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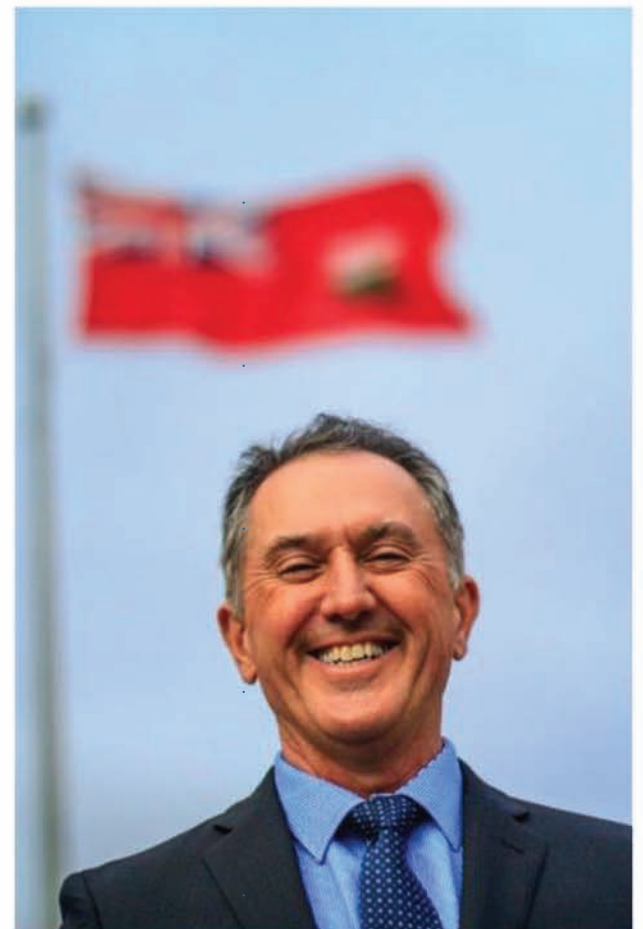
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Dr. Alan Lagimodiere

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RECORD PHOTO BY LINDSEY ENNS

Ashley Fisher gets a big wet kiss from her 10-year-old dog Shaya while out for a walk behind their home in Petersfield. Fisher is thankful for a nearby neighbour who helped save Shaya's life after she suddenly fell through some ice while wandering out onto Netley Creek last Friday. For a story, see page 7.

Alleged bomber faces new charges for 2013 blast in St. Clements

By Dave Baxter

Alleged mail bomber Guido Amsel is facing new charges, stemming from an explosion at a St. Clements home in 2013.

RCMP announced last Friday Amsel, who already faces charges for allegedly sending explosive devices to his ex-wife as well as two lawyers in the summer of 2015, is now accused of targeting his ex-wife in her home in December 2013.

RCMP Chief Supt. Scott Kolody said at a press conference last Friday that in the early morning hours of Dec. 13, 2013, "what we believe to be an explosive device was detonated outside a home in the Rural Municipality of St. Clements."

RCMP said the explosion damaged the home and a vehicle.

Amsel's ex-wife and one other adult who were in the home were not woken up by the blast and nobody that was in the house noticed the damage until later that morning.

Amsel now faces two counts of attempted murder, two counts of using explosives to cause bodily harm, possession of an explosive substance, possession of a weapon for dangerous purposes and mischief over \$5,000, all related to the 2013 incident in St. Clements.

During Friday's press conference Hall was asked why neighbours, who had expressed frustration to the *Record* about not being told what had happened, were kept in the dark.

Continued on page 4

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

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Election forum shines spotlight on Métis issues

By Lindsey Enns

Local provincial election candidates were grilled on Métis issues during a forum in Selkirk on Sunday.

Nearly 150 community and surrounding area members came out to hear incumbent NDP MLA Greg

Dewar, Selkirk PC candidate Alan Lagimodiere and Liberal candidate Stefan Jones discuss various Métis issues including land management, health care, commercial fishing and hunting.

The forum, which was held at the Selkirk Friendship Centre, was organized by the Selkirk Red River Métis Local and marked the first time all local candidates are of Métis decent.

Sean Hourie, chair of the Selkirk Red River Métis Local a division of the Manitoba Métis Federation (MMF), said it's "extremely" rare for all three local provincial election candidates to be of Métis decent.

"I don't think it's ever happened in Selkirk," Hourie said. "It's a wonderful thing."

"They fly Métis flags in front of their office, we're going to hold



RECORD PHOTOS BY LINDSEY ENNS
Selkirk PC candidate Alan Lagimodiere, pictured above, incumbent NDP MLA Greg Dewar, pictured above right, and Liberal candidate Stefan Jones, pictured right, answer questions about Métis issues during a political forum organized by the Selkirk Red River Métis Local at the Selkirk Friendship Centre on Sunday afternoon.



them accountable to them."

During the forum, Jones said 12 candidates of Métis decent are running in this provincial election and "that's never happened before."

All three candidates were sent 10 questions regarding various Métis issues before Sunday's forum and were each given two minutes to answer them in front of the crowd.

Moderator Jack Park, who is also the MMF's minister of energy and infrastructure said the questions came from the MMF's communications department.

"It's critical issues that the Métis are facing in today's society," Park said.


Continued on page 8

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Hundreds support visa-free travel for Ukrainians petition

Former Selkirk resident calls on gov't to grant Ukrainian citizens visa-free travel to Canada

By Lindsey Enns

A former Selkirk resident's petition calling on the federal government to grant Ukrainian citizens visa-free travel to Canada for periods of stay of up to 90 days is receiving a flood of support.

Nick Krawetz, who currently lives in Winnipeg and is a member of Manitoba's Ukrainian community, is the author of "Petition 33" to Canada's House of Commons.

As of Monday afternoon, the petition, which can be found online at <https://petitions.parl.gc.ca/en/Petition/Details?Petition=e-33>, had garnered more than 2,000 signatures from people across Canada and six Manitoba MPs including Selkirk-Interlake-Eastman MP James Bezan.

Canadians are able to travel to Ukraine for 90 days without a visa and the European Union is beginning to take steps towards including Ukraine in its visa-free regime and is hopeful that all conditions will be met in 2016, Bezan said in a release.

"The abolition of temporary resident visa requirements for Ukrainian citizens will allow the free movement of our citizens between our two nations," said Bezan who has worked alongside Ukrainian officials in his previous role as parliamentary secretary to the Minister of National Defence. "It will bring significant investment and exchange of knowledge between Canada and Ukraine and promote tourism."

Krawetz, who started the petition on Jan. 12, 2016, says it will be open to collect signatures online until May 11.

After the deadline, Krawetz said



NICK KRAWETZ

"hopefully Mr. Bezan will raise this issue in the House of Commons and then the federal government will have 45 days to post a response to the parliamentary website to this issue."

The 27-year-old said he was inspired to start the petition following his role as an observer in the Ukrainian elections.

He said if Canada follows suit with visa-free travel, potential business people or even students from the Ukraine who only want to come to Canada for a short time won't have to go through the complicated process of applying for a visa with no guarantees it will be approved.

Krawetz said when he started the petition he wasn't sure what level of response or support he would receive.

"I'm pretty surprised that Canadian's from every single province have actually supported this petition," he said. "From coast to coast to coast literally people have supported this and I'm very pleased about that."

He added the petition is "building bridges" in the House of Commons as at least three political parties have shown their support for it.

Falk serves up laughs for judo club



RECORD PHOTO BY BRETT MITCHELL

Comedian Matt Falk brought his comedy act to Selkirk last Saturday and helped raise some big bucks for the local judo club. Falk performed at the Selkirk Recreation Complex last Saturday for the "Dinner and a Show 2016" event, which raised money for the Selkirk Judo Club. Selkirk Judo club coach Brian Jones said the event raised about \$4,500 for the club, which will go towards the club's ongoing expenses.

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West St. Paul gears up to celebrate millennial

Hundreds expected to attend banquet dinner on April 21

By Dave Baxter

An event in West St. Paul later this month will bring the community together to celebrate the past.

The West St. Paul 100th Anniversary Banquet Dinner will take place on April 21 at the Sunova Centre to celebrate the municipality's 100th anniversary.

West St. Paul Mayor Bruce Henley said the event will be a chance for

residents to enjoy a meal and some entertainment while also celebrating local history.

Henley will give an approximately 45 minute PowerPoint presentation at the banquet, featuring pictures and information about the last 100 years in the community.

He said he's been doing a lot of research to be ready for his presentation.

"I've been reading all the meeting minutes since 1915, so that's a century of minutes," Henley said. "I've invested more than 200 hours into this, but it's fascinating because I've learned so much about the community."

Both the community's successes and

its struggles over the years will be part of Henley's presentation.

"It's very interesting to see the kinds of problems people had. For a lot of people there were tough times, and a lot of people lived without basic means," Henley said. "A lot of what council focused on in the early days was just helping people to get by."

The banquet will also celebrate and mention some of the people that have lived in West St. Paul for many years.

Henley said former West St. Paul Reeve Arthur Christensen, who will be 100-years-old when the gala takes place is expected to be at the event, and will be one of the residents mentioned and celebrated.

"We'll have old, young, past, present and future," Henley said.

A video of West St. Paul School choir students singing "Oh Canada" and "Teach Your Children Well" will be played for the crowd during the event.

The banquet takes place at 7 p.m. on April 21 at the Sunova Centre and includes a cocktail hour and dinner.

Henley said last week the event was close to being sold out but those looking for information about tickets can call 204-338-0306.

The municipality has a number of other events and activities planned throughout 2016 as part of their celebrations.

> LAWYER SAYS AMSEL IS BEING 'SET UP,' FROM PG. 1

"I can't comment to conversations you've had with people in the area," Hall said. "We have had conversations ourselves with them and the nature of those I'll keep between investigators and these people, for their privacy."

Guido Amsel's lawyer Martin Glazer held a press conference hours after the RCMP press conference, and blasted both the Winnipeg Police and the RCMP cases against his client.

He claims Amsel is being "set up" and that his wife placing blame on him is what has led to his arrest.

"All of this stems from his ex-wife. His ex-wife is the one who has instigated this in terms of having him blamed and he maintains his innocence," Glazer said. "We've always taken the position that his arrest was premature, that the police did not



RECORD PHOTOS BY DAVE BAXTER
ABOVE LEFT: Guido Amsel's lawyer Martin Glazer speaks to media last Friday afternoon about the new charges laid against Amsel involving an explosion at a St. Clements home in 2013. ABOVE RIGHT: RCMP Staff Sgt. Jared Hall speaks to media last Friday about new charges laid against alleged mail bomber Guido Amsel.

conduct a complete investigation.

"They took his ex-wife's belief for granted and simply swooped down and arrested my client back in July of last year without any concrete evidence.

"They're trying to build a case. I predict the case will sink in the quicksand because the foundation they are building a case on is shaky at best."

Glazer claims that Amsel was already investigated and cleared of the 2013 St. Clements incident.

"We question the timing of this ar-

rest because as all of you know there is a bail hearing coming up on Apr. 20," Glazer said.

Amsel's first court appearance on the new charges was set for Monday.

Amsel is already in custody waiting for a bail hearing on attempted murder and weapons charges from last summer.

Two letter bombs were safely detonated in July, but one exploded and severely injured lawyer Maria Mitousis, who had represented Amsel's ex-wife in the couple's divorce.

Mitousis lost a hand in the blast.

RCMP Staff Sgt. Jared Hall said after the 2013 explosion in St. Clements, Amsel was considered a suspect because he was the ex-husband of the victim, but said they had "no physical

evidence" to lead to his arrest.

He said the 2015 arrest of Amsel "shed new light" on the 2013 investigation and they collaborated with Winnipeg police and shared information leading to last week's arrest.

RCMP said they could not speak to the specifics of the evidence.

In July 2015, the *Record* reported that neighbours of the home on Nicholas Street in St. Clements heard an explosion on the morning of December 2013.

David Kane who lives across the street from the house told the *Record* he heard an explosion that "rocked my world" and "sounded like a plane crash."

Neighbour Ed Skyler who lives on the street said he saw a number of emergency vehicles at the property on the morning in December 2013, but was never made aware of what had happened.

"It would have been nice to have been warned," he said in July 2013.

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Candidates make their case at election forum

By Dave Baxter

A provincial candidates debate in Selkirk saw one candidate on the attack, one touting his accomplishments and one sticking to a positive message.

Selkirk candidates incumbent NDP MLA Greg Dewar, Liberal candidate Stefan Jones and Progressive Conservative candidate Alan Lagimodiere debated in a forum put on last Wednesday by Selkirk Biz at the Selkirk Comp.

The debate saw each candidate give opening and closing statements as well as take submitted questions from the crowd.

During his opening statement, Lagimodiere attacked the NDP government about their 17 years in power.

"High taxes, government indecision and red tape are threatening our ability to move forward in many key areas," Lagimodiere said. "We all know our communities are full of opportunity just waiting to be unleashed with the right leadership. Manitobans are very bright intelligent people. Our current government failures are clear to all."

He said a PC government would be "prudent with your tax dollars, while protecting front-line services."

Dewar, who has been MLA since 1990, spoke about what he believes are his accomplishment in Selkirk.

"People are very excited about what they see in Selkirk and in St. Clements, and very excited about our community's future," Dewar said.

Dewar also spoke about the work the government has put into roads and highways in the area, and he got a round of applause when he mentioned the job the province and the city of Selkirk did to get the MS Lord Selkirk II out of the Selkirk Slough.

"We will work with the city of Selkirk and the city of Winnipeg to figure out a solution to the Beaver Bus situation, now that it is shutting down," Dewar added.

In his statement, Jones stuck to what he has called a "positive message and campaign."

"When I started this venture I had two things on my mind. The first was to run the most positive, clean campaign I can," Jones said to a round of applause.

"I wanted to go to a grassroots approach of politics. I'm not a polished politician, and I'm exactly who you see before you. I've had an open door policy since the beginning."

During the debate candidates were asked questions about doctor retention, disability issues, the economy, education, infrastructure, and local business, among other questions.

During the debate Lagimodiere attacked Dewar and the NDP, blaming them for a number of issues facing Manitobans, while Dewar defended his record and continued to cite his accomplishments.

Sticking to his word, Jones stayed positive throughout the debate.

The provincial election is set for next Tuesday.



RECORD PHOTO BY DAVE BAXTER

Selkirk provincial election candidates pictured from left to right, incumbent NDP MLA Greg Dewar, Liberal candidate Stefan Jones and PC candidate Alan Lagimodiere answer questions during a forum at the Selkirk Comp last Wednesday.



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Tuesday, April 19 is election day.

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Fishing, golfing on Lake Winnipeg

Hello again good friends. As I sit gathering my thoughts for this week's fishing column some of this winter's laughter-filled exchanges with anglers flashed through my mind. I found myself chuckling as I recalled the experiences they so graciously gave me to share with you.

Brothers Jess and Brad Determan from Brooks, Minnesota certainly popped into my mind. I met them on the ice of Lake Winnipeg seven or eight weeks ago. I was wandering around in the truck stopping to talk to anglers on a warm, clear, sunny afternoon when I noticed off in the distance two fishers walking back and forth on the ice.

It peaked my curiosity because normally ice anglers don't do that. They stand or sit. Naturally I couldn't let this slide by. I pointed "old red" toward them but as I came up to them what I saw on the snow pack made me stop sharply. There in front of me was a maze of mini-golf fairways formed around their ice fishing holes. These two young, tall, fit guys, their parkas thrown onto the snow beside their sleds were playing on their golf course fashioned from snow ridges and shallow auger holes.

Oh they had golf clubs to be sure but instead of golf balls they were playing with yellow tennis balls. They raised their clubs in greeting as I slid out of my truck and I immediately began a spirited conversation with these energetic fun-loving outdoorsmen. It seems Lake Winnipeg had become their second home this winter.

They said every time they had to go home for work, when they were there, all they talked about was "the great white Lake Winnipeg". Well, the fish weren't biting so they invited me to have a golf game with them. I lost but didn't really feel too bad about it because as I put it to them, they had home course advantage all morning



RECORD PHOTO BY ARNIE WEIDL

Phil Frederick with one of his catches on the Red, his buddy Ted Gibson, who loved to tell stories, was too shy to be in the picture.

before I had met them.

The sun was going down and it was time to head for land, but gosh that was a fun day.

Some weeks later I was on the Red River by Sugar Island and came across a big portable ice shack. Driving up to it, I could see two men inside because they had their west-facing door opened to the warm strong sun. I walked up to the door and introduced myself to Phil Frederick from just south west of Selkirk and local boy Ted Gibson. Here were two guys who had been buddies for so long they would finish each other's stories. It was fun listening to them.

Phil was a little quieter than Ted. As we began story trading, Ted emphasized how important they felt about protecting the eyes of a fish caught in the cold winter so it wouldn't go blind if it was to be released. His manner brightened as he remembered the first time he went fishing years ago with a cousin in Lake Simcoe, Ontario.

He said at dusk on the way home it was so foggy you couldn't see 10' in front of you and to make matters worse the county road numbers changed within short distances. Lost

now, his cousin asked Ted if they were close to home when without warning their truck slammed straight into a deep ditch. In shock Ted looked at his cousin and said, "I know this ditch, home is on the other side of it!"

Ted went on how he and Phil had been friends for years but the sport of fishing had never come up. Phil got him into the sport but rookie Ted would not bait his own hook or fillet his catch. For years Phil had to do it for him until finally he put his foot down and made him learn to do it on his own.

Some time ago I was out on the ice east off Patricia Beach and met Walter Giesbrecht, Chris Werner and Nathan Hoepfner, all Winkler boys and while they hadn't caught anything when I was with them, they said last year at Shoal Lake in one day they caught an unbelievable number of big perch. Shoal is a perch lake, that's for sure.

Well, we'll see you next week, bye till then.



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Petersfield man uses canoe to rescue dog in creek

By Lindsey Enns

A quick thinking Petersfield man is being credited with saving a near drowning dog after she fell through the ice on Netley Creek last Friday.

Ashley Fisher's 10-year-old border collie and blue heeler cross named Shaya wandered away from their yard in Petersfield and ended up far into the middle of the ice in Netley Creek when she suddenly fell through last Friday morning.

From his home in Petersfield, which backs onto Netley Creek, Kyle Wilkinson could hear dogs barking.

When he looked out his window he could see a black dog had fallen through the ice and was struggling to come up for air.

Although Wilkinson's wife called 911, he knew the dog didn't have much time so he decided to get dressed, grabbed a life jacket and got out his canoe and some gear and headed out onto the icy creek.

"I waited down on the shore for about 10 minutes and the dog kept going down more and more," he said. "I didn't hear the sirens from the fire department so I put my life jacket on and I walked about half way out with the canoe ... and pushed myself onto the ice and made it out to the dog."

Wilkinson said at first Shaya wanted nothing to do with him, she kept swimming away, but then he got a hold of her collar and pulled her into the canoe.



RECORD PHOTO BY LINDSEY ENNS
Kyle Wilkinson pets and visits with Ashley Fisher's 10-year-old border collie and blue heeler mix at Fisher's home in Petersfield on Sunday. Wilkinson risked his own safety to save Shaya when she fell through the ice in Netley Creek last Friday.

At that point, members of the Clan-deboye Fire Department had just arrived.

Wilkinson said he doesn't believe the dog would have made it any longer.

"She was out there for about 35 minutes," he said.

Fisher said sometimes their dogs like

Selkirk when I got the call."

The 19-year-old said she went straight to Wilkinson's home to pick up her dog and thank him for saving her.

Fisher said she was really grateful for what Wilkinson did.

Wilkinson said his family just recently lost a pet so that pushed him to help out.

"That was heart breaking because that was our third baby for our family so what went through in my head is 'that's somebody else's baby,'" he said. "I would never put myself at any risk ... at no point did I do anything unsafe."

"I know the ice quite well, I do a lot of ice fishing, I grew up here and I knew I could get out there safely so I called my father ... to come down and give me a hand."

Although Wilkinson and Shaya were able to make it out of the creek safely, he doesn't recommend anyone go out onto thin ice for any reason.

"I wouldn't recommend it to anybody to do it that's for sure ... but I knew what I was doing," he said. "I've dealt with the ice and the water my entire life."

During a quick visit on Sunday, Fisher thanked Wilkinson again in person and gave him a card with a gift card inside.

to wander off but this is the first time something like this has happened.

"I didn't know what to think ... I was so scared," she said. "I was just on my way home from a friend's house in

RCMP's live-tweeting event gives followers an inside look

By Lindsey Enns

An arrest made during a domestic disturbance in Selkirk was among some of the tweets RCMP shared as they took to Twitter to give followers an inside look at the types of emergency calls they receive.

The RCMP communications centre live-tweeted some of their emergency calls within Manitoba from the @rcmpmb Twitter account last Friday night and the response was "great," said RCMP Sgt. Bert Paquet.

"We wanted to highlight the amazing work done by our call takers and dispatchers," Paquet told the *Record* via email. "Their ability to multi-task allows officers on the road to get relevant information and details of a specific incident while they are on their way to the location, enhancing both their safety and that of the public."

Paquet said this won't be the last time they do a live-tweeting event like this one.

Some of the RCMP's tweets last Friday night stated that they received 19 calls for threats of suicide in the last 72 hours, 75 calls about impaired driving in the last 72 hours, and 43 domestic assaults in the last 72 hours.

RCMP also stated this was just a sampling of the calls and their emergency centre receives about 300 calls per night.

"These communications professionals are routinely able to de-escalate potentially violent or life threatening situations simply by talking with desperate individuals and often talking them out of hurting themselves, or others," Paquet said. "They are one of our best and most useful resources, every single shift."

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> TURNOUT THRILLS ORGANIZERS, FROM PG. 2

"These are issues that we keep hearing at our annual assemblies every year."

Candidates were asked about how, if elected, their relationship with MMF would play out.

All three candidates said they were committed and willing to work with the MMF on whatever issues they have.

"Whatever Métis issues come forward, I will ensure they are handled with the respect they deserve," Dewar said.

Candidates were also grilled about how they would develop a strategy to deal with the current Métis health crisis.

Park said prescription drug use is high among the Métis population and 21 per cent of Métis people are more likely to die prematurely than any other Manitobans.

Jones said his party would put \$25 million "right off the bat" into a food subsidy program.

"That's the beginning, the other part of this program is addressing immediate health care concerns which are recovery ... care for seniors and mental health issues," he said, adding the program would also involve teaching people a healthier way of living and teaching youth about proper nutrition.

Lagimodiere said the current health care system is in "crisis."

"Our top priorities will be on working with groups on prevention of health issues," he said, adding their framework would also include timely diagnosis, treatment plans and reducing ambulance costs. "Wait times for emergency care are the highest in Canada, we have more doctors leaving Manitoba than any other province."

Dewar said he understands the needs of the Métis people and that this crisis needs to be addressed.

"We recently set aside \$30 million in what we call a prevention fund

and this fund can be accessed by any health department or family services," he said, adding the NDP is working on lowering the price of food in northern communities. "We're working in The Pas to grow local food and local vegetables."

Candidates were also asked what they would do to recognize the Métis residential school experience, how they would promote a profitable commercial fishing industry as well as develop economic opportunities for Métis people.

Park said this is a very important time for the Métis nation, as the Supreme Court of Canada's ruling on what has been dubbed the "Daniels case" is expected to be handed down on Thursday.

The much anticipated court case is asking the top court to determine whether the approximately 200,000 Métis and 400,000 non-status Indians in Canada have the right to be treated as "Indians" under the Constitution Act and fall under federal jurisdiction, according to *CBC News*.

The case was launched in 1999 by prominent Métis leader Harry Daniels, but it didn't go to trial until 2011.

"If it's a favourable decision, we'll be able to sit down with both governments and start discussing how that will roll out," Park said.

Hourie said organizers were thrilled by Sunday's turnout.

"It's absolutely terrific," he said. "We're over the moon about it because you host these things and you hope for the best but you never know."

Hourie said the forum helped give everybody a voice.

"We want the fishermen heard, we want the hunters heard, we want the businessmen heard, we want the students heard," he said. "For the number of people we have in Selkirk we really needed to address a lot of issues and questions."

The provincial election is set for next Tuesday.

RCMP share safety tips in wake of seniors assault

By Lindsey Enns

Know your property, install quality locks and don't open your door to a stranger are just some of the safety tips Selkirk RCMP are sharing after an elderly couple was seriously assaulted inside their Selkirk home.

Selkirk RCMP Const. Paul Human said these basic tips can help keep everyone safe, not just seniors.

"If you think it's suspicious activity, call the police," Human told the *Record* via email. "Know your neighbours, share information about your neighbourhood."

Human said homeowners should conduct a security check of their home to ensure windows and doors work properly.

"Whether it's an apartment or house, we all need to know our place," he said. "Install good locks and use them."

As previously reported in the *Record*, an 88-year-old male and 85-year-old female were seriously assaulted inside their Selkirk home on April 3.

The elderly couple was transported to hospital in stable condition.

Justin Bannab, 22, from Selkirk has been charged with multiple counts of assault including aggravated and sexual assault as well as breaking and entering with intent.

Bannab appeared in court last Tuesday, according to RCMP.

Noventis Credit Union's Selkirk branch was collecting monetary donations for the local couple last week and are continuing to do so this week.

Noventis Credit Union in Selkirk is

"WE'RE JUST WISHING THEM A SPEEDY RECOVERY AND ARE RESPECTING THEIR PRIVACY."

located at unit 1-1012 Manitoba Ave.

Sylvia Magyar Brambilla, Selkirk's Noventis Credit Union branch manager, said they have received "numerous generous donations."

Although she could not reveal the total amount raised so far, she said the funds are being put into a trust fund for the couple.

"We had quite a few visitors," she said, adding several people have also dropped off cards for the couple. "I'm not surprised ... there's a lot of great people in Selkirk."

She added Absolutely Maid Clean and Physiotherapy On The Red have both stepped up to help the family out.

Brown and Sons Construction has also agreed to help better secure the couple's home but those details are still being worked out.

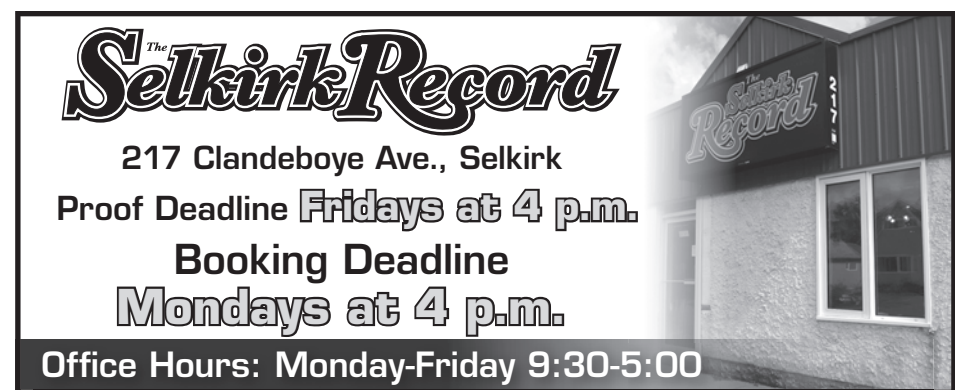
"We had a really positive meeting today," Joanne Brown, who owns Brown and Sons Construction with her husband, said on Monday. "We're just wishing them a speedy recovery and are respecting their privacy."



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A patch of death

Fentanyl prescribed unsafely in 74% of cases over a 12-year period: study

By Austin Grabish

Manitoba doctors are prescribing a deadly opioid to patients who have never used narcotics before and that's putting them at special risk of dying, a new study says.

The study in the Canadian Medical Association Journal published by the University of Manitoba last Thursday shows half of Manitobans that have been prescribed a fentanyl patch have never had experience with opioids.

"The results showed a high level of unsafe prescribing," the study's co-author Dr. Shawn Bugden said.

Bugden said the research is concerning because fentanyl is 100 times more potent than morphine.

His study examined prescriptions for fentanyl patches that were given out to over 11,000 patients in Manitoba between April 1, 2001 and March 31, 2013.

Researchers found that 74 per cent of fentanyl prescriptions were not safe because patients had not had previous exposure to opioids.

They noted an improvement over the 12-year period but found even in the final year of the study that 50 per cent of prescriptions were still classified as unsafe.

"WHEN (IT'S) USED IN AN INAPPROPRIATE CIRCUMSTANCES, THE RESULTING EFFECTS CAN BE TRAGIC."

Bugden said the fentanyl patch should only be prescribed in rare cases where patients have already had experience with narcotics or are battling cancer for example.

"Outside of that kind of context, the patches contain a fair amount of medication, probably not appropriate in many other circumstances," he said.

Last summer, the Canadian Centre on Substance Abuse said at least 655 deaths in Canada from 2009-14 had been linked to fentanyl.

At least two people have died in the City of Selkirk from a fentanyl overdose in recent years.

It's exactly what Bugden says happens when fentanyl isn't used prop-



RECORD FILE PHOTO BY DAVE BAXTER

Dr. Joss Reimer of the Winnipeg Regional Health Authority shows a naloxone kit to members of the media on Jan. 13. The kits are now being made available for emergency overdoses in Manitoba. Researchers have found that 74 per cent of fentanyl prescriptions were not safe because patients had not had previous exposure to opioids.

erly.

"When (it's) used in an inappropriate circumstances, the resulting effects can be tragic," he said.

Information recently obtained by the Record through a Freedom of Information request shows three people were sent to the Selkirk emergency room in 2015 because of a fentanyl overdose.

The Interlake-Eastern Regional Health Authority said it didn't have a

reporting system in place that tracked fentanyl overdoses prior to 2015.

Researchers are warning patients with fentanyl patches to be aware of how heat from heating pads can dramatically increase the dose of fentanyl to the body.

They also say extreme caution needs to be exercised when disposing patches as they still contain a considerable amount of the drug.

Daffodil campaign aims to raise cancer awareness this month

Submitted

It's hard to believe that one person and a Toonie can bring about change against something as big as cancer – the leading cause of death in Manitoba.

But by supporting the Canadian Cancer Society and participating in Daffodil Month this month you are planting hope that more Manitobans will survive cancer and making a difference.

"By wearing a bright yellow daffodil pin we show Manitobans living with cancer that they are not alone," Erin Crawford, Manitoba's senior direc-

tor of public engagement said. "Every April, thanks to our volunteers, we are able to engage Manitobans and help cancer patients and their families cope with cancer."

This year, Crawford said the Cancer Society is challenging Manitobans to demonstrate the power of a Toonie.

"By dropping a Toonie into the collection box before taking a pin, you're funding important support programs and services provided by the Cancer Society and you're also supporting

vital research of all kinds – by doing something as simple as paying for a Petri dish."

Daffodil Month runs from April 1 to 30. During this month, the Canadian Cancer Society asks Manitobans to wear a bright yellow daffodil to show those involved in a cancer fight that they are not alone and to remember loved ones lost. The Society also asks Manitobans to give generously when a door-to-door canvasser comes to your door.

Manitobans can find a Daffodil Pin box location near you by going to cancer.ca/daffodil.

The Canadian Cancer Society is a national, community-based organization of volunteers whose mission is to eradicate cancer and enhance the quality of life of people living with cancer. Thanks to our donors and volunteers, the Society has the most impact, against the most cancers, in the most communities in Canada.

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Candidates fall short on Syrian refugee crisis

Lack of answers 'troublesome,' local volunteer says

By Dave Baxter

When asked how their parties would help support the resettlement of Syrian refugees into Manitoba, two local provincial election candidates could offer up no answers.

During a public election forum in Selkirk last Wednesday, Red River Churches Refugee Team volunteer Elaine Elliott asked the PC, NDP and Liberal candidates how their parties would offer support to the influx of Syrian refugees coming into Manitoba.

The Red River Churches Refugee Team has seen dozens of volunteers from 15 churches from Selkirk and surrounding areas sign up to help support three Syrian refugee families.

"The Red River Refugee Committee in Selkirk is planning to apply for three refugee families. What will your party do to help get these and other



RECORD PHOTO BY PATRICIA BARRETT

The ConneXion church in Arborg, which helped bring a Syrian refugee family to Canada, officially welcomed them to Manitoba in February. Local provincial election candidates were questioned about how they would help support the resettlement of Syrian refugees during an election forum in Selkirk last Wednesday.

refugee families settled?" Elliott asked in a pre-submitted question during the forum.

Selkirk PC candidate Alan Lagimodiere failed to answer the question with any specifics.

"As far as I know this question hasn't been asked of me before, so I would have to discuss that with our party to see what we can do to help these families," Lagimodiere said.

Liberal candidate Stefan Jones also said he had no specifics and was not prepared to answer the question.

"I am going to have to side with Al on this one," Jones said. "I've never heard that question before and I don't

have an answer either, but it's definitely something we will take to headquarters and come up with a solution if there is a problem there."

NDP candidate and Selkirk MLA Greg Dewar said the NDP government has already released plans to support Syrian refugees.

"I am proud of our government's and all government efforts across Canada to get things done for these individuals," Dewar said. "We have a task force set up that I am a member of and we are finding additional housing, and we have provided supports to school divisions that require special needs teaching because of language

"WHEN THEY'VE BEEN COMING INTO WINNIPEG THE WAY THEY HAVE, THEY SHOULD BE ABLE TO ANSWER SOMETHING."

and cultural barriers.

"We are prepared to support our education system, and find housing."

Following the debate Elliott said it was "very troublesome" that two out of three candidates couldn't answer her question.

"I figured they would have some kind of knowledge about this," Elliott said. "We have had refugees coming in for months and it's been all over the national news and local news, so to not even be able to answer my question at all was shocking.

"I was pretty sure Greg (Dewar) would have an answer and he did. I got a good answer from Greg."

She said the answer Lagimodiere gave leads her to believe supporting Syrian refugees is not a priority for the Manitoba PCs.

"Obviously this has not come up for discussion and that really worries me, so where are they on this?" she said. "When they've been coming into Winnipeg the way they have, they should be able to answer something."

Elliott added said she didn't understand why a provincial Liberal candidate could not offer any specifics.

"The Liberal Party is in power nationally and have pledged their support," she said. "And he didn't even go there."

The provincial election is set for April 19.



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**Wednesday, April 20th -
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Tickets \$25 available at the bar or online

Friday, April 29th - Karaoke - with Wayne

Mondays Afternoon crib 1:00 pm	Tuesdays All day Member's Day with food & beverage specials	Fridays Meat draw & Chase the Ace sales start at 4:30 pm
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2016 Provincial Election

PCs pledge to spend \$28.2M over 5 years on tourism

By Dave Baxter

The Manitoba PC candidate for Selkirk says if elected a PC government would do more to promote tourism in the Interlake and across the province.

The PCs announced last Wednesday they would increase spending on tourism marketing by \$28.2 million over five years, if elected into power on April 19.

In a statement the PCs said their plan could generate as much as \$288 million in tourism-related economic benefits, and \$46 million in new tax revenue.

"Where else can you enjoy first-rate ice fishing in the afternoon and world-class ballet in the evening," PC Leader Brian Pallister said in a statement. "Manitoba has so much to offer visitors from across Canada and around the world.

"We believe stronger tourism investment is necessary to reach our potential, and share all the great things we enjoy with the world."

During a public forum last Wednesday, Selkirk PC candidate Alan Lagimodiere said the province has to do



RECORD FILE PHOTO BY DAVE BAXTER

Manitoba's Progressive Conservatives want to spend more on promoting tourism here in the province, including promoting sport fishing in the Interlake.

more to promote tourism in the Interlake.

"Anyone that is a fishermen in the

room realizes that fishing in Manitoba and in particular sport-fishing is a multi-million dollar business. There is

potential for us to create more money in this area by promoting our fisheries throughout the world," Lagimodiere said.

Lagimodiere also wants the province to do more to promote tourism at the provinces' many beaches, and stated the amount of people visiting Grand Beach has been on a steady decline for years.

"You used to see 100,000 people there on a weekend, now it's down to 1,000 or 1,500," he said "We need to spend more on promoting that kind of tourism here in Manitoba."

Lagimodiere also wants the province to stop putting so much of its focus on Northern Manitoba when it comes to promoting tourism.

"I was concerned about the amount of money that only goes to promote tourism in Churchill," Lagimodiere said. "We need to start promoting Manitoba for what it has on the world-scale. We have some of the best tourism there is in Canada."

The NDP government currently spends about \$7.5 million on tourism annually.

Transportation a key issue for Seniors Vote 2016 Advanced voting polls now open

Staff

An election campaign is hoping to raise awareness about the next Manitoba government's need to improve transportation options for seniors.

Seniors Vote 2016, a coalition of six organizations representing more than 30,000 older adults in Manitoba, says many seniors do not qualify for Handi-Transit and using taxi services is not an option for many seniors – especially those on fixed incomes.

"If we're serious about people living long, active lives, then we have to get much more serious about transportation issues," president of Transportation Options Network for Seniors Lionel Guerard said in a release last week. "There needs to be a focus on the needs of seniors and others who do not drive. There are few transportation options in rural and urban areas, apart from the support of friends and family and volunteer driving programs where they exist."

Seniors Vote 2016 has identified transportation as a gateway issue to many other challenges facing older adults. The World Health Organization says transportation is one of the main things that determines healthy, active aging. It is a determinant of health and is pivotal to social inclusion and active participation in our

"THERE NEEDS TO BE A FOCUS ON THE NEEDS OF SENIORS AND OTHERS WHO DO NOT DRIVE. THERE ARE FEW TRANSPORTATION OPTIONS IN RURAL AND URBAN AREAS ... "

communities.

"We are happy that some of the parties have already pledged to lower ambulance fees which are the highest in Canada," Manitoba Association of Senior Centres president Tom Farrell said. "But let's give seniors a way to stay connected and involved before they need an ambulance."

Research by the Centre on Aging – University of Manitoba (August 2013) has shown there are wide-ranging health benefits for older adults who continue to participate socially as they age, including enhanced quality of life and better self-rated health, longer survival; lower morbidity, decreased risk of disability and functional and mobility decline, decreased likelihood of depression and generalized anxiety

disorders, decreased risk of cognitive decline and dementia.

There are 185,300 adults aged 65 and older or about 14.5 per cent of Manitoba's population, according to the province's website. There are an additional 157,000 aged 55 to 64 (12.3 per cent). Together those groups make up more than a quarter of the population and they tend to vote in high numbers. Adults aged 55 and older vote more than younger age groups. According to Elections Canada, adults aged 65 to 74 are most likely to vote, with a 75 per cent turnout during the 2011 federal election.

Seniors Vote 2016 consists of the Retired Teachers Association of Manitoba, Manitoba Association of Seniors Centres, Active Living Coalition for Older Adults (MB), Transportation Options Network for Seniors, La Fédération des aînés franco-manitobains and the Canadian Association for Retired Persons (CARP) – West Winnipeg. The coalition plans to take part in the public debate during the election by talking directly to its membership bases, speaking through the media and by encouraging the public to get to know these issues. It will use the hashtag #seniorsvote2016 to draw attention to the campaign on social media.

Staff

Advance voting polls for the 41st provincial election are now open until Saturday, April 16.

Advance voting locations are open from 8:00 a.m. to 8:00 p.m. Monday to Saturday and from 12 p.m. to 6:00 p.m. Sunday.

Advance voting locations in Selkirk include the Gaynor Family Regional Library located at 806 Manitoba Ave., the Lutheran Hall at 332 Manitoba Ave. as well as the East Selkirk Hall at 711 Old Henderson Hwy. in East Selkirk.

A full list of advance voting locations can be found online on the Manitoba Elections website at electionsmanitoba.ca/en/Voting/Advance_Voting or by downloading the mobile app, Manitoba Votes 2016.

Please note that some locations are not open every day during advance voting.

There are 293 advance voting locations throughout the province, including every returning office, as well as other convenient locations such as shopping malls, university campuses, The Forks and the Winnipeg airport, according to Elections Manitoba.

2016 Provincial Election

Low turnout upsets candidates at West St. Paul forum

By Austin Grabish

If voters were worried about this month's provincial election, they weren't showing any sign of it in West St. Paul last Tuesday.

A mere 14 people showed up to an all-candidates' forum put on by the Selkirk Biz at West St. Paul School.

The forum, which turned into a drama-free two-man show, lasted just short of an hour-and-a-half.

Incumbent Tory MLA Ron Schuler fielded questions from the small but engaged crowd along with Liberal candidate Pete Sanderson.

The forum was just that and certainly not a debate.

Schuler and Sanderson kicked off the night by taking a selfie and stayed friendly throughout the forum.

Sanderson started things off by saying it was unfortunate more people wouldn't get off their chesterfield for the forum.

NDP candidate Andrew Podolecki was a no-show and didn't return the *Record's* emails requesting comment following the debate.

Podolecki missed his chance to respond to stabs that both Schuler and Sanderson took at the NDP during the forum.

The duo was given two minutes each to respond to questions, which were on everything from affordable housing to the amalgamation of school divisions.



RECORD PHOTO BY AUSTIN GRABISH
Incumbent West St. Paul MLA Ron Schuler, pictured left, and Liberal candidate Pete Sanderson, pictured right, were a friendly pair at a Selkirk Biz all-candidates' forum last Tuesday at West St. Paul School.

The first question of the night was if the candidates lived in the St. Paul riding or not. Schuler does and added that he pays taxes in the region.

Sanderson said he used to live in the area but now resides in Winnipeg.

Schuler stated several party promises the Progressive Conservatives have

made this election trail including the party's vow to lower the provincial sales tax from eight to seven per cent.

Sanderson said, if elected, his main priority would be getting school taxes taken off the West St. Paul tax bill, something Mayor Bruce Henley has been vocal about doing.

Schuler agreed but said for him it's about working with parties of all stripes to get results in the St. Paul area, not fighting against each other like the NDP, he said.

Both Schuler and Sanderson agreed provincial government spending has been out of control, especially when it comes to advertising in newspapers.

Harvey Dann, 75, lives in West St. Paul and said he was disappointed to see a mostly bare gym for the election forum.

"It pisses me off," Dann said. "You know people complain but don't get out and state their complaints when they have an opportunity."

Selkirk Biz executive director Sheri Skalesky said the event was advertised for months but thought maybe some snowflakes on the ground had something to do with the poor attendance.

"It's apples and oranges because it depends on what elections are happening," Skalesky said noting a past Selkirk Biz forum during the municipal election was packed.

"People seem to be very passionate about that."

Voters go to the polls next Tuesday, but Schuler didn't seem worried about having to fight for his seat.

"I am the ranking politician in my consistency," he said. "I have survived every MP, every reeve and councillor and every school trustee in 16 years."

Resident grills candidates on Selkirk's lack of personal care beds

By Dave Baxter

Selkirk candidates were asked what they would do to increase the number of personal care home beds in Manitoba during a forum in Selkirk last week.

During last Wednesday's provincial election candidates forum, Selkirk resident Connie Rapko asked Manitoba PC candidate Alan Lagimodiere, incumbent NDP MLA Greg Dewar and Liberal candidate Stefan Jones how they would increase the number of beds available.

"The Selkirk area has had a severe shortage of nursing home beds for many years," Rapko said in a submitted question.

"What is your parties plan to resolve the personal care home bed issue in Selkirk and Manitoba?" Rapko asked.

Lagimodiere went after the NDP on the issue of personal care home beds

"With the current system we have really failed Manitobans when it comes

"THE SELKIRK AREA HAS HAD A SEVERE SHORTAGE OF NURSING HOME BEDS FOR MANY YEARS."

to personal care homes," Lagimodiere said. "In this particular area we have the highest wait list for personal care homes."

He said across the Interlake region a wait list has reached 218, and a 26-week wait time.

"That is unacceptable," Lagimodiere said.

Lagimodiere said people waiting to get into a personal care home are currently occupying 50 per cent of acute care beds in Manitoba hospitals.

He said the PCs would "fast track" the building of personal care homes, and bring in 1,200 more personal care homes if elected.

"We would fast track that by developing a funding model with non-profit faith-based groups and community leaders to facilitate the building of those," he said.

Dewar said the current NDP government is working to bring more personal care homes into the province.

"Our plan is to expand to another 1,000 in Manitoba," Dewar said. "We are currently building homes in Morden/Winkler, Winnipeg, Lac du Bonnet and Arborg."

"We'd be prepared to work with Betel Home here in Selkirk. They have some plans in place so we are prepared to work with them to see if we can build additional capacity here in the community as well."

Jones said he expects the shortage to get worse if changes aren't made.

"There is a shortage and with our aging population there is going to be a greater shortage," Jones said. "We have a plan put in place to partner with who we need to, which obviously is what has to be done. There is money set aside for that."

"At this point in time because we are not in power, I can't make any huge promises but I know it is at the front-running of the Liberal party."

In a story published in the Apr. 7 edition of the *Record*, Alan Drummond of the Canadian Association of Emergency Physicians, said one of the reasons Manitoba ER's have long wait times is because of patients waiting to get into care homes.

"So after treatment is complete you have a person who can't get a bed in a care home and they can't be sent home, so they sit in a bed, which again leads to the overcrowding." Drummond said in an earlier interview.

St. Clements

RM seeks ideas, volunteers to steer rec action committee

By Dave Baxter

The RM of St. Clements will host a public forum on Monday to update residents on what is being done to create recreation options in the south end of the municipality.

The forum will offer updates and encourage public input and discussion about recreation development in the south end of St. Clements, the RM said in a release last week.

The forum will also look for residents to sign up as volunteers to form an action committee to guide the next phase of recreation development.

St. Clements CAO DJ Sigmundson and members of council will be at the forum to answer any questions.

In a statement, the RM said new recreation options for South St. Clements residents have been in the works for many years.

"Many volunteers, RM councillors and consultants have thought long and hard about how best to incorpo-



SUBMITTED PHOTO

An artist rendering shows what a South St. Clements Community Recreation building could look like. The RM is set to host a forum for the recreation building on Monday from 7 p.m. to 9 p.m. at Corpus Christie Hall.

rate recreation in south St. Clements. Now is the time to refresh, regroup and decide how to proceed," the re-

lease stated.

In 1999 and 2000, South St. Clements Activity Centre volunteers ran recre-

ation programs at Donald School and surveyed 1,200 homes in the community about recreation needs.

In 2006, Donald School became unusable and was eventually torn down.

In 2013, Dillon Consulting completed the South St. Clements Recreation Needs Assessment report that proposed seventeen recommendations to meet recreation needs of South St. Clements residents.

In 2014, Dillon Consulting undertook a feasibility study for planning the construction of a proposed activity centre.

The plans were presented at a public open house on Sept. 24, 2014.

The South St. Clements Community Recreation Forum takes place Monday, Apr. 18, from 7 to 9 p.m. at Corpus Christie Hall, at 5819 Henderson Hwy.

Residents can also visit rmofstclements.com/SSCrecreation to find more information about recreation in South St. Clements.



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<p>Kraft Singles Cheese Slices Regular 24 pak only 2/\$7⁰⁰</p>	<p>Fresh cut Pork Butt Steaks \$3⁰⁰ LB \$6⁶¹ KG</p>	<p>McCain French Fries or Potatoes Frozen, Assorted 650 g 3/\$10⁰⁰</p>	<p>Wonder Hamburger or Hot Dog Buns 1 Dozen 2/\$4⁰⁰</p>
<p>Imported Raspberries or Blackberries 227 g 2/\$5⁰⁰</p>	<p>Prego Pasta Sauce 1.75 ML \$3⁰⁰</p>	<p>KOOLAI JAMMERS Fruit Drink Assorted 10pak 3/\$6⁰⁰</p>	<p>Holiday Luncheon Meat 340 gram 4/\$5⁰⁰</p>

Views from the waterfront



RECORD PHOTO BY BRETT MITCHELL

A pink sky hangs over the Red River as seen from the Selkirk Waterfront early last Monday morning.

Don't forget to send your special wishes to your friends and family.

The Selkirk Record

Call 785-1618 or email lucy@selkirkrecord.ca

Children's clothing, toy swap set for April 30

Staff

A children's clothing and toy swap will give local parents the chance to upgrade their kid's stuff, by trading in their old stuff.

The Children's Clothing and Toy Swap is set to take place on Saturday, Apr. 30 from 11 a.m. to 2 p.m. at the cafeteria at the Selkirk Comp.

The event invites residents to bring in washed, and stain and rip free children's clothing, toys and other items, and swap them for other gently used children's clothing and toys.

Organizer Dari-Lynn Lecocq said the event is a chance for people to get

rid of their old stuff in an environmentally friendly way, while also updating their kid's clothes and toys.

"It's to help families obtain clothing and toys, and it's a way to reduce our carbon footprint so people don't have to drive to the store, or throw out old clothing," Lecocq said.

Lecocq said the swap will have a very casual feel and if people drop off donations they are free to grab items at the swap.

Along with clothes and toys, organizers expect to have items available like coats, outerwear, and bedding.

Manitobans support funding for pharmacists, survey shows

Staff

Manitobans are recognizing pharmacists as integral members of the healthcare team and have the training to counsel patients, prescribe for self-limiting conditions, adapt prescriptions, order lab tests and administer injections, according to a new survey.

A new provincial survey by Abacus Data for Canadian Pharmacists Association and Pharmacists Manitoba, to coincide with Pharmacists Awareness Month, found that Manitobans are increasingly familiar with the services pharmacists can provide. The survey highlights that the level of awareness has outpaced the level of usage of these services.

According to the Abacus survey:

· 44 per cent of respondents who are aware pharmacists assess and

prescribe for minor ailments have never received the service from a pharmacist (19 per cent have received this service).

· 34 per cent of respondents who are aware pharmacists can adapt prescriptions have not used these services (11 per cent have received this service).

· 55 per cent of respondents who recognize pharmacists provide health coaching for diabetes, asthma and smoking cessation have not utilized these services from their pharmacists (11 per cent have received this service).

The survey was conducted online with a representative sample of 500 Manitobans aged 18 and older. The survey was completed from February 19 to 25, 2016 by Abacus Data.

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Because **everyone** matters

Authorized by the official agent

Local Cubs, Scouts race to a first place finish

By Dave Baxter

Two groups from Selkirk got their wheels spinning during a recent competition and walked away with first place trophies.

Groups from the Selkirk Cub Scouts and Selkirk Scouts competed in the Lakeland Area Kub Kar races in Stonewall on March 19.

The competition sees youth from local Cubs and Scouts groups build and design their own vehicles and race them against other teams from the Interlake.

“They get a block of wood and they have to stay in a certain weight, and design their vehicles,” Selkirk Scouts leader Chris Boychuk said.

The Selkirk Scouts team of Liam Reich and Jaden Baker came in first in the Scouts Truck competition, which sees youth aged 11 to 14 race trucks they built and designed themselves.

Liam isn't the only boy in his family who knows a thing or two about building vehicles, as a team made up of his brothers Teague and Eamon Reich came in first place in the Kub Kar competition for youth in Cub Scouts between the ages of eight and 10.



SUBMITTED PHOTOS

ABOVE LEFT: Selkirk Scouts team, Liam Reich and Jaden Baker, came in first in a Scouts Truck competition on March 19, while Baker also won a trophy for best in show. ABOVE RIGHT: Brothers Teague and Eamon Reich came in first place in the Kub Kar competition at the Lakeland Area Kub Kar races in Stonewall on March 19.

“I am very proud, and the kids were very excited when they won,” Boychuk said. “For a set of three brothers to take home two trophies is very exciting.”

Baker ended up leaving the competition with two trophies, as his Xbox themed truck was voted best in show.

The best in show competition asks all participants to vote for whichever truck they think has the best design.

Boychuk said the boys deserved the awards because of the work they put into their vehicles.

“They were down at the junior high in the wood shop working hard on

them,” she said.

Cubs and Scouts have been racing at Kub Kar competitions for decades, but Boychuk said lately the races have gotten a lot more “high tech” with a computerized tracking system that keep track of all times, and who came out on top in each race.

West St. Paul supports regional emergency response study

Submitted

The Partnership of the Manitoba Capital Region Emergency Response Services Project Report was approved by the RM of West St. Paul during its March 22 meeting.

This report encourages collaborating with other municipalities within the Capital Region and use the best

available practices and policies to improve the delivery of emergency services.

West St. Paul is very fortunate to have a very professional fire department with many individuals crossed trained in various emergency service disciplines.

“This document ensures West St.

Paul Council and Fire Department are working towards the best practices in providing emergency services for our community,” West St. Paul Mayor Bruce Henley said. “This will help identify efficiencies and minimize risk for everyone.”

The report details six primary goals for emergency services throughout

the Capital Region including providing information and opportunities for council to meet legal and other obligations; strengthening partnerships and management through consistency; providing options for effective communication and providing insight for shared services and optimized service delivery to name a few.

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Vintage sale, flea market to benefit homeless shelter



SUBMITTED PHOTO

This vintage bicycle, along with several other items, will be for sale during a vintage pop-up sale and flea market inside the Benjamins Gourmet Foods cellar starting on Saturday. Ten per cent of the proceeds from the sale are being donated to the St. Francis Homeless Shelter.

By Lindsey Enns

A vintage pop-up sale and flea market is hoping to help raise funds for Selkirk's St. Francis Place Homeless Shelter.

"Everyone is anxious to get out and enjoy the spring weather and a vintage sale and flea market is a fun event to have at this time of year," Anna Massey of Gypsy Traders told the *Record* via email. "Everyone loves to treasure hunt."

"This also gave us a chance to bring in some great furniture pieces along with a ton of additional inventory."

The Gypsy Traders has been selling antiques, vintage and rustic home and garden decor items at Benjamins Gourmet Foods in Selkirk since the fall of 2015.

Chef Mary Jane and her mother Lorraine suggested a pop-up sale down in The Cellar and we jumped at the

idea, Massey said.

Benjamins has also decided to donate 10 per cent of all sales from the week-long event to Selkirk's St. Francis Place Homeless Shelter.

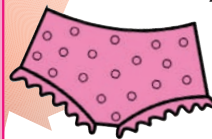
The sale starts on Saturday, April 16 and runs daily all week until Saturday, April 23.

The Cellar will be open everyday from 10 a.m. to 4 p.m. and will be open until 9 p.m. on Thursday and Friday evening.

Some of the items that will up for sale include an antique drop leaf table, a vintage wood and lace room divider, a steamer trunk, old lanterns, old tools, vintage linens and a vintage bicycle just to name a few.

The St. Francis Place Homeless Shelter in Selkirk opened in November 2014 and is now seeing a steady stream of visitors almost every night.

A hilariously irreverent & cheeky comedy by playwright Sarah Quick



Knickers!

A paper mill in Northern Ontario has been shut down, sending the town into an economic depression. Members of the local chapter of Weight Watchers have come up with a plan for a customized underwear business. Will it be the town's salvation?

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Carvers gear up for national show, competition

By Natasha Tersigni

Carvers with the local Oak Hammock Marsh Carving Guild are putting the finishing touches on their pieces in preparation for the 30th annual Prairie Canada Carving Championship Show and Competition being held this weekend in Winnipeg.

The annual competition attracts carvers of all skill levels from across North America who come to show their works while competing in a variety of different carving categories.

Along with entering their individual carvings, members with the Oak Hammock guild will be recruiting new members and hosting a variety of demonstrations throughout the weekend.

The carving guild has been around for over 15 years and is now based out of the Oak Hammock Marsh's Interpretive Centre where they have a fully operational workshop. The guild offers a variety of seminars to carvers of all skill levels and provides a place for members to meet every Saturday from September to April to work on their own pieces.

"Most of us carve birds and hunting decoys, but you can carve whatever item you want. It is really nice carving

"IT IS REALLY NICE CARVING BIRDS IN THIS ENVIRONMENT BEING AT THE MARSH."

birds in this environment being at the marsh. There are carvers that don't hunt and just enjoy to carve and there are carvers that are avid hunters that use their decoys. I have carved many, many decoys myself but I have never shot a duck or goose," said guild member and carving instructor Bill Palmer who has been carving for 30 years.

"I began carving as a way to relax after work. I had a pretty stressful job and I would be able to come home from work, go down to my shop and carve for an hour or so. I grew-up in Northern Ontario and always loved wildlife."

There are approximately 20 guild members that come out each week to work on their carvings. To join the group, members must have an annual Oak Hammock Marsh membership



RECORD PHOTO BY NATASHA TERSIGNI

Bill Palmer is just one of the many Oak Hammock Marsh Carving Guild members that will have entries in this weekend's 30th annual Prairie Canada Carving Championship Show and Competition in Winnipeg. At the event the guild will also be hosting a variety of carving displays and workshops available to the public.

plus \$10 for the guild membership. For those that want to try carving, there are clinics open to the public that take place at the marsh January to May.

For more information on the Oak March Carving Guild visit oakhammockmarsh.ca.

To see first-hand what wood carving involves and the works that can be created, check out the Prairie Canada Carving Championship Show and Competition being held this weekend at the Canad Inns, Polo Park from 9 a.m. to 4 p.m.

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Parkinson Canada hopes to raise support, awareness this month

Staff

Parkinson's changes everything. It is a disease of the brain that touches almost every aspect of daily living, including: movement, mood, speech, eating and drinking, sleep, and cognitive changes. It worsens over time, robbing a person of independence through increasing complications, and ultimately resulting in premature death. There is no known cause or cure for Parkinson's disease.

Right now in Canada some 100,000 individuals with Parkinson's are struggling with the stigma and daily challenges of living with this complex neurological disease. By 2031, the Parkinson's population is expected to double. With 10 more people diagnosed every day in Canada, chances are you or someone you know or love will be affected.

"The need for support, education, medical specialists and research is more urgent than ever," says Joyce Gordon, CEO, Parkinson Canada. "This April we will be informing Canadians about the impact of Parkinson's."

A French-language webinar for caregivers will be presented on April 28,

from 6:30 p.m. to 7:45 p.m. Social worker Jennifer Héroux-Bourduas and care partner Cecilia Gaudet, will discuss coping strategies when caring for someone living with a progressive neurological disease. Free registration at www.lereseauaidant.ca.

The Gimli and area Parkinson support group meets at the Betel Home boardroom on the third Tuesday of every month with the exception of June, July and August.

Their next meeting is at 2 p.m. on April 19.

In May, the group has a guest speaker who was diagnosed with Parkinson's five years ago. He will be sharing his story and talking about how his body building has helped support his illness. This meeting will begin at 1:30 p.m. on May 17.

The Gimli branch, which includes Arborg, Riverton, Selkirk and surrounding communities, is also gearing up for the 12th Annual Parkinson SuperWalk planned for Sept. 18 and will have a planning committee meeting in May. If anyone is interested in joining please contact Gary Einarson at 204-642-7365.

Grain elevator project aims to preserve Prairie history



RECORD PHOTO BY NATASHA TERSIGNI

A new project launched by the Manitoba Historical Society is looking for information and photos on grain elevators in the province.

By Natasha Tersigni

It was not too long ago that grain elevators were a staple of the rural landscape in Manitoba; a symbol of a thriving agriculture community. In the 1950s there were over 700 grain elevators populating rural villages, hamlets, and towns.

With just 200 elevators left in existence today, the Manitoba Historical Society (MHS) is setting out to gather information on all provincial grain elevators, whether they are still standing or not, for their project 'This Old Grain Elevator'.

To help with the collection of information, the MHS has developed a website where the public can upload elevator pictures or submit historical information of any provincial grain elevator including present status of elevators, names of companies, owners and agents, rail lines, year elevators were built and dates when they were torn down.

Gordon Goldsborough and other members of the MHS are setting out to get as much information from the

public about grain elevators in the province before it is too late.

"For the last six years I have been mapping historical buildings in the province and I began to realize that there aren't as many grain elevators as there use to be. I began to do some inquiries and it turned out that my initial perception was right, that a great number of grain elevators have disappeared over the last 10 to 15 years. In fact, many of the remaining ones will be gone in the next 10 years," said Goldsborough.

"If you ask anyone what a symbol of the prairies is, they will often say a grain elevator, but in fact that will probably not be the case in our lifetime; the vast majority will be gone. It is important therefore to capture as much information about these elevators as we can now."

Information or pictures for 'This Old Grain Elevator' project can be uploaded at mhs.mb.ca/docs/sites/thisoldelevator.shtml or e-mailed to elevators@mhs.mb.ca.



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Letters

Gov't needs to protect fresh water

Dear Editor,
Fresh water, including ground water, is a precious resource worldwide.

As a result, we look to our government to be responsible stewards of this resource and the associated environment.

This brings me to a water management issue near Garson in the RM of St. Clements.

During the last three summer and fall seasons a local limestone quarry operation has been permitted and has pumped in excess 200,000,000 gallons (each year) of clean fresh water from a quarry and discharged into a nearby municipal ditch.

About five years ago Manitoba Mines Branch granted approval for a crushed limestone quarry operation near Garson. This is not unusual as these types of quarries are common in the east central regions of Manitoba.

Subsequent to this Manitoba Conservation, Water Resources Branch issued a permit to the quarry operator to dewater the quarry operation using one six inch and two three inch volume pumps. Shortly after the pumping started, visible impacts of the effects of this pumping were observed in the nearby surrounding area. There was a significant drop in water levels in a nearby abandoned quarry, several nearby shallow wells went dry as did several nearby water springs. In the fall of 2013 these concerns were brought to the attention of Water Re-

sources who dismissed the concerns and denied any possible link between the pumping operation and local ground water levels.

The pumping continued in 2014 and the local impacts persisted. The concerns were once again addressed to Water Resources along with questions about volumes and governance. Denials of any possible links continued but Water Resources committed to monitor the pumping operations to quantify the dewatering operation in the 2015 operating season. This did not happen and no explanation has been given as to why they did not follow through with this commitment. During the summer of 2015 pumping continued on a 24 hour a

day basis. During the 2015 operating season a local resident took volume/flow measurements to estimate the volume of water being pumped.

The volume was determined to be well over a 1,000,000 gallons per day or over 200,000,000 gallons per season.

This is a huge volume of clean, fresh water being pumped into the ditch and basically wasted each year. To put it into perspective, this is more water than is annually used in the R.M. of Brokenhead and the Towns

of Beausejour, Tyndall and Garson all combined.

In addition to concerns with the role of government in this situation the primary issue is the principle of each summer the government approving the pumping of 200,000,000 gallons of good, clean and fresh water out of this quarry into the ditch and in essence wasting it.

Ed Farias
RM of St. Clements



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4 p.m. to 8 p.m.

&

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Tribune 

Stories of Selkirk's Pioneers and Their Heritage

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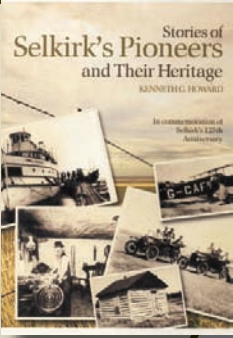
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Your FARM



Dairy Farmers of Manitoba meet in Winkler

By Harry Siemens

Dairy Farmers of Manitoba held a district spring meeting in Winkler on Monday, bringing farmers from a large area to town to hear updates on the organization's work.

One key issue that had producers asking lots of questions has to do with processing the milk that Manitoba produces.

"Processing is pretty much running flat out for the most part, particularly the butter powder processing," says board chair David Wiens, a Grunthal area dairy farmer.

"These are older plants that have come to the point where it is hard for them physically to put enough milk through to meet first of all the demands of the Canadian marketplace," he says. "For Manitoba's part of the national production, our plants can no longer handle the full capacity."

Production capacity varies somewhat, especially at the expanded Saputo plant in Brandon where they process on and to the demand for the more current products like fluid milk, cottage cheese, and sour cream.

"There you get more of a give and go," says Wiens. "They will simply produce enough for the immediate market."

"Obviously that isn't the kind of product we can store like cheese and butter. Although that plant isn't running to full capacity, they are taking what they can in those particular products they make there."

Wiens says the biggest concern are the industrial plants, particularly the butter powder side where the capacity is well below demand.

"We're seeing some of that in other provinces too. Ontario is affected by it and some of these plants definite-

ly need to be upgraded or rebuilt," he says. "Today we have the Parmalat fluid milk plant they're building in Winnipeg, a brand new plant and will be an excellent addition to what we do. At the same time, an old plant will close down. Certainly this provides the opportunity for Parmalat to increase their throughput in their Manitoba facilities."

The key factor, he says, is attracting more industrial processing for a more refinable product like the heavier milk protein concentrates and protein ingredients.

"That's where the demands of the marketplace are today and so the processing lines and capacity need to shift, and that reinvestment needs to happen sooner than later," Wiens says. "If we can provide that market with what it wants in that particular area, well, that is a demand we can fulfil."

With supply management, if the situation arises where processors simply can't meet the demand, the Dairy Farmers of Manitoba, and Dairy Farmers of Canada can make the processing changes through quota adjustments, says Wiens, who is also vice chair of the national organization.

"Currently, our quota in this province is under issued. So what happens, the province receives its share of the national allocation, we have not been able to put out all of Manitoba's share to our producers because we don't have the processing capacity," he says. "If you have no one else to receive the milk in another province,

there is very little we can do about it at this point. There is no point in producing the milk if you can't find a home for it."

In the past, Manitoba has moved some milk to different provinces. Before Christmas, some of their milk moved to a processing plant in Quebec. But that didn't last long. As fluid processors cut back, it pushed Quebec farmers' milk into the industrial plants, leaving no room for Manitoba milk. The same happened in Vancouver.

"Our challenge then is we need to have this processing here in Manitoba. With milk, it makes a lot of sense. It's a bulky product to move and very costly," says Wiens. "Despite all that, production today compared to a year or two years ago is up in Manitoba."

While facing some challenges, it really isn't bad for the industry because the market is growing.

"If we went to the production we had a year ago, or even two years ago, we wouldn't been in such a tight position," Wiens says. "The point is, the market is growing and we want to be in the market."

In Canada, consumption of milk and related products is on the rise.

"So they aren't problems, but good challenges we need to face," says Wiens. "The question becomes: how do we position ourselves so can continue to meet the demands of the Canadian marketplace? Because there are all kinds of opportunities within those challenges."

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get inspired

> MEAL IDEAS



Ingredients
 Makes 4 servings
 20 square wonton wrappers
 2 3/4 cups vegetable oil, divided
 1 head romaine lettuce, cut into bite-sized pieces (about 8 cups)
 1/4 cup soy sauce
 1/4 cup freshly squeezed lemon juice
 2 tablespoons sugar
 1 tablespoon distilled white vinegar
 1 teaspoon salt
 1/2 teaspoon ground black pepper
 1 tablespoon toasted sesame oil
 3 to 4 cups coarsely shredded

cooked, rotisserie chicken
 1/2 cup chopped green onions
 2 navel, Cara Cara or Valencia oranges, peeled and segmented
 1/2 cup sliced almonds, toasted
 2 tablespoons sesame seeds, toasted
 Cut wonton wrappers into 1/2-inch-wide strips and separate on paper towels. Heat 1/2 cups vegetable oil in a large, wide saucepan over medium heat. Fry the wonton strips, 5 or 6 at a time, gently turning over once with a slotted spoon, until golden, 10 to 15 seconds per batch. Transfer to paper towels to drain.

Put romaine in a large salad bowl. In a separate mixing bowl, whisk together soy sauce, lemon juice, sugar, vinegar, salt and pepper. Add sesame oil and remaining 1/4 cup vegetable oil in a slow stream, whisking until the sugar is dissolved and the dressing is well blended.
 In a third bowl, combine chicken, green onions, orange segments, almonds and sesame seeds. Add 1/3 cup of dressing and toss to coat. Toss romaine with enough dressing to lightly coat. Add the chicken mixture and toss lightly. Top with fried wonton strips and serve.

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sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Steelers win 9A1 city hockey championship

By Brian Bowman

The Lord Selkirk Steelers 9A1 hockey team had a tremendous season, culminating in a city championship recently.

Selkirk won the championship after defeating Varsity View 3-0 in Game 3 of the best-of-three final series. Donovan Duguay was perfect in goal, recording the shutout.

"Game 3 was Varsity View's best game against us, in my opinion, even though they lost 3-0," said Steelers' head coach Kevin Cromie. "They came to win the title but our kids just beared down and played phenomenal."

Varsity View won Game 1 of the series 3-1 (despite the Steelers carrying most of the play) but Selkirk staved off elimination after a hard-fought 3-2 victory. Selkirk led 3-0 late in Game 2 but Varsity View made things interesting with a pair of goals.

"The first two games (of the final series), our guys played lights out," Cromie said. "In the second game, (Varsity View) didn't have a shot on our net until, I would say, the nine-minute mark of the second period."

Before reaching the final, Selkirk posted a 4-0 playoff record. The Steelers defeated the Kodiaks (4-1), River East Grey (5-1), Varsity View (4-2), and the Roblin Park Raiders (3-2).

Selkirk outscored its opponents 23-11 in the seven playoff games. The Steelers' defensive play was outstanding during the entire post-season.

"The system we play, and implementation for our kids, is we have a high guy in the offensive zone and our defence pinch a lot," said Cromie, noting this team won the 8A1 title a year ago. "Our high guy pretty much shuts



RECORD PHOTO SUBMITTED

The Lord Selkirk Steelers 9A1 hockey team won the city championship recently. Pictured from left to right goalies: Donovan Duguay, Jonny Enns-Demchuck; bottom row: Dawson Reitmeier, Morgan Waddell, Leland Cody, Sam Monnin, Ryan Cromie, Shuya Khodayary, Ian Lavallee, Dawson Dear; middle row: Parker Carels, Kieren Koshelanyk, Shane Fetterly, Cole Bilous, Anthony Pyner, Gaven Berry; back row: Shawna Cromie, Danny Dear, Tim Larter, Scott Bilous, and Kevin Cromie.

down their guys before they get to our zone."

The championship title was a great way for Selkirk to end its stellar season. The Steelers were very good all season, posting a 37-5-3 overall record (outscored their opponents by a whopping 116-19 margin).

In that record, Selkirk won the Jets Challenge tournament, which was played at the MTS Iceplex around

Christmas time.

The Steelers shut out the Seven Oaks Raiders 2-0 in that tournament final.

"I think the biggest contributor to our success was commitment and hard work," Cromie said. "The parents bought into what we were teaching as a program to the kids."

Cromie wanted to note that the Lord Selkirk Minor Hockey Association had the first overall pick this year in

the Winnipeg Minor hockey draft of teams to host for the playoffs.

"We were fortunate that they picked our team (9A1) with that pick," he stressed. "Having home-ice advantage definitely helped us win. It was awesome to see the support the community showed, especially in the final round. It was an amazing experience for the kids."

Terriers lead Pistons 2-0 in MJHL final

Staff

The Portage Terriers skated to a 3-0 road victory over the Steinbach Pistons in Game 2 of the Manitoba Junior Hockey League final on Sunday evening.

Brad Bowles scored in the first period for Portage, assisted by former Sel-

kirk Steeler forward Adam Wowryk, while Braydon MacDonald netted a power-play goal at 1:43 of the second.

Jeremy Leipsic then tallied in the third to close out the scoring.

Nathan Park, another former Steeler, made 27 saves for the shutout.

MacDonald, a Stonewall native, now

has three goals and eight points in 10 playoff games this season.

With the win, Portage took a 2-0 series lead heading into last night's Game 3 of the best-of-seven series in Portage (no score was available).

The defending-RBC champion Terriers have been red-hot all season. Por-

tage, which is 10-0 in the playoffs, has now won 30 consecutive games.

The Terriers finished atop the MJHL standing during the regular season with a 52-6-2 record and 106 points.

Game 4 of the MJHL finals will be played Sunday in Steinbach. Game time is 7:30 p.m.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Tae Kwon Do club enjoying another successful season

By Brian Bowman

The TK Tae Kwon Do club made a very short trip to Weyburn, Sask. recently.

The trip may have been extremely short, but it was also a very successful one.

The local Tae Kwon Do club left on a bus early in the morning on March 19, competed all day, and then came home on the bus that night.

Despite 12 hours on a bus, the local contingent came home very pleased with the experience of competing against fighters that they hadn't seen before.

"They fought hard in the two categories, forms and sparring," said sensei Terry Kostiniuk. "They did well."

The results from the Weyburn tournament included: Jacob Carlson (Sparing - fourth), Noah Carlson (Sparing - first), River Lansard (Sparing - second), Neil Bennett (Sparing - third), Amanda Shupenia (Sparing - second), Dale Shupenia (Sparing - second), Brady Porayko (Sparing - third), and Kim Ladobruk (Sparing - third and forms - fourth).

Kostiniuk said the out-of-town tournament was a real good test for his



SUBMITTED PHOTO

Pictured, left to right, Jacob Carlson, Noah Carlson, River Lansard, Neil Bennett, Amanda Shupenia, Dale Shupenia, and Brady Porayko.

club members.

"There's a lot of talent in Winnipeg and, with any road trip, there are so many different faces that they haven't seen before," Kostiniuk explained. "The adrenaline starts to kick in right

away. 'How good is this person? How good is that person?'"

"So the excitement rises as soon as they go into the auditorium and by the time that they finish competing."

The local club has two more tour-

naments to compete in before their season ends. They will be competing in Winnipeg on April 23 and May 14. Back in February, the club hosted its own tournament, attracting about 175 fighters.

Kostiniuk believes his group learned a lot at the Weyburn tournament and can use that experience at the Winnipeg tournaments.

"When they see new faces, they have to up their game because they don't know how that person fights because they have never seen them before," Kostiniuk stressed. "They're trying to perfect the stuff that they already know and they will be throwing in some stuff that they don't do normally."

Kostiniuk said this year's group has been a great one to teach. He noted that they practice twice a week at Happy Thought School in East Selkirk.

"These kids want to go out there and compete," he said, estimating he has approximately 125 students in their five locations (Beausejour, East Selkirk, Selkirk, Tyndall, and Anola).

"And that's great because competing helps your martial arts."

Home Run Sports Training Centre a hit with Interlake players

By Brian Bowman

After several months of training indoors, a young group of talented ball players had a chance to show off their skills outdoors recently in the United States. And they put on a pretty impressive performance.

Two Winnipeg Junior Goldeyes teams of 13- and 14-year olds, guided by the Home Run Sports Training Centre, headed south to St. Louis for an eight-day trip, which included a training camp and tournament.

One of the local teams posted a 4-0 record before losing in the tournament final.

"They did very well," said Dave Nychyk, who lives in St. Andrews and is one of seven co-owners of the Home Run Sports Training Centre. "That was my younger team in the 14 'AA' tournament and we did some pretty good things at the tournament."

Nychyk noted that his squad scored 13 runs in the final inning of one round-robin game to amazingly wipe out a 15-3 deficit.

"I think they had some pretty good fun doing that," Nychyk boasted.

Five players from the Interlake - Kevin Burnett (Selkirk), Liam Allen (St. Andrews), Devon Cassan (Argyle), Davis Fenske (Stonewall) and Cale Woods (Stonewall) - participated in the trip.

"We always take the kids down to St. Louis for spring break," Nychyk said. "They work out all winter long and they're kids that really enjoy baseball and want to make something out of it."

The players were, obviously, very excited to head south of the border to the warmer climate and play on some real nice ball diamonds. The two local teams played 21 games and practiced seven times in just one week.

That's a lot of baseball. It's also a tremendous opportunity for the players.

Players have to try out to be part of the Home Run Sports program, which is based in Winnipeg. The athletes go out for a six-week fall program, which gives the coaches a great opportunity to observe their skills and potential.

"We get to know them pretty well and they get some high-end instruction," Nychyk noted. "We see them in the fall and then see who will carry on through the winter time and into St. Louis."

It's quite a commitment to the sport of baseball, particularly with the early-morning weekend workouts.

"The Interlake kids are really dedicated and have a long haul," Nychyk said. "We practice at 6 o'clock in the morning on Sundays at the U of M soccer complex. That's an hour-and-a-half drive for some of those kids and

they are there every morning ready to go."

The Home Run Sports Training Centre was started three years ago and also includes St. Andrews' residents Donnie Smith and Ray Moroz as co-owners. The other co-owners are Andrew Collier, Jonathan Ali, Faron Asham, and Scott Neiles.

The elite program has hit a home run with players looking to improve their skills.

"It's bigger and better than we ever thought it would be after three years," Nychyk said. "We're even thinking about expanding our teams going down to St. Louis. When we first started, we were wondering if we could pull it off and it's bigger than anything that's ever been in Winnipeg."

Anyone interested in the baseball program can go to their website at homerunsportstrainingcentre.com.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

SCI to host 'Hoops for Hope' later this month

Basketball 3-on-3 tourney set for April 29

By Brian Bowman

Stonewall Collegiate will be hosting its fifth cancer awareness fundraiser – Hoops for Hope 2016 – on April 29.

The 24-hour event, which begins at 4 p.m., features a 3-on-3 basketball tournament to raise money and awareness for Cancer Care Manitoba.

“Within the weekend we have probably 500 to 1,000 people come through the door,” said Curtis Grieve, a Stonewall Collegiate Phys Ed. Teacher, last week.

Participants in the tournament range from Grade 1 students to adults. Entries for the tournament are still coming in before the April 20 deadline. Cost is \$25 per player, which includes a souvenir T-shirt.

In the past, the event has attracted upwards to 50 teams. Last year’s event collected \$12, 154 and Grieve estimated that they have raised about \$50,000 in the previous four Hoops for Hope tournaments.

Besides the basketball, the event will have a pancake breakfast, a canteen, and some great prizes for a silent auction. Prizes will also be awarded for the teams that garner the most pledges.

Grieve said the community does a tremendous job coming out to support the event. Everyone, in some form, has been affected by cancer. SCI staff members have personally been forced to battle the disease.

Local businesses have also been extremely supportive of the Hoops for Hope tournament.

“Businesses around town have been fantastic between donations for the pancake breakfast, to silent auction stuff, to cash donations,” Grieve stressed. “Without the donations in the community, this event would never fly and be as big as it is. Our silent auction is fantastic every year and filled with amazing prizes.

“Without getting that from our locals, we just couldn’t do this.”

For more information on how to support the event and to register, please contact Curtis Grieve at 204-467-5539 or at cgrieve@isd21.mb.ca.

take a break > GAMES

SUDOKU

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

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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!

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

Sudoku Answer

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

Crossword Answer

X CROSSWORD

CLUES ACROSS

- 1. Crooned
- 5. Luck
- 8. Cosecant function
- 11. Rock bands play here
- 13. Surrounds the earth
- 14. Jessica ___
- 15. A type of clique
- 16. No seats available
- 17. Greek sophist
- 18. Stiff hair
- 20. Recipe measurement (abbr.)
- 21. Legal periodical
- 22. Saloons
- 25. He tricks you
- 30. Closing over
- 31. Man's best friend is one
- 32. Distinguish oneself
- 33. Immoralities
- 38. Marsh elder
- 41. Blasts
- 43. A discerning judge
- 45. Avenge for a wrong
- 48. Doctors' group
- 49. Jerry's friend
- 50. Type of sword
- 55. Swedish rock group
- 56. Black tropical American cuckoo
- 57. Blatted
- 59. Cain and ___
- 60. Strong liquor flavored with juniper berries
- 61. Cocoa bean
- 62. Get free of
- 63. Cardiograph
- 64. A cargo (abbr.)

CLUES DOWN

- 1. A baglike structure in a plant or animal
- 2. Bird genus
- 3. One point east of northeast
- 4. A type of fly
- 5. Hurry
- 6. Lighter-than-air craft
- 7. Ask to marry
- 8. Thick rope made of wire
- 9. Imposters
- 10. Central nervous system
- 12. Pie ___ mode
- 14. Robert ___, poet
- 19. Dwelt
- 23. Firewood
- 24. Voices
- 25. Water in the solid state
- 26. Superman's foe
- 27. Chris Paul's team (abbr.)
- 28. Employ
- 29. Mineral
- 34. Vessel
- 35. Nigerian City
- 36. Romania
- 37. Sirius Satellite Radio (abbr.)
- 39. Potential difference
- 40. A class of synthetic detergents
- 41. Drunkard
- 42. Doesn't win or lose
- 44. Appellative
- 45. Spiritual leader
- 46. Implant
- 47. Language (Afrikaans)
- 51. Basics
- 52. A one-time Giants center
- 53. Every one of two or more
- 54. A way to gather
- 55. Swiss river
- 58. Small spot

1	2	3	4		5	6	7		8	9	10		
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Have you been denied Canada Pension Plan disability benefits? The Disability Claims Advocacy Clinic can help you appeal. Call 1-877-793-3222 Website: www.dcac.ca Email: info@dcac.ca

BUSINESS OPPORTUNITY
Established rural weekly newspaper. Business shows good numbers. Upper level is vacant, but has potential for 3 apartments that would show great return! Contact Rick Taylor, Homelife Home Professional Realty Inc. Call 204-867-7551 or email rtaylor@homelife.com

Get free vending machines. Can earn \$100,000 + per year. All cash - locations provided. Protected territories. Interest free financing. Full details call now 1-866-668-6629 website www.tvend.com

MISCELLANEOUS
Wanted Military: Lee Enfield, Full Stock, starting from 1916 and newer, B.S.A. Co, 1916 SHTLE. No 4 Mk1, SMLE. Call 204-485-0878.

Batteries for everything. Automotive, farm, construction, ATV, marine, motorcycle, golf carts, phones, tools, radios, computers etc. Reconditioned, obsolete and hard-to-find batteries. SOLAR equipment. The Battery Man. Winnipeg. 1-877-775-8271 www.batteryman.ca

MISCELLANEOUS
Adult push walker with wheels, seat, seat belt and brakes, compl. \$300 firm; men's light blue suit, coat & blue shirt sz. XL, pants sz. 38-40, pants in-seam (leg) 30, out seam 36, immac. cond. \$50; men's purple pinned striped suit, coat & white shirt sz. XL, pants measurements same as above, \$50; both suit, coats & pants have recently been dry cleaned, had very little use. LN Sz. 9 safety shoes EC, only worn about 2 wks., \$60; BN never used EWO student desk study lamp still in box, \$15; BN never used 1 brown leather wallet w/change purse & side lock, \$15; Sunbeam 2 - slice toaster in EWO, \$15. 204-785-8598 Selkirk.

Sawmills from only \$4,397 - make money & save money with your own bandmill - cut lumber any dimension. In stock ready to ship. Free info & DVD: www.NorwoodSawmills.com/400OT 1-800-566-6899 Ext: 400OT.

Reforestation nursery seedlings of hardy trees, shrubs, & berries for shelterbelts or landscaping. Spruce & Pine from \$0.99/tree. Free shipping. Replacement guarantee. 1-866-873-3846 or www.treetime.ca.

VACATION/TRAVEL
Save 30% on our Heart of the Arctic Adventure. Visit Inuit communities in Greenland and Nunavut aboard the comfortable 198-passenger Ocean Endeavour. Call for details! 1-800-363-7566 or visit: www.adventurecanada.com. OICO#04001 400

FURNITURE FOR SALE

For sale: 9 piece dining room set, cherry finish, includes two piece china cabinet with glass shelves and light, table with extension and 6 upholstered chairs, two with arms. Needs refinishing. \$750 obo. If interested, please call 204-482-7876 after 6 p.m. or leave a message during the day.

PERSONAL
21st Century Home Church - Inviting committed trans-denominational evangelical seekers of Christian maturity, authenticity and leadership. Apply now for upcoming sessions in May, June, September, October and November 2016. kknaggs@mymts.net or 204-757-2300 (leave message) Lockport Mb.

UPCOMING EVENTS

Sacred Heart Parish Cemetery presents the Father Robbie McDougall Concert, Celebrating Mothers. Sunday, May 1st, 2016, 2 p.m. at Sacred Heart Church, 18 Pine Ave., Garson. \$10 youth, \$15 Adult. Advanced sales only. Call 204-268-3563 or 204-482-4325. Coffee and fellowship to follow.

UPCOMING EVENTS

Free demonstration meeting on the skill and art of public speaking and leadership. Powertalk International Tues. April 26, 7 - 8:30 p.m. at Selkirk United Church, 202 McLean Ave. For info. call Kay at 204-226-1290.

Spring into Spring Craft/Trade Fair, Sunday, April 17 from 11 a.m. to 3 p.m. 22 Skazyk Rd. Lockport, 30+ tables. Find the perfect gift for Mom!

Children's Clothing & Toy Swap Selkirk, Manitoba - Children's gently used clothing and toy swap. Bring in your WASHED, STAIN & RIP FREE children's clothing to swap with other gently used children's clothing and toys. Silver collection at the door. If you cannot make it to the event but wish to donate clothes or toys please call 204-757-2640. Find us on Facebook under Swap Not Shop. Children's Clothing and Toys, Selkirk, Manitoba. Event is Saturday, April 30th from 11 a.m. to 2 p.m. at Lord Selkirk Regional School Cafeteria 221 Mercy Street.

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. Stonewall Elk Products Ltd., 204-467-8428 or e-mail stonewoodelk@hotmail.com

Betel Home Foundation
is accepting applications for the following management positions in our Gimli and Selkirk Personal Care Homes:
Resident Care Manager
Full time permanent available in Selkirk immediately

Reporting to the Director of Resident Care, the Resident Care Manager will be a leader and innovator who is accountable for promoting excellence in nursing practice and for providing the highest level of resident care. As an integral part of the management team, you will direct resident care and coordinate resources and nursing activities for all nursing units and will assist with management of all nursing staff.

Qualifications:

- Bachelor of Nursing or RN/RPN with a suitable combination of education and experience
- Minimum five years nursing experience, with two years in a supervisory position, preferably in a long term care setting.
- Current registration with CRNM

Clinical Nurse Manager
Full Time Permanent available in Selkirk and Gimli

Reporting to the Director of Resident Care, the Clinical Nurse Manager will be a leader and innovator who is accountable for promoting excellence in nursing practice and for providing the highest level of resident care. As an integral part of the management team, you will assist in directing resident care and coordinating the Staff Education and Infection Control programs.

Qualifications:

- Bachelor of Nursing or RN/RPN with a suitable combination of education and experience
- Certificate in adult education and teaching experience in a long term care setting preferred.
- Current registration with CRNM

These positions are out of scope. The hours are Monday to Friday Days, but may involve some evening and weekend work.

Please email your resume by **April 22, 2016** to:

Cheryl Nieckarz
Director of Resident Care
Email: cnieckarz@ierha.ca
Ph: 204-482-5469 Ext 20960

TENDER DOCUMENT FOR RURAL MUNICIPALITY OF ST. CLEMENTS
INVITATION TO TENDER
2016 TRAFFIC GRAVEL SUPPLY AND HAULING

The Rural Municipality of St. Clements is accepting Request for Quotation for the hauling of gravel to be deposited on Municipal roads throughout the RM of St. Clements, as per marked map in the appendix. The material to be applied in one main haul during the period of approximately June 1st, 2016, till completed before July 1st, 2016.

Tender Close: 3:00 pm local time, on Monday, April 29, 2016

The Rural Municipality of St. Clements invites quotations on the following:
Haul traffic gravel to various locations – approx. 12,000 tonnes

Detailed RFQ packages complete with specifications are available to interested bidders at the Public Works Office, between the hours of 8:00 am to 3:30 pm, Monday to Friday. You can call 204-482-4539 to register and have the package sent to you. Any questions or concerns can be directed to:

Greg Elson, C.E.T.
Manager of Public Works
155 CIL Road (highway 509)
East Selkirk, MB
www.rmofstclements.com
Phone: 482-4539

RURAL MUNICIPALITY OF ST. ANDREWS
PUBLIC NOTICE
MAY COUNCIL MEETING DATE CHANGE

Public Notice is hereby given that the regularly scheduled Council meeting of May 10 has been re-scheduled to **Tuesday, May 3, 2016 at 1:00 p.m.**

Mayor & Council
R.M. of St. Andrews
www.rmofstandrews.com

Classifieds

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



POTATOES FOR SALE

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

PETS

Wanted farm cats for barn and property. Heated facility. Ph. 204-485-1419.

LIVESTOCK

Charolais yearling bulls for sale, Red Factor or White. Also 1 Red Factor 2 year old. Good prices. Good birth weights. Call John at 204-383-0308.

For sale - red & black yearling and 2 year old Angus bulls. Will semen test. Delivery available. Call Wayne 204-383-5802 or 204-383-0100.

LIVESTOCK

Polled Pedigreed Sallers Bulls on farm and at Douglas Station. Red or black. High performance herd. Can arrange delivery. www.sweetlandsallers.com Ken Sweetland, Lundar, MB 204-762-5512.

FEED AND SEED

Forage seed for sale: Organic & conventional: Sweet Clover, Alfalfa, Red Clover, Smooth Brome, Meadow Brome, Crested Wheatgrass, Timothy, etc. Free delivery! Birch Rose Acres Ltd. 306-863-2900.

NOTICES

I Mina Laycock, the executor of Eva Deg's estate am looking for Loree Deg. She may be entitled to some of Eva Hannah Deg's estate. Her mother's maiden name was Glenda Knight. Please contact: Mina Laycock, Box 571, Russell, Mb. R0J 1W0, 1-204-773-2915.

McSherry Auction

Building Supply & Equipment Sale
Saturday, April 16 @ 10:00am
Moving & Estate Sale
Sunday, May 1 @ 10:00am
Go to website for viewing Consignments Welcome!
Stonewall, MB
#12 Patterson Drive
Stuart McSherry
(204) 467-1858 or (204) 886-7027
www.mcsherryauction.com

WINNIPEG PHILATELIC SOCIETY
Annual Stamp & Coin Show
Friday, April 29 1 - 6pm
Saturday, April 30 10 - 6pm
Sunday, May 1 10 - 4pm
Sunova Centre
(West St. Paul)
Main St. & North Perimeter
www.wps.mb.ca
204-582-1334

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THE LUNG ASSOCIATION Manitoba
ManitobaQuits
Quit Smoking Contest 2016 wants to help you quit smoking for a day. Quitting for one day helps you to practice effective quitting skills, get to know resources and build confidence. You will have 12 chances to quit smoking and to feel good about yourself! If you can quit for a day - you can eventually quit for good.
\$200.00 cash prizes
Registrations begins January 18, 2016
Go to ManitobaQuits.ca for dates, contest information and resources to quit smoking
Call 1-888-566-5864 toll free

McSherry Auction Service Ltd
BUILDING SUPPLY & EQUIPMENT SALE
Sat April 16th @ 10:00 am
2 Semi Loads of Lumber * Rafter Packages * Windows * Home Repair Items * Tool Cabinets * Tire Machine * Large Amount of Tools * Semi Frt Trailers * Skid Steer Dozer Blade * 3 PH RotoVator * 3PH Wood Chipper * New Storage Shelters * Quad * Boat * Snowmobile * Farm Equipment
Stuart McSherry (204) 467-1858 or (204) 886-7027
Stonewall, Manitoba
www.mcsherryauction.com

McSherry Auction Service Ltd
FARM AUCTION SALE DON CHESLOCK
Sat April 23rd @ 10:00 am
St Andrews, MB
Jct. Hwy 8 & Hwy 67 North 2 Miles on Hwy 8 then 1 1/2 mile Easton Rd 79
Internet Bidding @ Bidspotter.com
Contact: (204) 485-4833
Tractors Case IH 7210 Magnum Cab P Shift 3PH Duals 4752 Hrs. * 10 Case IH 45A 3 PH 283 Hrs * JD 5010 * MH. * AC B * Equipment-JD 7720 Titan II Combine * JD 222 22' Straight Cut Header * Coop 722 Cab Dsl 22' Swather * 12 Farm King 6640 1000 PTO Grain Vac * 2 Case IH 7200 28' Hoe Drill * Int 6200 20' Press Drill * 2) Int 310 15' Discer Seeders * Farm King 50' Diamond Harrows * Int 5000 18' Vibra Chisel * Coop 806 15' Deep Tiller * 3 Yard Hyd. Scraper * Eureka Potato Planter * MH PTO Drive Potato Digger * Farm King 620 6' Trailer Style Rotary Mower * Along w Augers * More Tillage & Misc Equip * Farm Misc * Antiques *
Stuart McSherry (204) 467-1858 or (204) 886-7027
www.mcsherryauction.com

McSherry Auction Service Ltd
CLOSE OUT AUCTION LANDSCAPING & TREE SERVICE
Saturday April 30th @ 10:00 am
East St Paul, MB
3184 Henderson Hwy
5 Mins North of 101 Perimeter
Contact: Kim (204) 951-1861 or text Brad (204) 818-0420
Skidsteer & Equip * Bobcat 7753 Dsl, Enclosed Cab w Heater, Bucket 4,200 Hrs * Stevens Skid Steer Mt 3 Blade Hyd Tree Spade* Hyd Skid Steer Auger * Pintle Hitch 16' Flatdeck Tandem Trailer * B H 12' Flat Deck Trailer * Hyd. Wood Splitter * Walk Behind Gas Sod Cutter * FMC Tree / Turf Sprayer * Antique Car *1930 Ford Model A Town Car * Yard & Recreation *2) Yard Sheds * 82 Honda Silverwing 500 cc * Woods RM 400 3 PH 60" Finishing Mower * 3PH 60" Rotovator * Snowblowers * 50 Gal Water Trailer * Push Gas Mower * Sprayer * Patio Furniture * Tools * Table Saw * Wood Band Saw * Karcher Pressure Washer * 1HP Dust Collector * Radial Arm Saw * Acetylene Torches * Drill Press * Pipe Bender * Pedestal Tire Changer * Stihl Chainsaw * Power Tools * Shop 2 Ton Crane * Building Jack * Hand Tools * Wrenches * Socket Sets * Material * Tank w Stands * Plumbing Fittings * Infloor Piping * Electrical Items * Welding Material * Windows * Lumber * Plywood * Bridge Timbers * Chain Link Gate * 33" Tree Wire Baskets * Home Repair * Misc Poly Barrels * Landscaping Transit * Scaffolding * Briggs & Stratton Engine * Arborist Climbing Equip * Alum Step * 8 Hole Rims * Tires * Trailer Lights * Receiver Hitch * Chain & Hooks * Load Strapping * Alum Folding Loading Ramps * Office Items * Wood Heater * Construction Heater * 8 Boxes Furnace Filters * Antique Heater *
Stuart McSherry (204) 467-1858 or (204) 886-7027
Stonewall, Manitoba
www.mcsherryauction.com

McSherry Auction Service Ltd
AUCTION SALE RUTH FALK SAWATZKY (LATE ABE)
Sunday April 24th @ 10:00 am
41 Richard St.
Stony Mountain, MB
Contact: (204) 344-5595
Recreation: 87 Dodge 2500 Classic Royal Leisure Van Roof & Dash A/C 87,693 Km - Safetied* Norland 4 Wheel Gas Pit Car * 70 Motobecane 49 cc Moped * 7.5 HP Outboards * Camping * Fishing * Yard-J D 655 Cab MFWA Hyd * 3PH w JD FEL * Muratori 3PH 48" Rotovator * McKee Frt Mt 60" Snowblower -Elec Wood Splitter * JD 3PH 6' Blade * JD LX 178 Hyd R Mower * JD 100 R Mower * Case 118 R Mower * Case Yard Trailer * Rear Tine Tiller * Crafts 6.75 HP 22" Weed Eater * Jari 3 PH Sickle Mower * Push Mowers * Snow blowers * Gas Dethacher * Mini Roto Tillers * Trailer Yard Sprayer * Elec Pole Saw * Hand Yard Tools * Patio Furniture * Tools * Mac Tool Cabinet * Tool Cabinet * Snap On 1650 lb Elec Pressure Washer * Air Chisel * Snap On 1/4" Torch Meter * Snap on Wrenches * Snap on Socket Sets * Coats 40-40A Tire Machine * Metal Band Saw * 20 Ton Hyd Press * 250 Amp Welder * Mig Welder * Arc Welder * Drill Press Wood Lathe * Table Saws * Acetylene Torches * Air Compressors * Gas Air Compressor * Sandblaster * Battery Charger * Band Saw * Scroll Saw * 12" Planer * Metal Cut Off Saw * Power Tools * Air Tools * Power Pac * Various Testers * Shop Crane * Floor Jack * Wrenches * Socket Sets Up to 3/4" * Impact Sockets * Much Larger Amount of Tools! Misc. * B H 8' Flat Deck * Utility Trailer * New 10' x 17' Car Port * Karcher Mdl HD 5500 Heated Pressure Washer * 5000 Watt Generator * Platform Scale * Pallet Jack * Al Multi Ladder * Load Binders * Load Strap Ratchets * Welding Table * 25' Welding Cable * Truck Tool Box * Trailer Light Kits * Set Torsion Axles * Home Repair Items * Various Lumber * Plywood * Welding Material * Antiques * Parade Mini Model T Fire Truck Gas Powered * 60's JD Pedal Tractor * Chain Saw * Gas Fire Dept 3" Water Pump * Steel Wheels * Household *
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Stonewall, Manitoba
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Display Classified booking deadline is Monday at 4 p.m. prior to Thursday's publication.

Call 204-785-1618

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

Classifieds

The Selkirk Record

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



Graphic Designer LEVEL 3 REQUIRED

The Stonewall Teulon Tribune, Selkirk Record, Express Weekly News and Winkler Morden Voice are looking for a casual part-time graphic designer to work from home and in office as needed. Must be available to work evenings and weekends on an as needed basis.

The applicant must have a minimum three years MacIntosh experience using InDesign CS5 or later, Adobe Photoshop and Adobe Illustrator. Must have their own MacIntosh computer with InDesign that is compatible with InDesign 5.0 and have the ability to create print ready PDF files and know how to use a FTP site. Microsoft Word is an asset. A strong feel for typography - tracking/kerning/leading and a strong sense for detail would be beneficial.

Please email resume and three samples of work to:
Nicole Kapusta - Production Manager
adproofsrtv@mymts.net

The Selkirk Record

Stonewall Teulon
Tribune

THE EXPRESS
WEEKLY NEWS

The Winkler Morden
Voice

Everything you need to promote your business

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**Don't forget to send your
special wishes to your
friends and family.**

The Selkirk Record

Call 785-1618 or email lucy@selkirkrecord.ca

get inspired

> MEAL IDEAS

THE Marketplace
AT SELKIRK

Melon Salad with Watercress and Oroblanco Vinaigrette



Ingredients Serves 4
1 ripe canary or honeydew melon (about 2 pounds; see note)
2 Oroblanco or other seedless white grapefruits
1/2 cup fresh mint leaves, cut into chiffonade
1/2 cup finely diced Kite Hill truffle, dill, and chive soft fresh almond milk cheese (optional)
1/2 cup watercress, stems trimmed
1/4 cup Oroblanco Vinaigrette (recipe follows)
Flaked sea salt, such as Maldon
Freshly ground black pepper

Canary melon: The bright-yellow canary melon gets its name from the color of the tiny bird. The flesh is actually light green, with a sweet flavor that is slightly tangier than that of honeydew. If canary melon is unavailable, substitute honeydew.

To prepare the melon: Slice a small disk off the bottom of the melon so it can stand upright on a cutting board. Cut the melon down the middle to halve it and scoop out the seeds and membranes with a tablespoon. Halve

the melon pieces again, so you have four 1/2-inch thick slabs. Lay the slabs on the cutting board and, using a 1-inch round cutter, punch out 5 circles from each slab. Set aside. Discard the rind.

To segment the grapefruits: First slice off the top and bottom of each one and stand upright on a cutting board. Use a paring knife to cut off the skin and bitter white pith of the fruit in strips from top to bottom, following the natural round shape and turning the grapefruit as you go. Trim off any white pith that remains. Hold each grapefruit over a bowl to catch the juices and carefully cut along the membranes on both sides of each segment to free it, letting the pieces drop into the bowl. Squeeze the juice from the grapefruit membranes into the bowl; you'll need the juice for the vinaigrette.

To serve: Arrange 5 melon rounds on each plate. Strew the mint ribbons over them. Scatter the grapefruit segments, cheese, if using, and watercress on top. Drizzle with the vinaigrette and season with flaked sea salt and pepper.

Oroblanco Vinaigrette

Makes about 1 cup

1/2 shallot, minced
2 garlic cloves, minced
4 fresh basil leaves, finely chopped
Pinch of red pepper flakes
1/4 cup fresh Oroblanco grapefruit juice (reserved from salad)
1/4 cup white balsamic vinegar
1/4 cup extra-virgin olive oil
1/4 cup grapeseed oil
Kosher salt and freshly ground black pepper

Combine the shallot, garlic, basil, and red pepper flakes in a small mixing bowl or a mason jar. Add the juice, vinegar, and oils, season with salt and black pepper, and whisk or shake vigorously to blend. Leftover vinaigrette can be kept covered in the refrigerator for up to 1 week.

Crunchy wild rice salad with blackberry dressing



Prepare the wild rice up to 2 days in advance to make quick work of this gorgeous salad. A perfect accompaniment to any grilled or roasted meat, also a lovely side in a packed lunch. Serve warm or cold.

Recipe provided by CanolaInfo.org ©

Ingredients
1/2 cup (125 mL) wild rice
2 cups (500 mL) water
1/2 cup (125 mL) celery, diced
1/2 cup (125 mL) cucumber, diced
1/4 cup (50 mL) green onion, chopped
1/2 cup (125 mL) fresh or frozen blackberries, divided
3 tbsp (45 mL) red wine vinegar
1 1/2 tbsp (22 mL) canola oil
2 tsp (10 mL) granulated sugar
1/4 tsp (1 mL) freshly ground pepper
1/4 cup (50 mL) toasted pecans, chopped

Directions

In a large saucepan, combine rice and water. Bring to a boil, cover, reduce heat and simmer for 45-60 minutes, until grains have started to pop. Remove from heat with lid still on and allow to stand for 30-60 minutes until desired texture is achieved. Drain and cool.

In a large bowl, combine rice, celery, cucumber and green onion.

Prepare dressing: Whisk well or use blender to combine 1/4 cup (50 mL) of the blackberries, red wine vinegar, canola oil, sugar and pepper.

When ready to serve, in a large bowl or individual plates, place rice mixture on bottom, sprinkle with remaining 1/4 cup (50 mL) blackberries, pecans and drizzle attractively with dressing.

BINGOS

BINGO
SUNDAY NIGHT BINGO
Pots are as follows:

4 \$2753+ **BONANZA** In 52 Numbers

4 \$5800+ **JACKPOT** In 51 Numbers

4 \$9175+ **POKER FLUSH**

4 \$1593+ **LUCKY 7** In 25 Numbers

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Bingo!
Thursday nights
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Full House in 51#s or less \$6,000
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Selkirk Record

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4 Pawley Place Creekside Properties
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114 Oliver Avenue Riverfront
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NEW LISTING



421 Strathnaver Ave
\$167,900 The George Hacking Team

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SEE THE SHOW HOME THIS WEEKEND



3 Creekside Blvd
\$349,900 The George Hacking Team

UNDER CONSTRUCTION



207 Dufferin Ave
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COUNTRY

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57 Byers Dr.
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9+ ACRES!



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SOLD



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COUNTRY

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237 Tom Prince Dr Cottage & Property
\$175,900 The George Hacking Team

NEW 2013



58 Pine Ave. Tyndall
\$329,900 The George Hacking Team

SOLD



1272 Breezy Point Rd
\$534,900 Judy/Rich Moyer

ADJACENT LOT AVAIL. SPECTACULAR VIEW



7 McIvor Lane S
\$439,500 The George Hacking Team

80 ACRES



33125A rd 85N
\$384,900 Rich/Judy Moyer

95082 RD 37E Patricia Beach
\$334,900 Rich/Judy Moyer

COUNTRY

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982 Strathcona Road East Selkirk
\$297,500 The George Hacking Team



82052 St. Peters Rd 8 Acres on the Water
\$399,900 The George Hacking Team



12 Cedar Cres Pine Ridge Mobile Home Park
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SOLD



45 McIvor Lane N.
\$284,900 Judy/Rich Moyer

WINNIPEG



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127 Leila Classic Style
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WINNIPEG

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\$214,900 The George Hacking Team



60E Rougeau Ave
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VACANT LAND

Mars Sand Hills 1.3-1.6 Acres	\$25,000-\$40,000	Judy/Rich Moyer
16 Greenwood Ave	\$52,900	Rich/Judy Moyer
5 Howard Phase 2 Creekside Properties	\$84,500	The George Hacking Team
GREAT building Lot 0 Park Stony Mountain	\$89,500	The George Hacking Team
595 Cil Road - 4 Acres	\$92,400	The George Hacking Team
81 Colony Rd - 2.76 Acres	\$95,000	The George Hacking Team
Lot 1 Stonechurch Rd - 4 Acres	\$99,900	Judy/Rich Moyer
Lot 2 Stonechurch Rd - 4 Acres	\$99,900	Judy/Rich Moyer
Nanton Road - 2.09 Acres	\$109,900	Rich/Judy Moyer
NEW 2 Gwen Ellen Way St. Francois Xavier	\$110,000	The George Hacking Team
Lot 2 Jacobs Lane	\$110,000	The George Hacking Team
NEW Hwy 26 St. Francois Xavier	\$120,000	The George Hacking Team
71 Vincent Road - Stony Mountain	\$114,900	The George Hacking Team
4748 Henderson Highway	\$115,000	The George Hacking Team
77 Vincent Road - Stony Mountain	\$119,900	The George Hacking Team
Lot 4 Two Mile Rd. - 6 Acres	\$119,900	Judy/Rich Moyer
68 Cowan Place	\$125,000	The George Hacking Team
Road 88N - 332 Acres Native Pasture	\$200,000	Judy/Rich Moyer
0 Floodway Drive, 309.9 Acres	\$325,000	The George Hacking Team
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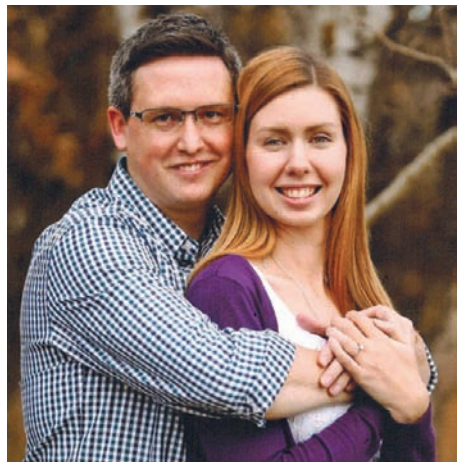
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WHEH!! Happy Birthday Dickie

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ANNOUNCEMENTS

ENGAGEMENT



Congratulations!

We are pleased to announce the engagement of our children Ryan Still and Carleen Lewicki. Proud parents are Linda Lewicki, Paul Still and step-mom Joan. Social evening will be held at the Selkirk Rec Centre on April 16, 2016. -Love Dad, Joan, Kenton, Lindsey and Steve, and Brad and Andrea

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IN MEMORIAM



Pamela Geach

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They say there is a reason,
They say that time will heal;
But neither time nor reason,
Will change the way we feel.
For no one knows the heartache,
That lies behind our smiles;
No one knows how many times,
We have broken down and cried.
We want to tell you something,
So there won't be any doubt;
You're so wonderful to think of,
But so hard to be without.

-Always missed from your loving husband,
Courtney;
daughters, Linda and Paula; son-in-law, Roger;
grandchildren Matt, Kayla, Eric, Danielle and Larissa

ANNOUNCEMENTS

IN MEMORIAM

Walter Zelych

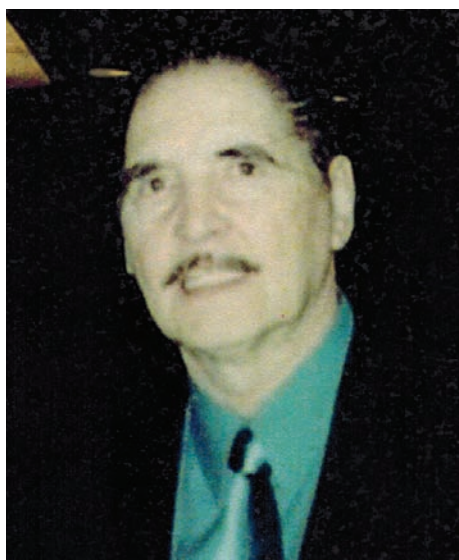
September 6, 1926 – April 15, 2006

Deep are the memories,
Precious they stay;
No passing of time,
Can take them away.
Quietly today your memory we treasure,
Missing you always, forgetting you never.

-Love your family

ANNOUNCEMENTS

IN MEMORIAM



Lawson Allan Dillabough

October 20, 1938 – April 19, 2014

The hardest thing is saying good-bye
And learning to live without him.

-Colleen and Wendy

OBITUARY

Marilyn Dale Chamberlain

It is with pain in our hearts that we announce the passing of Marilyn Dale Chamberlain on Wednesday, January 13, 2016, our beloved wife, mother and grandmother at the age of 61 years.

Left to cherish her memory are her husband of 43 years, James; her daughters Lyn (Frederick) and Anna-Marie (Sulaimon); her grandchildren Dwayne, Ishmael, Idris, Ramon, Suliat and Noah; her brother Brian (Barb); her in-laws Penny (Mike) Yaworski and Ted (Jane) Chamberlain along with numerous aunts, uncles, cousins, nieces and nephews. Also her furry companion Rowdy Dude.

A memorial service will be held on Saturday, April 16, 2016 at 1:00 p.m. in the Gilbert Funeral Chapel, Selkirk, MB.

Gilbert Funeral Home, Selkirk in care of arrangements.
www.gilbertfuneralhome.com



OBITUARY

Larry Frank Kupchik



Peacefully, after a lengthy illness, at the Selkirk General Hospital, Larry Kupchik, aged 76 years, of Selkirk, MB, passed away, on April 1, 2016.

Left to cherish his memory are his wife Patty Leonard; children Brenda (Gerry) Malenfant, Kevin, and David (Esther Paradoski); step-children Jackie (Marvin) Goldbloom and Rob (Ruby); grand-children Kristin, Jesse, Stephanie, Nick, Ryan, Jared, Robyn, Jeremy and Jade; sister Joyce (Bert) Chymyshyn; nieces Donna and Dianna and nephew Jason. Larry was predeceased by his parents Frank and Marie Kupchik and loving daughter-in-law Donna.

Larry worked for the Toronto Dominion Bank, Imperial Oil and was a lineman with Comstock. He had his own minnow business and spent 17 years as a salesman for Lockport Appliances.

His passions were camping, boating and fishing at Pointe Du Bois. He enjoyed playing darts and loved being challenged at pool. Larry enjoyed many trips to Phoenix and he loved his most recent trip to Cuba but most of all he adored his children and grandchildren.

Special thanks to Dr. Habtu Demsas of Selkirk, Dr. Wong and Dr. Singh of Health Sciences Hepatology, Dr. Chowdry of the Cancer Clinic, palliative care nurses Melanie and Angelina, Dr. Lindenschmidt and Dr. Kolra, nurse Leigha and all the other wonderful nurses who made Larry's last few days comfortable.

In lieu of flowers donations may be made to Canadian Liver Foundation or CancerCare Manitoba. In accordance with Larry's wishes a private family memorial will take place at a later date.

Gilbert Funeral Home, Selkirk in care of arrangements.
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