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'Stolen Sisters' to take centre stage in Selkirk

By Dave Baxter

Actors will use their voices to bring attention to the issues of missing and murdered women as well as gender-based violence during a performance in Selkirk next week.

Winnipeg based Sarasvàti Productions will present "Cabaret of Monologues: Stolen Sisters" at Selkirk United Church on Thursday, March 10 from 7 p.m. to 9 p.m.

"Essentially these are actors playing a dramatic character, but with just one character rather than multiple characters," Sarasvàti Productions artistic director Hope McIntyre said.

The four monologues that will make up the show in Selkirk will touch on the issue of missing and murdered women, but also on systemic issues that can lead to someone being murdered or going missing.

"All the pieces will touch on genderbased violence and look at the broader systemic issues and a couple of pieces deal with it from an indigenous perspective and touch on systemic racism," said McIntyre.

One of the performances will tell the true story of a woman who came to Winnipeg from Mexico and was exploited and abused because she felt alone and isolated." Continued on page 2



RECORD PHOTO BY LINDSEY ENNS

Nine-year-old Michael Hamelin, pictured right, races down the hill next to the Selkirk Golf and Country Club in hopes of reaching his 11-year-old brother Jack Hamelin on a sunny day last Friday afternoon. Lord Selkirk School Division students had the day off on Friday as part of a division wide in-service day.

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Flood risk low to moderate for most of Manitoba

By Lindsey Enns

The province's first flood outlook of 2016 is "good news" for Selkirk and area, according to the city's emergency measures co-ordinator.

"Even with unfavourable weather conditions, we're looking at a moderate risk of flooding," said Darrell Kupchik, who is also the director of operations for North Red Waterway Maintenance, the city's ice breaking program."We got below ice thickness on the Red River and we got below average snow cover.

"That for us is good."

The province's first spring flood forecast released on Monday stated the risk of overland flooding is generally minor to moderate as the runoff potential is normal to below normal across Manitoba.

But the outlook also noted that overall flood risk could change depending on weather conditions between now and the spring melt.

With March being a crucial month weather wise, Kupchik said they will continue to monitor conditions.

"Normally this is when we receive a lot of our precipitation, potential for big winter storms, lots of snowfall," he said. "And you're looking at the type



PHOTO COURTESY OF CHRISD.CA

Pictured from left to right: Manitoba Infrastructure and Transportation (MIT) director of hydrologic forecasting and water management Fisaha Unduche and MIT hydrologic forecasting and water management executive director Steve Topping and Premier Greg Selinger release the province's first flood forecast of 2016 on Monday.

of melt you're having in the spring ... and you get a lot of runoff and that to us is a concern."

In the Interlake, the province stated soil moisture conditions at freeze-up were near normal to above normal. Winter precipitation is also normal to below normal for the Red and Roseau river basins.

"What has a big impact on Selkirk and surrounding municipalities are

ice jams so this forecast for us is very encouraging," Kupchik said.

Amphibex ice breakers officially hit the Red River north of Selkirk on Feb. 22 in an effort to prevent ice-jam flooding.

"We've changed up the way we're breaking ice on the river, we're doing a little less cutting this year," Kupchik said."That has allowed us to start ice breaking one week later then we had in years previous.

"We're still looking at arriving in Selkirk on our usual date."

Three 22-ton Amphibex machines started at the end of Main near Netley Creek and will make their way towards the City of Selkirk by midMarch, breaking over 25 kilometres of ice in the process.

"At Selkirk Bridge, at that point, we are going to reassess ice conditions and determine if we are going to continue further up stream towards the golf course."

On Monday the province said the Amphibex fleet had already broken a channel of roughly 13 kilometres long down the centre of the north Red River and work is ongoing.

Ice conditions on the Icelandic, Brokenhead and Fisher rivers are being assessed this week to determine if ice breaking would benefit those communities.

Kupchik said warning signs are being put in areas where people have to be aware of possibly dangerous ice conditions because of ice breaking, and ice shacks would be tagged when they had to be removed or moved somewhere else on the river.

"Fishermen this year have been really cooperative," he said. "They've been moving their ice shacks out of our project area."

Kupchik warned that this year there is a possibility for temperatures to quickly warm, which could make it difficult for fishers to remove their shacks.

"That could result in a lot of water on the ice so we want to ensure that ice fishermen keep this in mind that conditions on the ice on the Red River are going to change very quickly," he said. "Keep an eye on that forecast."

> PERFORMANCE TO BENEFIT NOVA HOUSE, FROM PG. 1

"When people are vulnerable and don't have support, that is when there is that strong possibility of abuse and exploitation," McIntyre said.

Another performance will deal with an indigenous woman dealing with racial profiling by a police officer, while there is another that deals with the issue of the countless women who have come forward with allegations of abuse against well-known comedian and actor Bill Cosby.

There will also be a monologue entitled "Quiet" about a woman who speaks in her own voice and learns she no longer has to be quiet but has to stand up for herself and for other women.

Part of the goal of the monologues is to help women with the process of coming forward if they have been abused, McIntyre said.

"I think throughout the process we have heard from a lot of women that they are afraid of being called a liar, and women have told us the court

process can be just as traumatizing as the assault itself," she said. "Sadly that's the reason a lot of women don't come forward."

Sarasvàti Productions tries to entertain audiences with their work, but also has a mandate to promote social change.

"With the monologues the purpose is to give voice to women that usually don't get to tell their stories, so it's powerful and sends a message of empowerment."

The monologues will raise money for Nova House's women's shelter, which offers support, shelter and resources to women and families dealing with abuse in Manitoba.

Nova House executive director Anna Pazdzierski said she is excited for the event because the theme fits with the work Nova House does.

For more information about the event and to get tickets contact Nova House at 204-482-7882.

Why Get Sugar'd? Sugaring has become the most popular trend in hair removal. Sugaring is an ancient art form of hair removal that has been practised for hundreds of years. A sugar paste is made with natural ingredients such as lemon juice, sugar, and water. Unlike your typical, unnatural and resin-based waxing formulas, sugaring formulas are easy to

Most women also want to have hair-free armpits, legs, and even arms. Sugaring hair removal is a

safe alternative to waxing and electrolysis, and continues to be one of the most effective ways to get rid of excess hair in both large and small areas for several weeks at a time. Sugaring uses a unique technique that successfully removes hair in its natural direction of growth. This results in less trauma to the skin and hair follicle and ultimately results in less breakage and fewer ingrown hairs.

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6. Ouch Factor. It's still pulling out hair from the root, but most people find it less painful. Sugaring doesn't stick to live skin cells like waxing, which means less irritation.

Darci Gagne is one of the few advanced technicians trained in this increasingly popular method of hair removal. Get Sugar'd has been in business in Selkirk for 10 years and specializes in all body areas for women and chest and back areas for men.

Contact Darci to experience the art of Body Sugaring at Get Sugar'd in the City of Selkirk, Manitoba {by appointment only} 204-785-3553.

Darci Gagne

Hundreds gather to mourn murdered Winnipeg teen

By Dave Baxter

Hundreds gathered on Monday to mourn, but also to celebrate the life of Cooper Nemeth.

A celebration of life for the 17-yearold Winnipeg teen who was murdered last month was held at Calvary Temple Monday afternoon.

Cooper was first reported missing on Feb. 14, and after days of searching in Winnipeg and in the Selkirk area, his body was discovered on Feb. 20 in Winnipeg.

Nicholas Bell-Wright has been charged with second-degree murder in the case.

Although there were tears and grief at the service, it was also an opportunity for those who loved Cooper to fondly remember the kind of person he was.

With Cooper's mother Gaylene standing by his side, Cooper's father Brent gave an emotional and powerful eulogy at the service.

"Cooper loved life," Brent said. "Whether it was playing sports, playing with his brother, teasing his sister and then hugging her and smiling with her afterwards."

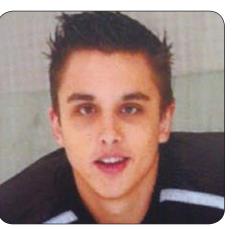
Cooper's sense of humour was the reason he put a smile on so many faces, Brent said.

"Cooper always had a way of making people laugh, whether it was telling a joke, doing a little dance or just looking at you with a goofy face, he could always break the ice, even if you were mad at him."

Cooper's love for hockey was a driving force in his life and the reason many young people showed up to Monday's ceremony wearing hockey jerseys.

Cooper and his family had ties to the Selkirk area, as his grandparents Jim and Irene Nemeth live in East Selkirk, and in the past, he had played for Selkirk-based hockey teams.

"He told me on a few occasions that



he loved feeling the wind on his face as he skated down the ice," Brent said. "For those of you that ever played with Cooper, you'll know that he was a competitor who played with passion and on the edge when his equipment went on, and that he hated to lose."

Brent told Cooper's friends that although Cooper is gone, the doors at the Nemeth home are always open.

"If you ever need to talk about anything no matter what it is, and you feel you can't talk to anyone, I want you to know that the garage is always open, the fridge is always full, and that you can talk to me."



RECORD PHOTOS BY DAVE BAXTER AND SUBMITTED

Hundreds gathered at Calvary Temple in Winnipeg for a celebration of life for Cooper Nemeth, pictured left. Some of the hockey jerseys that Nemeth has worn were on display during Monday's service. Seventeenyear-old Nemeth was missing for a week before his body was found on Feb. 20.

He ended with a reference to Cooper's love and passion for hockey, while chocking back tears.

"Cooper, I will see you again one day," Brent said. "I'll bring my skates and stick, and we'll go to the outdoor rink and practice some one-timers, as the cold wind hits our faces."

Andrew Skogen, who had spent time as Cooper's hockey coach, said both Cooper's talent and his personality were the reasons he excelled at the sport.

Nemeth family-friend Matt Richardson, who knew Cooper since he was an infant, also paid tribute to his friend.

"Cooper was a fun, goofy, normal 17-year-old kid," Richardson said. "Even though life goes on for us, I know our lives will never be the same without Cooper."

Cruising the St. Andrews Airport runway



A plane makes its way down the runway at St. Andrews Airport as hoar frost blankets the treeline behind it on a crisp morning last Wednesday.



Construction worker survives four-storey fall

By Lindsey Enns

A 21-year-old Winnipeg man is lucky to be alive after falling four storeys off a condo building being built along one of Selkirk's main drags.

Last Tuesday at around 10:30 a.m., the Bjornson Roofing Ltd. construction worker was shingling the roof at the new complex going up at 1027 Manitoba Ave. when he suddenly slid and fell, hitting the ground roughly 38 feet below him.

Bjornson Roofing owner Derek Bjornson, who was on the roof working near the man at the time, said it was "a little mistake" made by the man that led to his fall.

"It's one of those things you never wish happen but it did," Bjornson said, adding the man was wearing the proper safety equipment at the time, including a safety harness, but was switching ropes when he suddenly slid and fell."He slipped and tumbled and really wasn't using the safety harness and rope which led to the fall.

"It was a slow slide that led him to the edge."

After the fall, the man stood up and started walking around, visibly still in shock, Bjornson said.

"I ran down to him to see what happened thinking the worst really," he said, adding workers told the man to lay down while they called an ambu-



RECORD PHOTO BY LINDSEY ENNS

A 21-year-old Winnipeg man is recovering at home after falling four storeys off the roof of this condo building being built along Selkirk's Manitoba Avenue.

lance. "It was hard to believe really ... he was obviously a little bit in shock. "We still don't believe how tough he is, how lucky he is."

The employee, who has been working with the roofing company for more than two years, spent one night in hospital with minor injuries before being sent home to recover, Bjornson said.

He added the man suffered some

cuts to his forehead, a possible concussion, a bruised lung and a sore knee.

"He's a lucky man," he said, adding the worker plans to return to work as soon as he's fully recovered.

Bjornson said he believes icy conditions up on the roof that morning contributed to the fall.

"The night before it snowed, and frost and snow made the roof slippery

on the west side and we tried to stay off that side but he unfortunately got over there and slid."

Bjornson, who has been in the construction industry for more than 10 years, said this is the first time he's ever witnessed someone fall from a rooftop.

"Unfortunately it happened four storeys up as well," he said, adding it was a reminder to all of his workers that something like this can happen while on the job."It's not easy work ... it's a hard job but safety is the most important thing."

Bjornson said on the day of the incident, Manitoba Workplace Safety and Health arrived to investigate and later allowed workers back on the roof that same day.

"It was just a bad accident by the worker ... everything we can do was done and they approved us to continue working," he said. "If anything was wrong or rules were broken they would have shut us down."

A provincial spokesperson confirmed the worker "lost his balance and fell" in an emailed statement to the *Record*.

The spokesperson added no orders were issued to the roofing company and the incident is currently under investigation by Manitoba Workplace Safety and Health.

Students help raise over \$2K for boy who lost leg

By Dave Baxter

Two Robert Smith School students have stepped up in a big way to help a fellow classmate and friend.

Grade 4 students Leam Morin and Madi Frommelt recently came up with a plan for a bottle drive, to raise money for their nine-year-old classmate David Stevenson and his family.

Stevenson was diagnosed with a blood infection in September and his condition became so grave that his left leg had to be amputated below the knee.

The severe blood infection was due to a small cut Stevenson got on his knee when he fell, but didn't tell anyone about the cut, so it never got cleaned out properly.

His situation has led to constant and expensive trips to see medical professionals in Winnipeg as well as his family having to do renovations to make their home more accessible, so Morin and Frommelt took it upon themselves to help out.

Together the students raised \$400 quickly and that inspired the school's leadership committee to host a bake



RECORD PHOTO BY DAVE BAXTER

Pictured from left to right: Stephanie Stevenson, her two-year-old son Haiden, Leam Morin, and Madi Frommelt gather for a cheque presentation at Robert Smith School on Monday morning. Local students helped raise \$2,429 for one of their classmates, nine-year-old David Stevenson, who had to have his left leg amputated below the knee in September.

sale to raise even more money.

Media attention to the situation has also led to donations coming into the school from all over Manitoba and Canada and in the end \$2,429 was raised for the family.

The students presented a cheque to Stevenson's mother Stephanie on Monday morning.

"I can't even think of words to de-

scribe how I feel," Stephanie said, as she choked back tears. "This school is just so supportive and willing to be there for me, and for my kids."

Stepahanie said she will use the money towards paying for a ramp and other accessibility renovations to their home, travel to medical appointments, and pay off some bills associated with her son's condition.

She added David was unable to attend Monday's presentation at the school due to a medical appointment.

Leam's father Devin said the students came up with the idea for a bottle drive all on their own.

"For a 10-year-old kid to come home and say 'I think we should do something' is pretty amazing, and we had no influence on this at all, he just said he wanted to do something," Devin said.

Robert Smith School principal Lisa Minaker said the two students influenced other fundraising done for the family, and after they took the lead, many in the school stepped up to help. "Knowing these two kids I am not surprised but I am very proud."



Construction to start 'right away' on new shelter

By Dave Baxter

Construction on a new Nova House shelter has seen its share of delays since first being announced, but those in charge of the project say construction should be starting up very soon.

Nova House offers shelter, services and programming to women and their families who are dealing with domestic abuse.

Last January, Selkirk's location announced funding had been secured for the construction of a new building.

In December, Nova House executive director Anna Pazdzierski said she expected construction on the new women's shelter to start earlier last month, but there has recently been little action at the site where the new shelter will stand.

Pazdzierski originally hoped construction on the shelter could start as early as September of 2015, but she said any time you are dealing with a number of different organizations and government bodies on a major project, delays can be expected.

She now says things are starting to



ARTIST RENDERING COURTESY OF FT3 ARCHITECTURE LANDSCAPE INTERIOR DESIGN

This rendering shows plans for the front of Selkirk's new Nova House women's shelter being built along Clandeboye Avenue. Construction is set to begin this month and is expected to take about 32 weeks.

happen at the construction site.

"Hydro has been down there, the building permit just came in and they will be starting construction right away," Pazdzierski said. "We are very close."

There were other delays in the proj-

neighbourhood where the building will be built had concerns about the plan, but Pazdzierski said she has done everything she can to answer questions, and address resident's concerns.

The budget for the new building is ect, because some who live in the approximately \$2.4 million, with Nova

House receiving \$1 million from Manitoba Housing, \$500,000 from Jim and Betty Anne Gaynor, and the land and services are being donated by the City of Selkirk.

Nova House has had to fundraise and apply for grants to make up the remainder of the costs. They continue to fundraise for funds for the building, as well as for things that will fill the shelter, such as furnishings and housewares.

Pazdzierski and others involved with Nova House has been trying to get into a new and bigger building for years.

"We'll be going from a building that doesn't even meet the building code, into a building that will be clientfriendly and client-based," she said. "There will be more efficiency, more room, and more dignity."

She added the new building will allow them to offer more programming "on-site."

Once it starts, construction of the new building is expected to take about 32 weeks.

City to host second annual Egg-Citing Easter event

By Dave Baxter

For the second year in a row the City of Selkirk is inviting families and children to head outdoors and celebrate Easter.

The city will host the second annual Egg-Citing Easter event at the Kin Centre Rink in Selkirk on Saturday, March 19, giving local and area families a chance to get together.

"Last year when I was planning summer events it dawned on me that we don't really do anything in the early part of spring," City of Selkirk marketing and communications coordinator Vanessa Figus said. "So we planned the Easter event last March and I was actually planning on it being something small."

Although Figus may have been banking on a small event last spring, it didn't turn out that way.

"We were expecting some families



RECORD FILE PHOTO BY AUSTIN GRABISH

Local and area children scramble for eggs during last year's Egg-citing Easter Event at the Kin Centre Rink in Selkirk. This year's event will take place on Saturday, March 19.

and kids to come out, but there were hundreds of people that came out, so it was evident that there was som thing needed at that time of year."

This year's Egg-Citing event will feature pictures with the Easter Bunny, Easter egg hunts and scrambles for youth of different ages, crafts, music, and there could be skating on the Kin Centre Rink, depending on the weather.

The event will start at 12 p.m. and run until 3 p.m., with Easter egg scrambles for older kids and Easter egg hunts for younger children taking place at 12:30 p.m. and again at 2 p.m.

Figus was happy with last year's attendance and is looking forward to this month's event.

"It was great," Figus said." It was a lot of people having a good time and the kids just loved it because it was Easter themed."

Figus said they are now far more prepared for the amount of people that could show up this year and are hoping for a good turnout.

The Kin Centre Rink is located at 370 Jemima St. in Selkirk, by the Selkirk Water Tower.





Manitoba judge to decide alleged bomber's fate

By Austin Grabish

A Manitoba judge will decide if an alleged letter bomber will be released on bail despite pleas from his defence lawyer for an out-of-province judge to hear the case.

Guido Amsel has been in custody since last July when he was arrested for allegedly sending bombs to his exwife, her lawyer and his former legal counsel.

Amsel was denied bail in September and his lawyer Martin Glazer is appealing the decision.

Glazer had asked for an out-of-province judge to hear Amsel's appeal citing a possible perception of bias as a concern.

He said since his client's alleged crimes have been described as an attack on the legal system, there could be a potential conflict of interest from Winnipeg's small legal community.

But Chief Justice Glenn Joyal denied that request last Thursday ruling instead that a Court of Queen's Bench judge was qualified to rule on the bail appeal.

Joyal is expected to outline reasons for his decision in writing next week and a new judge will hear Amsel's appeal on March 21.

Glazer said his client maintains his innocence and may end up asking for an out-of-province judge once the case goes to trial. "I think this is a precedent setting case and it's a unique case in Canada, and therefore it must be handled in a unique fashion," Glazer said in a telephone interview with the *Record*. "He maintains that he's innocent and that the real bomber's out there, so it's very difficult for him."

Amsel is charged with three counts of attempted murder, one count of aggravated assault, and a number of charges related to the possession of explosives in relation to a series of letter bombs that went off in Winnipeg in July.

The bombs, disguised as small voice recorders, were sent through Canada Post to Amsel's ex-wife Iris' workplace, her lawyer Maria Mitousis, and his former lawyer.

Mitousis lost one of her hands and was severely injured after opening a bomb at the Petersen King law firm in Winnipeg where she works.

Mitousis was representing Iris, a St. Clements resident, in a decade-long legal battle she was fighting against Guido.

The two used to live together on Nicholas Street in St. Clements with their son and owned an auto repair shop.

Amsel is presumed innocent and none of the charges have been proven in court.



RECORD FILE

PHOTO BY **AUSTIN GRAISH** Alleged bomber Guido Amsel's lawver Martin Glazer speaks reporters to outside the Law Courts last year. A Manitoba judge will hear Amsel's appeal during a bail hearing on March 21.

COMMUNITY CENTS

Disability Tax Credit – making it work for you

If you or someone in your family has a disability, you already know what a profound impact it can have on your quality of life and your finances. Family support is always vital, of course, and there are programs and organizations that can also provide help and support, but anything that can be done to reduce the additional financial costs of a disability is always welcome. The federal government provides tax relief for those with certain types of physical or mental impairments through the non-refundable Disability Amount Tax Credit (DTC).

The tax relief can be significant and ongoing but many people don't even know they qualify for the DTC, or that if they have missed claiming it in the past, they may be able to seek adjustments and reclaim those missed opportunities. Here is some basic info to be sure the DTC will work for you.

• To be eligible for the DTC you must complete Canada Revenue Agency (CRA) form T2201.

• A qualified person – usually your doctor – must certify that you have a severe and prolonged mental or physical impairment that markedly restricts the ability to perform the basic activities of daily living. If you are receiving extensive, life-sustaining therapy, you may also be eligible for the DTC, under certain conditions.

• Once approved, you may claim the disability amount on your income tax return.

• If all or part of the disability amount is not claimed by the taxpayer with the disability (who is also a dependent), it can be transferred to a spouse or common-law partner or another supporting taxpayer, who may also be able to claim the Caregiver Amount Tax Credit.

• The DTC can also be a qualifier for obtaining other tax breaks, such as for certain medical expenses.

• If you have missed claiming the DTC in past years, you can seek adjustments to your previous returns for up to ten years through the CRA's Fairness Policy. If you want the CRA to reassess a tax year and allow a claim for the DTC, you must either submit CRA Form T1ADJ or send a letter of request, with details, to the CRA. You must also obtain the support of a medical practitioner who certifies that the impairment existed during the previous tax years.

It can be very complex to get the most from the DTC, especially when it comes to the interrelationships with other financial provisions for a disabled person. That's why a discussion of the issues with your professional advisor is always a good idea. *This column, written and published by Investors Group Financial Services Inc.*

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Students celebrate I Love To Read month



PHOTO COURTESY OF LANE COLLINS Walter Whyte School teacher Janee Laberge reads to students during the school's family reading event for I Love To Read month last Wednesday, which happened to also be Pink Shirt Day. topic please contact your Investors Group consultant. Dan Bush, Consultant 204-785-8862 dan.bush@investorsgroup.com







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Set RED RIVER > CHALET BEACH > LAKE WINNIPEG

Welcome friends. Last week I met a young, slim, blonde, quick-witted gal, Jessica Werstuik from Beausejour who had a story of last summer when she, her three-year-old boy Tucker Ball, her mom and auntie went fishing in Rickes' Pit north of town.

> ARNIE WEIDL

It was a hot sunny windy day as the girls set up then cast their lines into the water. Jessica turned to her son to help him cast out but he was off discovering grass and butterflies. Oh well, she thought, maybe later.

Facing the rippling water with the blinding sun reflecting in her eyes, she fondly remembered learning to swim in this pit. Then she felt a tug on her leg; then a sharp pain. She looked down to see a fish hook buried deep in her leg. Her astonished gaze followed the line back to a rod held by her shocked son. The frightened boy turned and ran away as fast as his little legs would carry him.

Mom and auntie came to Jessica and after a quick look at the offending hook agreed this needed a doctor. So everybody piled into moms' truck and with Jessica bouncing in the back box, with her windswept hair slapping her in the face, they made for the Beausejour Hospital.

Unbelievably there was no doctor available so now in aunties' car they took off for the Selkirk Hospital. When they got there, the nurses took one look and started freezing her leg with needles; lots of needles. In no time Jessica was feeling no pain and could see a kindly doctor coming her way. Great she thought but then the "kindly doctor" turned into an "all business type doctor" and kneeling on her leg wrested the nasty hook out. After a while Jess regained her composure and thanked him but wasn't really sure she meant it.

So that's how little Tuckers' first catch became his mom.



RECORD PHOTO BY ARNIE WEIDL Erik Johannson with one of his catch in their ice shack on the Red last weekend.

This last weekend on the Red, I met Selkirk's Mayor Larry Johannson, his boys Erik and Larry Jr. and friend Cory Syrota. These fun loving guys had built an ice shack on a used trailer which now had become their little home away from home.

I was invited in and soon they began telling me of a time in early spring off Chalet Beach last year how after fishing, their trip off the ice became brother-in-law Adam McKonals' most unlucky day. Heading shoreward they playfully cruised through water patches that made their quads look more like boats casting wakes.

sleigh they were towing flipped tossing everything into the slush. Sopping wet, all the guys did their best to find and reload their stuff but Adam started obsessing about his lost padded pail top. Again and again he agonized

The guys searched for a while but eventually gave up and continued plowing through the soupy snow for shore. Poor Adam was even less happy when unloading his equipment onshore, he found his auger and heater were damaged and his all-weather rain-suit was gone. Now all this time I had been visiting, "Mayor Larry" had not been with us. When he showed up, the guys greeted him with "Hey

I asked what the nickname meant and they laughed saying they call dad "leather face" because he never wears headgear when out in the wild. The Johannson's and friends sure know how to enjoy life.

I finally got back onto the ice off Riverton's Sandy/Hecla Bars a few days ago. I stopped at a number of shacks and at one in particular I met a chap by the name of Ron Marykuca of Winnipeg. We talked for a while then he told of an odd happening the day before. An SUV had gotten stuck in heavy snow close-by and a chap with a large truck offered to pull it out with the motor off, in neutral and the owner outside.

Then as both vehicles moved forward the owners big black Labrador in the SUV was seen in the driver's seat

with his paws on the steering wheel. You see the funniest things on the ice sometimes. Till next time, so long.



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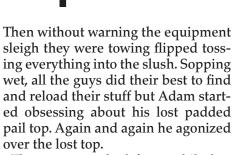
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LF".

Board approves extended freedoms for bus beheader

Staff

Vince Li is being granted more freedom and the right to live alone.

But Li, who was found not criminally responsible for the July 2008 Greyhoud bus beheading of 22-year-old Tim McLean, will live under a new name, Will Baker.

It was first reported last week that the Manitoba Criminal Code Review Board had granted Baker the right to live independently.

Baker has been living in a Winnipeg group home since moving from the Selkirk Mental Health Centre last year.

The board didn't give reasons for its decision but said Baker could live independently once an updated assessment report has been completed.

The move follows a pattern by the board that has seen it grant more freedoms to Baker almost every year at an annual case review.

The Vince Li case has sparked heated debates between mental health advocates who want him to have more freedoms and those who see him as a



RECORD FILE PHOTO BY AUSTIN GRABISH Protesters hold signs decrying the Manitoba Criminal Code Review Board's decision to allow Greyhound bus beheader Vince Li the right to move to a Winnipeg group home at a rally outside the Manitoba legislature last May.

killer. Critics of Baker's freedoms include Conservative MP James Bezan. The Selkirk-Interlake-Eastman

MP said the board's recent decision doesn't take public safety into account or concerns raised by families living in Winnipeg and Selkirk.

"The Crown has the ability to view Will Baker (Vince Li) as a designated High Risk - Not Criminally Responsible person, but they have chosen not to," Bezan said in a release last week. "They have blatantly ignored the rights of the victim's family, and compromised the public safety of our community in its decision."

Manitoba Schizophrenia Society executive director Chris Summerville has advocated on Baker's behalf for vears.

Speaking to the Record last year following a rally by protesters opposed to Baker's move from Selkirk to Winnipeg, he said many people have ungrounded fears about Baker.

Summerville did not return a request for an interview by Monday's press deadline.

Tim McLean's mother Carol de Delley also could not be reached for comment.

Alzheimer Society offers support to Interlake caregivers

By Dave Baxter

The Alzheimer Society wants to lend a helping hand to those Manitobans who are caring for someone with dementia.

"Every day we hear about challenges faced by caregivers, so we are trying to support those caregivers as they are going through the journey of dementia," Alzheimer Society Interlake-Eastern co-ordinator Jackie Dokken said.

The Alzheimer Society is currently putting on monthly telehealth family education seminars in a number of communities, including Selkirk.

Dokken said a medical professional in Winnipeg is "Skyped" into the seminars being held across Manitoba and that professional can talk directly to whoever attends the sessions and is able to answer questions.

"It's very interactive and if you came to Selkirk the presenter would be onscreen, but you can ask questions back to the presenter and they do leave time for questions," Dokken said.

A wide range of challenges come along with being caregiver for a loved one with dementia, Dokken said.

"It can get extremely challenging and coping with those changes for some can become so stressful that it effects their minds and bodies, and they can end up needing medical help."

stages of dementia, Dokken said.

When caring for

those with de-

mentia, caregivers

often don't realize

how many issues

can come along

with it, she added.

pretty specific ed-

ucation and tech-

niques," she said.

The most recent

seminar was held

on March 1 and

the next one en-

titled "Becoming a

Resilient Caregiv-

er" will take place on Friday, April

1 at 6:30 p.m, and

will be specifically

helping caregiv-

how to take care of

themselves, while

caring for some-

The Alzheimer

Society Telehealth

Family Education

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Seminars

ers

"We offer some

It's also very hard on a person to kirk and District General Hospital watch their spouse go through the and are free and open to the public.

For more information contact the Alzheimer Society at 1-800-378-6699.

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Canadä

Growing Forward 2

Students test hovercraft at St. Andrews Airport

Group from Winnipeg to compete for top spot in CME Discovery Competition

By Lindsey Enns

A group of Winnipeg students are hoping to save airports time and money by designing a hovercraft that can detect foreign object debris (FOD).

Grade 11 Windsor Park Collegiate students Kayley Leurquin and Skylar Trudeau are part of the school's hovercraft team competing in this year's Canadian Manufacturers and Exporters Discovery Competition.

Last Wednesday morning they packed up their hovercraft and headed to St. Andrews Airport to test it out.

"We thought our project would benefit from going to an actual airport and testing it in the environment where we would hypothetically be selling this product," Leurquin said, adding both students were hoping to get a more "real world perspective" on how well their hovercraft might work. "Outside we'll be dealing with puddles and wind so we could see how we could maybe improve parts of the craft so it would work better in these types of conditions."

As part of the CME competition, more than 100 students from across the province are tasked with creating a working hovercraft with a real life application.



RECORD PHOTOS BY LINDSEY ENNS RIGHT: Grade 11 students Skylar Trudeau, pictured left, and Kayley Leurquin from Winnipeg test out the hovercraft, pictured above, they designed and created to detect foreign object debris at St. Andrews Airport last Wednesday. The students are part of a team competing for the top spot in this year's Canadian Manufacturers and Exporters Discovery Competition finals in Winnipeg at the end of this month.

This year's team from Windsor Park Collegiate has spent countless hours since September designing and building their hovercraft out of a laser cut wood frame, a takeout food container and insulation to hold it all together.

Their hovercraft is also equipped with a small camera to help detect







FOD, which can be viewed in real time on a tablet via an Internet connection.

Although last Wednesday was the group's first time testing out their hovercraft at an airport, they previously met with the Winnipeg Airports Authority to learn more about FOD and how dangerous it can be on runways.

"What we're trying to do is ... increase the safety at airports because foreign object debris kills a lot of people a year,"Trudeau said, adding they were told airports spend billions of dollars each year locating and cleaning up FOD. "It's a lot of man power and it's a lot of time and effort but if you could have like an autonomous drone get that foreign object debris it's more efficient, less costly and the time that it would take is cut down significantly."

Leurquin added sometimes the human eye can miss things.

"But with this camera it's all high definition so we can see more in depth," she said. "Putting new and innovative technology like this into a workplace in an airport would save a lot of time."

After winning first place in the semi finals out of 20 teams, the Windsor Park Collegiate hovercraft team of seven will go on to compete at the finals on March 21 at the Winnipeg Convention Centre.

Students will have a shot at winning multiple scholarships to a college or university level engineering course of their choosing in Manitoba.

The Street Names of Selkirk: Rosser Rosser Avenue appears on the Selkirk map of 1880 as 'Burns' then reappears on an 1883 map as Rosser. The Chief Engineer of the Canadian Pacific Bailroad (1881-1883) was General

The Chief Engineer of the Canadian Pacific Railroad (1881-1883) was General Thomas LaFayette Rosser who was born in Virginia and raised on a Texas farm. He attended West Point where he was a classmate of George Armstrong Custer. The American Civil War broke out before they could graduate; they found themselves fighting on opposite sides of the conflict. Following the war, Rosser worked for the Northern Pacific Railway, then he was hired by James J. Hill of the Canada Pacific Railway to work on the trans-continental line. He quickly rose to the position of Chief Engineer with the



task of surveying the line to the Pacific Ocean. In the meantime, General Custer was General Rosser hired to command a regiment which was to protect the sections of the C.P.R. track which had been completed. At that time, the Chief Engineer was able to name the stations and other places along the line as the route was laid out. When William Van Horne assumed control of the construction, Rosser returned to the U.S.A., leaving behind the hamlet of Rosser, the Rural Municipality of Rosser, a railway station, a provincial road and Rosser Avenues in both Selkirk and Brandon.

- When William C. Van Horne assumed control of the construction, Rosser returned to Virginia. Sources: McKay, E. Selkirk's 50th, 1956 "Rosser appears on the Selkirk map of 1880 as Burns."
- R.M. of Rosser The First Hundred Years 1893-1993

The Selkirk Heritage Corner, brought to you by the Selkirk Municipal Heritage Advisory Board & The Selkirk Record

Study challenges community to create Zero Waste

By Dave Baxter

A new study is asking residents to change their ways in an effort to create Zero Waste.

Karen Keppler, who along with her husband runs Responsible Electronics Recycling in Selkirk, is looking for participants to take part in a three month Zero Waste Lifestyle Study.

Keppler said she knows when people are properly educated, they can dramatically reduce the amount of garbage they are throwing out.

Zero Waste is considered a "philosophy" where people make lifestyle changes in an attempt to throw out no trash that would end up in a landfill.

"People who really follow guidelines can actually get away with throwing out only a single mason jar of garbage in an entire year," Keppler said.

Keppler said many organizations looking to help the environment have been going to "communities as a whole" asking them to change their ways, but this study goes directly to individuals and families.

"There has lately been a movement lately to cut waste going into landfills at each individual, rather than trying to find ways to do it for the whole community at once," she said. "It's hard, but it's a bullet we all need to bite so our planet it always habitable. "We need to tackle this now."

Anyone who signs up for the three month Zero Waste Lifestyle Study will



RECORD PHOTO BY DAVE BAXTER

Karen Keppler, pictured left, is seen in a bulk aisle at Gramma Carol's Courmet, Bulk and Health in Selkirk, with Gramma Carol's employee Jen Simons. Buying bulk is one way to reduce waste in the home, Keppler says.

spend those months consciously making an effort to throw out almost zero items that would end up in the dump, but Keppler said those who take part will have to be educated, and it will not be easy at first.

what is required at a seminar in Selkirk this month and from there those participants will be given a starter kit and a scale to weigh their garbage so they can keep track.

"It's hard at first, but if it becomes They will talk to participants about habitual and becomes a lifestyle, peo-

ple will see it is easy," Keppler said.

Those who participate will reduce their waste in different ways including recycling as much as possible, buying things in bulk with their own containers, and even buying things from retail stores without taking the packaging that often comes along with it.

"When you are getting things packaged at the store you're just saying 'no I'll just take it and put it in the trunk,' so you are finding ways to buy the product, but not buy all the needless packaging."

The study will also show participants how to properly compost and ways to recycle the kinds of items that don't typically go into the 'blue box,' such as clothes and other textiles.

"Families that are willing to try this out can give us anecdotal stories about what it was like, what they could achieve, and what they could not achieve, and we will track their garbage, and see the waste go down," Keppler said.

Results of the study will be used to determine what participants could achieve and what waste was reduced. Results will also be sent to the province, who Keppler said is interested in the concept of Zero Waste.

Those interested in signing up or interested in more information can contact Karen Keppler at 204-771-8828.

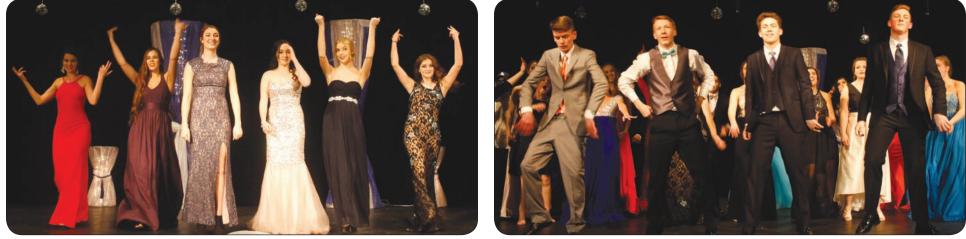
Riders help raise \$28K for Huntington's disease research



RECORD PHOTO BY GRANT GREGORY A team of snowmobile enthusiasts helped raise \$28,000 for Huntington's disease care and research during last weekend's HD500, a two-day trip from Lockport to Bird Lake and back. Riders raised \$14,000 through registration and pledge forms and an anonymous donor doubled those fundraising efforts making it a total of \$28,000. The event was organized by Brett Mitchell of Selkirk who said the annual event is held in honour of his father, Lloyd.



Students work the runway at grad fashion show



RECORD PHOTOS COURTESY OF ANNA WADE

Grade 12 Comp students show off their gowns and tuxes at the local high school's annual grad fashion show last Tuesday night inside the Comp's theatre. This year nearly 35 students took part in walking the runway and performing various dance routines in front of two sold-out crowds.

By Lindsey Enns

Some Comp students are crediting this year's grad fashion show for helping bring them together one last time before graduation.

"I got to talk to people maybe I've just seen in the hallways and actually form a relationship with them which was actually really nice because I don't know how much I'm going to see them after this," Grade 12 student Jaden Weber said, adding along with

being in the fashion show, he was a choreographer and helped with the music. "I'm a competitive dancer as well as a choreographer so this was pretty much up my alley.

"It was a lot of fun."

Last Tuesday night nearly 35 Grade 12 Comp students took part in the school's grad fashion show entitled, "Dancing with the Grads."

Both sold out shows took place last Tuesday night.

Weber said ticket sales from the annual grad fashion show go towards covering the costs of activities associated with their graduation in June.

Throughout the show the boys dawned tuxes from Moores while the girls wore gowns from various local shops.

Along with a fashion show, the grads also performed various dance routines.

"Dance is usually a big part of the fashion show,"Weber said. "They try to entertain the audience as much as possible."

Grade 12 student Brittney Fey also took part in this year's fashion show and said she had "a lot of fun."

"It was amazing," Fey said, adding it was a great opportunity for all the grads to get together.

Each year the Comp's annual grad

fashion show is put on by a group of teachers and interested students. Six teachers were involved with this

year's show which was a "group effort," said hairstyling teacher Charlene Henrickson.

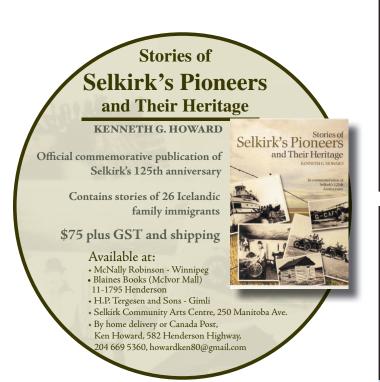
"The kids are what make it," Henrickson said. "They put close to 100 hours of practice time in.

"They put a lot of time and effort to create actual dance routines."

Fey said she encourages other students to get involved in the show anyway they can.

"A lot of people usually regret not doing it after they watch it," she said. "It's so fun."

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Former Interlake resident writes his way to the big screen

By Jennifer McFee

Andre Harden was numb screenplay was making it to

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FEBRUARY

At Selkirks

Tim Hortons

Caroline Jade Hnatiuk 263 Main St, Selkirk, MB Congratulations! Bryan Rosario

with excitement when he Former Interlake resident found out that his original

the big screen.

This week, his chilling film "Numb" is being released in theatres in 16 Canadian cities, including Winnipeg.

"Numb" is about a couple that's in financial distress, explained Harden. They've just learned that they lost the job that might have saved their house. As they return home through a storm, they pick up some hitchhikers. They discover a man who has been exposed to the elements.

Harden, who grew up between Stony Mountain and Stonewall, launched his writing career after graduating from high school as valedictorian in 1989.

Harden, who lives in Moose Jaw with his wife and three children, hopes that the local community will come out and watch his film while it's on the big screen.

"It's been a long time coming. It's really exciting and kind of unexpected that it will be in the theatres. That's something that we hoped for," he said. "I hope it's the first of many."

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4-H clubs come together for skills, thrills event



More than 30 4-H club members from across the Interlake came together for a Skills and Thrills event on Feb. 20 at East Selkirk Middle School. The event included workshops and games for young members from clubs across the South Interlake.

Staff

Various 4-H clubs from across the Interlake came together for a special event late last month.

On Feb. 20, more than 30 4-H members from seven South Interlake clubs including Balmoral, East Selkirk, Minerva, St. Andrews, Stonewall, Argyle and Teulon got together at East Selkirk Middle School for the first ever Skills and Thrills event.

The skills portion of the event touched on some 4-H basics including public speaking, science and judging. Amber Dyrda, a senior 4-H member from Teulon, said after watching last year's public speaking competitions she thought that her fellow club members could use a refresher.

"Last year I saw some younger members show up to the speech competitions not as prepared and organized as they could have been," Dyrda said.

Dyrda put her leadership skills to the test during last month's event as she delivered a public speaking workshop which included tips on how not to be nervous and what type of clothing is best to wear.

Following the workshop, 4-H mem-

bers were treated to lunch and then broke up into groups to take on a workshop about science and judging skills which was delivered by Sheila Stark-Perreault of the South Interlake Council.

Club members then headed into the gym for a game of laser tag and bumper ball.

4-H is an international youth and volunteer organization which started in Roland, Man. in 1913, according to the province's website.

Today 4-H clubs have been started across Manitoba by thousands of

members and volunteers.

More than half of the members live on farms and about a third live in rural non-farm areas.

SUBMITTED PHOTO

Members can choose from more than 60 hands-on projects including beef, photography, outdoor cooking, machines and crafts.

Communication activities help members establish strong speaking and interpersonal skills, while fun events aim to help them build friendships.

The whole experience is meant to help young people throughout their professional and personal lives.



Positive relationships can lead to student success

Dr. Martin Brokenleg stops in Selkirk to speak with teachers, community

By Lindsey Enns

When it comes to students succeeding both in and out of the classroom, it all comes down to the positive relationships they have with the adults in their lives, according to Dr. Martin Brokenleg.

"A kid will stay in school if there's a single adult in the building that shows personal interest and personal connection," Brokenleg said during a break in between his workshop with hundreds of teachers from across the Lord Selkirk School Division at the Comp last Friday. "In lots of homes there's not enough stability so ... a lot of students rely on the school."

Brokenleg is the co-author of the book "Reclaiming Youth at Risk: Our Hope for the Future" and co-developer of the "Circle of Courage" model.

He provides training worldwide for individuals who work with youth at risk and has led training programs throughout North America, New Zealand and South Africa.

During his stop in Selkirk last week before his workshop with teachers, Brokenhead also led a talk for local and area parents and guardians entitled "Grow Your Own Kids," last Thursday night.

Brokenleg said he hoped to share with the community the importance of building positive relationships with youth.

"The research says very clearly that if we approach youth positively with good relationships it's very effective," he said. "The biggest tool that adults have to help young people is personal relationships."

Brokenleg said the best way for adults to do that is by making it a priority.

During Friday's workshop for LSSD teachers entitled "The Force is Human Contact," Brokenleg explored the themes that help strengthen spirit within students to help them succeed.

The four categories include belonging, mastery, independence and being in touch with generosity, he said.

"If you want a kid to be strong and be able to bounce back when life knocks them down they have to have those four categories of experiences," he said.

Brokenleg said over the last 40 years schools have become increasingly therapeutic.

"They tend to be where you have



RECORD PHOTO BY LINDSEY ENNS

Dr. Martin Brokenleg leads a workshop for hundreds of teachers across the Lord Selkirk School Division inside the Comp's gymnasium last Friday.

well trained, well educated people who know the things they can be doing to help kids improve the quality of their lives," he said. "Parents don't really have that kind of education or get that kind of training on a consistent basis."

Supt. Scott Kwasnitza said the school division was happy to partner with Sunova Credit Union to bring Brokenleg to Selkirk for last Thursday night's community presentation.

"He's a very renowned speaker," he said, adding Brokenleg's workshop with teachers was mainly focused on mental health. "We are all here to support students whatever job we do ... we are here for children and we all have a role in that so we want to bring the school division together so everybody understands it's kids that we serve."

MMIW roundtable 'a call to action,' Selinger says

By Dave Baxter

Manitoba's premier is promising that provinces across Canada will take action to combat the ongoing issue of missing and murdered indigenous women.

The second annual Roundtable on Missing and Murdered Indigenous Women (MMIW) happened in Winnipeg last week.



Friday, April 22nd - 7pm • Saturday, April 23rd - 7pm Sunday Matinee, April 24th - 2pm Tickets \$20.00

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The roundtable brought provincial and federal politicians and community leaders together with relatives of women who have been murdered or are missing.

Premier Greg Selinger said that while a public inquiry into missing and murdered women is ongoing, Canadian premiers will implement actions including "training officials to

increase competency and understanding about racism, about anti-sexism, about the history of colonization, and all of those factors that give people the sensitivities to treat everybody with respect and dignity."

Selinger also said provinces will launch violence prevention and awareness programs and



RECORD PHOTO BY DAVE BAXTER

Minister of Indigenous and Northern Affairs Carolyn Bennett speaks at the conclusion of the two-day roundtable on missing and murdered women and girls in Winnipeg last Friday.

work to improve the basic quality of life and socio-economic conditions for indigenous people.

"Today's roundtable was not just talking points, it was a call to action," Selinger said.

Minister of Indigenous and Northern Affairs Carolyn Bennett told reporters last Friday the federal government has heard from more than 2,000 witnesses and received more than 4,000 written submissions for the national inquiry into missing and murdered indigenous women, which was announced in December.

"We're going to get this right, because we can't let the families and survivors down,"Bennett said.

New Selkirk Transit bus officially hits the streets

Staff

Selkirk Transit's new full-sized bus has now officially been added to the city's aging fleet and began picking up passengers last week.

The 30-foot Vicinity shuttle bus is only slightly longer than the city's previous three buses, but is equipped with a flat front and sleek design.

Selkirk Mayor Larry Johannson said the new bus is impressive and shows how far the local transit service has come in just five years.

"I'm blown away," Johannson said in a release on Monday. "It's a gorgeous bus.

"Coming in here to our garage and seeing this brand new bus is fantastic. It's the next step."

The bus, which cost \$361,000 and was paid for with the city's transit capital reserve fund and matching grant money from the province, has an 800,000 kilometre and 12-year lifespan. Similar to the three existing buses in the city's fleet, the new bus is fully accessible, has a kneeling feature for those with mobility issues as well as an access ramp.

The bus can accommodate 27 seated riders and was purchased from British Columbia's Grand West Transportation.

Selkirk's transit system is in line



Selkirk MLA and Finance Minister Greg Dewar and Selkirk Mayor Larry Johannson, pictured centre, were on hand recently to unveil Selkirk Transit's new full-sized bus. The bus has now officially hit the streets and began picking up passengers last week.

with the city's strategic plan that calls for the smooth operation of transportation systems and promotes environmental stewardship. CAO Duane Nicol said the new bus

isting buses to be used as a floater bus between the city's transit and Selkirk Mobility services.

will allow one of the three already ex-

The remaining three buses will be

rotated in and out of service throughout the day, to manage wear and tear on the vehicles, and to allow equal opportunity to those who advertise on the buses.

"It's evolution of the service. It's a higher quality vehicle and it's going to be a much smoother ride for our riders," Nicol said. "It's clear that transit's being used in Selkirk and people are appreciating it."

The *Record* previously reported that from 2011 to 2015, Selkirk Transit's ridership grew from 13,502 to 30,692, or by more than 50 per cent, according to the City of Selkirk.

Charlene Dunning, manager of transportation services for the Selkirk Transit Authority, said the 10 staff members in the program work diligently to ensure bus service is the best it can be for its riders.

The buses run daily routes, but provide game-day service to Winnipeg Jets and Bomber games and are available for private charters.

"The drivers are really excited about the new bus," Dunning said. "It demonstrates clearly the success of Selkirk Transit, and the ridership numbers back that up. Our staff work very hard to provide a reliable service for the people of the city and we're excited that Transit is growing with the city."

letters What's next for the NDP?

Are two inches of pavement on Main Street enough for Selkirk residents to re-elect Greg Dewar and the NDP?

Never mind the aged pipes and utilities that lay under the road, some of which will be dug up as early as this summer. This new strip of pavement only has to last until April when the election is safely over.

Premier Greg Selinger said it was "ridiculous" to say the NDP would raise the PST to eight per cent. How did that turn out?

The NDP pretends to be the friend of low income earners. Yet the eight per cent tax hits poor people the hardest.

Then they increased the list of goods that are now subject to this tax. Homeowners now pay eight per cent PST on their home fire insurance, making it harder for seniors to stay in their own homes. What's next?

Dewar has repeatedly said the NDP is a friend to small business. Forcing small businesses to be tax collector for the government doesn't create a positive business environment. According to the Canadian Federation of Independent Business (CFIB) Manitoba's small businesses are drowning in red tape.

What has 17 years of NDP rule meant for the people of Selkirk? Who would have thought we'd see the day when Manitoba Housing has a small army of security guards driving around trying to keep order in all the low rentals in town?

Province wide, emergency wait times in hospitals are the longest in the country.

Our schools are churning out students with the lowest grade averages in Canada. Aboriginal graduation rates are low and falling. Manitoba continues to be the violence and murder capital of Canada.

All these years of NDP rule should have fixed all these problems.

Than we have Manitoba Hydro increasing our power rates at twice the rate of inflation, all while selling our hydro to the Americans for rates less than what we pay.

The NDP is now on its way to bankrupting our province by recklessly spending money on new dams and power lines that may not be needed for years to come. Manitobans will be left holding the bag and poorer as a result. What's next?

Selkirk deserves better. Manitobans deserve better.

Kelly Dion Selkirk, Man.



Hockey expo aims to put game front, centre

First-of-its-kind event to be held in Winnipeg

By Dave Baxter

A Selkirk resident and another from Winnipeg are teaming up to put allthings-hockey under one roof this summer.

Chad Balmer of Selkirk and Jarret Hannah of Winnipeg are organizing the first-ever Canadian Hockey Expo, which will take place at the RBC Convention Centre in Winnipeg on June 11 and 12.

Hannah said people often don't even realize how many different aspects are involved in the game of hockey and the expo will bring all those things together. He said they also promise it won't be another "typical trade show."

"Hockey is a sport and it's interactive so that how this will be set up," Hannah said. "There will be so much chance for interaction where you could test equipment, try stick handling or shooting, take part in competitions, or try out things from the world of sports training."

The show will also have a small synthetic hockey rink set up, Balmer said. hockey, said he hopes the expo will be



RECORD PHOTO BY DAVE BAXTER

Chad Balmer of Selkirk and Jarret Hannah of Winnipeg, pictured here at The Rink Training Centre in Winnipeg, are organizing the first-of-itskind Canadian Hockey Expo in Winnipeg in June.

"So it's not people getting a few brochures and leaving," Balmer said. "It would be difficult to go in and get info and leave without wanting to participate."

Balmer, who has children that play

able to provide answers for parents wanting to get their kids involved with the sport.

"The newbie parents might wonder what the sport entails, so we're centralizing hockey, and when you are a hockey parent, there are so many stores and websites and costs that it can be overwhelming," he said." So we centralize those things, and parents can get all their info to make educated decisions."

The show is also for those playing hockey at a high level and how they could improve their game, said Hannah.

"It could possibly be some equipment that hasn't even hit the retail stores yet, or a chance to test things that competitive athletes are using in terms of training," Balmer said.

A big part of hockey is also things going on off the ice, such as fitness, nutrition and supplements, and those types of products will also be a big part of the show, he added.

"It's a chance to feel and test things, he said. "It's more than just window shopping,"

The show will also be hockey fans, as hockey collectibles and hockey cards will be part of the expo, and they expect some celebrity athletes to drop by to sign autographs and chat with fans.

"There is really nothing else like it going on anywhere in Canada," Hannah said.

For more information on the Canadian Hockey Expo visit cdnhockeyexpo.com.

Creative sanctuary for artists to open this summer

By Natasha Tersigni

For four years, Tracy and Maurice Thibodeau have been living in the heart of the Interlake on their scenic 80 acres, southwest of Teulon.

Knowing the passion and creativity that can be ignited by being on their property, the couple took to Kickstarter to raise funds that would go towards building a teepee where artists can come to their property and get away from the hustle and bustle of daily life.

Kickstarter is an online funding platform for creative projects including everything from films, games and music to art, design, and technology and is used to find interested investors to help back a project.

The site is full of ambitious, innovative and imaginative ideas that are brought to life through the direct support of others and the Thibodeau's thought that artists would jump at the chance of experiencing their breath taking property to create artwork.

Through their Kickstarter campaign that ended this week, the Thibodeau's raised enough money to purchase a teepee.



RECORD PHOTO SUBMITTED

Thanks to a successful Kickstarter campaign, Tracy and Maurice Thibodeau will be erecting a 24-foot authentic teepee on their 80 acres of property located southwest of Teulon, which will be used as a sanctuary for artists.

The teepee will be a place for the public to come create and host a variety of workshops from art retreats, to yoga gatherings, meditation seminars and sweat lodges.

"We moved here just over four years ago because we had this vision to get out into open space where there is an area for people to have unique experiences, which ties into our business. We have hosted house concerts and couple retreats and festivals. With having all these people out here having such positive experiences we wanted to make it accessible to more people," said Tracy who came up with the idea of have having a teepee on their land from a family friend.

"He thought a teepee would be great out here and it just got me thinking of all the possibilities we could have if we had this structure that could host people and we could create this really great experience."

The campaign was only online for five days before it reached their goal of \$5,300, enough money to purchase a 24-foot teepee that could hold 11 to 13 adults. In total, the campaign raised \$5,725 and the extra money will go towards providing more comforts inside the teepee including flooring and rugs.

"I am just so humbled and excited about the support we got and what we can now do out here," added Tracy. The plan is to have the teepee erected in June and then open it to the public as a space for creativity.

Community members honoured at PASS fundraiser

By Dave Baxter

A teacher and a community member were honoured last weekend for the work they do to help aboriginal students succeed.

David Blacksmith and Rita Procyshyn were both presented with awards at a fundraising evening for the Lord Selkirk School Division's Promoting Aboriginal Student Success (PASS) program last Saturday in Selkirk.

Blacksmith was presented with an award for the work he does as a community member to help aboriginal youth and non-aboriginal youth have a better understanding of aboriginal culture.

He could not be at Saturday's ceremony, so his daughter Kashina Blacksmith accepted the award on his behalf.

"I just believe he really deserved this," Kashina said. "He doesn't have an official job title, but I felt he should be recognized for everything he does.

"It was such a good feeling for me to hold that award for my dad because he does this out of the goodness of his heart."

David holds sweat lodge ceremonies for youth and during those ceremonies there are prayers and discussions



SUBMITTED PHOTO

Pictured from left to right: founding PASS committee member Rosemarie Mayo, Kashina Blacksmith, (daughter of David Blacksmith), East Selkirk Middle School teacher Rita Procyshyn and PASS board member Steve Richard, at a PASS fundraiser and award ceremony last Saturday.

about indigenous culture and heritage.

Kashina, who works as a youth mentor, said the ceremonies are beneficial because when youth are in-touch with their background, there is less chance they could turn to negative things like drugs and alcohol.

She added that watching her dad work with youth for years is what inspired her to become a mentor.

East Selkirk Middle School teacher Rita Procyshyn was awarded as a LSSD staff member for the work she does to teach children about indigenous culture.

Procyshyn teaches art, science and math at the school, but also teaches native studies to students in grades five through eight.

She also incorporates cultural teachings into her art classes and works with countless art students to paint elaborate murals on buildings in the Selkirk area.

"Native studies was always something that interested me and something I have been teaching in different ways for 15 years, but I only recently found out that I have Cree in my background, so being part of this PASS committee has taught me so much about First Nations culture," Procyshyn said."Over the years I have gained more confidence to take what I have learned, and pass that knowledge onto the kids at the school.

"It's something we need to keep alive because it's a beautiful culture, and we don't want children to lose track of that culture."

PASS works to encourage and showcase strengths, talents and skills of First Nations, Métis and Inuit youth in Selkirk and surrounding area.

Jacqueline Bercier, PASS adult committee chairperson said they were still tallying the final numbers but so far Saturday's event raised about \$2,500.

All of the funds raised will go towards their annual PASS event at the Comp in June.

Singer, songwriter Kristen Ludwig to stop in Teulon

By Natasha Tersigni

On the heels of the release of her second album, musician Kristen Ludwig is bringing her adult contemporary style music to Teulon during her first cross-Canada tour. The Victoriabased singer and guitar player will be performing an evening house concert at the home of Tracy and Maurice Thibodeau, on March 18.

While Ludwig has come to Manitoba before as part of previous Western Canada tours, this will be her first stop in the Interlake region and she excited about the intimate venue for her performance. The concert is limited to forty guests and will be played in the Thibodeau's living room.

"When I saw that there were these house concert tours being coordinated by Madic Records, I was shocked because this is something that I have been looking to do for so long; this style of show makes sense for solo artists. A lot of venues, especially in Canada, don't really make sense for solo artists to play because they are mostly bars or random venues where people are looking to have a good time and are not necessarily there to listen. House shows have always been my favourite to play because they are so intimate, which is important as a solo artist," said Ludwig who added the home concert tour also allows her an opportunity to travel to towns and cities she normally wouldn't visit.

"They are a couple places I have never been, so that aspect of the tour is super exciting as well. Without this tour I don't think I would ever have the opportunity to go to these places."

Growing up with music has always been a part of Ludwig's life, but it wasn't until two years ago that she began pursuing her work professionally. After playing shows across Western Canada, she produced her first album in 2014 entitled "Drifting."

For more information on Ludwig's Teulon house concert, located southwest of Teulon on Road 3E, that starts at 7 p.m. on March 18 or to purchase tickets visit eventbrite.ca/e/houseconcert-with-kirsten-ludwig-tickets-21304561517?aff=efbevent.



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

RSVP by March 8th to Sheri Skalesky at Selkirk Biz Phone: 204-482-7176 or Email: info@selkirkbiz.ca - Admission \$15

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

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

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

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

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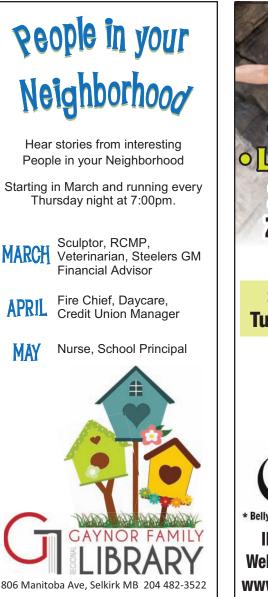
Community Living Selkirk, The Selkirk Record, Tim Hortons-Selkirk and Selkirk Biz Serving West St. Paul • St. Andrews • St. Clements • Selkirk



Many families spend winter figuring out how to chase away cabin fever and endure frigid temperatures until spring and summer mercifully return. Parents thinking ahead to swimming pools and days lounging on the beach can put their daydreams to practical use by planning ahead for their youngsters' summer vacations.

Youth recreational programs and summer camps can bridge the gap in care between the end of school and the day when classes resume. Due in part to high demand, parents who want to place their kids in summer rec programs or summer camps should being vetting such programs and camps well in advance of summer. The following are a handful of tips for moms and dads who want their kids to have fun and fulfilling summers.

• Ask for recommendations. Speak with fellow parents and trusted friends about where they send their children. Personal recommendations can be very helpful, providing first-



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Summer school recess will be here before you know it. Make sure you're prepared for camp and other recreational programs.

hand insight into a particular camp or program. Schedule appointments to visit camps that fall within your budget. Take your son or daughter along so he or she can get a sense of what camp will be like.

• Explore all options. Camps come in more flavors than ever before. Certain camps may be faith-based ministries while others may focus on particular



sports. Band camps and art camps may appeal to creative kids. Also, there are plenty of general-interest camps that offer various activities without narrowing in on any particular one. Parents may need to choose between a sleepaway camp or day camps, depending on which camp experience they want for their children. • Inquire about camp schedules.

While many camps are flexible, day camps do not have the same level of flexibility as afterschool programs. Arrangements will need to be made if care is required after regular camp hours. Speak with camp staff to see which

> Continued on page 19



> SUMMER RECREATION, FROM PG. 18

types of after-hours programs, if any, are available.

· Determine your camp budget. As varied as program offerings may be, camps also can vary greatly with regard to cost. Government-run camps may be less expensive than those offered by private companies. Day camps typically cost less than those that provide room and board. Find out if a particular organization subsidizes a portion of camp costs. Scouting programs often have a dedicated camp and may offer affordable options for scouts. Martial arts schools and dance centers frequently offer camp schedules.

If camp seems out of reach, look into local summer recreation programs at parks or schools. Such programs may not be as extensive as those offered by camps, but they can quell kids' boredom and keep children occupied during the day.

In addition to camp, remember to plan for some free days so children can just enjoy some downtime. Such days can break up the monotony of a routine and provide kids and families time to relax together.

Summer recreation may be far off, but it is never too early to start making summer plans, including finding camps and other activities for kids.

City of Selkirk Annual Spring Recreation & Leisure Fair



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



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

House League **Registration 2016**

for players born in 1998 and later

Petersfield (CDRA)

Thursday, March 17, 5:30 p.m. – 7:30 p.m. Friday, March 18, 9:00 a.m. - 11:00 a.m. Wednesday, April 6th, 6:00 p.m. - 8:00 p.m. Clandeboye Rink

William S. Paterson School William S. Paterson School

ast Sel KITK (for info http://eastselkirk.net)

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

75 Strathcona Road, East Selkirk

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

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

Saturday, March 12 10:00 a.m. – 1:00 p.m.

Spring Fair-Selkirk Rec Centre

Tuesday, March 15, 6:30 p.m. - 8:00 p.m. Late Registration Tuesday April 5th, 6:30 p.m. – 8:00 p.m.

Lobby of the Selkirk Recreation Centre

Lobby of the Selkirk Recreation Centre

St. Andrews

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

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

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

IMPORTANT DATES:

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

REGISTRATION IS FOR PLAYERS BORN IN:

4 & under CO-ED 2012 or later 6 & under CO-ED 2010 & 2011 8 & under 2008 & 2009 10 & under 2006 & 2007 12 & under 2004 & 2005 15 & under 2001 to 2003 18 & under 1998 to 2000

local games only local games only All Areas, teams travel All Areas, teams travel All Areas, teams travel All Areas, teams travel

Dates Pending Per Area Monday & Wednesday 6:30 - 7:30 Monday & Wednesday 6:30-7:30 Tuesday & Thursday 6:30 - 7:30 or 7:30 - 8:30 Tuesday & Thursday 6:30 - 7:30 or 7:30 - 8:30 Monday & Wednesday 6:30 - 7:30 or 7:30 - 8:30 All Areas, teams travel Tuesday & Thursday 6:30 - 7:30 or 7:30 - 8:30

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

CONTACT:

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

Sportsærecreation INSIDE > OUTSIDE > UPSIDE DOWN Steelers suffer three OT losses last week

By Brian Bowman

The Selkirk Steelers worked some overtime last week.

All three of Selkirk's games last week were decided in overtime as the club lost twice to the Winnipeg Blues and once against the Neepawa Natives.

The Steelers, for the most part, played some good hockey in all three games.

"We're trying to keep our goals against down and we've been doing that," said Steelers' interim head coach Jeff Mitchell Monday morning. "Structurally, we're playing better but we want to keep raising our compete level and, hopefully with that, we're going to start getting those extra points that we haven't been getting in overtime."

On Saturday evening at the MTS Iceplex, former Steeler Tyler Edwards got revenge on his old team when he scored the game winner in OT for a 4-3 Blues' victory.

Winnipeg's Gianlucca Esteves had tied the score at 3-3 with a power-play marker at 5:39 of the third period.

Riley Derlago scored for Selkirk just 2:02 into the game and then Dexter Kuczek and Chris Westlund tallied in the second.

Kevin Jakisch and Mitch Hansen scored for Winnipeg in the first period.

Last Friday, the Steelers were edged 2-1 by the Blues in overtime in front of a good-sized crowd at the Selkirk Rec Complex. The Steelers, said Mitchell, feed off playing in front of a nice home crowd.

"It was an intense atmosphere and the boys like playing in front of that," said the Steelers' head coach. "If people can come out and watch, we love that, for sure. It's always fun playing



Steelers' goaltender Hayden Dola watches as the Winnipeg Blues Kamerin Nault battles for the puck at the side of the net during MJHL action Saturday evening at the MTS Iceplex.

in those types of environments."

Reid Stefanson scored the game winner in overtime.

After a scoreless first period, James McIssac gave the Blues a 1-0 lead at 14:32 of the second. Brady Castellano then tied the score with an unassisted goal midway in the third.

On Feb. 23, the Steelers were stopped 3-2 in overtime by the last-place Natives in Selkirk. Neepawa also beat Selkirk 4-3 in a shootout back on Feb. 17. "Those are points that we obviously would like to get," Mitchell admitted. "But I'm not too concerned. If you look at the shots against, in the first game (compared) to the second game, they were considerably lower."

Nolan Richards scored the game winner in OT.

After a scoreless first period, Dallas Starodub and Jake Dudar scored power-play goals in the second period to give the home side a 2-0 lead.

The score stayed that way until

Neepawa's Griffin Chwaliboga struck on the power play at 11:27 of the third period. Brayden Atkinson then tied the score at 2-2 with just 2:03 left in regulation time.

The Steelers (22-29-6) visited the Flyers in Winkler on Tuesday (no score was available) and then Selkirk will play the Pistons in Steinbach Friday.

On Saturday, the Steelers visit OCN for a makeup game that was postponed just a couple of weeks ago to end their regular season.



Fishermen ice Arborg in semifinal series sweep

By Brian Bowman

The first two games of the KJHL semifinal series between Selkirk and Arborg was close.

The third one, however, was a blowout.

The Selkirk Fishermen made quick of the Arborg Ice Dawgs, sweeping their best-of-five series after an 8-1 thrashing Sunday evening at the Selkirk Rec Complex.

"Arborg put up a heck of a resistance, that's for sure, especially in the first two games," said Fishermen head coach Chris Poponick."We finally put it together (Sunday) night and that's the way that I've been waiting for them to play."

Selkirk was in control throughout Game 3, building a 2-0 lead 13 minutes into the contest and then increasing that advantage to five goals by the midway mark of the game.

Griffin Steeves and Drayton Mendrun each led Selkirk with two goals and an assist while Milan Horanski had a goal and two helpers.

"We weren't getting that (kind of production) the first couple of games," Poponick admitted. "The Mendrun/ Steeves/Milan Horanski line hadn't been lighting the lamp, but (Sunday) night they broke out in a big way and showed their dominance."

Michael Smiley, Jeremy Pachkowsky, and Karl Fey also scored for the Fishermen. Clint Torfason replied with a second-period goal for Arborg. Jordan Liske made 24 saves for the win.

Last Thursday, Selkirk started the series with a 3-2 win at the Selkirk Rec Complex. The win was a big one momentum-wise for the Fishermen.

"Momentum happens and we didn't want to give them an inch or sniff," said the Fishermen head coach. "The first two games, we played well and put lots of shots towards (goalie Jon) Narverud, but he did a great job of standing on his head, making the big saves and keeping them close. And then a late goal brought (the score) to one in both games."

Mendrun gave Selkirk a 1-0 firstperiod lead before Arborg's Derric Gulay and Selkirk's Corbin Pasternak traded goals.

Pachkowsky gave Selkirk a 3-1 lead early in the third with a power-play goal but the Ice Dawgs' Cory Kuldys made things interesting when he scored with 1:51 left in regulation time.

Selkirk was 1-for-4 with the man advantage while Arborg was 0-for-5. The Fishermen outshot the Ice Dawgs 44-24 as Liske posted the win.

Jon Narverud took the loss.

The next night in Arborg, Selkirk squeezed out a 4-3 victory.

Fey, on the power play, Talon Kelly, Scott Thomas and Pachkowsky scored for the Fishermen. Nigel Hoydalo had three assists.

Travis Kilbrei, Torfason and Ryan Po-

Dear named a Canada West second-team all star

University of Manitoba Bisons' right-side hitter Devren Dear was named as a 2015-16 Canada West men's volleyball second team all star on Tuesday.

Dear, a St. Andrews' native, earns his first conference all-star selection in his fourth season at Manitoba.

He was first in the Canada West conference this season in kills per set at 4.47 and started in 22 of 24 matches during the conference regular season.

In addition, the 6-foot-6, 200-pound former Royal was first in points per set at 5.0 while fifth in conference total points with 388.5 and sixth in conference hitting per-

centage at .299.

Dear, 21, also was sixth in Canada West in digs per set at 1.99 and 25th in total blocks at 49.

The No. 3 Bisons finished second in the Canada West men's volleyball standings this season with a stellar 19-5 record and then defeated No. 10 Mount Royal at home in a Canada West best-of-three quarter final series last weekend.

The Bisons now advance to the 2016 Canada West Final Four at the University of Alberta. Manitoba plays its first match against the No. 8 Saskatchewan Huskies on Friday.

The winner advances to the goldmedal match and will qualify for the 2016 CIS championship. chailo replied for the Ice Dawgs. Pochailo's goal came with 2:22 remaining in the third period to close the gap to 4-3.

Riley Bannerman made 31 saves for the win.

Selkirk will now await the winner of the Lundar/St. Malo series. That bestof-five series was tied at 1-1 heading into Friday's Game 3 in St. Malo.

Selkirk handled both clubs well dur-

ing the regular season and the Fishermen really don't have a preference as to who they play in the South Division final.

"Lundar and St. Malo are two different kinds of hockey teams," Poponick noted. "To us, it doesn't really matter (who we play). We're comfortable with (either team) and, hopefully, they go five (games) and beat the heck out of one another before they see us."



Fishermen forward Milan Horanski carries the puck up ice against Arborg during Game 1 action last Thursday. Horanski had a goal and two assists on Sunday in Game 3.



RECORD PHOTOS BY LANA MEIER

Griffin Steeves has a great chance to score on Arborg's Jon Narverud during Game 3 of their semifinal series Sunday in Selkirk.

Spontside > UPSIDE DOWN **Royals compete well at curling provincials**

By Brian Bowman

Randine Baker had a real good run at her first ever MHSAA provincial curling championship.

The young Selkirk Royals' skip won her first two games at the provincials last week before losing 7-6 in an extra end to William Morton Collegiate in the A-side semifinal.

Selkirk led by two coming home but William Morton tied the score with a deuce in the eighth end and then won the game with a steal of one in the ninth.

"It was a little frustrating but we got back into it," Baker said of the tough loss.

With that loss, the Royals were relegated to the B-side where they were defeated 6-2 by Dauphin. Dauphin scored early and then had multiple steals for the win.

"(It was tough to play that game)," Baker admitted."We went in on a low."

Baker started the provincials with dominating wins over Elkhorn (9-2) and Ashern Central (9-1). The Ashern game lasted just four ends while the Elkhorn matchup went five.

"We came out really strong and we didn't miss a shot against Ashern," said Baker, a Grade 10 student-athlete."(After the two wins) we felt more

comfortable because my team was very nervous going into it. But once we started off with the two wins that eased us into it."

Baker's rink included third Katie Preun, second Karyssa Hiebert, and lead Shelby Bosko. This was their first season playing together and they were very good.

Selkirk was undefeated en route to winning a KPAC championship. The Royals were a perfect 9-0 in league play.

Meanwhile, the Royals' Shawn Thidrickson competed on the boys' side of the MHSAA provincials, finishing with an 0-2 record.

Selkirk lost its opening game 7-2 to Swan Valley and then the Royals were defeated 8-2 by Virden in a B-side matchup. Swan Valley proceeded to win the provincial gold with an 8-2 victory over Rivers Collegiate.

"(The competition) was a higher level than what we were used to in KPAC," said Thidrickson, 16, who was playing in his first provincial high school championship."It was a higher level and tougher competition."

Thidrickson's rink included third Jordan Van Dorp, Shayne Merritt, and alternate leads Xander Miller and Nick Campbell.

RECORD PHOTO BY BRETT MITCHELL

The Royals' Shawn Thidrickson, Jordan Van Dorp and Shayne Merritt competed at the MHSAA provincial curling championships last weekend, finishing with an 0-2 record.

Staff of the year.

Fey named AUS rookie of the year

Memorial University Sea-Hawks' outside hitter Kier Fey was selected as the 2015-16 recipient of the Kristen Ryan Memorial Award as AUS rookie

Fey, a former Selkirk Royals' star athlete, played in all 17 matches for the Sea-Hawks this past season. Her .230 hitting percentage was the second highest in the conference, behind only Memorial teammate and AUS MVP Jill Snow.

Fey finished fourth overall in the AUS in total points (216.5) and points per set (3.5), as well as in total kills (176) and kills per set (2.84).

Fey is just the second player from a Memorial Sea-Hawks' team to earn

AUS rookie of the year honours and the first since the 2005-06 season when former Sea-Hawks' standout Sasha Wilkins took home the award.

Fey now becomes the AUS nominee for the Mark Tennant Award as CIS rookie of the year. No Atlantic conference player has ever won the award.

Fey was also named to the AUS second all-star team and all-rookie squad along with East St. Paul's Maiva Westwood. Westwood is also a first-year player with the Sea-Hawks.

Both players were busy on the court last weekend as Memorial participated in the 2016 Subway Atlantic University Sport Women's Volleyball Championship at Acadia University in Wolfville, N.S.

Selkirk's Kier Fey was named AUS rookie of the year.







Raiders roll over Royals in semifinal series

By Brian Bowman

The Oak Park Raiders were a tough team to beat in the regular season.

And they are proving to be just as potent in the playoffs. Oak Park swept the Selkirk Royals in

their best-of-three Platinum Promotions Division semifinal series after a 3-2 victory Feb. 23 in St. Andrews.

Nick Eberling scored the game winner with 7:59 left in the third period.

After a scoreless first period, Selkirk took a 1-0 lead on a Harley Hoydalo goal with 4:47 remaining in the second period. But Eberling scored a key goal to tie the score at 1-1 with 57 seconds left in the middle frame.

Oak Park carried the momentum from that goal into the third as the Raiders' Marcus Sekundiak tallied just 2:15 into the final period.

Hoydalo would tie the score, however, with his second goal of the game 3:31 later. Auzzie Loewen assisted on both of Hoydalo's goals.

Oak Park started the series with a 6-2 home win on Feb. 22.

Eberling led Oak Park with two goals and two assists while Sekundiak and Cole Sneesby also tallied twice.

Travis Spratt scored a first-period goal for Selkirk and then Cole Wasnie found the back of the net in the second. Harley Hoydalo assisted on both goals.

While the Royals are now done in league play, their season may not be over just yet. Selkirk is awaiting word if they will be invited to participate in the Milk Provincial "AAAA" Hockey Championships, which will take place in Winnipeg from March 11-14.

Friesen awarded Dr. Dale Iwanoczko **Memorial Volleyball Scholarship**

By Brian Bowman

The Selkirk Royals' Jessica Friesen was one of four recipients of the Dr. Dale Iwanoczko Memorial Volleyball Scholarships.

The Manitoba High Schools Athletic Association and Volleyball Manitoba announced the 2015-2016 recipients of these \$1,000 scholarships on Feb. 24.

The scholarships are awarded annually in memory of Selkirk volleyball player, Dr. Dale Iwanoczko.

Friesen, a captain and middle attacker on the Royals, was a great leader on the court and is also on the Honour roll with a 96 per cent average.

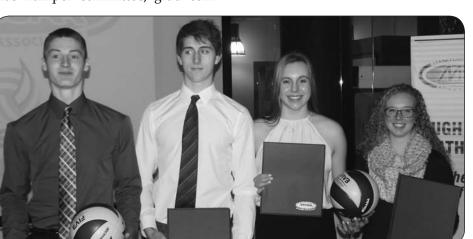
She is a member of student council, the human rights committee, Christmas hamper committee, grad com-

mittee, and is also an assistant coach for the Selkirk Royals Club 13U team.

Friesen is a Graduating All Star and received the Players Choice Award at the MHSAA "AAAA" provincial championship. She has numerous MVP and all-star awards and also participates in track and basketball.

Friesen is planning on studying Biopsychology at the University of Winnipeg and hopes to play for the Wesmen.

The other recipients of a scholarship were Ciara Zarn, a libero for the Killarney Raiders; Keegan Teetaert, a middle blocker for the Steinbach Regional Secondary School Sabres; and William Hatherley, a left side for the Hapnot Kopper Kings in Flin Flon.



SUBMITTED PHOTO

The Selkirk Royals' Jessica Friesen (second from right) was one of four recipients of the Dr. Dale Iwanoczko Memorial Volleyball Scholarship.



RECORD PHOTO BY BRETT MITCHELL

The Royals' Tristen Ostrowski heads up the ice with the puck during Selkirk's 3-2 loss against Oak Park Feb. 23 in St. Andrews.

Sorokopud-Jones scores OT winner in Game 1

By Brian Bowman

The Selkirk Royals learned a valuable lesson in Game 1 of their bestof-three WWHSHL playoff series with the CSHC Huskies.

A full three-period effort is essential to win a playoff hockey game.

Selkirk let a 3-0 third-period lead slip away before Courtney Sorokopud-Jones came to the rescue with an unassisted goal in overtime to lift the Royals to an exciting 4-3 win.

Selkirk took a 1-0 first-period lead on a goal by Kinnon Lycan and then went up three goals as Mckenzie Pelletier, on the power play, and Cassidy Ilchena tallied in the second.

Ilchena's goal came with just 46 seconds left in the second period.

But this game took a much different turn in the third period.

Danielle Chobotar struck on the power play just 55 seconds into the final frame and then Jamie Pischke made it a one-goal game midway in the period.

Chobotar then tied the score at 3-3 with 2:37 remaining in regulation time.

Rebecca Zdrill faced 15 shots in the win.

Game 2 of the Winnipeg Free Press Division semifinal series was played Tuesday at the St. James Civic Centre (no score was available at press time).

Game 3, if necessary, will be played Friday at 4 p.m. at Allard Arena.



Familiar foes face off at Scotties Tournament of Hearts

Jones knocks off Einarson in bronze-medal game

"I CAN'T WAIT

TO BE BACK.

ONCE YOU

GET A TASTE

YOU WANT TO

ALWAYS COME

DEFINITELY BE

BACK."

BACK, SO WE'LL

By Brian Bowman

Scotties Tournament of Hearts featured a pair of Manitoba teams.

Winnipeg's Jennifer Jones, representing Team Canada, made her last shot in the 10th end to score one to beat Manitoba's Kerri Einarson 8-7 to win the bronze medal Sunday in Grande Prairie, Alta.

bronze-medal Jones' win helped to ease the pain of her 7-5 loss to Krista McCarville of Northern Ontario in Saturday's semifinal.

For Camp Morton's Einarson, meanwhile, it was a pretty successful week while competing at her

first ever Scotties' national appearance.

"There's so many great memories," said Einarson, who curls out of East St. Paul, on Curling Canada's website."It was such a great experience to be out here. I can't wait to be back. Once you

get a taste you want to always come The bronze-medal game at the 2016 back, so we'll definitely be back."

Jones scored a pair in the first end but Einarson replied with a single in the second and then added a steal of one in the third.

After giving up two in the fourth, Einarson rebounded nicely with three in the fifth to lead 5-4.

The two teams traded singles in the sixth and seventh ends before Jones scored a pair in the eighth for a 7-6 lead. Einarson then tied the score at 7-7 with one in the ninth. Einarson was relegat-

ed to the bronze-medal game after a tough 7-5 loss to Northern Ontario's Krista

McCarville in the 3-vs-4 Page playoff game on Saturday afternoon.

Einarson missed her final shot in the 10th end to allow McCarville a steal of two - and the win.

Einarson made the playoffs after fin-

EXPRESS PHOTO BY CURL CANADA

Kerri Einarson lost 8-7 in the bronze medal game to Winnipeg's Jennifer Jones, representing Team Canada, at the 2016 Scotties Tournament of Hearts.

ishing with a 7-4 record. She started the nationals with a 2-3 mark but then won five of her next six games.

Einarson's rink included third Selena Katz, second Liz Fyfe, lead Kristen MacCuish, and Briane Meilleur.

Meanwhile, this year's gold medal was won by Alberta's Chelsea Carey.

Carey needed her final rock to defeat McCarville 7-6 for her first national title. She won the Scotties' bronze in 2014 while representing Manitoba.

Carey's team will now compete at the 2016 Ford World Women's Championship from March 19-27 in Swift Current, Sask.

Selkirk skaters perform well at Manitoba Open

By Brian Bowman

The Selkirk Skating Club had several outstanding performances at the Manitoba Open in Arborg in mid-February.

Eight local girls took part in the prestigious event with Lindsey Hopkins leading the way with a thirdplace finish in the Novice Ladies division.

"She's just having an amazing year," said skating coach Michelle Hume. "She continues to have a phenomenal year."

Cali Boychuk was fourth in Pre-Novice Ladies while Haley Turnbull was 16th in Pre-Novice Ladies.

The other local skaters and their results were: Natasha English, sixth in Juvenile Ladies; Jenny Friesen, fifth

in STAR-5 Ladies; Jessica Eblie, seventh in Junior Short and fourth in Junior Long; Delicia Friesen, 12th in STAR Ladies; and Sofya Furoda, fourth in STAR Ladies.

Hume was proud of the local skaters' performances against other elite skaters. The Manitoba Open also attracted skaters from other provinces.

"They did really well," Hume praised. "It was a pretty good group from Selkirk that went out and skated. We don't usually have that many girls, so

that's positive. We certainly have more kids going to competitions and representing the Selkirk club than we have had in other years."

Meanwhile, the Selkirk Skating Club's Display will be held March 19 at 12:30 p.m. at the Selkirk Rec Complex.

The public is welcome to attend this afternoon event.

The local club will then have a test day at the end of this month, which will wind up their season. The skaters have put in a tremendous amount of time - and hard work - throughout the

season. "It's phenomenal," Hume stressed. "The high-level skaters put in two hours a day skating as well as off-ice dryland, weight training, all of those kinds of things. There's a lot of dedication that goes into (this sport)."



RECORD PHOTO SHAUNA ENNS Lindsey Hopkins of the Selkirk Skating Club won a bronze medal at the Manitoba Open.

"THERE'S A LOT OF DEDICATION THAT GOES INTO (THIS SPORT)."



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

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

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

Mayor & Council R. M. of St. Andrews

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

NOTICE

LIQUOR LICENCE APPLICATION PUBLIC NOTICE GORDON HOWARD SENIORS CENTRE INC. operating as GORDON **HOWARD SENIORS CENTRE at 384 EVELINE** STREET, SELKIRK, MANITOBA has applied for CUSTOMER/MEMBER SERVICE LIQUOR SERVICE LICENCE to serve liquor from 9:00 A.M. to 2:00 A.M. MONDAY TO SUNDAY 1:00 P.M. to 2:00 A.M. REMEMBRANCE DAY

Citizen and community input is an important part of the application process. If you have questions about this application, please call the Liquor and Gaming Authority of Manitoba at 204- 474-5619. If you have questions about zoning by-laws and requirements, please contact your municipality.

If you want to make a formal objection to this application, please send us your objection in writing by 4:00 P.M. 14 DAYS FOLLOWING THE PUBLICATION OF THIS ADVERTISEMENT. You can email, mail or fax your objection. Please include your contact information. Email: licinspect@LGAmanitoba.ca

Mail: Liquor and Gaming Authority of Manitoba P.O. Box 1023 Winnipeg, MB R3C 2X1 Fax: 204-453-5254 We respond to all formal objections and will work to resolve objections before issuing a licence. A copy of the objection will be provided to the licence applicant. Each person who submits an objection will be advised in writing of the outcome to the licence application.





interview will be contacted.

The Selkirk Weed Control District is searching for a SEASONAL WORKER and **PESTICIDE APPLICATOR**

for 2016.

Must have a valid Manitoba Class 5 Driver's License. Must have or be willing to obtain a Pesticide Applicators License (Rural Municipal). Must be able to operate equipment including: ATV with sprayer, 50 hp tractor with rotary mower, and spray truck. Able to work outdoors, overtime and early mornings if necessary. Assets: previous experience in equipment operation or pesticide application; mechanical skills with any of the following: trucks, mowers, ATVs, or tractors; weed ID and use of herbicides. Wage based on gualifications/experience. Students may apply.

Send resumes before April 1, 2016 to the SELKIRK WEED CONTROL DISTRICT, 630 Sophia St, Selkirk, MB, R1A 2K1 fax: 204-785-2331; email: slkweed@gmail.com. More info at 1-204-785-3638.

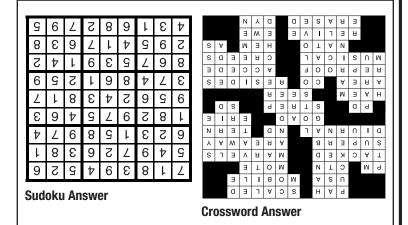


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CLUES ACROSS

- 1. Exclamation that denotes
- disgust
- 4. Climbed over
- 10. Has 50 states
- 11. Able to move
- 12. Prime Minister (abbr.)
- 14. Cotangent (abbr.)
- 15. Particle
- 16. Fastened
- 18. Wonders
- 22. Surpassing all others
- 23. Provides basement access
- 24. Daily
- 26. North Dakota
- 27. Related to gulls
- 28. Provoke
- 30. Lake ___, one of the Great
- 31. Police department
- 33. Throat illness
- 35. South Dakota
- 36. Contains iron (Brit.)
- 38. Sees what the future holds
- 39. The extended location of
- something
- 40. Cobalt
- 41. Dwells
- 47. Reprimand
- 49. Agree to a demand
- 50. Talented in or devoted to
- music
- 51. Gospels
- 52. European defense
- organization (abbr.)
- 53. Edge of a cloth 54. Equally
- 55. Experience again
- 57. Female sheep
- 58. Made vanish
- 59. Unit of force (abbr.)

SOLUTIONS DOWN

- 1. ____ up
- 2. Rear of (nautical)
- 3. Purses
- 4. Samarium
- 5. A way to take forcibly
- 6. On or into
- 7. Metric capacity unit (Brit.)
- 8. Assign to a higher position
- 9. Delaware
- 12. Post-traumatic stress disorder
- 13. Island
- 17. Central processing unit
- **19. Pitchers** 20. Long-winged member of
- the gull family
- 21. Auld lang ___, good old days

- 25. Term of affection
- 29. Thev
- 31. Polynesian wrapped skirt
- 32. Far down areas in the sea
- 34. Delivered a sermon
- 36. Any physical damage
- **37. A Seattle ballplayer**
- 40. Raccoonlike animals
- 42. Odd
- 43. Delivery boys
- 44. Billy __ Williams
- 45. Icelandic poems
- 46. A Scottish tax
- 48. Central Florida city
- 55. Rhenium
- 56. -__, denotes past

- 14 18 23 26 28 30 33 49 51 52 53 54 55 57 58 59
- CROSSWOR

10

16 22 24

39

47

50

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ANNOUNCEMENTS BIRTHDAY



Trey Lyle Bruce Happy 1st Birthday March 5th -Love from Gama and Gampa Wood and The Bruce family

ANNOUNCEMENTS BIRTHDAY

DIRTIDAT



Congratulations Casimir Petaski on your 90th Birthday!

Sincere thanks to family and friends who helped celebrate this milestone by sending cards and emails, and for joining us at the Selkirk Golf and Country Club. Thank you to Father Chorney for the blessings, the Holy Eucharist Church Choir for leading Mnohaya Lita (Many Years of Life), and the great staff of the country club. Best Wishes Casimir, and "Keep on Smiling"

-Love, your family

ANNOUNCEMENTS

Bill Purvis

July 14, 1935 - March 8, 2015 In loving memory of our Beloved Husband, Dad, Grandpa and Great-Grandpa A heart of gold stopped beating, Hard working hands went to rest; God took you home to prove to us, He only takes the best. It's lonely here without you, We miss you more each day. We will always remember the way you looked, The way you walked and smiled. All the things you did for us Will be with us all the while. You always did your best, Your heart was true and tender; You lived your life for those you loved, And those you loved will remember. -Sadly missed wife, Bev and family

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

ANNOUNCEMENTS IN MEMORIAM



Morrow, Brenda Patrice (nee Baty) May 4, 1964 – March 5, 2001 You have not really left us, Nor have you travelled far; You've just stepped inside, God's lovely house, and left the door ajar. -Remembered lovingly by the family

ANNOUNCEMENTS





Pamela Lee Pruden September 22, 1966 – March 6, 2014 Gone too soon. Missing you always. Loving you forever.

-Son, James; mom and dad (Tom and Penny); sisters, Candy and Karyn; brother Tom and families

ANNOUNCEMENTS IN MEMORIAM

Kathryn Mary Fraser In our home she is fondly remembered, Sweet memories cling to her name; Those who loved her in life sincerely,

Still love her in death just the same. -Lovingly remembered, Roy ANNOUNCEMENTS IN MEMORIAM

Bracken – Alvin

April 17, 1935 - March 6, 2013

Mabel, Linda, Harry, Pam, Adam,

Blair, Bonnie, Wendy, Garry, Rosalyn

and Patrick and Gordon and Aerial

We watched you quietly sleep away;

Heartbroken and tears did flow,

We wonder why you had to go.

Three years ago today,







Gladys Fidler June 13, 1927 – March 3rd, 2011 On March 3rd, marks 5 years You've been gone. Mom aka Amma. We love you and miss you. Dearly missed by your family and friends.

-Love your family



Mary Chymy

Sadly, we announce the peaceful passing of our Mom and Baba, Mary Chymy on February 3, 2016 at the age of 85.

Mom was born on December 19, 1930 and will be extremely missed by her son Allan Chymy and daughter Diane (Bill) Hlady; grandchildren Kevin Hlady (Charlene) and Nancy Hlady (Eric); sister Stella Swereda; sisters-in-law and many nieces, nephews, her cat Rusty and special friend Diane Johnston.

She was predeceased by her husband, Mike (1987); parents; sisters Annie, Nellie, Kay, Jean and Pearl; brothers John, Bill and Harry.

Mom grew up in Poplarfield, MB and moved to Selkirk in 1959. She worked at the Selkirk Mental Hospital from 1961 until her retirement in 1987.

Mom was very proud and passionate about her grandchildren in Ukrainian Dancing and a great supporter of Troyanda. She attended every Dance Recital, many of their dance functions and never missed Troyanda's Friday night Bingo.

OBITUARY

Mom also enjoyed being outside tending to her many beautiful flowers and gardening. We will miss her delicious perogies, cabbage rolls, borscht and dills.

Mom went on many great trips some included Portugal and an Alaskan Cruise with late Vivian Hlady.

In later years, mom began to slow down but continued to be independent until a bad fall in November 2014 left her in a wheelchair and in the Selkirk Betel Home on January 23, 2015.

She appreciated her visitors and treasured the relationships that she had with family, friends and staff at the Betel. Thanks to everyone who called or came to visit and to all the Betel Home Staff for your support.

Prayers were said on Sunday, February 28th in the Gilbart Funeral Chapel, 309 Eveline Street, Selkirk, Mb at 7:00 p.m. with Fr Peter Chorney officiating. Divine Liturgy was held on Monday, February 29th in the Holy Eucharist Church, 501 Sophia St, Selkirk, Mb at 11:00 a.m., luncheon at the Parish Hall; followed with Interment at the Holy Family Cemetery.

Pallbearers were her Godchildren Joan Woloshyn and Randy Dziadek, also Danny Chymy, Cody Johnston, Ernie Hlady and Russell Kossack.

In lieu of flowers, a charitable donation can be made to Troyanda Ukrainian Dance Ensemble Inc. (Costume fund) Box 20006, Selkirk, MB, R1A 2B2.

We will miss you so much Mom/Baba, but we take comfort in knowing that you are reunited with Dad/GeeGee and all those that have gone before you.

Vichnaya Pam'yat

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





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Lawrence Feniuk

Classifieds

It is with greatest sadness that our family announces the sudden and peaceful passing of Lawrence Feniuk on February 25th, 2016, with his family by his side.

Lawrence leaves to mourn his wife, Myrtle, of 59 years; children Julie (Robert), Ralph (Elaine), Ted (Kim), Lorne (Marcie), Cindy (Steve), and Susanne; 15 grandchildren and three greatgrandchildren.

Lawrence was born on September 29, 1935, in Sarto, Manitoba. He worked as a park supervisor for 27 and a half years at Birds Hill Park. Lawrence had a passion for hunting and fishing along side his sons and brothers. Anyone who knew Lawrence knew he had the gift of conversation and many great stories to tell.

A Funeral Mass was held on Tuesday, March 1st, 2016, at 10:30 a.m. in the Blessed Virgin Mary Church, 725 Old Henderson Hwy, East Selkirk, MB, with Fr. Peter Chorney officiating. Interment to follow at St. John The Baptist Cemetery, Poplar Park, Libau, MB.

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

OBITUARY



Winnifred (Bette) Elizabeth Dalman

It is with profound sadness that we announce the passing of our loving Mother and Nana, Bette Dalman on February 21, 2016 at

She leaves to cherish her memory her beloved children Paulette Borgfjord (David), Sherry Thomson (George), Harold Dalman (Cathy), Wendy McLeary (Bob), Aprille Dalman (Grant Crouch), Charleen Kreamer (Bruce); her loving grandchildren, Peter Borgfjord (Cheryl Roby), Krista Brick (Robert), Holly Butler (Tim), Rayme Thomson, Travis Thomson, Kirstyn Dalman, Jenna Dalman,

Adrianne Veters; her precious great-grandchildren, Aliya and Daniel Brick, Andrew, Caleigh and Everett Butler, Emma Thomson, Jackson Dalman-Kelsch, Aubrey and Maya Boulet. Mom also leaves to cherish her memory her brother Charlie Street (Geri); sisters-in-law Corrine Copping, Victoria Clark (Les) and Margaret Dalman as well as numerous nieces, nephews, relatives and friends

Mom was predeceased by her dear husband Norman; her parents Colin Douglas (CD) and Winnifred Street, her much-loved sister Kathleen Veters and brother Paul Street. Mom was predeceased by dad's family Ingo and Stefania Dalman, Evelyn and Gordon Copping, Abe Copping, Harold and Sheila Dalman, Gordon and Audrey Dalman, Frank and Arnold Dalman.

Mom was born in Winnipeg on December 24, 1926. A good deal of her childhood was spent up north in Berens River, Little Grand Rapids and Fisher River as her father was a teacher and lay minister. She describes those years as adventurous but very challenging as the family was separated when the children were sent to Winnipeg for schooling. Mom and Dad met at a dance in Clandeboye and they were married on July 27, 1946 when Dad returned from the war. They made their home in Netley and lived there for 60 years. Mom always put family first, she worked on their farm and then afterwards in food and bar services so that we could afford to have the little extras for our home and family vacations. Mom's caring nature, which she inherited from her mom; saw her open our house to friends in need for short or long stays however long it took. Mom was a member of the All Saints Anglican Church in Whytewold for several years. She served on vestry, prepared the church bulletin, and looked after the outside flowers. Mom volunteered at all the church events and fundraisers. Upon moving to Selkirk in 2007 mom joined the St. Clements Anglican Church. She was also a member of Chapter A, PEO in Selkirk. She enjoyed singing with the Community Choir especially at the St. Peter's Old Stone Church Christmas Carol Service. Mom's many interests included knitting, crocheting, handicrafts and especially gardening. Her favourite pastimes were reading, music, watching curling and football. Mom loved to travel and visit family.

Mom was a loving, kind and devoted person. Her memory will live in our hearts forever.

Thank you to the staff on the second floor at Red River Place for the excellent care during mom's stay. We would also like to extend our appreciation to the Special Care Unit at Selkirk Hospital.

A Celebration of Life will be held on Saturday, March 5, 2016 at 11:00 a.m. in the Gilbart Funeral Chapel, 309 Eveline Street, Selkirk MB. A private family interment will take place at Wakefield Cemetery at a later date.

In lieu of flowers, donations can be made to All Saints Anglican Church, Box 309, Matlock MB. ROC 2B0, St. Clements Anglican Church, 1178 River Road, St. Andrews MB R1A 4A1 or a charity of your choice.

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



OBITUARY

Claudia Cheslock (Locadia Rebiasz)

June 17, 1940 - February 26, 2016 With sadness, the family would like to announce the peaceful passing of Claudia.

Claudia was predeceased by her parents Narcysz and Mary, and brother Edward. She is survived by her loving husband Michael of 55 years; children Derrick (Lillian), Michele (Shaun) and Jonathan; grandchildren Nicolas (Coryn), Cassandra (Cole), Maryann and Kaitlin; many relatives and long-time friends.

Claudia grew up in the north end of Winnipeg on Manitoba Ave. She worked at the Bay and an insurance company prior to receiving a teaching certificate. Later in life she obtained a Bachelor of Arts.

She married at the age of 20 and moved to Cloverdale, MB where she lived for 50 years, then moved into the town of Selkirk.

She taught school in Winnipeg and the Lord Selkirk School Division. She was a councillor in the RM of St. Andrews for three terms.

One of Claudia's special places was at a family cottage at Twin Lakes Beach on Lake Manitoba. In her retirement she went on numerous trips to Kelowna and Vancouver, BC.

The family would like to thank her friends and family for support and the exceptional care provided by the staff at HSC over the past month.

Prayers will be held on Wednesday, March 2 at 7:30 p.m. at Gilbart Funeral Chapel, Selkirk.

A funeral service will be held Thursday, March 3 at 10:30 a.m. at Notre Dame Church, 269 Jemima St., Selkirk, with luncheon to follow in the church basement hall.

In lieu of flowers, please make donations in memory of Claudia to a charity of your choice.

Photos, memories and condolences may be shared with family through www.gilbartfuneralhome. com

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



OBITUARY

Sharon Gwen Lang (Starr) August 13, 1951- February 24, 2016 Aged 64 years

After a hard fought battle with cancer and surrounded by all of us who loved her deeply, Sharon peacefully left us to be with Jesus. Sharon will forever be remembered by her husband Bruce whom never left her side; daughter Diana (Darrell), grandchildren Jamie (Klayton), Sarah, Jenna, Dallon and great-grandchildren Kya and Addison; daughter Vanessa (Les), grandchildren Klaira, Trinity, Shenica and Kleoh.

Her loving mother Alice; sisters Jo-Anne, Marilyn (Mel) and Yvonne; brothers Earl, Barry, Robert, Gerald and Richard (Scruf). Aunty Sharon had numerous nieces and nephews, all of which will miss her dearly.

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She will also be remembered by her step children Pam Lang and her children; Rob and Teresa Lang and their children; Holly Monkman and her children; sister-in

law Peggy Lang and family and Edna Neilson and family with whom she shared a very special bond. Predeceased by her father William; sister Christine; in-laws Stanford and Doreen Lang and brotherin-law Doug Lang.

Sharon carried many titles in her life - Mother, Wife, Daughter, Sister and Aunt but nothing compared to the one that brought her the most joy - Granny and then followed the ultimate title of "Boss Granny" given to her by her first born great-grandchild Kya. In all she leaves a legacy of 11 girls

She always cherished the times spent with her daughters and grandchildren. The months since her diagnosis were filled with family gatherings so she could enjoy the little time left and leave us all with more memories. Her passing leaves a huge hole in our family and she will be missed tremendously. As per Sharon's wishes, a private family viewing and service followed by cremation was held on

Friday, February 26, 2016. Interment will follow at a later date with Rev. Brad Elliot officiating. In lieu of flowers, donations can be made to Cancer Care Manitoba or Palliative Care program

Selkirk. "It is as Grandmothers that our Mothers come into the fullness of their grace"

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



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Strawberry and pomegranate pannacotta



Makes 6 servings

Pannacotta is a traditional Italian dessert usually made with heavy cream. This lighter version is sure to impress your guests. Make it a day ahead for best results. Ingredients

Thin Crust

Pepperoni Pizza

1 cup (250 mL) 2% milk

1 Flatout Flatbread Artisan

1/4 cup chunky red sauce

3 slices provolone cheese

1/4 cup mozzarella, shred-

30 pepperoni mini slices

Heat oven or grill to 375 F.

Place flatbread on cookie

Remove from oven. Spread

sheet. Bake 2 minutes.

sauce on flatbread. Lay

of sauce. Top with mozza-

provolone on top

Thin Pizza Crust

ded

1/2 cup (125 mL) 1% buttermilk ¹/₂ cup (125 mL) fresh pomegranate juice

1/4 cup (50 mL) sugar-free, seedless strawberry jam

- 1 envelope plain gelatin (enough to set 2 cups / 500 mL) 3 cups (750 mL) fresh strawberries,
- sliced
- Fresh pomegranate seeds (optional) Directions
- In a medium bowl, combine milk, buttermilk, juice and jam.

Make gelatin according to package instructions. Whisk into the milk mixture.

Pour into six ramekins and let set in the fridge for at least 3 hours or overnight.

To remove the pannacotta from the ramekins, place the ramekin into very hot water for 1 minute. Run a sharp knife along the inside edge of the ramekin and invert onto the individual serving plate.

Garnish with fresh strawberries and pomegranate seeds (if using).

Barbecue Chicken Flatbread Pizza

Recipe created by Mitzi Dulan, RD non-stick baking spray 2 Flatout Flatbreads 1/2 cup barbecue sauce 1/3 cup cheddar cheese, shredded 1/3 cup mozzarella cheese, shredded 6 ounces grilled chicken breast, torn into pieces 1 tablespoon red onion, diced 1 tablespoon cilantro, chopped Heat oven to 400 F. Spray large baking sheet with non-stick baking spray. Place flatbreads on baking sheet. On each flatbread, evenly spread 2 tablespoons barbecue sauce. Sprinkle both cheeses over flatbreads. Mix remaining barbecue sauce with grilled chicken and place on pizzas. Top with diced onion. Bake 5 minutes. Sprinkle cilantro on top and serve.



1 Flatout Flatbread 1/2 cup mushrooms, cooked

1/2 cup arugula

6 grape tomatoes 1 tablespoon Parmesan cheese, grated 11/2 teaspoons fat-free balsamic vinegar

Heat grill or oven to 375 F. Pre-bake flatbread

for 2 minutes.

Remove. Warm mushrooms in microwave or pan. Top flatbread with arugula, tomatoes and mushrooms. Sprinkle with cheese and drizzle with balsamic vinegar. Cut into slices.







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rella and pepperoni. Return to oven and bake 4 more minutes, or until cheese melts. Grilling method: Heat grill to 375 F. Pre-bake flatbread

on grill for 2 minutes. Remove from grill. Spread sauce on flatbread. Lay provolone on top of sauce. Top with mozzarella and pepperoni. Return flatbread to grill. Close lid. Grill for 4 minutes, or until cheese melts.





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