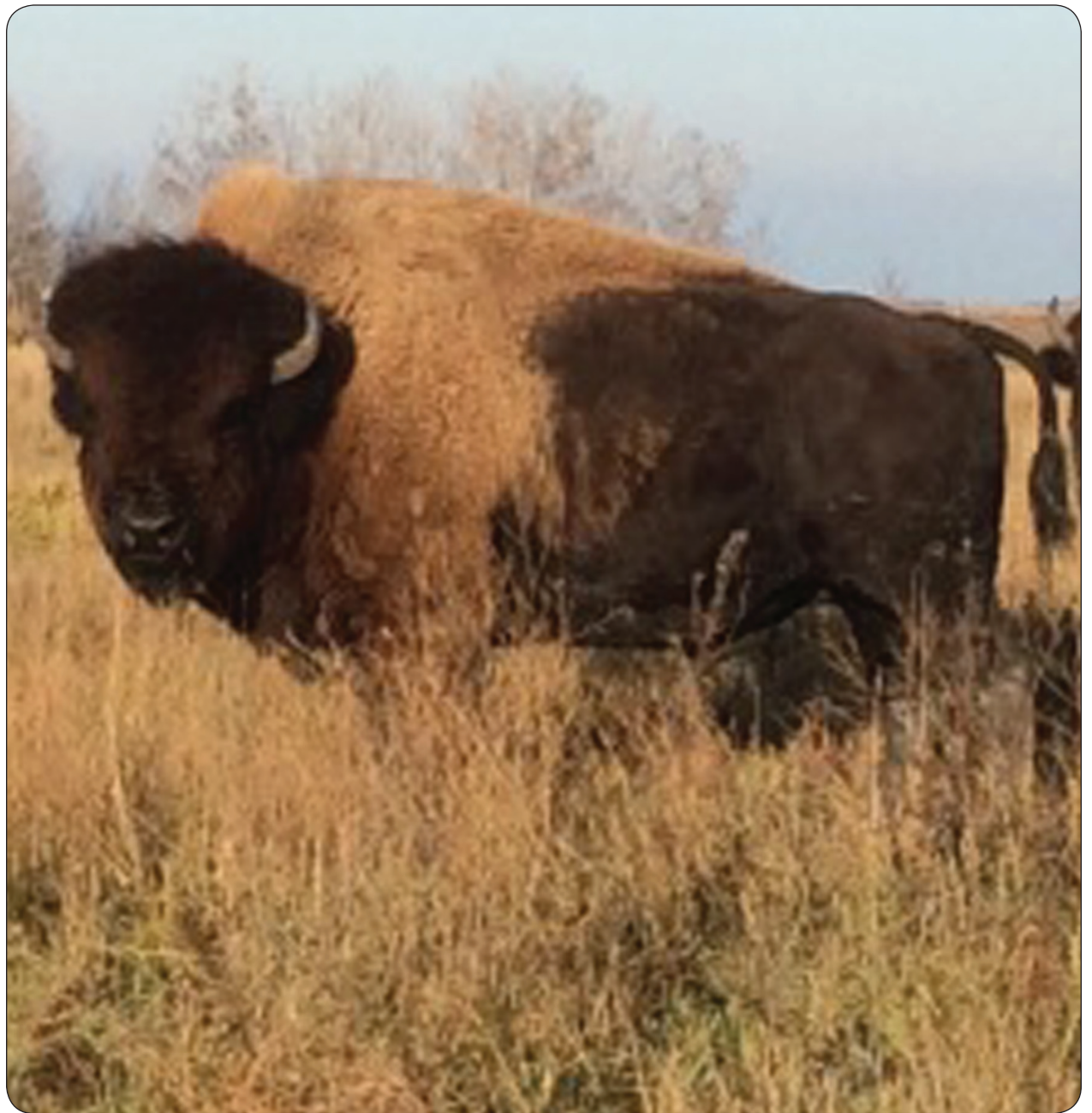
"All of our animals that are going for slaughter go to the U.S., and the U.S. price is just crazy right now. We're seeing ground bison in the U.S. right now sell for up to \$14 a pound, and steaks and roasts are even higher than that," Epp said.

"The demand is incredible. We can't keep it on the shelves, and the minute it's on the grocery store shelf, it's gone. Grocery stores mostly sell trim and burgers and sausage. A lot of the white-cloth restaurants are selling the steaks and the high-end roasts."

The popularity surge is mainly due to the health benefits of bison meat, Epp added.

"People like the taste, but more importantly, they're after the health. It's an extremely healthy meat, rivaling elk," he said.

"Elk and bison are among the top red meats for



TRIBUNE PHOTO SUBMITTED

Rockwood Bison exports more than 500 head to the United States per year.

health in North America. Bison is very high in iron, low in cholesterol, high in protein, low in fat. It's a very lean meat."

In addition to providing healthy meat for consumers, the animals themselves are rewarding to work with.

"They're very hardy. We have to have the proper facilities to handle them because they're extremely powerful and they're very fast. They can go through situations that other animals cannot. They can handle the cold. They can handle the heat fairly well. They're adapted to this climate," he said. "They're a very rewarding animal."

Even the Epps' young daughters — 11-year-old

Anya and eight-year-old Katrin — enjoy being involved with the family business.

"When I have to get a semi-load ready for export, the girls come and help sort animals and make sure the tags are done properly," Epp said. "It's a real family involvement."

And although the family enjoys eating bison meat, it's becoming more of a rare menu item at their Stonewall home.

"With the shortage, we're not eating as much as we used to because we need it for the customer in the States," Epp said.

"The demand is so astronomically high. The demand is way outdoing the supply."

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Community Wellness

UPCOMING PROGRAMS AND EVENTS

Interlake-Eastern Regional Health Authority

All community wellness events are **FREE** for Interlake-Eastern residents unless otherwise stated. Advance registration is required. Space is limited so register early. If you are interested in attending a community wellness program close to home but don't see it listed, contact Theresa Dankochik at wellness@ierha.ca or 1-877-979-WELL (9355) and we'll do our best to accommodate you or identify a program in your vicinity. All classes are subject to change.

CARE OF CHRONIC DISEASE

DIABETES SELF-MANAGEMENT

Have you recently been diagnosed with pre-diabetes or diabetes?

Are you unsure of what diabetes is? Interlake-Eastern Community Wellness Team is here to help you. This program consists of two or three classes explaining what diabetes is, how to control blood sugars, what to eat and how to read food labels, treatments for diabetes, how to stay healthy from your eyes to your toes, how to manage cholesterol and blood pressure and how to make healthy lifestyle choices.

Selkirk

Class 1
Tues., Feb. 9
9:30 a.m. – 11:30 a.m.
2nd Floor - 237 Manitoba Ave. Primary Care Boardroom

Class 2
Tues., Feb. 16
9:30 a.m. – 11:30 a.m.
2nd Floor - 237 Manitoba Ave. Primary Care Boardroom

DIABETES AND HEART HEALTH DROP IN

Get up to date information from a nurse and dietitian on managing diabetes and reducing risks for complications. Please note that a Chronic Disease Nurse and Registered Dietitian are available every Wednesday at the Whitemouth District Health Centre. Please call 204-348-4620 for an appointment.

Victoria Beach

The last Monday of the month (March 28 rescheduled to March 21)
2:00 p.m. to 3:00 p.m.
East Beaches Senior Scene, 3 Ateah Rd.

DIABETES SOLUTIONS WITH A NURSE EDUCATOR

Want to learn about new medications and technologies for diabetes management? Do you have unanswered questions or just unsure of how to keep your diabetes under control? Come join a Diabetes Troubleshooting Nurse Education Session

Selkirk

Tues., Jan. 19 or Tues., Feb. 23
9:30 a.m. – 11:30 a.m.
2nd Floor - 237 Manitoba Ave. Primary Care Boardroom

GET BETTER TOGETHER

Are you living with a chronic condition such as arthritis, MS, depression, asthma, chronic pain, diabetes, anxiety, cancer, fibromyalgia or heart disease? Come join Get Better Together! People with different chronic health problems attend together to deal with common issues they face and to motivate each other with solutions and techniques for:

- Dealing with frustration, pain, fatigue and isolation
- Appropriate exercises for maintaining and improving strength, flexibility and endurance
- Appropriate use of medications
- Communicating effectively with family, friends and health professionals
- Maintaining appropriate nutrition
- Engaging with other community resources

BOOK THE MOBILE WELLNESS TEAM TO VISIT YOUR COMMUNITY!

Mobile Wellness events bring a team of health care professionals to your community, event or workplace to provide FREE education and information to help people make healthy lifestyle choices. Nurses, dietitians, exercise specialists and wellness consultants on the team identify important health factors and what you can do to improve your health. The team can offer blood pressure and blood glucose checks and reviews with a nurse along with a lifestyle quiz. They bring along informative displays on physical activity, nutrition, smoking and stress and can offer a healthy lifestyle presentation along with a passport to record important results. Call 1-877-979-WELL (9355) or email wellness@ierha.ca for more information.

This FREE six week program is designed to help people with ongoing health conditions take control of their health. This program, led by others living with chronic conditions, can help you develop a plan to deal with the challenges of an ongoing health concern or disability. Bring a friend, family member, or other support person to attend with you! Each session is 2.5 hours.

To get on a wait list to attend Get Better Together in another community, email wellness@ierha.ca or phone toll free 1-877-979-WELL (9355).

Selkirk

Feb. 1, 9, 16, 23 & Mar. 1, 9
1:00 p.m. to 3:30 p.m.
2nd Floor - 237 Manitoba Ave. Primary Care Boardroom

HEALTHY EATING

Eating for Health

Want to learn about healthy eating in general? Looking for nutrition tips, weight loss tips or disease specific guidance? Then this is the class for you! You will be guided through lifestyle changes to help you improve cholesterol and blood pressure. Learn about fat, fibre, sodium and eating habits to become a healthier you. Make sense of food labels and how your choices will affect your family's health and yours.

Selkirk

Tues., Jan. 26 or Tues., Mar. 1
9:30 a.m. to 11:30 a.m.
2nd Floor - 237 Manitoba Ave.

Craving Change

A how-to workshop for changing relationships with food. Change your thinking, change your eating. Are you craving change in your eating habits? Want to kick a bad habit? Do you struggle with your eating and want to learn how you can create a healthier you? Then this FREE three week program is the class for you! For more information call toll free, 1-877-979-WELL (9355) or email us at wellness@ierha.ca.

Victoria Beach

Monday: Jan. 18
1:00 p.m. – 3:30 p.m.
East Beaches Senior Scene, 3 Ateah Rd.

EXERCISE

Take Charge of Your Health

Introduction to physical activity Physical Activity is vital to your physical and emotional health and can bring you fun and fitness at the same time. Leave this FREE class with resources to continue on your path to wellness. You will learn where to begin, goal setting, physical activity guidelines specific to your age group, recommendations for developing a walking program, gentle stretching & strengthening exercises modified to meet your individual needs. Don't forget your running shoes and wear comfortable clothing! We'll get up and get moving as we learn fitness facts!

Selkirk

Wed., Jan. 13
9:30 am to Noon
Selkirk Rec Complex

Winnipeg Beach

Part 1 - Walking
Tues., Jan. 12
1:30 p.m. to 2:30 p.m.
Winnipeg Beach Legion

Part 2 - Anywhere/Anytime Exercises
Tues., Jan. 19
1:30 p.m. to 2:30 p.m.
Winnipeg Beach Legion

Active Living Facilitator (ALF) Leader Training

Learn to lead others in physical activity! This is an introductory training program from the Manitoba Fitness Council. Once trained, an active living facilitator is able to guide active living activities in the following areas: indoors or outdoors, walking, basic stretching & range of motion, activities of daily living, basic body weight strengthening. Registration deadline is Mon. Apr. 25th. Cost of the program is \$15.00 and includes lunch and nutrition breaks. Please make cheques payable to the Interlake-Eastern Regional Health Authority and mail them to Attention: Elsie Ann Hogue, Box 503, Eriksdale, Manitoba, R0C 0W0

Selkirk

Wed. Apr. 27
9:00 a.m. to 4:00 p.m.
Selkirk Gordon Howard Centre

Fitness and Nutrition (F.A.N.) Club for Families

Our Fitness And Nutrition (FAN) Club is a four week program to help families get active! For more information or to put your name on a waiting list for a session in your area please call 1-877-979-WELL (9355).



To schedule an appointment with a nurse or dietitian regarding your chronic

condition, please call 1-877-979-WELL (9355).

A physician referral is not required for these appointments.



To register or for more information contact Theresa Dankochik at wellness@ierha.ca or 1-877-979-WELL (9355).



Interlake-Eastern RHA's community wellness team of health experts is composed of nurses, dietitians, exercise consultants and people trained to help motivate you to live a healthier life. Our wellness teams visit communities for events and individual team members deliver free classes and programs all over the region.

WE OFFER SOMETHING FOR EVERYONE!

So explore the community wellness we offer and make a commitment to do the best thing you can do for yourself. Live a healthy life.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Royals blast Barracudas

By Brian Bowman

The Selkirk Royals took advantage of an undermanned Beliveau Barracudas team, skating to an 8-3 victory in Winning Women's High School Hockey league action last Friday.

Leading 1-0 in the second period, Selkirk broke the game wide open by scoring six goals in the middle frame.

Kinnon Lycan and Courtney Sorokopud-Jones each led Selkirk with two goals and four points apiece.

Kyra DeLaRonde, Mckenzie Pelletier, and Kaitlyn Seed each scored a goal and had an assist. Emma Gillespie scored Selkirk's other goal.

Jenna Fisette (two) and Kaylee Doerksen scored for Beliveau. Rebecca Zdrill posted the win in goal.

With the victory, Selkirk improved its record to 11-6 and the Royals now have 23 points. That puts Selkirk in a tie for second place with Glenlawn, four points back of the first-place Miles Mac Buckeyes.

On Jan. 5, the Royals were edged 5-4 at home by the CSHC Huskies.

Annaliese Meier, recently named the Winnipeg Free Press Division player of the week and Manitoba High School Athletic Association Urban Athlete of the Week, scored the game-winning goal with 4:50 remaining in the third period. It was Meier's second goal of the game and fourth point.

The Huskies' Grace Carson had tied the score at 4-4 just 2:11 earlier.

Carson and Meier gave CSHC an early 2-0 lead but Selkirk's Jenna Truthwaite cut that deficit in half late in the opening period. Both Carson and Truthwaite's goals came on the power play.

Jamie Pischke gave the Huskies a 3-1 lead with a shorthanded goal and then the Royals' Lilly Hoydalo tallied just 1:21 later.

Seed struck with the man advantage early in the third period and then Truthwaite gave Selkirk a 4-3 lead with 7:46 remaining in the third period.

The Royals will get another crack at the Huskies this Tuesday when the two teams hook up at the St. James Civic Centre. Game time is 4:10 p.m.

Selkirk will then host the St. John's Ravenscourt Eagles the next day in East Selkirk. Puck drop is 4 p.m.

In Winnipeg High School Hockey League play, Selkirk was doubled 6-3 by the St. Paul's Crusaders last Thursday in East Selkirk.

Selkirk's Phil Crupi opened the game's scoring but St. Paul's came back to score four straight goals before Crupi notched his second goal of the game late in the middle frame.

Harley Hoydalo scored Selkirk's other goal in the third period. Auzzie Loewen had two assists.



RECORD PHOTO BY LANA MEIER

The Royals' Jenna Truthwaite scored twice in Selkirk's 5-4 loss to the CSHC Huskies on Jan. 5.

Kieran Guttormson (two), Sebastian Dowhanik, Brandon Marques, Spencer Ferbers and Stefan Hreno scored for the Crusaders.

Selkirk (11-4-0-1-1-1) hosted College Jeanne Sauve this past Tuesday but no score was available at press time. The

Royals will then host the River East Kodiaks this coming Tuesday in St. Andrews. Game time is 4:15 p.m.

Selkirk will then wrap up its regular season on Jan. 25 when it plays the SJR 1 Eagles at Dutton Arena in Winnipeg.

Blizzard looking for players this season

Submitted

The Manitoba Blizzard Jr. "B" Lacrosse team is looking for a few good men. The Blizzard, coached by Trevor Anyon, is inviting any interested lacrosse players to their prospect camp. The team, said a media release, will accept registrations for any Bantam, Midget or Junior-aged players.

The camp, which will be held at the Gateway Community Club, will cost \$60. Times are as follows:

- Sundays, January 17, 24, and 31st - 9:30-10:30 p.m.

- Sundays, February 14, 21, 28th - 9:30-10:30 p.m.

- Sundays, March 6th and 13th - 9:30-11:00 p.m.

The Blizzard Junior "B" squad consists of players aged 17-21 from Winnipeg and the surrounding area. In

past years, the team has had players from West St. Paul, Selkirk, Sagkeeng First Nation, and as far north as Thompson.

"We look forward to welcoming players from throughout Manitoba in the future," said Laurie From, the community communications liaison with the Blizzard, in an email.

The Manitoba Blizzard plays in the Rocky Mountain Lacrosse League, which is an Alberta league but also has a Saskatchewan team competing in it.

Last year, the Blizzard had a stellar season, finishing first in the North Division and going on to compete for the league championship against the Saskatchewan Swat.

The Blizzard's home venue is the Notre Dame Arena in St. Boniface.

Selkirk performs well at indoor track meet

By Brian Bowman

The Selkirk Royals had several great performances Monday at the High School Series #1 indoor track and field meet at the University of Manitoba.

Tristan Allen finished first in the senior men's 400-metre dash with an impressive time of 53.41.

Jordy Longbottom was second in the senior men's 1500m with a time of 4:33.69. That was just behind Miles Mac's Adam Naylor (4:33.27).

The Royals' David Ross was second in the junior men's long jump, landing at 5.25m.

Nicholas Trudel finished seventh in

the junior men's 1500 run with a time of 4:59.83.

On the girls' side, Amy Wiebe placed second in the senior women's triple jump with a leap of 10.30m. Wiebe also finished sixth in the 60-metre dash with a time of 8.60.

Bronwyn Neufeld placed third in the senior women's 400m dash with a time of 1:03.31.

Bailey Purse was fourth in the senior women's shot put with a throw of 8.90m. Jillian Tompkins was sixth in the shot put (8.38m).

Kalie Whitelam was fifth in the senior women's high jump (1.40m).

Fishermen fly past Falcons in KJHL

By Brian Bowman

The Selkirk Fishermen took care of business in their lone game last week, but they still lost ground in the Keystone Junior Hockey League standings.

Selkirk doubled the Lundar Falcons 4-2 on Sunday at the Selkirk Rec Complex but the Peguis Juniors won three games last week to take over top spot in the overall standings.

In Selkirk's win, Drayton Mendrun scored twice for the Fishermen, including an empty-net goal with five seconds remaining in the game.

Milan Horanski scored a first-period goal for Selkirk while Karl Fey added

a power-play marker in the second.

Drake Zimmerman and Evan Loeb replied for Lundar.

Jordan Liske made 36 saves for the win.

With the victory, Selkirk improved its record to 17-4-0-2 and the Fishermen now have 36 points to lead the South Division standings. That's four points ahead of St. Malo (15-6-0-2) in the division but four back of Peguis (19-4-0-2) in the overall standings.

Selkirk hosted St. Malo this past Tuesday but no score was available. The Fishermen will then travel to Arborg on Sunday to battle the Ice Dawgs. Game time is 2:30 p.m.



RECORD PHOTO BY BRETT MITCHELL

The Fishermen's Karl Fey has 23 points with eight goals and 15 assists in 22 games this season. Fey scored a power-play goal in Selkirk's 4-2 win over Lundar.

Sorin races well at Tulsa Shootout in Oklahoma

By Brian Bowman

Chris Sorin made the trip down south to Tulsa a worthwhile one.

For the second year in a row, Team Sorin competed very well at the Tulsa Shootout in Oklahoma.

Sorin entered in the two classes of lightning sprints - the 1200cc non wing and the 1200cc winged - and managed to win his qualifying race for the A main with the winged.

He made it to the A main and placed seventh overall.

"I thought I finished pretty good out there," said Sorin Monday evening. "The competition was pretty stiff this year compared to last year. It was a tougher challenge out there to compete with these guys."

On the wingless side, Sorin ran into some problems when the chain and sprocket on his car broke. He still managed, however, to finish his heat race.

At the qualifier race, because there were so many cars in the class, the cut

off for the A main was the first three positions.

Sorin, the lone Canadian at the Tulsa Shootout, came in fourth.

Running the two classes was very busy - and challenging - for Team Sorin. The competition was also very tough, too. The car count was approximately 1,400 in 305 races

"It's like life or death over there (in terms of winning)," he explained.

Sorin said racing the two styles of cars is completely different. Crashes are also very common in the sport, Sorin said.

"The car handles completely different with a wing on," he explained. "That was just the second time that I ran without a wing in my life."

Sorin lives in Dufresne, Man, which is close to Ste. Anne. But his father, Jacques, and mother, Darlene, live in Lockport. His parents play a vital role in the success of Team Sorin.

"All of the work is done in my dad's shop," Sorin noted. "We do all of the

work there. We build the cars, fix the cars, and we just put a motor together just prior to leaving. We literally ran the motor for literally a half an hour to an hour before we left (for Tulsa)."

Sorin and Jacques worked extremely hard to get their car ready for Tulsa.

"My dad and I worked our butts off," he stressed. "My dad put a lot of time into that motor. And that was our biggest issue - getting that motor to run."

Sorin said his second time compet-

ing at the talent-laden field in Tulsa was a different experience compared to his first time there.

"The nerves were definitely a lot calmer this time around," admitted the 33 year old. "But I realized that there were a lot more big players there (this year). There were big players last time, but there were more of them this time."

"There was more competition and more very competitive cars."

Next Home Game



St. Malo Warriors vs





Sunday, Jan. 24th
7:30 pm

at the Selkirk Rec Centre

Meet the Fishermen
#23 Dylan Painchaud-Niemi
Forward

CATCH THE EXCITING NEW TEAM FOR THE 2015-2016 SEASON



vs Swan Valley Stampede
Friday, January 15th
7:30 pm

AWAY GAMES

vs Waywayseecappo Wolverines
Saturday, January 16th
7:30 pm

vs Neepawa Natives
Sunday, January 17th
6:30 pm

Dec. 31st Draw reached \$16,385!

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www.selkirksteelers.com SELKIRK RECREATION COMPLEX

the Steelers Box Office is open 1 hour before game time
GAME TICKET OUTLETS: Selkirk Chrysler, Red River Coop, Sunova, TD Canada Trust, and Quickstream Wireless (St. Andrews)

Steelers crown Kings in Selkirk in MJHL action

By Brian Bowman

With a quiet game schedule this past week, the Selkirk Steelers had to prepare for just the Dauphin Kings in a home matchup last Friday.

And the Steelers certainly looked well prepared, defeating Dauphin 5-1 in Manitoba Junior Hockey League action at the Selkirk Rec Complex.

Selkirk's Dallas Starodub and Dauphin's Keaton Leininger traded first-period goals and then the Steelers took a 4-1 lead after 40 minutes.

Riley Derlago scored just 59 seconds into the middle frame and then Dale Goodbrandson and Cole McCarten tallied less than five minutes later to put the home side up three goals.

Nathan Halvorsen then scored a late goal to seal the Steelers' win.

Starodub, Ty Kraus, Goodbrandson, Derlago and Halvorsen each finished the game with two points apiece.

Hayden Dola made 30 saves for the win.

On Jan. 5, the Steelers were downed 5-3 at home by the league-leading Portage Terriers.

Kraus scored in each of the first two periods for Selkirk while Dexter Kuczek pulled the Steelers

to within 4-3 early in the third.

Shawn Bowles led the Terriers with a goal and two assists. Stonewall's Braydon MacDonald also had a strong game for Portage with a goal while Adam Wowryk, Chase Brakel and Nick Henry also tallied.

Brett Friesen made 25 saves in the losing cause.

After the light schedule this past week, Selkirk (16-21-2) will now hit the road for three games in three days this weekend. The Steelers will be in Swan River Friday, Waywayseecappo Saturday, and Neepawa on Sunday.

Meanwhile, in trade news, several MJHL teams made moves before the Jan. 10 deadline.

Selkirk was part of the action, acquiring the CJHL playing rights of 18-year-old defenseman Logan Jackson and the MJHL list rights of 17-year-old forward Will Middleton and future considerations from Virden for the CJHL playing rights of 20-year-old defenseman Bradley Reichardt.

The Steelers also acquired the list rights of Nate Hooper from the Winnipeg Blues in exchange for the list rights of Kelton Sutherland.

Selkirk also released goalie Evan Robert.



RECORD PHOTO BY BRETT MITCHELL

The Steelers' Riley Derlago scored just 59 seconds into the middle frame in Selkirk's 5-1 win over the Dauphin Kings last Friday.

Varsity girls lose third-place game at Piper Classic

By Brian Bowman

The Selkirk Royals varsity girls' basketball team lost 75-59 to Daniel McIntyre in the third-place game of the Piper Classic at John Taylor.

Selkirk opened tournament play with a solid 48-43 win over John Taylor and then was defeated 95-37 by the Oak Park Raiders. Oak Park is ranked No. 3 among "AAAA" varsity girls' teams in the province.

Both varsity Royals' teams hosted Kildonan East last night but no scores

were available. The Selkirk girls will visit Garden City Monday while the boys will play at Springfield on Wednesday.

In junior varsity boys' play, the Royals lost 85-59 to the Elmwood Giants in the seventh-place place at a TecVoc tournament last Saturday.

Selkirk started the tournament with a 51-40 loss to St. James and then was edged 48-47 by Murdoch Mackay.

In recent KPAC play, Selkirk defeated Murdoch Mackay 51-40.

"It was a big win in KPAC (and we had) solid play at TecVoc," said Royals' head coach dean Goodbrandson in an email. (It was) level competition, now we need to learn how to win games (and) not just compete in them."

Zeke Plishke has been a dominant player for the Royals in recent games. He poured in a season-high 22 points in the Elmwood loss.

Selkirk played Miles Mac this past Tuesday but no score was available. The Royals will then face River East

tonight.

Meanwhile, the Royals' junior varsity girls also resumed league play Tuesday against Miles Mac.

Selkirk has been off for quite a while but won the consolation final of the Sisler tournament before the holiday break. The Royals, who have a good chance to be in the MHSAA "AAAA" top 10 rankings this week, lost by a point to Daniel McIntyre in overtime to place them on the back side of the draw at the Sisler tournament.

Royals take part in all-star hockey game



RECORD PHOTOS BY LANA MEIER

The Royals were well represented at the Winnipeg High School Hockey League's Platinum Promotions Division all-star game last Sunday at the MTS Iceplex. Representing Selkirk were, pictured left to right, Rhett Schrofel, Auzzie Loewen and Harley Hoydalo.

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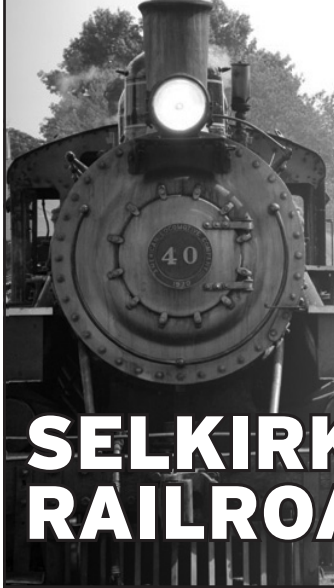
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The Lord's Day is the heritage of our nation. Sunday observance was written into the laws of our land, just as the commandments concerning stealing and murder. For more information and to read our publications www.clda.ca

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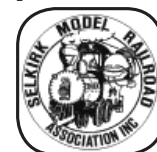
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The Manitoba Water Services Board
Sealed tenders, marked as follows will be received by the undersigned at The Manitoba Water Services Board, Unit #1A - 2010 Currie Blvd., Brandon, Manitoba, R7B 4E7, before 11:00 a.m., prevailing Brandon time on:

February 5, 2016

for the following works:
Supply and installation of approximately 13,000 metres of 300 mm and 400 mm diameter water supply pipeline and associated works.

MARKED

M.W.S.B. No. 1275

R.M. of West St. Paul Water Supply Pipeline

Tenders will be publicly opened and read at the location, time and date specified above.

Each tender must be accompanied by a fully executed BID BOND on the form provided and in favor of the Minister of Finance for the amount shown on the Tender. Under NO CIRCUMSTANCES will a certified cheque be accepted in lieu of a Bid Bond.

Tender documents may be obtained by provincially registered companies on or after January 18, 2016 at Unit 1A - 2010 Currie Blvd., Brandon, MB. Contact us at (204) 726-6076 to request the documents in PDF digital or hard copy format.

The lowest or any tender may not necessarily be accepted.



NOTICE OF TENDER

The Manitoba Water Services Board
Sealed tenders, marked as follows will be received by the undersigned at The Manitoba Water Services Board, Unit #1A - 2010 Currie Blvd., Brandon, Manitoba, R7B 4E7, before 11:00 a.m., prevailing Brandon time on:

January 29, 2016

for the following works:
Supply and installation of approximately 5000 metres of 500 mm diameter wastewater forcemain and associated works.

MARKED

M.W.S.B. No. 1270

R.M. of St. Andrews Regional Wastewater Forcemain

Tenders will be publicly opened and read at the location, time and date specified above.

Each tender must be accompanied by a fully executed BID BOND on the form provided and in favor of the Minister of Finance for the amount shown on the Tender. Under NO CIRCUMSTANCES will a certified cheque be accepted in lieu of a Bid Bond.

Tender documents may be obtained by provincially registered companies on or after January 11, 2016 at Unit 1A - 2010 Currie Blvd., Brandon, MB. Contact us at (204) 726-6076 to request the documents in PDF digital or hard copy format.

The lowest or any tender may not necessarily be accepted.



NOTICE OF TENDER

The Manitoba Water Services Board
Sealed tenders, marked as follows will be received by the undersigned at The Manitoba Water Services Board, Unit #1A - 2010 Currie Blvd., Brandon, Manitoba, R7B 4E7, before 11:00 a.m., prevailing Brandon time on:

January 29, 2016

for the following works:
Supply and installation of a pre-fabricated fiberglass wastewater lift station and associated works.

MARKED

M.W.S.B. No. 1271

R.M. of St. Andrews River Road Lift Station

Tenders will be publicly opened and read at the location, time and date specified above.

Each tender must be accompanied by a fully executed BID BOND on the form provided and in favor of the Minister of Finance for the amount shown on the Tender. Under NO CIRCUMSTANCES will a certified cheque be accepted in lieu of a Bid Bond.

Tender documents may be obtained by provincially registered companies on or after January 11, 2016 at Unit 1A - 2010 Currie Blvd., Brandon, MB. Contact us at (204) 726-6076 to request the documents in PDF digital or hard copy format.

The lowest or any tender may not necessarily be accepted.



Job Posting 2016-01 Concession Personnel

The City of Selkirk is accepting applications for Concession Personnel to work the 2016 Manitoba Viterra Championships at the Selkirk Recreation Complex. Hours will be between 8 a.m. and 10 p.m. from Tuesday, February 9th to Sunday, February 14th, 2016.

Applications will be accepted until all positions filled.

Interested individuals are to specify position being applied for and direct their application to:

Human Resources, City of Selkirk
200 Eaton Avenue, Selkirk, Manitoba R1A 0W6
FAX #: 1-204-482-5448

Email: jobs@cityofselkirk.com

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

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COMING EVENTS

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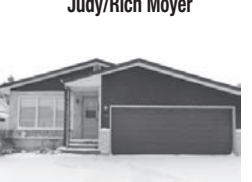
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NOTICE TO CREDITORS

IN THE MATTER OF THE ESTATE OF **VELHILMINA (VAL) MAE ROLLAND**, late of the City of Selkirk, 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 13th day of February 2016.
DATED at the City of Selkirk, in Manitoba, this 7th day of January 2016.
DAVID L. MOORE & ASSOCIATE
Solicitor for the Executors

NOTICE TO CREDITORS

IN THE MATTER OF THE ESTATE OF **JAMES NEIL CHAMBERS**, late of the City of Selkirk, 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 13th day of February 2016.
DATED at the City of Selkirk, in Manitoba, this 7th day of January 2016.
DAVID L. MOORE & ASSOCIATE
Solicitor for the Administratrix

MORTGAGE SALE

The building and land known as 304 McLean Avenue in the City of Selkirk, in the Province of Manitoba as described in Certificate of Title No. 2308846/1 will be sold at auction on **Friday, the 5th day of February, A.D., 2016, at 11:00 A.M.**, to be held in a Council Chamber room at the City of Selkirk Office, 200 Eaton Avenue, Selkirk, Manitoba.
The Vendor is informed that there is situated on the property a detached bungalow style dwelling, built in approx. 1939 with stucco exterior finish. Total living area is approx. 774 sq. ft. There are 3 rooms, 1 bedroom and 1 three piece & 1 four piece bathrooms. Full finished basement. Porch. Forced air heating (high efficiency), gas water heater. Single detached garage consisting of approx. 12.2' x 20', dwelling has dishwasher and central air. Property is located just West of Main Street on McLean Avenue.
TERMS: A DEPOSIT OF \$41,700.00 (FORTY-ONE THOUSAND, SEVEN HUNDRED DOLLARS) by certified cheque, bank draft or solicitor's trust cheque on the date, place and time of auction and the balance in accordance with the conditions to be announced at sale
Property Taxes: are paid to December 31, 2015.
Any outstanding property taxes, plus accruing penalties and interest are the responsibility of the purchaser.
Property is subject to Nil prior registrations.
RESERVE BID: The estimated reserve bid as of the estimated date of auction is approx. \$221,650.00. Adjustments to the reserve bid will be made depending on additional costs that may be incurred. The exact reserve bid will be announced prior to the commencement of the auction.
Further information, possible viewing date & time, and copies of Conditions of Sale may be obtained from:
LEVENE TADMAN GOLUB LAW CORPORATION
Barristers & Solicitors
7th Floor - 330 St. Mary Avenue
Winnipeg MB R3C 3Z5
Attention: David Golub/Catherine Janusz
File No. 101229
Phone No. 204-957-0520
Email: cjanusz@tglc.ca / dgolub@tglc.ca

NOTICE TO CREDITORS

In the matter of the Estate of **ROGER ALLAN LAFRENIER**, late of Selkirk, Manitoba, Deceased. All claims against the above estate, supported by Statutory Declaration must be sent to the attention of: Marlene Klimchuk, Estates Administration, at 155 Carlton St. Suite 500, Winnipeg, MB, R3C 5R9 on or before
The 15th day of February, 2016.
Dated at Winnipeg, Manitoba, this 4th day of January, 2016.
DOUGLAS R. BROWN
Public Guardian and Trustee of Manitoba

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HELP WANTED

The Gordon Howard Centre has the following opening
CONGREGATE MEAL COORDINATOR

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

Qualifications

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

Interested applicants should apply in writing by **January 22nd at 4:00 pm to the Executive Director Gordon Howard Centre 384 Eveline St., Selkirk, Mb R1A 1N3**

While we thank all who apply only those chosen for an interview will be contacted.



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Rate of pay is \$90.05 for both the morning and afternoon route, and pro-rated for a half day.

We are accepting applications until we fill all available spots.

For a complete list of duties & qualifications, visit Employment Opportunities at www.lssd.ca

If you would like more information, please contact

Angie Munch
Director of Human Resources
Lord Selkirk School Division
Phone: (204) 482-5942
Email employment@lssd.ca

Classified booking deadline is Monday 4 p.m. prior to Thursday's publication. Call 785-1618



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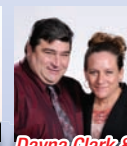
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ANNOUNCEMENTS

CARD OF THANKS

Cox - A huge thank you to everyone for all their support and prayers. Thank you to the staff at the Selkirk General Hospital for their care and compassion. To Deborah for her guidance and delivery of a beautiful service. To Chris for making sure the little things were looked after. To the choir for their angelic voices. Thank you to Donnie Little and Adeline and the church group for the excellent lunch and to the City of Selkirk for providing the space. To Gilberts for their assistance. To everyone that donated to the Selkirk & District Community Foundation in memory of Rob, we thank you. Community was so important to Rob. He will be greatly missed.

-Carolyn and family

ANNOUNCEMENTS

BIRTH ANNOUNCEMENT



Alleyne
The Main Event
October 31, at 10:41 p.m.
Centre Ring
Max Randolph Brian

Weigh in at 9 lbs. 6.3 ozs. Length 22 in.
Also at centre ring, Mom Tara (Law), Dad Cory; in one corner first time grandparents Randolph and Colleen; in the other corner first time uncles, Randie John and Nicholas. Up above high watching from Heaven, Amma (Lily Wade).

ANNOUNCEMENTS

BIRTHDAY



Julia Bosko
Happy 80th Birthday Mom/Baba/Julia
On January 17th!
-With lots of love from
all of your family!

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OBITUARY

Elizabeth (Betty) Ann Ward

On December 29, 2015 Elizabeth Ward of Cambridge House in Selkirk, MB, formerly of Christ Church, Barbados, passed peacefully at Selkirk General Hospital, Selkirk, Manitoba.

Widow of Julian Ward (Hal); mother of David, Richard and Lindley; mother-in-law of Linda, Catherine and Tracey; grandmother of Amy, Julian, Ross, Michelle, Erin, Shannon and William.

The family would like to thank the doctors and nursing staff at the Selkirk General Hospital for the kind care provided to Mum in her final days. We would also like to thank palliative care, home care and Health At Home for the invaluable help in caring for Mum throughout her final year.

A memorial service will be held at Little Britain United Church, 5879 Main St. (Hwy 9) at 2:00 p.m. on Monday, January 18th, 2016 with refreshments to follow.

Donations in her memory can be made to the Humane Society, 45 Hurst Way, Winnipeg, MB, R3T 0R3.

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



ANNOUNCEMENTS

IN MEMORIAM



Olive Cholosky
January 16, 1924 – January 18, 2012
These are the memories you left behind.
A heart of gold, you were the best.
Held never selfish, always kind.
These are the memories you left behind.
Deeply missed, ever loved.
-Husband Bill and families

ANNOUNCEMENTS

IN MEMORIAM



Andrew Poloski
October 17, 1940 – January 17, 2004
The years may pass but still you stay
As near and dear as yesterday.
-Love Florence, Shelly and Mike,
Tim and Kirsten, Jason and Tracey,
and grandchildren Kyle, Corby,
Carley, Abby, Ethan and Harrison

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