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VOLUME 11 EDITION 9

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On Feb. 26, guests gathered at Roxi's by the Red Uptown Cafe for a special screening of the CBC's series Burden of Truth season finale. Pictured above are co-executive producers Tyson Caron and Lisa Meeches from Eagle Vision, actress Brooklyn Letexier-Hart who plays Madison Chartrand in the show, her mother Carmen and sister Madison.

RECORD PHOTOS BY LIGIA BRAIDOTTI

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Painting the town's water tower

City of Selkirk issues RFP for artwork

By Ligia Braidotti

It's almost impossible to be in Selkirk and not notice the tall water tower that overlooks the entire city.

Because the water tower is such a staple in the community, the City of Selkirk is planning on giving it a new coat of paint and is inviting residents and local artists to submit ideas. They issued a Request for Proposal for artistic design for the water tower painting project in February.

Mayor Larry Johannson said the water tower is as emblematic of Selkirk as catfish and the local steel mill and he's excited about the upgrades.

"This is a project that's been a long time coming and I'm really happy that the water tower is going to get a new look," Johannson said.

"It needs a new paint job and we've been working behind the scenes to get this approved and now we're going to work with an artist to use this canvas in the sky to help tell the story of our great city. It's a unique project and one that I think the whole city will be enthusiastic about."

The Selkirk Water Tower is approximately 130 feet tall and was erected in 1961 at 353 Jemima St., becoming a visible and recognizable landmark in Selkirk. The last time the water tower was painted was in 1998 and is in the budget to receive new art this year.

The existing paint will be completely removed to make space for the face lift. According to the RFP, the water tower will either be painted or wrapped, depending on what is determined to be the best material for the project.

Duane Nicol, the city's Chief Administrative Officer, said the rate application the city submitted to the Public Utilities Board in 2017 included funds to pay for the expensive project. It was approved in January 2019 but they've been planning for this since 2016.

In a release, he called the appearance of the tower "less than pleasing" and wanted to ensure the public that's all it is, the rust that is visible on the tower is not affecting the functionality of the tower, which pressurizes the city's water distribution.

Dan McDermid, director of operations with the City, added that the tower is still doing its job but if the exterior was left unchecked it would eventually impact the performance.

"The paint acts as the skin of the water tower, it's external and it's keeping the elements away from the metal," McDermid said.

Selkirk's proposal asks the artist to consider four concepts – the existing simple text look, a look using the new City of Selkirk brand design, a mural reflective of Selkirk's heritage or a tasteful and community aligned sponsorship. The RFP also states that colour should be considered, as dark colour will absorb heat and could cause issues with the integrity of the tower in the long run. In addition, the imagery needs to be large enough to be visible from far distances. The City also suggests that artists inspect the site before submitting their proposals.

So far, this RFP is only for artistic work. A second RFP will be issued for a painter.

"We should get some really good proposals and I'm looking forward to seeing all the submissions and how creative people will get with this," Ellie Longbottom, the city's culture coordinator, said.

"It's such a great opportunity to capture the essence of our city and to put it up there, high in the sky, for everyone to see. I can't wait to see the ideas that are out there."

The City's budget for the artwork is \$7,500 and once the contract has been awarded, the City of Selkirk will take



RECORD PHOTO SUBMITTED

Submissions for the new artwork of Selkirk's water tower should be sent by March 22 at 2 p.m.

ownership of the artwork to be used as deemed appropriate.

The submission deadline is on March 22 at 2 p.m. and the whole project must be completed by Oct. 31.

Enquiries should be directed to McDermid at dmcdermid@cityofselkirk.

com or by phone at 204-485-3120.

The complete proposal can be found at www.myselkirk.ca/wp-content/uploads/2020/02/RFP-2020-01-Request-for-Proposal-for-Artistic-Design-for-Water-Tower-Painting-Project.pdf

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St. Andrews School reveals library renovation

I Love to Read month ends with celebration

By Katelyn Boulanger

St. Andrews School is encouraging its students to read more books with a brand new, beautiful library catered to their literacy education.

The library underwent a complete renovation after the school's Parent Advisory Council prioritized it as a target for its fundraising goals four years ago, resulting in the library's grand reveal on Feb. 26.

"We had funds left over from the playground, and at the time, the principal decided that the playground was finished because we went to a split break for a balanced school day, so we had to shift to something new and I think the library hadn't been updated in 45 years at least, so we thought that we would carry the money forward and continue fundraising," said Pam Cassidy, past treasurer and one of the library committee leads for PAC.

The renovation includes new carpet, paint, tables, chairs, computer desks, shelving, and seating options for students. The library's technology was also improved with new computers and the addition of a Smart TV.

"One of the things that we did was go through all of the books in the library, I believe 1,700 books was what it is, and looked at the ones that were outdated and they were either given away to families or passed along. [The library clerk] looked up new books to get in. So I believe it's over 1,400 books now in there and I believe a lot

of those are unique," said Sherry Kaniuga, PAC co-chair.

The new library will give students many more options when it comes to seating, it's much brighter in the space and the new Smart TV is a way that the library clerk can share information with students, according to Kaniuga.

"Reading is so important and for us to provide an opportunity to feel welcome and comfortable in a very vibrant and bright, and very well stocked library. It's really what our goal was. That's really key to our library, knowing that this space was made for kids by a lot of committed adults," said Tamara Dei Cont, principal of St. Andrews School.

Dei Cont says that the school has already noticed an increase in books being signed out by students and staff to be brought to their classrooms.

"We will always talk about reading with kids because that is such an important skill, but I think that they see this space and they want to come to the library and they want to check out books," Dei Cont said.

"It's just a lot more of a welcoming, inviting, comfortable place for them to have their library sessions but also to go in and enjoy the library on their own too," Kaniuga added.

She hopes that the students feel that the library is a space for all to come and read, but more than reading, she hopes that they understand that a few



RECORD PHOTOS BY KATELYN BOULANGER
Kerri Sharples (left) and Pam Cassidy cut the ribbon on St. Andrew's School's new library space.



Students playing the ukulele at the library celebration.



Ava Fernandez reading Bartholomew and the Oobleck by Dr. Suess while students played instruments to go along with the story.

committed people can make a very big project come through.

"I'm so pleased to be principal here and know that we have a very strong and committed parent advisory council, and parents and families that all contribute to our projects, including this library renovation project. It's

really tremendous actually," said Dei Cont.

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On behalf of Knights of Columbus Narol Council 6637, Brother Bob Kubic (center) presents a cheque to Chris Romano (left) and Father Peter Chorney in the amount of \$3,000 for repairs to the front door of the Holy Trinity Catholic Church, Gonor, Man.

Diversity of four artists brought together at art show



RECORD PHOTO BY KATELYN BOULANGER

From left to right: Judith Panson, Kathleen Hamann Buckoski, Naomi Gerrard, and Suzanne Barrow with their art work at the Gwen Fox Gallery. The March exhibition will run from March 3 to 28.

Artists offer a range of artwork at GFG's March exhibition

By Katelyn Boulanger

Suzanne Barrow, Naomi Gerrard, Judith Panson, and Kathleen Hamann Buckoski are exhibiting their oils, acrylics, watercolours, mixed media, and fibre art at the Gwen Fox Gallery from March 3 to 28.

"The show is called the Diversity of Four and we have a wide range of paintings and styles, colours, and fabric. It works well together. We help each other out and it's going to be a very nice show," said Barrow.

Because the group creates so many different styles of art, they decided to not create a theme for the exhibit and instead, embrace how their different styles come together.

Barrow's work involves large canvases on which she paints landscapes that show the sky and its many colours. She is also exhibiting abstract works, which are mostly painted in acrylics whereas her sky paintings are made with oil paint.

"I have one (sky painting) at home that's a 60 by 60 (inches), which I just can't travel with. It just stays at my gallery at home, but I like to paint the sky the way that it looks outside which lends itself to a large canvas, and now with the abstracts they lend them-

selves to it as well," she explained.

Gerrard creates painting with acrylic backgrounds but adds prairie grains in patterns across the work to tell a story about the life cycles of the grains and the feeding of the world.

"I grew up on a farm and as kids we always played with the grains. I come from the States and when we first moved to Manitoba we lived in a rural area around a big grain farm and I started collecting grains that were on the fields around us, and I was getting excited about it and gradually incorporating them into my work," said Gerrard.

Hamann Buckoski is showing an array of realistic painting as her contribution to the exhibition.

"I have quite realistic detailed work. I'm into quite a bit of detail and I do watercolours and acrylics, though I've been playing in quite a bit of fibre arts in the past few years," she added.

Panson has brought in paintings and an array of fibre art wall hangings, some of which show the viewer what her world looks like without her glasses as she experiences double vision.

"I started with watercolour and pencil crayon drawings but when I in-

jured my back I started playing with fabric because I could do it in bed without having to get water all over the sheets and things and so the fabric went from there," she explained.

The show merges the passions of four artists, who draw inspiration from their surrounding environments seen on Barrow's paintings of nature and the prairie skies. Gerrard uses a variety of 18 or so grains, their shape, colours, and energy to guide her work. While Hamann Buckoski mainly finds her inspiration from nature, she has also been drawing ideas from watching the people at the bus stop outside of her home. Panson finds that the arts in Manitoba are very influential to her process, which involves piecing fabric together based on a sketch that she makes ahead of time.

Hamann Buckoski and Panson, who are both former art teachers, suggest that new artists practice often and draw every day. Barrow and Gerrard agree and also encourage new artists to look at art in person in galleries, on shows, and online, as well as invest in workshops and classes.

"You don't become a quarterback by just picking up a ball. You practice, and you practice, and you practice, so you should be drawing for some time every day," said Panson.

The artists will be at the gallery on March 8 between 1 and 4 p.m. for the exhibit's reception. More information about Barrow's work can be found at her website suzannebarrow.com and more information about Gerrard's art can be found at naomi-gerrard.artist-websites.com

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Welcome fishers and anglers.

It's such a pleasure being back with you after a few weeks away. During that time however, I was able to get onto the ice, and when talking to anglers couldn't help being surprised when they kept offering summer outdoor experiences instead of ice fishing tales. I'm fairly sure though that you'll be as amused with them as I was.

Steven Tyhy is a big, young guy with a full, brown beard and intense eyes. He towered over me as I approached him when he was ice fishing on the south Lake Winnipeg ice fields early last week. He was standing beside two holes with the lines of his short rods slightly frozen in crusts of ice. "Anything today?" I asked of our new friend.

"No nothing all morning," he replied. We talked casually as we surveyed the overcast, misty endless stretches of ice and eventually I asked him if anything unusual had ever happened when he was fishing. He raised his eyes to the sky smiling deep in thought for a moment, then said, "I'm from Clandeboye and when I was in high school our class went on a camping trip to Big Whiteshell. One afternoon I was in a canoe with a few other students fishing and paddling around and the waves were so choppy they were overlapping the side of the canoe. Suddenly I saw a dark line along the top of a wave. It splashed over the side of the canoe falling onto the floor and began wriggling about.

It was a huge, long garter snake! Flailing about, it slapped against the feet of Candice, a thin, blond haired fourteen year girl. She sprang up screaming in horror and jumped overboard. The water wasn't deep and as soon as her feet touched the lakes bottom she half waded-half swam for shore as fast as she could. That night Candice slept in a car instead of her tent!"

A few days ago I was driving on #320

across from Sugar Island and nestled on a patch of flat ice far down on the Red was an encampment of portable ice shacks with ice fishers scattered amongst them. Folks could be seen munching on hand held food as they watched their fishing rods while chatting with friends. Kids were chasing each other playing in the snow. Off to the side a high, sturdy pole held up a flag with the letters PCL emblazoned on it. I parked "old red" and made the long, steep trek to the gathering.

"Who's in charge?" I called out when I made it to the group. "Justyne," a half dozen people called out. From beside one of the tents a petite, blond, young lady came toward me with a big warm smile. "Hi, I'm Justyne Biy, how can I help you?" she said in a strong capable voice. "Hi, I'm Arnie Weidl, I write the fishing column in the Selkirk Record, the Express and the Stonewall Teulon Tribune. This appears to be a company ice fishing outing would you or anyone else here have a fishing story for our readers?"

She stood silent, her head cocked to one side thinking, then said, "Yes, we're with PCL Constructors and I remember a time when my friend and I had a little trouble with a boat when fishing on the Red River." It seems she and her friend, Emily, were in a small aluminum boat fishing downstream of the locks at Lockport with a small anchor that couldn't hold the boat in one place. A pickerel took Justyne's baited hook and since it didn't feel big, she reeled in quickly. She lifted her rod high and the fish glistening in the sunlight cleared the water slapping against the side of the boat. She bent over and with her rod still high and her net in the other hand, she landed it. By then they had drifted back from their fishing hot spot, so Emily pulled up the anchor while Justyne cranked up the outboard motor and took them closer to the "locks."

Neither noticed that the fairly long

> Fish tales?

Call Arnie Weidl at 204-641-2210
sanarn@mymts.net**RECORD PHOTO BY ARNIE WEIDL**
Justyne Biy a true outdoors lady with one of her many catches.

anchor rope had slipped overboard. Suddenly Justyne felt the tiller of the outboard shake and the motor struggle. Then with a squealing crunch the motor stopped. The rope! Justyne was able to tilt the little motor up just enough to see the anchor rope was holding the prop fast. Emily exclaimed, "We need a knife!"

"I've got my filleting knife," Justyne responded. Emily took it and bending over the transom began cutting away the troubling rope. Justyne, looking up across the water was struck by the chilling realization they were drifting downstream in the fast current toward other anglers' boats. She grabbed an oar and bracing her feet against the ribs of the boat began steering and paddling, guiding it. Emily sawed with the knife cutting the rope. Suddenly she sat up shouting, "The prop's free but I lost the anchor!" Dejected, she tilted the motor into the water. It started on the first pull but without an anchor, their fishing was done for the day and they made for the boat landing!

Until next week friends, bye for now.

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Ligia Braidotti 204-485-3337
news@selkirkrecord.ca Twitter: @LigiaBraidotti

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The S Word to be screened at Gaynor Family Library

Residents are being given an opportunity to learn how they can help each other

By Katelyn Boulanger

The S Word, a documentary about suicide prevention from the perspective of a survivor documenting other survivors' stories, is being screened at the Gaynor Family Library on March 10 at 7 p.m.

This screening will be presented by the Interlake-Eastern Suicide Prevention Committee and will have a discussion period afterwards where community members can speak about what they learned.

"The S Word was brought to the attention to the (suicide prevention) committee about four months ago as an opportunity to create an event that aligned with our purpose of decreasing the stigma around suicide," said Jill Hodgson-McConnell, Mental Health Clinical Specialist with Interlake-Eastern Regional Health Authority and co-chair of the suicide prevention committee.

The committee was given the chance to see the movie and then had the opportunity to decide whether to screen it for residents.

"I thought, 'I don't want to watch something that was going to upset me,' but it was wonderful. It was just so hopeful it was just so good. It's the other side that we just don't know about. With suicide, there is so much that is not said that's part of the silence and this was telling it all from the perspective of family and someone that had experienced it," said Hodgson-McConnell.

The committee is trying to use this as an opportunity to drive a community-based approach for protective care.

"Part of that is stigma reduction and part of that is making sure that people know where the resources are in the community, and so I think The S Word, since it's person centered, (is)

taking that first person approach to how there's impacts but also how important supports are when it comes to talking about suicide. Often we know people can be nervous to talk about it because they don't know what to say," said Tristan Dreilich, a mental health resource developer with the Canadian Mental Health Association and member of the suicide prevention committee.

He hopes that the opportunity for education helps to reduce the fear surrounding talking about suicide.

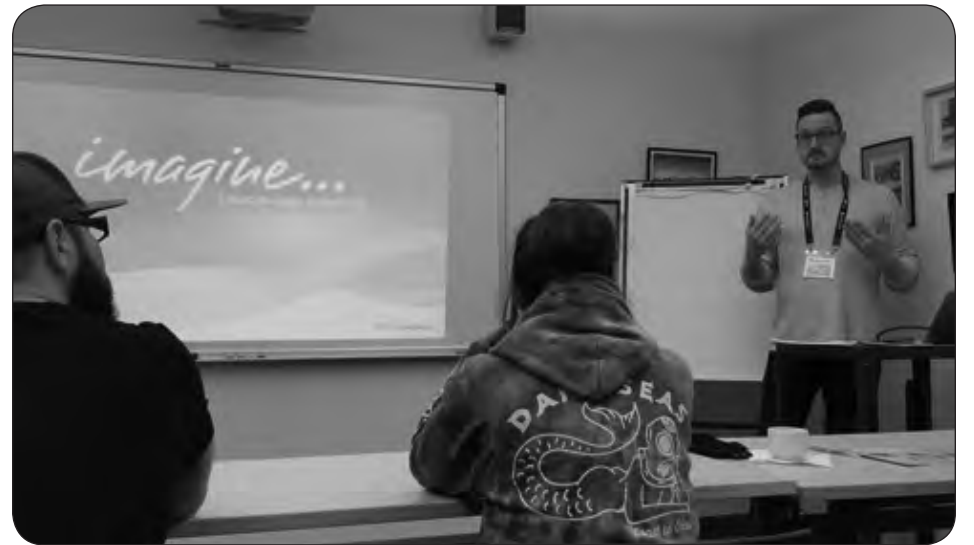
There will also be members of IERHA's Mental Health Services present throughout the event should anyone want or need to speak to them, or if they are experiencing distress because of the film or otherwise.

"Evidence shows that being more informed and breaking the silence around a tough subject is how we teach and how we empower people to understand," said Bonnie Peloski, community wellness facilitator with the IERHA and co-chair of the suicide prevention committee.

She hopes that residents take this opportunity to discuss hope and how the information will help them to move forward and how they will go on to spread the word about decreasing silence.

"(The movies shows that) people are not alone in this discomfort in the silence, and there are other people, myself included, that have been touched by suicide, and that people survive and that the people, the family members that are dealing with the death of a loved one have strength and resiliency," added Hodgson-McConnell.

The IERHA does advise that the film may contain sensitive themes that may not be suitable for all audiences and that viewer discretion is advised.



RECORD PHOTOS BY BRETT MITCHELL

Tristan Dreilich of Canadian Mental Health Selkirk presented a seminar on Suicide prevention. The "Safe Talk" Seminar was held at the Gaynor Family Library.

The IERHA provides a 24 hour crisis line for individuals experiencing mental health or psychosocial crisis, which

also provides resources to individuals seeking support for themselves or someone else at 204-482-5419.



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Selkirk Rotary Club



Mental Health Care personnel, landlords and people within the Mental health environment were in attendance.

IERHA aligning with provincial mandate for health system transformation

By Patricia Barrett

The Interlake-Eastern Regional Health Authority (IERHA) is in the process of changing the way it delivers services in keeping with the provincial government's mandate to make the health system more efficient and cost-effective and to improve patient outcomes.

IERHA chief executive officer Ron Van Denakker said the transformation underway – which includes rural health services – is of a magnitude never before seen in Manitoba's history.

"This is an entire health system transformation initiative that was started by this government [provincial Conservatives] based on a KPMG review that basically said we're spending a ton of money and our outcomes are very poor relative to other jurisdictions," he said.

The cost of health-care funding in Manitoba rose 97 per cent between 2003 and 2016, yet the province "remains at or near the bottom of national rankings," states the IERHA's latest annual report, citing data from the provincial department of Shared Health.

In addition to KPMG's health system review, the overhaul is being guided by several studies, including an EMS system review, a mental health and addictions report, Shared Health's clinical and preventive services plan and a wait times reduction report. The transformation won't happen overnight as there are multiple phases to implement, and some changes will require the government to pass legislation.

As part of the transformation, the provincial government created Shared Health in 2018. The new legal entity is coordinating the integration of clinical and preventive services across the province. The department of Manitoba Health, Seniors and Active Living, meanwhile, will develop policies and oversee funding.

Improving access to primary care is a priority, considered by Shared Health to be the "foundation of an effective health system."

To that end, the IERHA has plans to build a new 30,000-square-foot primary care clinic in Selkirk with an attached clinical teaching unit (CTU) where new graduate physicians can complete a mandatory two-year residency training program.

The clinic project is "fully aligned" with the direction in which Shared Health is moving, said Van Denakker, and "we have been in constant discussion [with government] that the work we're doing is aligned with the pro-

vincial work."

The clinic will fill a physician gap in Selkirk, he said, and help relieve pressure on the hospital emergency room where patients end up when they don't have a place to go.

"Believe it not the [IERHA] area where we have the greatest need for physician providers, where the greatest number of people are unattached to a nurse practitioner or a doctor, is Selkirk by far," said Van Denakker.

To date, 10 Selkirk physicians have committed to the proposed clinic, and as more come on board, they'll be looking after unattached patients and doing rounds at the hospital, he said. Looking to the future, as the Selkirk and area population grows, there will be a need for about 25 physicians at the clinic.

As for the CTU, medical residents will train alongside physicians in the new clinic while others will complete their training in Interlake communities such as Gimli, Arborg, Eriksdale and Ashern, as well as in communities in the eastern half of the RHA.

IERHA vice president of corporate services Ron Janzen said Interlake-Eastern was the only RHA (until December 2018) without a clinical teaching program for residents, and as a result the region was seeing a "fair bit" of physician turnover and an "unusually high reliance" on international medical graduates.

"It's well known in the literature that clinical teaching is the way to recruit and retain physicians for a health region," said Janzen. "Physicians who are given an opportunity to do their residency in a particular community have a much higher chance of settling down and putting roots into that community, and committing to a medical practice in the areas where they get residency experience."

In addition to improved access to primary care and resident training in Interlake communities, the way patients are cared for is in the process of being modified.

Shared Health is moving towards establishing My Health Teams, made up of several health-care providers who will see individual patients. Under the present system, patients see a family doctor and get referred up the chain to specialists, which can entail delays and the need to attend multiple health appointments.

The new Selkirk clinic will be based on a team model, fundamentally different from privately run clinics where several doctors typically purchase or rent a space and work individually under a fee-for-service arrangement, said Janzen.



TRIBUNE PHOTO BY PATRICIA BARRETT

The IERHA is in the process of changing how rural health care is delivered. Shown here is the Selkirk Regional Health Centre.



From left Ron Janzen, Ron Van Denakker and Selkirk physician Ian Alexander, who is overseeing medical resident training.

The proposed clinic is destined to become the "home base" for a My Health Team, he said. It will include doctors and allied health-care providers such as nurse practitioners, mental health workers, pharmacists and occupational and physical therapists, who will spend more time with patients to improve health outcomes.

"That means you don't, for instance, just line up 35 or 40 patients for a day and have 10-minute consultations with them, prescribe medications and move on to the next one. [The patient] will sit down with a whole team of caregivers who'll review their chart," said Janzen. "This means the physician is not going to see as many patients. But it means your outcomes are going to be much stronger and you're going to have much better care for the individual."

The proposed clinic will be built, owned and operated by a non-profit corporation, 10040899 Manitoba Association Inc., which is currently composed of the 10 physicians who've agreed to work as a My Health Team, and a board of directors, many of

whom are municipal council representatives. The Association will share with the IERHA services such as security, maintenance and information technology until more physicians move in and assume the costs of running the clinic.

There will be "big savings," said Janzen. "The only way you can do [shared health teams] is under a non-profit model; you have to have a registered charity. A for-profit, private clinic can't do that."

My Health Teams are appointed by and governed by Manitoba Health. To join a team, physicians have to submit a practice model, show what the outcomes will be and how they'll track their performance. If approved for a team, physicians will enter into a formal agreement with the province.

Because the province will be funding each team, Van Denakker said they'll have to prove their effectiveness through "rigorous" reporting.

Over the past four years, the IERHA has been working with the govern-

Continued on page 9

Learn about dementia and brain health

First session to take place on March 24

By Jennifer McFee

Upcoming public information sessions will share some insight on understanding dementia and brain health.

The first session will take place on Tuesday, March 24 from 1:30 to 2:30 p.m. at the South Interlake Regional Library's Teulon branch (19 Beach Rd.).

Then on Thursday, April 23, a session will take place at 1:30 p.m. at the Gor-

don Howard Centre in Selkirk.

Another session will take place on Thursday, April 30 from 6:30 to 7:30 p.m. at the Stonewall library (419 Main St.).

In upcoming months, a series of presentations will also be held at Victoria Beach.

The presenter will be Samantha Holland, Interlake Easter Regional Co-ordinator for the Alzheimer Society of Manitoba.

Attendees will learn the facts about dementia, including the risk and protective factors. They'll also learn about ways to keep their brain healthier for longer.

For Holland, she stresses the importance of coming to a presentation like this.

"There's still a lot of fear and stigma that surrounds dementia," she said. "So if we can get out there and engage with the community through these types of education opportunities, we're really doing our part to spread awareness and break down

those walls."

To register for the Teulon event, call June at 204-886-3648 or email teulon@sirlibrary.com.

For more information about the Selkirk event, contact the Gordon Howard Centre at 204-785-2092.

To register for the Stonewall event, call 204-467-8415 or email stonewall@sirlibrary.com.

For more information about the Alzheimer Society of Manitoba, visit www.alzheimer.mb.ca.

Clocks spring forward this Sunday for daylight savings

Staff

Daylight Saving Time goes into effect on Sunday, March 8, when clocks will "spring forward" by one hour beginning at 2 a.m. The shift will essentially make it darker in the early morning hours, while leaving one extra hour of

light in the evening.

It also means that March 8 will only be 23 hours long, and you'll lose sleep if you have fixed times for waking up on the weekend. Regardless, you'll probably feel a bit discombobulated over the following days as you adjust

to a different sunlight schedule.

Clocks are pushed ahead one hour in spring to what's commonly called "daylight saving time," an idea first used in Germany during the First World War with the goal of saving energy. It aims to take advantage of

daylight hours in the spring so that people don't sleep through the first few hours of sunshine.

When the daylight period gets shorter in the fall, the clocks are readjusted to the proper "local standard time."

Manitoba Canola Growers elects executive and looks to fill vacant seat

Submitted

The Manitoba Canola Growers Association (MCGA) held their reorganizational meeting and elected a new executive for the upcoming year.

Clayton Harder from St Clements was elected president, Chuck Fossay from Starbuck was elected vice president, Curtis McRae from St. Andrews was re-elected treasurer and Bill Nicholson from Shoal Lake was

re-elected Secretary.

"I am honored to be elected as President, and look forward to working with my board colleagues to represent a strong voice on behalf of Manitoba canola farmers," says new board president Clayton Harder, "I would like to thank outgoing chair Chuck Fossay for his leadership and also recognize outgoing director, Ron Krahn, for his dedication to MCGA and his

contributions to our industry.

Ron's departure from the board, with no nominations to fill the seat coming out of the 2019 Fall election, leaves a vacant seat at the board table. MCGA directors will now take on the task of appointing a farmer to join the board.

If sitting on the MCGA board of directors interests you or if you have any questions please reach out to our Executive Director Delaney Ross

Burntack. John Sandborn will represent MCGA on the Canola Council of Canada board of directors. Clayton Harder and Jack Froese will continue to represent MCGA on the Canadian Canola Growers Association board of directors and Chuck Fossay will represent MCGA on the Keystone Agricultural Producers board of directors.

For more information please visit www.canolagrowers.com.

> IERHA, FROM PG. 8

ment to satisfy requirements for establishing My Health Teams, Van Denakker said. In addition to the Selkirk-based My Health Team, the IERHA will soon have a My Health Team established for Highway 6 (Eriksdale, Ashern, First Nation communities).

"This is government-driven and it's fully integrated into [Shared Health's] clinical and preventive services plan," he said.

The estimated cost of the proposed clinic and CTU has been pegged at \$15 million. The IERHA's fundraising arm, the Interlake-Eastern Health Foundation, has been tasked with raising over \$5 million for the project, and the Association will be borrowing the remaining \$10 million.

Because the teaching unit will ultimately benefit communities in the

RHA's catchment area, the IERHA had pulled together a task force made up of municipal representatives, including First Nations, to look at ways to establish it. The task force had initially considered taking out debentures that would be paid off by municipal ratepayers, but eventually settled on a non-profit clinic model in partnership with the group of Selkirk physicians.

"We didn't make this up," said Van Denakker, referring to the model. "There are variations of this in three or four different locations across the province. We've just basically made this an IERHA brand, if you will."

Now that it has established the Association, the task force will shift its focus to recruitment and retention and the implementation of Shared Health's clinical and preventive services plan, he added.

The task force shares its minutes

with all towns and municipalities in the RHA area, and a number of communities have asked to take part.

The IERHA shared its membership list with the *Record*. Currently represented are the RM of Alexander, Town of Powerview-Pine Falls, RM of St. Andrews, RM of St. Clements, Town of Arborg, RM of Bifrost-Riverton, RM of Brokenhead, Town of Beausejour, RM of Gimli, Town of Lac du Bonnet, RM of Lac du Bonnet, Pinawa Local Government District, RM of Springfield, Town of Stonewall, Town of Teulon, RM of West Interlake, RM of Whitemouth, RM of Grahamdale, Town of Winnipeg Beach, Sagkeeng First Nation and Fisher River First Nation.

The City of Selkirk is not part of the task force.

The land on which the proposed clinic will be built is owned by the province and the clinic will have to

seek a lease agreement. Van Denakker said he hasn't yet asked the province for a lease agreement as they're still in the process of "dotting all the I's and crossing all the T's."

While the clinic project has been forging ahead, physician coverage in hospital emergency rooms across the region has improved, according to statistics the IERHA shared with the *Record*.

Between 2017 and 2019, physician coverage (hours worked in nine hospitals with emergency departments) has increased from 75 to 88 per cent. Van Denakker said at one point it had been less than 50 per cent.

The ultimate goal of the health system transformation is to ensure everybody, especially Indigenous people, has access to primary care and to improve health outcomes, he said.

Xylophones, recorders and drums ring out

Students from the LSSD come to Happy Thought School for Instrument Festival

By Katelyn Boulanger

Elementary school students from the Lord Selkirk School Division were brought together to play and hear each other musical talents at the division's annual instrument festival which took place at Happy Thought School Feb. 27.

"Music is so well known for its ability to enhance teamwork, enhance fine and gross motor skills, enhance reading and literacy, not to mention that you have to use your brain in a different way in order to hear one part and play one part, or in order to play something new and take a couple of risks and do something that maybe you were uncomfortable with at first but you want to try. Sometimes kids actually prefer trying (something new) in front of everybody, so it's as much a confidence building thing," said Tamara Kroeker, music teacher at St. Andrews School.

"That's what I like about the instrument festival, is that they get a chance to play in front of other students. They get a chance to show off what they've been working on, but it also brings their performing to the next level."

Kroeker said she is also glad that the

students have this experience as it allows them to not only be exposed to different ways music programs happen at different schools, but also because it gives the students another opportunity to meet each other as they will eventually be in the same high school.

This year's adjudicator was Amanda Ciavarelli, a music teacher at Ecole South Pointe School in Winnipeg. She gives the students feedback about their performance and walks them through ways to improve and also teaches them techniques to incorporate into their future music practice.

"What's really nice is that the kids end up hearing similar feedback but it's said in a different way or said in a new way. It kind of clicks something in their head because music classrooms kind of get very isolated, they are only hearing your feedback for years and years. So to broaden that a little bit for them and because I'm not going to connect with every single kid on every single issue, it's nice to have other people to speak to how they are performing and their skills...from a different perspective," said Kroeker.

She says that this festival also helps



RECORD PHOTOS BY KATELYN BOULANGER

The LSSD Instrument Festival held on Feb. 27 is open to all division students and welcomes presentations of all types of instruments.

teachers find new resources to help them connect with students and to guide them.

"It used to be called the recorder festival and then we opened it up to include any instrument. So people brought ukuleles, keyboards, xylophones, drums, and whatever instruments the kids are working on," Kroeker said.

The recorder festival has been going on for many years in the school district but the change of name to the instrument festival happened relatively recently, opening it to more ages, ability levels, and increasing the creativity.

One of the groups of students from St. Andrews School who gave a bucket drumming performance is also planning a tour led by Kroeker in March.

"We've been working on a lot of higher level pieces that we are going to bring to three different schools in the division," she said.

She hopes that the event draws stu-



dents together as a community.

"I hope that students come away with another perspective on their skills. That they figure out because they are put in a situation they aren't used to, as performance isn't a daily event for them. Sometimes you end up reflecting on how things went and how you can do things differently or better the next time, but I also think that it really draws the kids together," said Kroeker.



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RECORD PHOTO SUBMITTED

The Grad Fashion Show held at the Lord Selkirk Regional Comprehensive School took place on Feb. 13 and 14, with two sold out shows and almost 500 guests attending.

High school farewell in grand style

Comp students fundraise for grad

By Ligia Braidotti

The Lord Selkirk Regional Comprehensive Secondary School students are preparing to say goodbye to their high school days in great style.

The Grade 12 students held their annual fashion show on Feb. 13.

Danica Hoium and Raymond Hefferman were involved in the organizing of the event and said it was a great experience for both of them.

They got to dress in fancy dresses and tuxes and walk the runway in front of a huge audience.

"It was a blast. We would definitely do it all over again. It was so fun. We got our hair done and our make up done, and we got these fancy shoes and dresses to dance up there. The girls got to dance together and we got a chance to dance with the guys too," she said.

After long hours of practicing, the show ended up being a success both for the students and the audience.

Even though they were put on the spotlight, they all had fun and were able to raise approximately \$2,000 for their prom and graduation.

"The experience was one of a kind. We got to make new friends and we met a lot of people we haven't known before," Hoium said. "We got that chance to become really close."

Hefferman said he was nervous dancing in front of a big crowd but had a lot of fun and enjoyed the time

he spent getting ready for the big day.

"You get to do a lot of things that you wouldn't normally do, you got out of your comfort zone a little," he said, adding they did a mix of hip-hop and ballet dancing.

The Grad Fashion Show has become a tradition within the school and the Grade 12 students.

"I learned a lot of relationship building skills. That's definitely something I am going to take from it. Unfortunately after graduating I won't be able to do something like this again, and it makes me a little sad," Hefferman added. "But we have to move on."



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William S. Patterson celebrates former students

Kerri Einarson, Alexa Scott, William Middleton, and Alysia Roy win big

By Katelyn Boulanger

Four former William S. Patterson School students have earned medals in recent winter sporting competitions in Canada and internationally.

To celebrate its former students, the school invited them all to an alumni recognition assembly on March 2.

William Middleton and Alysia Roy participated in the recent Special Olympic Canada Winter Games, while Alexa Scott participated in speed skating at the World Junior Long-track Championship in Poland and Kerri Einarson captured Manitoba's attention in her victory at the Scotties Curling Tournament.

"I think (celebrating these former students) gives (current students) hope and it makes them think that anyone can achieve what they put their minds to, and the athletes did say that today. It was nice to hear them say 'If you can dream it, you can achieve it,' which we decided was going to be the motto for the assembly. All four of them said that if you can dream it and you work hard you can get to where you want to go," said William S. Patterson School principal Darcell Saunders.

Saunders feels that it's important for current students to realize that these athletes who attended the same school they are attending, are regular people who sat in the desks, walked in the halls, had some of the same teachers, and are now achieving great things.

"I think that Lord Selkirk School Division has a strong sports program. Strong sports, strong music program, and those are the things that come out in these students. Parents that put the time in and drive them where they need to go and all those things contribute to the students success," added Saunders.

Having the athletes in the school in person makes students' goals seem more achievable and attainable. The four athletes spread positive messag-



Kerri Einarson speaking to William S. Patterson students about her time at the school and her recent Scotties Curling Tournament victory.

es to the students at the school.

Scott said that to excel under pressure, "You just have to remember all the practice that you did leading up to the event and you just have to remember not to stress out too much about it."

"Dream to the max," Middleton told the crowd.

"You just have to do what you have to do [to get it done]," said Roy, about perseverance.

Einarson gave some leadership advice saying, "Never giving up is a big thing with me. It crossed my mind so many times, but just be that strong leader and always encourage others to keep going."

Community members were also invited to come and share in celebrating their local athletes' huge achievements.

"I loved seeing the emotion on my staff having their former students come back and seeing the smile on the athletes faces and just it just really feeling like a family. I'd never met these athletes. I'm newer to the school and it was really nice how everyone wanted to meet these athletes and to make it a heartwarming event so that these kids could come back to the school and feel really appreciated for their accomplishments," said Saunders.



RECORD PHOTOS BY KATELYN BOULANGER

From left to right: William Middleton, Kerri Einarson, Alexa Scott, and Alysia Roy at the alumni athlete assembly March 2.

Manitoba 55+ games releases 2020 slogan

By Staff

The Host Committee of the Manitoba 55+ Games invites you to "Catch Selkirk's 2020 Vision... Get in the Games!" which is the slogan they've created to represent their vision for the 55+ games which will be held this summer.

The 2020 Games slogan reflects vision and action. The Host Committee considered several slogan ideas before choosing this winner.

"We are hoping the slogan will create some buzz in the community and that folks will catch the Host Committee's enthusiasm for the games. And, of course, '20/20 vision' helps all of us better see the world around us and that each one of us has a unique place in it - no matter our age," said Deborah Vitt, Co-chair of the Host Committee.

Catch Selkirk's 2020 Vision...
Get in the Games!

RECORD PHOTO SUBMITTED

The Manitoba 55+ Games new slogan for the 2020 games in Selkirk.

The colourful games banner has also made it's appearance at community events around town. The intent of the banner is to reach out to volunteers, participants and spectators and captures the fun of the games to come. It is currently up at the Gordon Howard Centre and during the upcoming Curling event, which will take place March 24 to 26, it will move to the Selkirk Curling Club. The host committee invites residents, wherever they see the games banner around town, to take a photo with the banner and tag it with #getinthegameselkirk on social media.

For more information about the Manitoba 55+ Games visit activeagingmb.ca, call 204-261-9257 or email manitoba55plusgames@gmail.com. The 55+ games can also be followed on Facebook at facebook.com/selkirk55games

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St. Clements man killed in snowmobile accident

By Mark T. Buss, Clipper Publishing, and Ligia Braidotti, Selkirk Record

RCMP say a St. Clements man is dead after losing control of his snowmobile near Great Falls over the weekend.

On Feb. 29 at approximately 10:10 a.m., Powerview RCMP responded to a report of a snowmobile collision on Trail 220, northeast of Great Falls. A group of snowmobilers were out riding in the area when they came across a snowmobile and rider that was involved in a collision sometime overnight.

Officers, emergency personnel and Bird River Fire Department responded. The 44-year-old male snowmobiler from the RM of St. Clements, was

pronounced deceased at the scene.

RCMP continue to investigate, but it is believed that the rider missed a turn, went into a treed area and was thrown from his snowmobile.

The Great Falls fatality was the second snowmobile-related death in Manitoba in less than a week.

On Feb. 20, RCMP responded to a report of two snowmobiles involved in a collision west of Elphinstone. The investigation has determined that both drivers were travelling side by side in a field, went over a steep embankment and collided with the ground, causing significant injuries.

A 44-year-old male from Strathclair and a 20-year-old male from the RM of Yellowhead were both taken

to hospital with serious injuries. The 20-year-old succumbed to his injuries in hospital on Feb. 24.

The RCMP would like to remind everyone to take precautions when riding a snowmobile, please remember to ride sober, always wear a helmet and protective clothing, ride in groups and ensure people know your route and when you are expected to return.

Police also encourage riders to ride to their abilities, be alert and slow down when operating on unfamiliar terrain, be cautious of ice thickness when crossing frozen bodies of water and always stay on the trails in areas where snowmobiling is permitted.

In lieu of this tragic accident, the

Snowmobilers of Manitoba released a statement to the public to emphasize the importance of practicing safe snowmobiling and to always check trail conditions before venturing out.

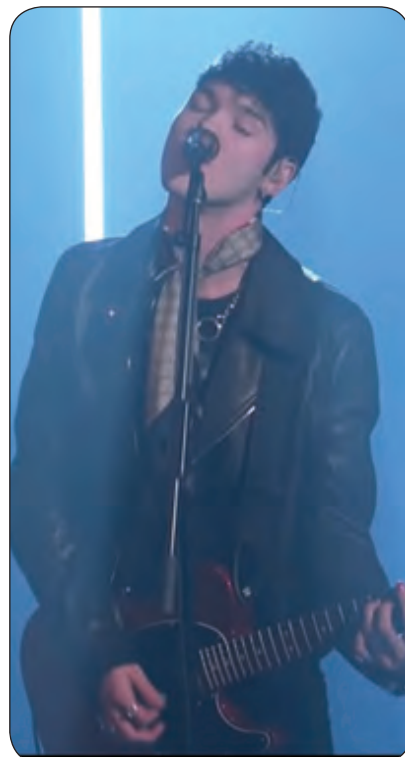
"There are a lot of areas that are experiencing low to no snow conditions and are not conducive to safe riding. If you do go riding, please use extreme caution and reduce your speed. We recognize that this season has been a very short one and while that is disappointing, we encourage riders to stay safe and ride on trails that are open. Also, be extremely careful on or near all waterways. Moving currents can cause ice breakup rapidly and changing conditions must be taken into consideration," the statement said.

Goody Grace performs at Jimmy Kimmel Live



RECORD IMAGES FROM YOUTUBE

Selkirk's Goody Grace performed at Jimmy Kimmel Live on Feb. 27 with Blink 182. They played the song Scumbag together. Their presentation is part of Jimmy Kimmel concert series.



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Spirit of co-operation fuels strong municipalities, capital region

West St. Paul hosts Winnipeg mayor for tour of thriving municipality

Submitted by the R.M. of West St. Paul

You can drive from downtown Winnipeg to West St. Paul in about 15 minutes – depending on traffic – and it's something that many Winnipeggers do every day as more than 800 of them work in the municipality directly north of the city.

Conversely, 1,900 West St. Paul residents drive into Winnipeg every day for their employment.

And as West St. Paul continues to boom – its population increased by 8.8 per cent according to the last Canada Census numbers, three per cent higher than the provincial average – the two-way traffic between the two will undoubtedly rise.

Pavement isn't the only thing that connects the two municipalities and Mayor Cheryl Christian knows that good relationships go a long way to developing strong communities – your own and the ones you share borders with.

That's why the mayor recently reached out to City of Winnipeg Mayor Brian Bowman and joined him on a



Christian, Bowman, and West St. Paul CAO Brent Olynyk (centre) tour of West St. Paul.

"It's always nice to connect with other leaders and share ideas," Christian said.

"We're right next door to each other, and there's always topics we can discuss, even if there's nothing pending, it's important to have a good relationship. We wanted to show Mayor Bowman the great things going on in West St. Paul and I think he was impressed with everything happening in our municipality."

The two mayors have a good working relationship, having met several times to discuss common issues including



RECORD PHOTOS SUBMITTED

Pictured above: West St. Paul Mayor Cheryl Christian, Winnipeg Mayor Brian Bowman, and West St. Paul fire Chief Ryan Yackel.

the City's North End Treatment Plant, which is where West St. Paul's wastewater goes for treatment.

The wastewater project – which currently has 667 homes connected – addresses persisting health issues, including bacteria contaminated water. Connecting to the City of Winnipeg's treatment plant came after extensive study by the RM and external engineers and it was found to be the most cost effective way to treat the RM's wastewater.

Following the tour Mayor Bowman tweeted "Pleased to tour @RMWestStPaul with Mayor Cheryl Christian and CAO Brent Olynyk this morning. I appreciate the collaborative working relationship with my counterpart, Mayor @CChristianWSP!"

The two met late last year to talk about the Treatment Plant and Christian said it's that kind of cooperative spirit that is driving success in the capital region.

In just over a year, the mayor has developed excellent working relationships with mayors and councils from all the municipalities that surround West St. Paul, whether it's Mayor Larry Johansson in Selkirk, Mayor Shelley Hart in East St. Paul, Mayor Debbie Fiebelkorn in St. Clements, or Mayor Joy Sul in St. Andrews.

"These strong relationships almost happen organically, because we're all working towards the same thing, but at the same time, you have to be aware that any good relationship needs nurturing, and I think that's what we've all been successful at," Christian said.

"That spirit of cooperation is strong and in West St. Paul I take it very seriously and I know the rest of council and the administrative team does as well."

The capital region is thriving and that is perhaps no more evident than in West St. Paul. Building permits taken from Red River Planning Dis-

trict in the RM totalled 119 in 2019. While the number alone means little, when compared to neighbouring municipalities it shows robust growth in West St. Paul.

St. Clements came closest in permits taken out with 58, followed by Selkirk with 54, East St. Paul with 45 and St. Andrews with 36.

"What this shows is that our entire region is doing very well," Christian said.

"And in West St. Paul we're thrilled with the development that is occurring and the fact that it's residential as well as commercial. From 2013 to 2016 there were just 22 commercial permits issued and from 2017 to 2019 that jumped to 75, and that's in large part because of sewer and water coming into the municipality."

Further dissection of the numbers reveals that residential development in the RM has a new component in multi-family homes. There were no permits issued for multi-family dwellings from 2013 – 2017 and in 2018 and 2019 there were 22 permits.

"Again, this is due to the arrival of sewer services in the municipality," Christian said.

"We're located in the Red River Corridor and the province restricted development due to failing systems. Once the sewer came in, developers showed interest in the municipality, and now the addition of water is just adding to that interest."

The wastewater pipeline that carries West St. Paul sewage to the City of Winnipeg has been extended to the RM's northern neighbours, the RM of St. Andrews, in a deal the two municipalities brokered.

"It's another example of communities working together and in this case it's a project that provides an important service to our residents and is an environmental win for the entire region," Christian said.

EAST SELKIRK- In person or online

March 7th, 10am-12pm

March 11th, 6:30pm-8:30pm

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www.eastselkirkrec.com/soccer-registration-info

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March 19th, 6pm-7:30pm

March 20th, 9:30am- 11am

William S Patterson School

Email registration- cdrasports@hotmail.com

SELKIRK- In person

March 10th, 12th, 17th, 6:30-8:00pm

Selkirk Barn Arena 368 Jemima St

ST ANDREWS- online registration

www.standrewssoccer.com- closes March 22nd

standrewssoccer@yahoo.com



SOCCKER REGISTRATION



Mayors and Reeves have fun at The Forks



RECORD PHOTOS COURTESY OF THE CITY OF WINNIPEG
Winnipeg's Mayor Brian Bowman challenged 2019 Crockicurl Tournaspiel Mayor's Cup defending champ, Steinbach Mayor Earl Funk, along with Reeve Lewis Weiss (La Broquerie), Mayor Brandon Burley (Morden), Mayor Chris Ewin and Deputy Mayor Shane Pelletier (Ritchot), Reeve Wes Taplin (Rockwood); Reeve Frances Smee (Rosser), Mayor Debbie Fiebelkorn (St. Clements), Mayor Cheryl Christian (West St. Paul), Mayor Martin Harder (Winkler) as well as special guest, Councillor Evan Woolley, City of Calgary. The event took place on Feb. 20, and Bowman took the trophy home.



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GIMLI Ice festival
March 6-8, 2020










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Saturday, March 7

EVENTS ON THE LAKE

9:00am - 3:00pm
Practice from 9am - 11am Racing 12pm - 3pm
11:00am - 3:00pm
Kids Fun Time Ice Fishing
Kubota ride to Ice Fishing location with Festival Pass
12:00pm - 3:00pm
ICE MAN Motorcycle Ice Racing Demo
Mid-Day Arrival
A Viking's Challenge - 30k Lake Wpg Run Finish Line

EVENTS AT OTHER LOCATIONS

10:00am - 4:00pm
Arts & Crafts Show
At the Lakeview Resort - Ballrooms A-C
10:00am - 4:00pm
The Freeze Outdoor Art Exhibit
Near the Gimli Art Club
11:00am - 11:45pm
Kids Story Telling
At the New Iceland Heritage Museum
11:00am - 12:30pm
Frozen Fish Toss
At the Gimli Harbour
11:00am - 2:00pm
Snow Castle on the Beach Competition
Info & Registration at Visitor Centre - Festival Headquarters
11:00am - 3:00pm
Bannock & Tea on Open Fire
Near the Visitor Centre by the Harbour
11:00am - 3:00pm
Gimli Art Club Family Fun Activities
At the Gimli Art Club ... Face Painting, Arts & Crafts and more!
1:00pm - 3:00pm
Falcons 100th Anniversary Pond Hockey Event
At the Gimli Harbour next to the Pier
2:00pm - 2:30pm
Live Viking Combat by Sons of Lugh
At the Gimli Harbour
7:30pm - 11:00pm
Variety Entertainment Night
At the Lakeview Resort - \$10 admission or \$5 with Festival Pass

Friday, March 6

Festival Kick-Off
Event for Volunteers
& Partners

WATCH FOR
LAKE WINNIPEG
FATBIKE ADVENTURES



Sunday, March 8

EVENTS ON THE LAKE

9:00am - 3:00pm
Practice from 9am - 11am Racing 12pm - 3pm
11:00am - 2:00pm
Kids Fun Time Ice Fishing
Kubota ride to Ice Fishing location with Festival Pass
12:00pm - 3:00pm
ICE MAN Motorcycle Ice Racing Demo

EVENTS AT OTHER LOCATIONS

9:00am - 11:00am
Kiwans Pancake Breakfast
At the Gimli Rec Centre - \$2 with Festival Pass
10:00am - 2:00pm
Sons of Lugh Viking Village Life
At the Lakeview Resort Ballrooms
10:00am - 4:00pm
The Freeze Outdoor Art Exhibit
Near the Visitor Centre by the Harbour
10:30am - 11:15am
Kids Story Telling
At the New Iceland Heritage Museum
11:00am - 12:30pm
Frozen Fish Toss
At the Gimli Harbour
11:00am - 2:30pm
Bannock & Tea on Open Fire
Near the Visitor Centre by the Harbour
11:00am - 2:30pm
Gimli Art Club Family Fun Activities
At the Gimli Art Club ... Face Painting, Arts & Crafts and more!
11:30am - 2:00pm
Cooley's Indoor Playground
Waterfront Centre 5th Floor - \$2 admission with Festival Pass
12:00pm - 2:30pm
Chili Cook-Off
At the New Iceland Heritage Museum in Lady of the Lake
1:00pm - 1:30pm
Live Viking Combat by Sons of Lugh
At the Gimli Harbour
2:00pm - 2:30pm
Frozen T-Shirt Competition
Info & Registration at Visitor Centre - Festival Headquarters

EVENTS LISTED ARE SUBJECT TO CHANGE. HAVE FUN EVERYONE!

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www.gimliicefestival.com

get inspired



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all mortgages or loans secured by the property revert to his name including legal title.

Now that you are free, do you have money for a down payment? Alimony can be taken as income but most banks to mitigate risk will only use 80% and only 50% of child support. If you have employment income to add to this, you will be highly favored by the Banks who will want to wrap themselves around you as a brand new single professional client.

Becoming divorced or widowed sets you back not only financially, but emotionally. It is easy to let your finances take a back seat to your future planning since retirement is generally viewed as a "couple's" event. The reality of having to plan on your own can be challenging and often creates too much complexity at a time when it is necessary to simply bring order to one's life and create some sense of normalcy. Sometimes it is better to wait a little before getting into a long-term financial commitment. Take your time to find your way as a new single. After everything you have been through it's "YOU-TIME" so look after yourself! Talk to your financial advisor, do your homework and plan for your new future when you're ready.....you'll be stronger for it!

Good Luck and Best Wishes,

Money Lady

Written by Christine Ibbotson, Author of *"How to Retire Debt Free and Wealthy"*
Follow on Facebook & Instagram

If you have a money question, please email: askmoneylady@gmail.com

My husband and I just signed our legal separation papers, but I still live in our matrimonial home that is now up for sale.

I have two questions: I want to move out, so should I buy another home by myself? Even though I haven't actually received it yet, does child support count as income? I do work part-time but think I need the extra income to qualify.

What do you think?

Sincerely,

Jill XXXX (desperately seeking a new life!)

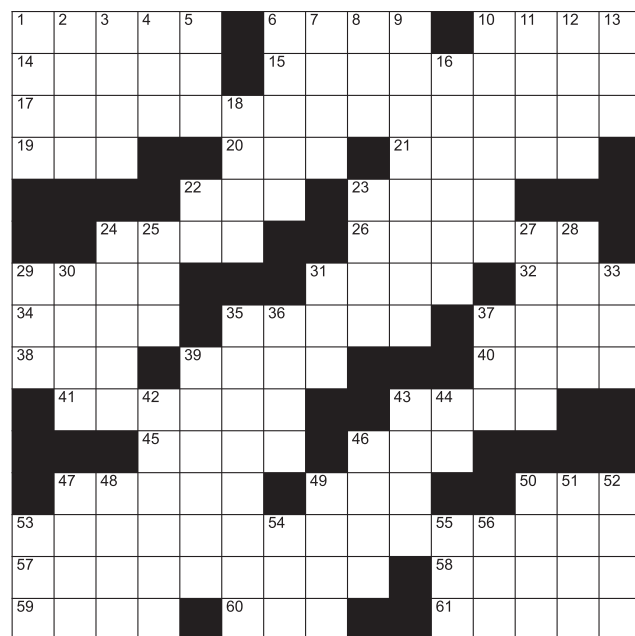
Dear Desperately Seeking a New Life!

Good for you for getting your separation agreement signed and finalized. I know this can be an enormous emotional undertaking for all involved. To answer your questions, first about the money: When you separate and apply for credit on your own, please ensure all credit cards and loans that were once joint have now been terminated or at least released from your spouse as a co-applicant. If you are walking away with a cash payout before the matrimonial home is sold, make sure your legal separation agreement indemnifies you of any joint loans or mortgages on the property. Of course, it goes without saying that if you are moving out and your husband is staying in the home that

CROSSWORD

CLUES ACROSS

1. Yields Manila hemp
 6. A type of gin
 10. Japanese ankle sock
 14. Swiss city
 15. Applied to
 17. Achievements
 19. Japanese title
 20. Possesses
 21. Belgian city
 22. Child
 23. Great delight
 24. Petty quarrel
 26. Gathered
 29. Zoroastrian concept of holy fire
 31. Path
 32. Legendary hoops coach Riley
 34. A citizen of Denmark
 35. Flat
 37. Upper-class young women
 38. Payment (abbr.)
 39. Distort
 40. Affirmative! (slang)
 41. One who has a child
 43. Without
 45. Workplace safety agency
 46. Political action committee
 47. Period of plant and animal life
 49. Swiss river
 50. Sino-Soviet block (abbr.)
 53. State of being kept secret
 57. Hobbies
 58. One-time Korean ruler
 59. Sudden attack
 60. Born of
 61. Assists
- ### CLUES DOWN
1. Ancient Greek sophist
 2. Famed composer
 3. Spore-bearing fungi cells
 4. Chief executive officer
 5. Defunct Syrian political party
 6. Thin wood
 7. Polynesian garlands
 8. Fluid replacement (abbr.)
 9. Flammable hydrocarbon gas
 10. Multi-leveled
 11. Influential diarist
 12. Gambles
 13. Many subconsciousnesses
 16. Current unit
 18. Illumination unit
 22. Tantalum
 23. Steps leading down to a river
 24. Kids love him
 25. Before
 27. Fencing swords
 28. Mountain range in China
 29. Payroll company
 30. A way to pack together
 31. Business designation
 33. Thyroid-stimulating hormone (abbr.)
 35. Forage fish
 36. Greek temple pillars
 37. Internet mgmt. company
 39. Rouse oneself
 42. In a way, covered
 43. Elaborate silk garment
 44. Cooling unit
 46. Riley and O'Brien are two
 47. ___ fide: genuine
 48. Ancient Incan sun god
 49. Poker stake
 50. Trigonometric function
 51. Interesting tidbit
 52. Adieus
 53. U.S. Treasury position
 54. Midway between east and southeast
 55. Doctors' group
 56. Women's ___ movement



Please see classified section for Answers

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\$5,000	JACKPOT In 51 Numbers
\$4,069 +	LUCKY 7 In 25 Numbers

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Regular Bingo at 7:30	Poker Flush \$25,532+
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Teulon Mayor clears the air

By Evan Matthews

With rumours swirling about a pending legal battle, the Mayor of Teulon has decided to clear the air.

Teulon Mayor Anna Pazdzierski is working to clarify the record, after the *Tribune* learned she had filed court documents against the Nova House board of directors. Pazdzierski officially dropped her lawsuit during the last week of February 2020.

"I don't want to ruffle any feathers at this point, but with members of the public asking questions, getting the details out could be important," said Pazdzierski, who was employed as the Nova House executive director in Selkirk for 18 years.

"I'm only dropping the lawsuit because my mental health is not worth this fight any more," she said.

Pazdzierski's lawsuit named Nova House board chairperson Debra Jenkins, along with directors Vanessa Luloff, Retha Lynn Simpkin, Ingrid Pflug, Carolyn De Coster, and Doug Simister.

Backstory

Pazdzierski retired from her role as executive director of Nova House in

March of 2018.

Pazdzierski alleges she offered to stay on and help the new executive director transition into the role, but the new executive director had asked her to leave before the official date of Pazdzierski's retirement.

The Nova House board of directors dispute Pazdzierski's account, saying the now-mayor only stayed and orientated the new-hire for four of the 30 days she had committed to.

"She was never asked to leave," said Jenkins who has been on the Nova House board for 22 years, acting as chairperson for the last 12.

Pazdzierski alleges as part of her salary, she was entitled to six weeks vacation annually. However, Pazdzierski said because the job was so demanding, she was never able to take such time off, and she alleges she accumulated over 48 days of vacation pay.

Once Pazdzierski left Nova House in March 2018—whether asked to leave or on her own accord—she received a record of employment in the mail, and a cheque she alleges was for only 30 days of her accrued holiday pay.

"This lawsuit was never about the

money or the vacation days. It was about principle," said Pazdzierski. "You can't treat people this way. That's why this has been hard to let go."

Nova House said because, from its point of view, Pazdzierski did not fulfill her obligation in March 2018, they were not going to pay the difference of 18 days, suggesting the month of time she did not work would be charged as vacation time.

Nova House said Pazdzierski did not formally request the time off in March 2018—rather just told the new executive director she would not be returning—therefore the organization would not be paying out the final 18 days of vacation time.

One other caveat, according to Jenkins, was a creative working arrangement for the last three years of Pazdzierski's tenure. Jenkins said Pazdzierski would work Monday to Thursday, taking three-day weekends to make up for some accrued vacation time.

Not commenting on countersuit

Once Pazdzierski filed her lawsuit and upon Nova House beginning the

examination of Pazdzierski's vacation time and vacation pay over her 18-year tenure, the board of directors decided to countersue Pazdzierski.

"We would prefer not to discuss these details in the media... But we would like to put some rumours to rest and get on with the good work we are all doing to protect women and children in the very large community we serve," said Jenkins.

"(Pazdzierski's) claim for alleged back pay owed to her was proven untrue. Her claim was unsuccessful before the Manitoba Labour Board, and the allegations put before the small claims Court of Manitoba were withdrawn," she said, when asked to comment by the *Record*.

Nova House stated the organization would drop its countersuit if Pazdzierski withdrew hers.

Jenkins said the Nova House volunteer board members are not paid any salary, and were successful in having lawyer Richard Deeley defend them in the civil suit pro bono.

Under normal circumstance, Jenkins said legal fees would have totalled over \$17,000, however the only fees charged by Deeley will be covered under "directors liability insurance," and shouldn't exceed \$5,000 (but with no cost to Nova House).

"We are thankful to Mr. Deeley for that," said Jenkins.

Garbage left behind on Lake Winnipeg



RECORD PHOTO FROM ICE FISHING MANITOBA FACEBOOK

Someone forgot to take their trash with them after ice fishing on Lake Winnipeg. A woman posted photos on a social media site of a pizza box, plastic liners, plastic water bottles and beer cans scattered on the ice.

"An unbelievable amount of garbage all over Lake Winnipeg this morning," said the woman in a Feb. 25 post. "Sad. We could have filled the back of the Ranger with garbage, but ran out of room."

Plastic and other waste can be ingested by wildlife and fish, causing death. Littering is prohibited under the Environment Act and offenders can be fined. Liquor is also prohibited in ice fishing shelters or vehicles taken on the ice.

Burden of Truth finale



RECORD PHOTOS BY LIGIA BRAIDOTTI

On Feb. 26, guests gathered at Roxi's by the Red Uptown Cafe for a special screening of the CBC's series *Burden of Truth* season finale. The show is in its third season and was filmed 75 per cent in Selkirk. Many residents have lent their houses for the filming and recognized local community staples.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Steelers stunned to miss MJHL playoffs

By Brian Bowman

The Selkirk Steelers ended their regular season on a 10-game losing streak.

And that disastrous stretch cost them a spot in the Manitoba Junior Hockey League playoffs.

Selkirk was defeated 6-0 by the Flyers in Winkler Saturday evening in its regular-season finale.

Everett Bestland and Cameron Critch scored in the first period and then Ian Tookenay tallied in the second. Drake Burgin, Mateo Albinati and Nathan Poolman closed out the scoring in the third.

The Flyers were 3-for-7 with the man advantage while the Steelers were blanked in six opportunities.

It was a tough way to end a season that, at times, showed some promise.

"After the trade deadline, the organization and everybody was on board to go younger and give our young guys experience," said Steelers' head coach Nick Lubimiv. "Our January was really good and we thought we were taking some strides and then all of a sudden in February, the scoring dried up and we got into a rut that we couldn't seem to get out of."

The loss to Winkler was Selkirk's second consecutive game that they were shut out and the third in its past six games. The Steelers scored a paltry 17 goals during the 10-game losing streak. Last Friday, the Steelers were blanked 3-0 by the Steinbach Pistons at the Rec Complex.

Max Neil scored early in the first pe-

riod and then Zach Purcell and Rylan Bettens tallied in the third.

Selkirk outshot Steinbach 32-29

The same evening, the Winnipeg Blues were edged 4-3 in overtime by the Kings in Dauphin. That point, though, pulled Winnipeg into a tie with Selkirk, each with 53 points. The Blues then doubled the OCN Blizzard 6-3 on Sunday afternoon even though they had already secured the final playoff spot based on winning the series between themselves and Selkirk 4-2.

On Feb. 25, the Steelers lost 5-4 to the Blues in overtime at the RINK Training Centre.

Brayden Foreman scored the game winner at 3:52 of OT.

Selkirk, which held a 3-1 lead late in the second period, received a two-goal and an assist effort from Caiden Gault. Blake Burr and Ryan Ostermann also scored for the Steelers.

Mikol Sartor, Josiah Vanderhooft, Jack Oleksiuk, and Mitchell Joss scored for the Blues.

Looking ahead to next season, the Steelers should have a lot of familiar faces returning. Selkirk has just three players - Ryan Piwniuk, Nolan Dawson, and Rory Dumelie - aging out of junior hockey from this year's team.

"We feel there is a really bright future with our group and we return almost everybody, except for three players," Lubimiv said. "We'll still tinker and add a little bit but we're excited about the group, there's no doubt about it."



RECORD PHOTO BY BRETT MITCHELL

The Steinbach Pistons' Evan Kaufman, an East St. Paul product, battles for position against the Steelers last Friday.



Selkirk Steelers' forward Sheldon Howard dangles with the puck against Steinbach.



RECORD PHOTO SUBMITTED

Selkirk Steelers' forward Caiden Gault received his MJHL Rookie All-Star team award last Friday.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Steelers select season-ending award winners

Staff

The Selkirk Steelers haven't had much to celebrate in recent weeks as they wrapped up their regular season with 10 consecutive losses.

But the team had some fun at their recent awards banquet.

Steelers' forward Blake Burr was selected as Selkirk's most valuable player, was recognized as the team's leading scorer, and was also the winner of the Ironman Award.

Burr finished the regular season with 28 goals and 52 points in 60 regular-season games.

The best local player was East Selkirk goaltender Austin DeBoer. DeBoer posted an 8-7 record with a 3.79 goals-against average and .884 save percentage.

Selkirk's top rookie was Caiden Gault, who had a very good first season with the Steelers. Gault finished second on the team in goals (25) and points (47).

Gavin Andres was selected as the team's top defenceman. He had three goals and nine points this past season.

The Steelers' most improved player was Cole Wigestrang while Ryan Piwniuk was the team's top defensive player.

The most gentlemanly player was Brayden Clark while the most inspirational player was Sheldin Howard.

Selkirk also recognized three players - Piwniuk, Nolan Dawson, and Rory Dumelie - who have now aged out of junior hockey.



RECORD PHOTO SUBMITTED

Steelers' forward Blake Burr was selected as Selkirk's most valuable player, was recognized as the team's leading scorer, and was also the winner of the Ironman Award. Burr finished the regular season with 28 goals and 52 points in 60 regular-season games.



Back Row: Hudson Chamberlin, Connor Tyhy, Brayden Clark, Patrick Comeau, Caiden Gault, Gavin Andres, Keenan Allan, Nathanael Hinds
 Middle Row: Head Scout Tim Schick, Ryan Ostermann, Eric Krywy, Nolan Dawson, Sheldin Howard, Jordan MacFarlane, Riley Portner, Cole Wigestrang, Goalie Coach Byron Spriggs
 Front Row: Rory Dumelie, Thomas Colter, Assistant Coach Hudson Friesen, Tanner Pochipinski, Ryan Piwniuk, Blake Burr, Head Coach Nick Lubimiv, Austin Deboer
 Missing from photo: Equipment Manager Brian Cutting and Team Athletic Therapist Alison Deneweth

Thanks to everyone who supported the Steelers ... See you in September!

Selkirk Judo Club hosts 'Fighting for Charity' fundraiser

Staff

The Selkirk Judo Club held its 20th-annual "Fighting for Charity" Fundraiser in support of Habitat for Humanity on Saturday at the Selkirk High School.

Members of the club participating in this event raised money by collecting pledges and competing in a judo team competition. All proceeds are donated to Habitat for Humanity projects in Selkirk.

Eighteen members of the club competed, while a number of other club members volunteered as referees, technical officials and event organizers. Fighters were divided into six teams and the teams competed in a double knockout, judo team competition.

The team of Reah Lewin, Kaya Leveille and Brody Malinowski won the tournament. Silver went to the team of Scotia Hogan, Kayde Totin and Dalin Kymanick. Third place went to the team of Reid Totin, Tennyson Barnes and Roger Goodman.

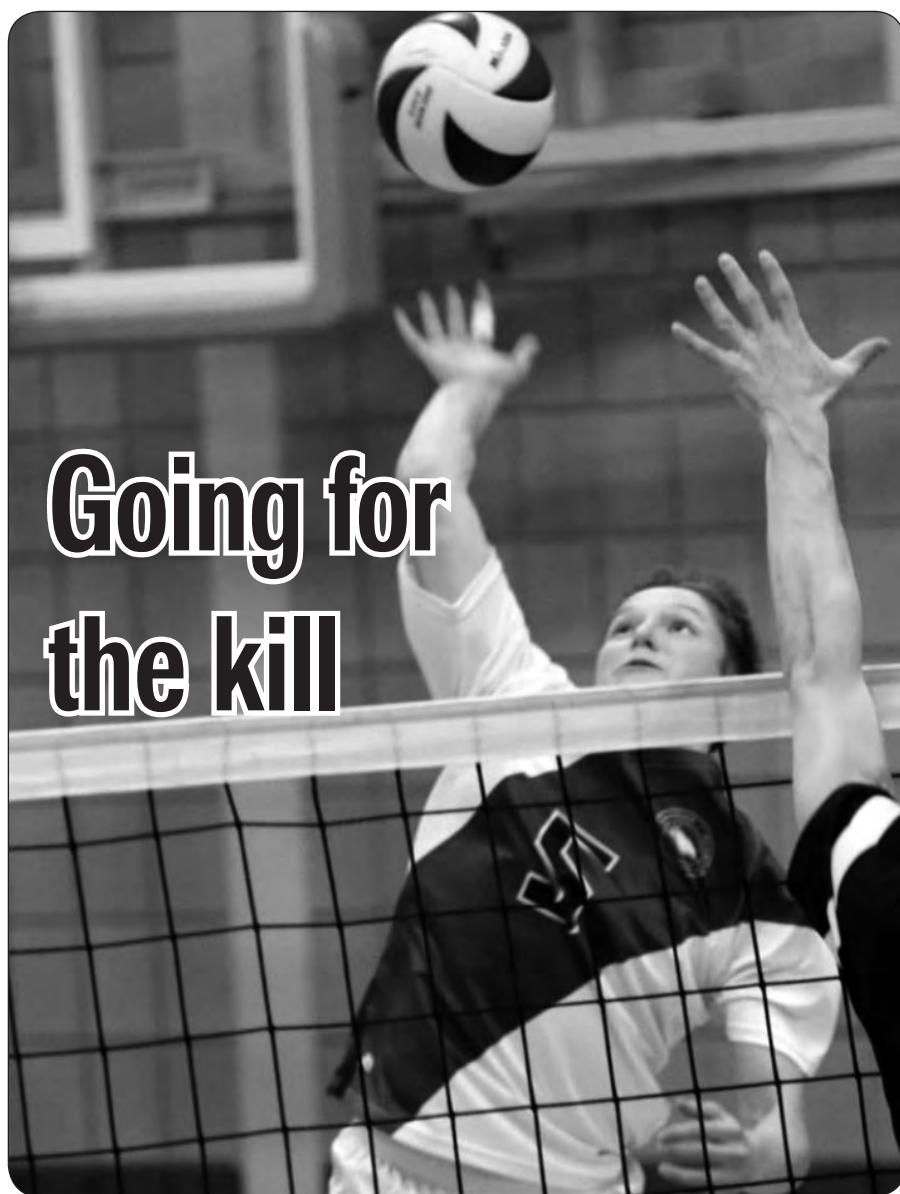
The club raised \$1,735 for local Habitat projects. Over 20 years, this event has raised approximately \$49,000 for Habitat. The top individual fundraiser this year was Dylan Wiebe, who raised \$540.

"We are very pleased with the effort of all of our athletes and volunteers who assisted with this event and raised money for a very worthwhile cause," said Brian Jones, one of the club's coaches.



RECORD PHOTO SUBMITTED

Scotia Hogan, left, and Reid Totin participated in the Selkirk Judo Club's 20th-annual 'Fighting for Charity' in support of Habitat for Humanity.



RECORD PHOTO SUBMITTED

The Canadian Mennonite University Blazers' Cam Gayleard goes for the kill against the Providence University College Pilots during the MCAC championship game on Sunday at the Loewen Athletic Centre. The Blazers won the MCAC men's volleyball championship in a five-set thriller against the top-ranked Pilots. Down 2-0, the Blazers battled back to win 3-2 (14-25, 26-28, 25-17, 25-20, 17-15). Gayleard, a former Selkirk Royal, received the Manitoba Colleges Athletic Conference All-Conference Award for 2020.

Soccer champions



RECORD PHOTO SUBMITTED

The Tri-S Strikers won the Winnipeg Women's Soccer League's Third Division indoor playoffs after a 1-0 win over Greendell FC last week. Abby Riskin scored the game-winning goal while Kalene Kingsland earned the shutout. Tri-S also placed first during the regular season. Pictured back row Nicole Anderson, Megan Sorokopud-Jones, Nicola Sutherland, Brooke Schreiber, Melissa Rolof, Sara DiLazzaro, Jana Charlo, and Dennis Tucker. Front row Veronica Jackson, Abby Riskin, Cassidy Kelbert, Kalene Kingsland, Hannah Riskin, and Saida Ramadan Adam. Missing from the photo is Jordyn Tucker and Courtney VanCaeyzeele.

Clegg's stellar career with Wesmen ends

By Brian Bowman

Mikael Clegg enjoyed a tremendous high school volleyball career with the Selkirk Royals.

And he continued that excellence at the next level with the University of Winnipeg Wesmen for the past five seasons.

Clegg's university volleyball career came to an abrupt end as Winnipeg dropped a 3-2 (25-19, 23-25, 26-28, 25-19, 15-11) decision to the UBC Thunderbirds in Game 2 of their best-of-three Canada West quarter-final series on Feb. 28.

Playing his final match, Clegg, the Wesmen's starting setter the past four seasons, had 41 assists, six digs, a solo block, and two block assists.

"It was a great game," Clegg said on the Wesmen website. "That's a really good team on the other side of the net. We had some real big swings and they had some real big swings. It was awesome. We came out and fought tonight. Our playoff hopes were on the line and we fought hard."

It is always difficult when an athlete's season and, in this case, a collegiate career ends with a loss.

"It's tough because I'm going to miss the volleyball and the guys but it was a good career," said the 6-foot-5 Clegg last week. "It was upsetting (losing to UBC) but I didn't find it anymore upsetting than any other year that we lost out. It's always disappointing when you lose."

Clegg was very pleased with how his volleyball career turned out at the University of Winnipeg.

"I got to play with a lot of great people and I got to play for (head coach) Larry (McKay), who I absolutely love

as a coach. He's a great guy. Getting the opportunity to walk into the gym with some of your best friends every single day and compete and have that high level of energy really taught me what it takes and how hard you have to work in just every day life to be successful."

Clegg saw a lot of court time with the Wesmen - and he produced some great numbers.

"I started for four years, so I was really quite fortunate," he admitted. "Not a lot of guys get to start for that many years. I had lots of fun competing against those guys every weekend and in the Canada West it's always very difficult because every team is very good."

Clegg said it didn't take him very long to notice the level of play at the university level was quite a bit higher than in high school.

"I noticed a big difference right at the first day of practice," said the St. Andrews' product. "At the first practice, coming into my first year, you realize everyone has the same goal and is there to work really hard and they have a really high skill level. It was an immediate change for me. But the biggest thing that I noticed is the game is a lot faster. Guys are hitting the ball harder, they're bigger, stronger."

While the Wesmen will be losing one St. Andrews' standout, they still have another in Nigel Nielsen, a second-year outside hitter.

"Nigel is a great guy and he has a great attitude," Clegg said. "He works really hard every day so I'm looking forward to seeing what he does in the next three years of his career."

Clegg would highly recommend the

Wesmen program to other former Royals' players. Still, it is up to each individual to decide what's best for them, he stressed.

"I had a great experience with it but I think you have to do what's right for yourself," he said. "If you think going away to school is what's important, and that's what you think you need, I'm all for that, too. I'm a Wesmen

alumni so I'm always going to preach that they have a great program. Larry runs a really tight ship and he does a really good job coaching, being personable, and caring about his guys.

"But you know what, he's a very individualized coach and if that's something you don't think you want, then there's no problem with going somewhere else, either."



RECORD PHOTO CREDIT DAVID LARKINS/WESMEN ATHLETICS
Mikael Clegg recently ended a tremendous five-year career with the University of Winnipeg Wesmen men's volleyball team.



SUBMITTED PHOTO

Raiders split pair of weekend games

Staff

The Raiders Jr. Hockey Club split a pair of Manitoba Major Junior Hockey League games last weekend.

Noah Skorpád scored three times to lift Transcona to a 4-2 home win on Sunday afternoon. Conner Grunsten scored the Railer Express' other goal.

Jayce Kennedy and Kyle Wiltshire replied for the Raiders.

Last Friday, the Raiders defeated the first-place Pembina Valley Twisters 4-3 in overtime in Morris.

Kennedy scored the game winner in OT.

Auzzie Loewen-Palmer and Riley Hall scored first-period goals to give

the Raiders a 2-0 lead but the Twisters' Elijah Carels and Nicolas Burmeyer replied in the second.

The Raiders' Milan Horanski and Pembina Valley's TJ Matuszewski traded goals in the third.

Jeremy Pikel made 42 saves for the win.

The Raiders will host the River East Royal Knights on Friday and then will visit the St. Vital Victorias on Sunday.

They will wrap up their regular season next Tuesday when they play the St. James Canucks at the Seven Oaks Sportsplex. Puck drop for all three games is 7:30 p.m.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Dolphins swim well at provincials

Staff

The Selkirk Dolphins had a great time - and some great results - at the provincial swim meet at the Pan Am Pool on Feb. 14-16.

The Dolphins were named the top Middle Sized Club in the province for the second year in a row.

Fourteen Dolphins' swimmers competed at the three-day event.

Highlights for the Dolphins included: *Oakbank's Gabby Alyvea, 13, achieving 85 personal best times.

*Winnipeg's Hannah Andrusyshyn, 12, winning a silver medal in the 50m free (making Man/Sask qualifying time) and a bronze in the 800m free (taking 47 seconds off).

*Winnipeg's Levy Andrusyshyn, 10, won seven gold medals in the 10-and-under category. He was also the high point winner in 10 and under.

*Lockport's Adam Armstrong, 14, 100 per cent personal best.

*Selkirk's Harrison Douglas, 12, 100 per cent personal best.

*Selkirk's Lily Douglas, 13, was closest to a medal. She was fourth in the

50m breast and had 100 per cent personal best.

*Arborg's Sonja Friesen, 15, won a silver in the 200 IM and bronze in the 50m free.

*East Selkirk's Ian Gurney, 15, captured gold in the 50m back, silver in both the 50m and 100m free. He had top-eight finishes in all of his other races.

*Stonewall's Haylee Kimball, 14, posted 85 per cent personal bests.

*East Selkirk's Cate Liebrecht, 9, swam 100 per cent personal bests. She had top-eight finishes in four of seven races.

*East Selkirk's Mason Liebrecht, 12, 100 per cent personal bests. He took 25 seconds off in the 200m free.

*Stonewall's Julian Murdock, 16, won three gold, two silver, a bronze, and also had a fourth-place finish.

*Beausejour's Tanner Sanders, 15, won six gold medals and was the high point male in the 14-15 age group.

*Stonewall's Natasha Schultz, 12, posted 75 per cent personal bests.



RECORD PHOTO BY KELLY KIMBALL

Back row, left to right: Michelle Stamm (head coach), Ian Gurney, Adam Armstrong, Julian Murdock; front row, Sonja Friesen, Hannah Andrusyshyn, Haylee Kimball and Levy Andrusyshyn (holding the large banner).

Fishermen win Game 1 of CRJHL semifinal series against Arborg

By Brian Bowman

The Selkirk Fishermen did exactly what they wanted to accomplish in Game 1 of their Capital Region Junior Hockey League semifinal series against the Arborg Ice Dawgs.

They won the hockey game.

Selkirk took a 1-0 series lead with a 6-4 home win on Sunday evening.

"We got into a little bit of penalty trouble in the first period but after we

had a little talk in the dressing room, I think we resolved those problems," said Fishermen forward Reece Tessier. "We played good for the rest of the game. (Arborg) never quit the whole game, we had to keep going there."

Tessier had a great game with two goals and an assist (scoring the final two goals of the game despite Selkirk being shorthanded) while Travis Spratt also tallied twice.

Cole Wasnie and Evan Bedard also scored for Selkirk.

Preston Seymour, with a pair, Kalen Guimond and Cameron Sinclair scored for Arborg.

The Fishermen scored three short-handed goals while the Ice Dawgs tallied twice on the power play. Special teams are tremendously important in a playoff series and they definitely were in Game 1 of the series.

Riley Bannerman made 23 saves for the win.

The Fishermen are eagerly looking towards beating Arborg in this series and advancing to the league final.

"We just have to keep working as a team and capitalize on our power play and our (scoring) opportunities," Tessier said. "We have to keep playing the body and keep going hard."

Game 2 of the series was played this past Tuesday in Arborg but no score was available at press time. Game 3

is set for Friday in Selkirk and then Game 4 will be played the next evening in Arborg.

If necessary, Game 5 will return to Selkirk next Tuesday while Game 6 is slated for Arborg on March 14. A series-deciding seventh game will be played in Selkirk March 15.

Puck drop for the remaining games is 7:30 p.m.

In off-ice news, Selkirk had three players - Bedard, Chad King, and Bannerman - named to the CRJHL all-star team.

Bedard played 32 games, leading the Fishermen with 38 points, including 20 goals.

King suited up in 25 games, finishing second in team scoring with 32 points (10 goals, 22 assists).

Bannermen posted an impressive 13-3-1 record with a 2.23 goals-against average and .929 save percentage.

SEMI-FINAL PLAYOFF GAMES VS ARBORG ICE DAWGS

- Fri Mar 6 - Game 3 - 7:30 pm
Arborg vs Selkirk @ Selkirk Rec Complex
- Sat Mar 7 - Game 4 - 7:30 pm
Selkirk vs Arborg @ Arborg Arena
- Tue Mar 10 - Game 5 (if needed) 7:30 pm
Arborg vs Selkirk @ Selkirk Rec Complex
- Sat Mar 14 - Game 6 (if needed) 7:30 pm
Selkirk vs Arborg @ Arborg Arena
- Sun Mar 15 - Game 7 (if needed) 7:30 pm
Arborg vs Selkirk @ Selkirk Rec Complex

Meet the Fishermen

#23 Kyle Melo
Forward

Scott brings home Canada's first world junior medal in 12 years

Staff

Clandeboyne's Alexa Scott became the first Canadian woman since 2008 to reach the Allround podium at the ISU World Junior Speed Skating Championships after winning overall bronze in Poland.

She joins Manitoba's Sylvia Burka (1973) Liz Appleby (1976) and Shannon Rempel (2003, 2004) and Quebec's Justine L'Heureux (2008) as the only ones to ever accomplish that feat.

Scott came in third in overall individual standings, achieving this by coming in fourth in the 1000m and 10th in the 3000m races. These were her best results in her three career World Junior Championships.

Scott started the weekend off by placing fifth and eighth in the 500m and 1500m races on Feb. 21. The following day, she was only 0.182 seconds behind the bronze medalist in the 1000m.

"Overall, I had a tough weekend. I had to persevere through some stuff, but it was a good achievement at the end of a hard weekend," said Scott in a media release. "I got close to the podium in the 1000m. I was just off of it, that was a little disappointing, but I did what I had to do to get to third place in the Allround, so I'm pretty happy."



RECORD PHOTO BY SPEED SKATING CANADA

Clandeboyne's Alexa Scott was one of eight long track speed skaters selected to represent Canada at the ISU World Junior Championships in Poland.

Scott finished fifth at last year's championship and 18th in 2018.

Avros, Westman playoff series tied at a win apiece



Jordan Mackow

Staff

The Manitoba U18 Female Hockey League playoff series between the Winnipeg Avros and Westman is now tied at a win apiece.

Westman evened the series with a 2-1 double overtime win on home ice Sunday afternoon.

Courtenay Bayes scored a first-period goal for the Avros.

Last Friday, Winnipeg skated to a 3-1 home victory over Westman.

The Avros' goals were scored by Bayes, Jade Giesbrecht, and Maggie Mitani. Hayley Johnson had two assists in the game.

East St. Paul's Jordan Mackow made 24 saves for the win.

Game 3 of the series will be played Thursday (7 p.m.) at the Seven Oaks Sportsplex while Game 4 is set for Saturday (7 p.m.) at the Hartney Arena. If necessary, a series-deciding fifth game would be played Sunday (1:30 p.m.) at the Seven Oaks Arena.

The Avros made quick work of the Interlake Lightning in their first-round, best-of-five playoff series.

Winnipeg swept the series in three games, winning 6-0, 4-0 and 9-1.

Varsity boys' bounced in KPAC playoffs

By Brian Bowman

The Selkirk Royals' varsity boys' basketball team's season ended last Wednesday.

Selkirk suffered a hard-fought 79-71 road loss to the Transcona Titans in a pre-quarter-final game.

"It was actually a very good basketball game," said Royals' head coach Dean Goodbrandson. "I was happy with the way we executed...but we just didn't make enough hoops. We had opportunities but just didn't put the ball in."

Michael Winkler led Selkirk with 17 points.

The Royals will lose four players - Carlin Doak, Tyrell Cook, Alex Hourie and Noah Ojala - due to graduation.

"We will have a lot of young guys in the mix (next season)," Goodbrandson said. "We have a good, young crop of Grade 9s coming in. We have

more players coming into the system rather than leaving so that's a positive."

In junior varsity girls' KPAC basketball playoff action, Selkirk had its season end with a 84-22 road loss to the Garden City Fighting Gophers last Thursday.

Garden City is the league's top-ranked team while Selkirk was eighth.

"It was a difficult game," admitted Royals' head coach Annette Harman in an email. "We changed up our defense to a 3:2 to try and defend against their outside shooters. The girls worked hard. It is daunting to look at the other bench with 12 or 13 players and we have seven. We're pleased with the girls' improvement fundamentally (and it will be) exciting to see what next season brings."

On Feb. 25, the Royals defeated the

Transcona Titans 48-15.

The Royals' varsity girls' basketball team, meanwhile, was defeated 67-60 by King's Knights last Thursday in an exhibition game.

Selkirk will host the Kildonan East Reivers on Wednesday in a KPAC Tier I semifinal game. Tip-off is 6 p.m.

In the other semifinal matchup No.1 Miles Macdonell will host the winner of Monday's game between Garden City and River East.

The winners will advance to the championship game Friday.

Meanwhile, Harman and Royals varsity girls' head coach Sue Gilmour will be starting up the Mini-Royals program March 13 and the Jr. NBA program on March 15.

"(I'm) thrilled that both programs are at capacity," Harman said.

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Selkirk Record

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Tollak Place has 1 & 2 bedroom suites, located at 40 Eveline Street. Spacious suites, with F/S, A/C, storage areas and large balconies; utilities are included, parking is extra. Tollak 2 is a 55 plus bldg., river view apts. with central air, F/S, DW & microwave; large storage area off the kitchen and a balcony; utilities and parking extra. Call the onsite office 204-482-2751 for AVAILABILITY.

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UPCOMING EVENTS

ROCKIN' RICHARD'S RECORD & CD SALE. "MEET & GREET WITH Brent Fitz" Victoria Inn, 1808 Wellington Ave. Wpg. Sunday, March 15/20, 10 a.m. - 4 p.m., 90 plus tables. Records, CD's, DVD's music collectibles. Admission \$5. Info 204-338-3655.



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Registration: \$995 + GST/person. Visit tours.jointhechamber.ca for itinerary and application. For more info: 204-948-0111

EVENTS

The Manitoba Community Newspapers Association will be holding their 101st Annual Better Newspaper Competition Awards Gala in May 2020, and is now seeking Corporate Sponsorship/Partners. To become a sponsor of the event, please call 204-947-1691 or email classified@mcna.com for more details on how you can become a part of the 101st Premier Gala Event.

FOUND

Found - Hearing Aid in Rexall Drug parking lot approx. last Thursday, Feb. 28. Ph. 204-785-2549.

HEALTH

Are you suffering from joint or arthritic pain? If so, you owe it to yourself to try elk velvet antler capsules. Hundreds have found relief. Benefits humans and pets. EVA is composed of proteins, amino acids, minerals, lipids and water. Key compounds that work to stimulate red blood cell production & cartilage cell regeneration & development. Stonewood Elk Ranch Ltd., 204-467-8884 or e-mail stonewood@mymts.net

LIVESTOCK

Two year old Black Angus Bull Sale March 20, 2020. Wawota, SK. 306-577-9141. www.gbtangus.com



PUBLIC NOTICE Proposed Municipal Pesticide Use Program

Public notice is hereby given that the Rural Municipality of West St. Paul intends to conduct the following Pesticide Control Programs during 2020, as necessary:

1. To control Noxious Weeds on both private and public property using Par 111, Fiesta and / or Mungers Horticultural Vinegar.
2. To control all vegetation on gravel boulevards, fence lines, parking lots and storage areas using Roundup.
3. To control adult mosquitoes and canker worms along streets and lanes, in Municipal Parks using DeltaGard.

The projected dates of application will be from May 1, 2020 to September 30, 2020. The duration of each program will vary within this period, depending on weather conditions and pest population levels.

All of the pesticides used and procedures followed will be according to federally approved label recommendations and Manitoba Department of Agriculture pest control recommendations.

The public may send written submissions within 15 days of publication of this notice to:

**Manitoba Conservation
Pesticide/Fertilizer Approvals
123 Main Street, Suite 160
Winnipeg, MB R3C 1A5**

Any individual opposed to the use of any or all of the above mentioned pesticides, on or adjacent to their property, may so register, in writing to the Rural Municipality of West St. Paul, specifying which program is opposed.

Dated this 5th day of March, 2020.

Brent T. Olynyk, CAO, RM of West St. Paul
3550 Main Street, West St. Paul, MB R4A 5A3



RURAL MUNICIPALITY OF ST. ANDREWS

PUBLIC NOTICE

Council and Committee of the Whole Meeting Changes

Public Notice is hereby given of the following meeting changes:

- March 16 C.O.W. meeting - cancelled
- March 24 Council meeting - cancelled
- April 14 Council meeting
- rescheduled to April 7 at 5:00 p.m.
- April 20 C.O.W. meeting
- rescheduled to April 17 at 3:30 p.m.

Mayor & Council
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take a break > GAMES

SUDOKU

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

Fun By The Numbers

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

Level: Intermediate

Here's How It Works:

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

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

Sudoku Answer

S	A	B	R	V	E	N	O	I	V	U	
E	V	N	I	N	I	N	I	A	N	I	
A	A	T	T	I	N	I	N	O	T	A	N
B	R	S	T	E	V	I	N	O	I		
O	V	E	R	S							
S	N	V	S	I	N	O	I				
H	V	E	T	A	O	N	E				
S	E	D	E	E	L	I	V	A			
I	V	A	S	N	V	I					
G	B	O	U	E	H						
B	E	T	O		A	O	I				
S	A	N	S	A	S	V	H				
S	A	N	S	W	H	I					
G	N	I	V	L	A	S					
I	R	V	I								

Crossword Answer

Stonewall Teulon Tribune

The Stonewall Teulon Tribune is looking for a DRIVER on Wednesday and Thursday.

The driver would be required travel to Winnipeg, pickup the delivery vehicle and load at the warehouse located in Inkster Industrial Park. Deliveries would be made throughout the Interlake. Must have a valid driver's license and be physically fit.

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ANNOUNCEMENT

BIRTHDAY



Happy 70th Birthday Mom/Nana!
Carol Eames
on March 8, 2020
-Love Allan, Shelley, Peter, Doug,
Crystal, Steph, Steve, Matthew,
Malerie, Caitlin, Dustin and Marissa
(and your grand-pups Daisy, Grizzly, and Luna)

ANNOUNCEMENT

PET IN MEMORIAM



In Loving Memory of "Spanky"
March 5, 2011

Loving and loyal
A friend through and through.
How in the world do we live life without you!
We keep your little photo hung on our wall
And will always remember you,
As the very best dog of all!
We miss you very much and love you.
-Mommy and Daddy

ANNOUNCEMENT

BIRTHDAY



Janette Thompson
March 5th
Happy 80th Birthday Mom
-From your family

ANNOUNCEMENT

IN MEMORIAM



Brenda Patrice Morrow (nee Baty)
May 4, 1964 – March 5, 2001

Think of her as living,
In the hearts of those she touched;
For nothing loved is ever lost,
And she was loved so much.
-Remembered lovingly by
the family

OBITUARY

Betty Demenuk



It is with heavy hearts and sadness to announce the passing of Betty, with her husband, daughter and family by her side on March 1, 2020.

Betty will be lovingly remembered by her husband Ted; daughter Wendy; granddaughter Brittany; sisters Sharon, Bonnie, Linda and Marion, and brother Barry.

Betty is predeceased by her son Glenn, brothers Russell and Brian and her parents John and Helen.

Betty was a beautiful lady who was always kind, compassionate, loving and very giving to her family and friends and always enjoyed family gatherings, the outdoors, her home, yard and flowers, travelling, cooking great meals for her family. Betty was a wonderful wife to Ted and a fabulous mother and grandma, a great sister and friend to many.

Betty, we all will miss you so much and will always love you.

A private Celebration of Life will take place in April.

If desired a donation can be made in memory of Betty at CancerCare Manitoba.

Condolences may be left on her tribute wall at www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



ANNOUNCEMENT

IN MEMORIAM



Pamela Pruden

September 22, 1966 – March 6, 2014

Beloved daughter, mother and sister.
Forever loved and so sadly missed.

-Son James, mom Penny,
brother and sisters

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OBITUARY



Emil Machinski
1937 - 2020

Peacefully on Sunday, March 1, 2020 at the Red River Place Care Home, Emil Machinski passed away at the age of 82.

Emil was born in Libau, MB. He grew up on the family farm and later met his wife Elizabeth in 1957, and after a wink and a smile they married in 1958 and resided in Libau, MB.

Emil was predeceased by his wife Elizabeth, sister Nellie (John), brother Mike (Betty). He will be sadly missed and forever remembered by his son Ronald (Sharon), grandchildren Lindsay, Michael, Laura; son Russell; son Father Theo (Walter); son Peter (Carmen), grandchildren Leonne, Leanna and Lordwyne; and daughter Katherine (Michael), grandchildren Alyssa, Trisha. Emil is also survived by sisters-in-law Bernice and Janet and predeceased by brothers-in-law, Wally, Jerry, Andy and Walter.

Prayers will be said on Thursday, March 5, 2020 at 7:00 p.m. in the Gilbart Funeral Home, 309 Eveline St. in Selkirk, MB, with a viewing at that time. A memorial service and Mass of Christian Burial will be celebrated on Friday, March 6, 2020 at 11:00 a.m. in the Blessed Virgin Mary Church, 728 Henderson at Church Street in East Selkirk, MB by Reverend Father Peter Chorney and assisted by Fr. Isadore Dziadyk OSBM. Lunch will follow in the East Selkirk Hall. Interment of ashes to follow at the St. John the Baptist Cemetery in Poplar Park.

The family would like to thank the wonderful staff of Red River Place and others along his journey. May he rest with the Lord.

Condolences may be left on his tribute wall at www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY



Vance William Stutsky
April 15, 1956 - February 23, 2020

Vance has gone fishing. Please see Voyage Funeral Home webpage for full obituary.

The service was held on February 29th with close family and friends.

In lieu of flowers, gifts or donations please buy yourself some fishing tackle and get out on the water.

*There is a link death cannot sever,
Love and remembrance last forever.*

OBITUARY

Marlene Ironstand

On Sunday, March 1, 2020 at the Tudor House Personal Care Home in Selkirk, Mb, Marlene Ironstand, aged 71 years, passed away.

Funeral Services will be held on Friday, March 6, 2020 at 6:00 p.m. in the Gilbart Funeral Chapel in Selkirk, MB.

Condolences may be left on her tribute wall at www.gilbartfuneralhome.com.

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY

Gary Bennett

It is with deep sadness that we announce the passing of Gary Bennett on Sunday morning March 1, 2020. Gary passed away suddenly after a long battle with Pulmonary Fibrosis at the age of 82.

Gary is survived by Doris, his loving wife of 56 years; son Neil (Corinne); daughter Laura; his grandchildren Natalie, Paige and Jude, who were the light of his life; four brothers, two sisters, nieces and nephews, cousins, his dearest lifelong friend Bob Thomas. He was predeceased by his parents and one sister.

Gary spent his early years in Altamont and Carmen, Manitoba. He graduated from Tech Voc High School and became an electrician. Gary worked as an apprentice and journeyman in places such as the construction of the old Winnipeg Airport Terminal, and the rocket site in Churchill Manitoba in the early 1960's. In 1976

he started his own company which he ran until his retirement when he went to work for a mining company in Pickle Lake, Ontario where he retired a second and third time. Over the years, Gary spent much of his time volunteering in the community. As he was very talented in the arts, enjoyed many hobbies such as music, woodworking and painting.

The family would like to thank the doctors and nurses of Selkirk and Gimli hospitals and the EMT's for their care and compassion.

Private service for family and friends will be held at St. Clements Anglican Church in St Andrews.

In lieu of flowers, donation to the Lung association or the St Clements Church would be greatly appreciated.

OBITUARY

Doris Bileski

Peacefully, on Monday, February 24, 2020 at the Red River Place Personal Care Home, Doris Bileski, aged 88 years of Selkirk, beloved wife of the late Steve passed away.

In keeping with her wishes a private family service will be held.

Condolences may be left on her tribute wall at www.gilbartfuneralhome.com

Gilbart Funeral Home,
Selkirk in care of arrangements.



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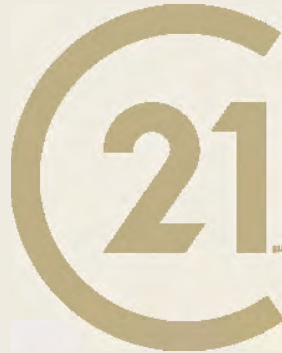


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