





RECORD PHOTO BY JUSTIN LUSCHINSKI

Barry Konzelman works on his next piece, a wheel-like sculpture wood carving, inside the Gordon Howard Centre last Tuesday. Konzelman is just one of the members of a local wood carving club who recently earned an award during this year's Prairie Canada Carving Championship in Winnipeg. For a story, see Page 10.

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



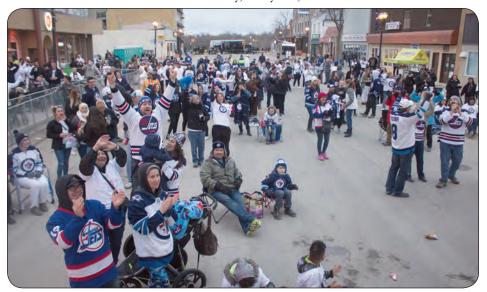


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Selkirk and area community members came out in droves to watch the Winnipeg Jets defeat the Nashville Predators 7-4 during Selkirk's very own whiteout street party last Tuesday night. For more photos, see



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Winnipeg Whiteout makes its way to downtown Selkirk

Cooler temperatures didn't stop dozens of Winnipeg Jets fans from painting Selkirk's historic downtown white during the Jets first home game of the second series last Tuesday night.

Manitoba Ave. East was closed from noon to midnight last Tuesday to make way for Selkirk's very own "Winnipeg Whiteout" street party. The party featured live music, food vendors and a big screen so fans could watch the Jets defeat the Nashville Predators 7-4 in Game 3 of their second round Stanley Cup Playoff series.

"Selkirk's vision in revitalizing the downtown commercial core has been turning into a reality," said City of Selkirk CAO Duane Nicol in a release.

"We see events like this and the popular Holiday Alley that took place in December of 2017 as an opportunity to have Selkirk seen as a vibrant place for recreation, commerce and community building."

"We wanted to offer our region a similar experience to what was happening in Winnipeg without them having to travel or be turned away due to full capacity," added Vanessa Figus, the city's marketing and communications co-ordinator. "While this is a pilot project and as of now is a onetime event, we hope to attract enough patrons and sponsors to be able to continue these parties throughout the 2018 playoff season."







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Committee seeks volunteers to help make safe grad event a success

By Lindsey Enns

The Comp's Safe Grad committee is seeking dozens of volunteers to help make this year's event a success.

What sets Selkirk's high school's graduation apart from others is that it's truly a community event, says teacherliasion, Char Henrikson.

"We are one of the largest safe grads in Manitoba and to make that happen we are so fortunate to have so much support," Henrikson said. "We could not pull this off without the Lord Selkirk School Division, the City of Selkirk and all the volunteers."

Henrikson said they are looking for around 350 volunteers to help out again this year with everything from security and food services to decorating and set up. Volunteers have to be 18 or older, however, youth are welcome to come help out with food services.

Throughout the one-day event, the Selkirk Rec Complex is flipped three times to host the convocation ceremony, the dinner and dance, and then safe grad.

"You would be amazed at the decorating and how it transforms that arena," said Safe Grad co-chair Marcia Taylor. "That in itself would be a drawing feature because it's so beautiful."



RECORD FILE PHOTO

Grads gather to take a selfie during last year's Royal Gala inside the Selkirk Rec Complex in this 2017 photo. This year's Safe Grad committee is once again seeking dozens of volunteers to help make this year's convocation on June 28 a success.

For more than 20 years, the Safe Grad committee of parents has organized the "Royal Gala" graduation, hosting close to 700 students and their families and friends each year.

"There's a lot that needs to be done and set up before the dinner so we could use some help," said Safe Grad co-chair Denise Gariepy.

Signing up to volunteer is made easy through the school's website, where volunteers can pick what they'd like to do and during what time slot. For more information visit lsrcss.ca and click on "Grad 2018" tab.

Whether someone knows a student

in the graduating class or not, Gariepy says volunteering is a great way to give back to the community.

"Just come and give it a try," Gariepy said. "You're guaranteed to have a fun night."

"It's lots of fun," added Taylor. "With that many volunteers and that many people attending you know everybody and it's nice to see the Tri-S community."

Gariepy also encourages parents of Grade 11 students to lend a helping hand so they will be better prepared for next year.

"I just think it's such a great opportunity for anybody to come out and volunteer it's such a wonderful time," she said.

This year's Comp graduation convocation will be held on Thursday, June 28, but volunteers can help out ahead of time too with prep and set-up.

This year's convocation will start at 12 p.m. inside the Selkirk Rec Complex. The grad parade will take place at 6 p.m. with the dinner and dance to follow at 7 p.m. Students will also be hosting a Safe Grad fundraiser car wash on Saturday, June 9 from 10 a.m. to 2 p.m. outside Boyd Autobody and Glass located at 139 Main St. in Selkirk.







Ladies Auxiliary Spring Tea serves up smiles, support for legion

By Justin Luschinski

Selkirk's Army Navy and Air Force (ANAF) Veterans Ladies Auxiliary held their 84th Spring Tea, in support of the Selkirk Legion and it's members on Sunday.

The annual tea draws in visitors from across southern Manitoba to enjoy tea, sandwiches, and live entertainment, all in support of the Selkirk Legion.

Margaret Baker of Winnipeg brought her friends out to this year's Spring Tea at the Selkirk Legion. She said it's important for people to support their local legion.

"A lot of people in Selkirk work in Winnipeg, so it's really a joint effort. The legions across Canada are working hard to survive, and out here the legion doesn't have as much as the Winnipeg branches," Baker said. "A lot of our families are former military, and we need to support our own."

The Ladies Auxiliary is a non-profit organization that holds many events throughout the year, supporting community initiatives such as the Youth Legion Camp, and donating bursaries to high school students.

Kim Gobeil, Ladies Auxiliary president, said she's happy to be a part of something that supports the commu-

"I've been with the organization for 15 years, we've had a lot of great support from our community, our ladies," Gobeil said. "I'd have to say our biggest honour is when we get to support our vets. Our veterans are so important to us, and we need to also support the younger vets coming up.

"Supporting the legion helps achieve

This year's Spring Tea featured a





RECORD PHOTOS BY JUSTIN LUSCHINSKI

ABOVE LEFT: Shelby Hanuschuk, District 6 Commander from Winnipeg, stops to smile in between sipping tea at the Selkirk's Army Navy and Air Force (ANAF) Veterans Ladies Auxiliary 84th Spring Tea last Sunday. ABOVE RIGHT: Debbie Rose pours some tea during the Spring Tea last Sunday.

catered lunch, with platters of sand- coffee. wiches and desserts as well as tea and

For more information about the La-

dies Auxiliary, contact the Selkirk Legion by calling 204-482-6015.







Selkirk school collecting tabs to help purchase swing for student

By Lindsey Enns

A kindergarten student at a Selkirk elementary school is encouraging community members to collect and donate their aluminum tabs to help purchase a swing for his best friend.

Several months ago Leland Reilly, a kindergarten student at Centennial School, started collecting aluminum tabs from pop cans, beer cans, soup cans and cat food tin cans to go towards purchasing equipment for his fellow classmate and friend, six-year-old Jacoby Zebinski. Within just a few short months, the school has managed to collect thousands of tabs.

"The whole school got behind us and brought so many tabs in and its kind of just taken off," said Vanessa Zebinski, Jacoby's mother.

Vanessa said her son was born with cerebral palsy which affects his muscle tone and his ability to walk on his own. Since he is wheel chair bound, they are hoping to collect enough tabs to help purchase a special swing for Jacoby so he can swing independently at his school's playground.

"It would allow him to swing independently without having myself or someone assisting him while he swings," Vanessa said. "It just gives





RECORD PHOTOS BY LINDSEY ENNS AND SUBMITTED

ABOVE: Jacoby Zebinski, pictured centre alongside his twin sister Addison, left, and his best friend Leland Reilly, right, inside Centennial School last Wednesday morning. The Selkirk elementary school is currently collecting aluminum tabs to help purchase a swing for six-year-old Jacoby. BELOW: Jacoby is pictured with his father Tyler, his mother Vanessa and his twin sister Addison at a baseball game recently.

him the ability to have some freedom." Vanessa added they are hoping to be

able to have the swing installed sometime next year and it would be the only one of its kind in Selkirk.

Teri Reilly, the school's parent advisory chair and Leland's mother, said she's really proud of her son for starting this initiative at his school.

"We always try to help out in the community," Teri said. "It doesn't cost

anything to donate the pop can tabs so why not.

"I think Selkirk is a really great community and I think a lot of people are eager to support."

Vanessa said the support they have received from their school and community has been "heart warming and wonderful."

"Having a child or a person in your life with special needs it's just a lot of work and it's nice to see the community rallying behind him trying to assist him have what he needs to have a great quality of life or just have some fun like

every other child," she said. "We're very thankful and very grateful."

Vanessa says her son is a very social boy who enjoys life and being around people.

"He loves being around people and he loves everybody," she said.

"He loves music, gym class, he loves school altogether ... and baseball."

Those willing to donate their tabs can bring them directly to the school or can arrange for a drop off or pick via the group's Facebook page, "Keeping Tabs on Jacoby."



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Former Comp students team up for 20/20 art show at Gwen Fox

By Justin Luschinski

A new art exhibit at the Gwen Fox Gallery this month is giving former Comp students a chance to showcase how far they have come while celebrating the 20th anniversary of the local high school's annual Student Art

The Selkirk art gallery played host to the opening reception of the show titled"20/20" as a reference to the 20th year of the student art show and the more than 20 former students that are taking part last Friday evening.

For the 26 former students who have gone on to art-focused careers, the opening was a chance to reconnect with their classmates. But for Sandra Lee, it was a chance to see her students one last time before she retires.

Lee has been teaching graphic design at the Comp for 25 years. She worked in the field for 10 years before that, and used that to help her students understand the basics in design philosophy. Lee said that this gallery is a nice send off for her career as a teacher.

"I'm proud of myself. A lot of my students get a taste for art through my class, and it's great to see how successful they've become," Lee said. "I was always honest with my students, I tried to push them. I'd say 'that's not going to work,' and get them to





RECORD PHOTOS BY JUSTIN LUSCHINSKI

Former Comp student Elise Dawson, pictured above, poses next to one her of pieces featured in the 20/20 art show at the Gwen Fox Gallery this month during an opening reception last Friday. The art show is helping mark the 20th anniversary of the local high school's Student Art Show.

rethink their design. It's all about improving yourself, and getting that eye for good design."

The art show features a variety of pieces, including traditional handdrawn art and even beer bottle designs. Many of the former Comp students went on to the graphic design course at Red River College, and eventually found jobs with advertising agencies. A few former students also started their own businesses, such as Ashley Nicole, who helped create Jenna Rae Cakes, a popular bakery in Winnipeg.

Elise Dawson graduated from the University of Manitoba in 2012, after her time in the fine arts program at the Comp. She's since travelled around the world, bringing her art to places including Mexico, working in multiple mediums.

Dawson credits the teachers at the Comp with inspiring her to become an artist.

"I've always been interested in art. When I was younger, I wanted to be a doctor. I remem-

ber talking with (Brad Bamford, visual arts teacher at the Comp), and he helped me understand what I really wanted to do," Dawson said. "He said 'you know why I became an art teacher? If I have the power to change one life in a positive way, then it's all worth it.'

"That stuck with me."

The 20/20 art show runs until Saturday, May 26 at the Gwen Fox Gallery. For gallery hours and more information, visit gwenfoxgallery.com.

Drivers urged to focus on safety as farm traffic increases

Submitted

Manitoba Agriculture and Manitoba Infrastructure are encouraging farmers, drivers and agricultural equipment operators to make road safety a priority this spring.

Warmer temperatures mean an increase in oversized equipment travelling on Manitoba highways is expected to begin

Farmers and agricultural equipment operators need to:

• Ensure all machinery is equipped with proper lighting, signage and reflectors when travelling on roadways, as required by The Highway Traffic

• Ensure lights, signage and reflectors are visible and clean;

• Use a pilot vehicle when transporting oversized agricultural equipment;

Move equipment during the day on secondary roads whenever possible;

Motorists should:

• Slow down when approaching farm equipment as it is often travelling at reduced speeds and taking up a considerable amount of room on the road;

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St. Andrews Gimli Armstrong Fisher and Bifrost-Riverton and various locations in unorganized territories North of the Fisher and Bifrost-Riverton municipalities

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The herbicides to be used: Dicamba, 2,4-D amine, 2,4-D Choline, Mecoprop, Amitrole, Aminopyralid, Metsulfuron-methyl, Diflufenzopyr, Picloram, Aminocyclopyrachlor, Chlorsurlfuron, Iron (as FeHEDTA), Glyphosate, Triclopyr, Clopyralid, Acetic Acid, LI 700, Non Ionic Surfactant, Flumioxazin and

If you have comments or concerns the public may send written submissions to the specific control program by June 8, 2018.

Manitoba Sustainable Development 1007 Century Street Winnipeg, Manitoba R3H 0W45





Selkink Record



PUBLISHER Lana Meier





Lindsev Enns





REPORTER/PHOTOGRAPHER Justin Luschinski



OFFICE MANAGER/ADS Lucy Kowalchuk



DISTRIBUTION **Christy Brown**



PRODUCTION Nicole Kapusta



ADMINISTRATION Corrie Sargent





SPORTS EDITOR Brian Bowman



ADMINISTRATION Georgia Campbell



PRODUCTION **Debbie Strauss**



Dan Anderson



Allana Sawatzky

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Gearing up for spring fishing season

Hello good friends.

With May 12 almost upon us, our thoughts of where we should go for our first spring fishing outing becomes a source of intriguing choices.

Whether alone or with company we'll probably find ourselves on one of our many rivers and creeks since the big lakes are still big chunks of ice. It seems like only yesterday I was out on the ice with you seeing and writing about how we play and fish together.

I remember vividly once coming upon a huge round high wall made of wood and plastic sheets a mile offshore at the Grand Marais Ice Fishing Derby. I nosed "old red" up to what appeared to be the opening, got out and walked through it into a cozy circular "village" of ice shacks protected from the wind by those plastic walls. Dozens of folks sat around on folding chairs jigging their lines in ice holes talking with neighbors while kids ran about the circle playing with toys and footballs. Music from a radio and the sweet smell of burning wood coming from the shacks chimneys wafted in the air. To my right sat a chap somewhere in his forties, the hood of his jacket covering most of his finely defined facial features. His brown stubble beard had escaped his shaver for about a week. His eyes, like his wide smile, were those of an open, unguarded person. "I've never seem a set up like this before," I said to him. "Yeah, we're a group of family and friends from all over Manitoba come for the Derby. I'm Jason Sutyla from Arborg," he said. My eyes cast about the enclosure as we talked and promptly stopped when they met a most remarkable stove heater."I made that," Jason said when he saw me staring at it. It was a large metal barrel on its side welded to sturdy metal skis. Its flat top held piles of hot food buffet style. I looked at Jason, smiling and



RECORD PHOTO BY ARNIE WEIDL Ella DePalma with her catch on the Red River.

said, "You guys have a great way of having fun!"

About the same time, give or take a week, I was rumbling up and down the Red River stopping every once in a while at an anglers shack to visit and talk fishing. The day was overcast, warm and so calm you could hear echoing off the riverbank hoarfrost covered trees when people shouted. My drivers' window was open and I could hear kids squabbling inside a large portable ice shack as I idled past. I backed up, got out of the truck and yelled, "What's the argument about?" Silence. I laughed calling out, "Hi, I'm Arnie Weidl, I write a fishing column for the newspapers. Might you have a story for us?"The zipper of the shack "zinged" down and a young thin chap motioned me in. "Hi," I greeted him as

I surveyed a family group sitting over fishing holes. "I'm Antonio DePalma and that's my dad Orlando," our new friend said. They graciously offered me a seat and a warm cup of coffee. As I sat sipping it I noticed this sweet little girl, whose name turned out to be Ella, silently showed me and now you, a fish she had caught. We fell into telling fishing experiences until Antonio brought up a story that gave me some anguish. He told of a time last summer when the whole family was shore fishing on the Red by Sugar Island and they spotted a pelican partially bound by the legs with old fish line. Needless to say they were very upset and looked to Antonio to do something. He stared at the bird splashing in the water trying to free its legs and got an idea. He took one of the fish he had caught, put it back on his hook and cast it out to the struggling pelican. Mindless of its predicament it snapped up the morsel. With grim satisfaction Antonio reeled the bird in. He got the beast tossing, flopping and screeching to shore. The men grabbed it and amid beating wings they cut the offending fish lines from it. They tried to sooth it as much as possible while getting the fish and hook out of its mouth. Exhausted, the boys fell to the ground, with the pelican not far off giving itself a shake. The men collected their fishing gear and returned to their day of angling. Unbelievably the pelican seemed to adopt them and as they got into their trucks to go home it acted like it was coming too! In desperation, they threw it another fish and made a fast getaway! The thing that got me was all the time Antonio was telling his story I knew biodegradable fish line was on the market, yet few people are using it.

Anyway, I can't wait to be fishing with some of you on the weekend! Bye

View the Selkirk Record online at selkirkrecord.ca

CONTACT US

By phone: **204-785-1618** fax: 204-467-2679

Find us: 217 Clandeboye Ave., Michelle Balharry: 204-485-1419

Office Hours: Mon. - Fri. 9:30am-5pm or call our office at 204-785-1618

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Justin Luschinski 204-226-8268

news@selkirkrecord.ca Twitter: @LindseyEnns

Justin@selkirkrecord.ca Twitter: @ScholarJ

EDITORIAL

Lindsey Enns 204-485-3337

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Local councillor retires after over 28 years with Winnipeg Police Service

By Justin Luschinski

After more than 28 years with the Winnipeg Police Service, Sgt. Stan Parag has officially retired.

Parag has had a long and storied career, having spent a majority of his career serving Winnipeg's north end community as well as founding and taking part in multiple police charities such as the Policeman's Ball and the Tip-a-Cop fundraiser.

Parag, who is also a West St. Paul councillor, said the most important part of policing is connecting with the community.

"Policing is not just about arresting people, you can't just brush them off," Parag said. "Find time to connect with people. Find time."

Parag spent the first 12 years of his career at the old police headquarters on Princess Street. He was then promoted, and sent to the north end, where he would spend the majority of his career. He oversaw the detectives in Transcona for six months and worked undercover in the narcotics division, but it was during his time



RECORD PHOTO BY JUSTIN LUSCHINSKI

Stan Parag retired from the Winnipeg Police Service on April 20. He's been a part of the service for 28 years and eight months, and looks forward to continue serving the West St. Paul community as a councillor.

with the community relations department where he discovered his passion for charity work and politics.

Parag is in his second year as a coun-

cillor in West St. Paul. He said his time in the community relations department also got him interested in poli-

'There are a lot of skills that overlap. Sometimes you make decisions that people are not going to accept. You can't please everybody as a politician, it's the same as being a police officer," Parag said. "But people will understand, so long as you're trustworthy, honest, and you tell them why you made that decision. You tell them. If someone has a problem, you go and meet them. Go listen to them, be frank with them if you can't help, don't brush them off. I've found that by doing that, people look up to you."

Parag was born in Guyana, South America and migrated to Canada approximately 40 years ago. He currently resides in West St. Paul.

Parag plans to run for council for a third term, and said he's got more time to meet with residents now that he's retired. He will still be involved with the various police charity events, and he plans to continue his work as a West St. Paul councillor, but he's happy he can spend some more time with his family.

Planning district hosts open house



RECORD PHOTO BY JUSTIN LUSCHINSKI

The Red River Planning District (RRPD) held an open house on April 25 inside the Gaynor Family Regional Library. Jennifer Ferguson, RRPD executive director, says the purpose of the open house was to collect feedback as well as to inform the public about some of the policy changes they have made such as a fast-track approval process for smaller buildings such as backyard sheds.



letters

Selkirk students working to eliminate plastic straws

As students of École Selkirk Junior High, we are trying to spread as much awareness as we can about the unnecessary amount of non-decomposable items such as plastic straws laying around our streets, sidewalks and waterways of Selkirk.

We believe with enough help of spreading the word, we can minimize the selling of plastic straws from Slurpee shops, restaurants and stores to help our ecosystem

be clean and our animals to be safe.

Many of our ESJH classmates separated and went down only one street, one park and near an area of the red river, yet still found 103 plastic straws on the ground in total.

That number sadly grows by the second and with it taking 200 years for plastic straws to decompose, its making it even more dangerous for our town.

It would be very appreciated if you could help us to reach our goals by making as many people aware as possible to lessen the amount of plastic straws littering

Zara Miller and Tahliah Daza-Blais, École Selkirk Junior High students



'Simpler is better' when it comes to wood carving, local artist says

By Justin Luschinski

A group of local wood carvers have once again produced award-winning creations.

Gordon Kanne, who has been carving wood for 14 years, started out by creating small objects, like a small wooden boot. But now he's created some baby wooden alligators that won him first prize and best in show ribbons at Prairie Canada Carving Championship held in Winnipeg in April.

Kanne said all it takes is time, patience, and a good group of people surrounding you.

"Meet up with a group, and don't go out and buy a bunch of tools that you're not going to use," Kanne said. "A lot of those tools aren't what you need. Simpler is better, start out with creating something simple."

Kanne won first place and best in show in the animals and wildlife category. He created a group of baby alligators perched on top of some hatched eggs. Some of the other Selkirk wood carvers came back with awards as well including Shirley Lawrence who won first in category and best in division for her seashell piece, and Barry Konzelman won second best in the myth, fantasy, and mammals category.

Konzelman said it's important to start with a simple concept, because wood carving is unforgiving when it comes to mistakes.

"It's about learning not to cut yourself, how to read the grain. There's a right way and a wrong way to cut wood without splitting it," Konzelman said. "When you put that much time into something, you proceed with some caution, if you make too big of a mistake, you can't correct it."

The group of local wood carvers, who call themselves the Catfish Carvers, meet every Tuesday afternoon from 1 p.m. to 3 p.m. at Selkirk's Gordon Howard Centre.

It was the late Dr. Ian Reid, a well-known surgeon in Selkirk, who started the Catfish Carvers more than 25 years ago. The club says he's remembered for his sculptures of realistic human bodies.



RECORD PHOTO BY JUSTIN LUSCHINSKI

Local wood carver Gordon Kanne, holds his award-winning carving of baby alligators perched on top of some hatched eggs last week.

Province's Manitoba Film and Video Production Tax Credit committee hosts first meeting

Submitted

The Manitoba government is following through on its Budget 2018 commitment to establish a working group to evaluate the Manitoba Film and

Video Production Tax Credit.

"We're always looking for ways to innovate and improve our tax credit programs to ensure Manitoba can expand and diversify its thriving film

industry," said Finance Minister Cameron Friesen and Sport, Culture and Heritage Minister Cathy Cox. "This group is uniquely positioned to assess

and reflect on the current Manitoba Film and Video Production Tax Credit and offer its advice."

Budget 2018 announced the province would establish the Manitoba Film and Video Production Tax Credit Working Group. The group will evaluate the effectiveness and the outcomes of the tax credit including factors such as return on investment. The working group held its inaugural meeting on April 18 and is anticipated to submit its final report this summer, Cox added.

"We have seen a lot of exciting growth in the film and video industry. The sector is highly competitive and Manitoba understands the importance and benefits of having production work done here," Friesen said. "We want to reach out to the industry and use an evidence-based approach to determine how effective the tax credit is and whether there are ways to do things better for the sector and all Manitobans."

The working group will review similar tax credits in other jurisdictions and offer advice on what level of support is required to maintain Manitoba's competitive advantage, have sustainable future growth, and establish performance and results-based indicators.







Putting their skills to the test



RECORD PHOTOS BY LINDSEY ENNS

ABOVE: Grade 12 Comp student Jada Pitre, pictured centre, applies colour to Grade 12 student Hannah Bourcier's hair as part of the hairstyling program at the Selkirk high school last Wednesday. To learn more about the programs offered at the local high school, visit Isrcss.ca/programs/. ABOVE RIGHT: Grade 12 Comp student Ashleigh Friesen places rollers in Anne Hamelin's hair last Wednesday afternoon. RIGHT: Grade 12 student Larissa Unrau practices her hairstyling skills on a mannequin last Wednesday.





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2 Shadows rocks The Merch





RECORD PHOTOS BY BRETT MITCHELL

The walls were a shakin' as Vancouver band 2 Shadows, pictured left, made a stop at The Merch last Saturday night. The five piece band were in Selkirk as part of their cross Canada tour. Warming up for 2 Shadows was Selkirk's Kalyna Morrow-Litke, pictured right.

Mental Health Facts for

20% of Canadians will experience a mental illness in their lifetime.1

25% of Manitobans received treatment for a mental illness between 2011 and 2015.2



20% of people with a mental illness also have a co-occurring substance use problem.3



Impact

Mental illness indirectly affects all Canadians at some time through a family member, friend or colleague.4



Mental illness is a leading cause of disability in Canada and typically accounts for approximately 30% of short and long term disability claims.5



In any given week, at least 500,000 employed Canadians are unable to work due to mental health problems.6

Reasons to seek more information about your mental health:

- Feeling very sad or withdrawn for more than 2 weeks (e.g. crying regularly, feeling fatigued, feeling unmotivated, difficulty concentrating).
- Trying to harm or kill oneself. Having thoughts of suicide or self harm.
- Risk-taking behaviors that could cause harm to self or others.
- Sudden overwhelming fear for no reason, sometimes with a racing heart, physical discomfort or fast breathing.
- Significant weight loss or gain. Significant changes in eating habits.
- Significant change in mood or growing inability to cope with daily problems and activities.
- Excessive use of drugs or alcohol. Misuse of over-the-counter or prescription medication.
- Drastic changes in behavior, personality or sleeping habits.
- Seeing or hearing things that aren't there (hallucinations).
- Intense worries or fears that get in the way of daily activities.

Suicide

4000

Almost 4000 Canadians die by suicide each year - an average of 11 deaths by suicide per day. Suicide affects people of all ages and backgrounds.

988

From 2011 - 2015, there were 988 deaths due to suicide among Manitoba residents.8

Call Interlake-Eastern RHA Mental Health Crisis Services at 1-866-427-8628



Talk to your family doctor or nurse practitioner



Connect with self help groups and services

Visit www.ierha.ca click on "Care in Your Community" then "Mental Health" for more information about area resources.

Connect with supports: family, peers and professionals



- 2. Manitoba Health, Seniors and Active Living (2015 2016). Annual Statistics: Government of Manitoba.
- 3. Buckley et al. (2009). Psychiatric comorbidities and schizophrenia. Schizophrenia Bulletin, 35: 383-402.
- 4. Mental Health Commission of Canada (2013). Making the case for investing in mental health in Canada.
- 5. Sariranen, S., Matzanke, D., & Smeall, D. (2011). The business case: Collaborating to help employees maintain their mental well-being. Healthcare Papers, 11, 78-84
- 6. Institute of Health Economics (2007). Mental health economics statistics in your pocket. Edmonton IHE. Number of absent workers calculated using Statistics Canada work ab
- Statistics Canada (2015). Leading causes of death, total population, by age group and sex, Canada, 2012. CANSIM 102-0561.
- 8. Manitoba Health, Seniors and Active Living (2015 2016). Annual Statistics: Government of Manitoba.
- This infographic was created by the Interlake Eastern Suicide Prevention Committee

from http://www.statcan.gc.ca/pub/71-211-x/71-211-x2011000-eng.pdf

Community choir to celebrate 40 years of song with special concert

The Selkirk Community Choir is gearing up to celebrate 40 years of

In honour of its 40th anniversary, the local community choir will premiere a commissioned piece titled "In a Riverside Place" composed by Kenley Kristofferson on Sunday, May 27 at 7 p.m. during a celebration concert at the Lutheran Church of the Good

The Selkirk Community Choir originated back in the 1950's with two separate choral groups, the Selkirk Male Voice Choir and the Selkirk Ladies Glee Club. Over the years these two groups combined and evolved into one large mixed voice choral group, which has been known as the Selkirk Community Choir since 1977, when Henry Schellenberg, a music teacher at Daerwood and Happy Thought schools, accepted the position of cho-

The choir started performing immediately at community events such as the Selkirk United Church Christmas Service, carolling at the Town Plaza and participating in the ecumenical Good Friday service at Notre Dame Catholic Church. The choir's first spring concert was on Mother's Day of that year.

There have been brief breaks and many directors and choir members have come and gone, but the musical tradition remains strong. The choir's current director, Kendra Obach, who has a Masters in Choral Conducting, teaches music and drama in Stonewall and lives in Selkirk.

The choir is non-denominational and is pleased to welcome singers of all ages (16 and up) and abilities.

Over the years the choir has performed a variety of music at many community events, most notably the St. Peter's Dynevor Advent Service. The choir's annual spring concert traditionally usually takes place late in May and exposes the citizens of Selkirk and the surrounding communities to a variety of choral music from Broadway musicals to classical and sacred music as well as traditional.

For more information about the celebration concert or the Selkirk Community Choir, contact choir president Thea Ostermann by calling 204-757-4411 or via email at tmhaut@escape.

Red ribbons for Canada's MMIWG

SUBMITTED PHOTOS

Members Of Selkirk's Fireheart Women's Drumming Group gathered at the Selkirk Bridge last Wednesday night to perform as well as retie red ribbons to honour Canada's missing and murdered Indigenous women and girls (MMIWG). The local group says they currently working on having a permanent monument set up in Selkirk so that everyone has a place to go to honour MMIWG.













917 Manitoba Ave., Selkirk 204-785-2773

Sale in Effect:

Selkirk among top five fishing destinations in Canada: Expedia

By Justin Luschinsk

Selkirk is among the top five fishing destinations in Canada, according to a recent post on Expedia.ca.

In a travel blog post entitled "Best Places to Fish in Canada" on April 25, Selkirk is ranked fifth in the country, just above Banff and Lake Louise, and lists the city as the "Channel Catfish Capital of the World."

Gord LaBlanche, a fisherman from Lockport who makes regular trips to Selkirk, said Selkirk is a fishing hub that deserves the recognition.

"I'm happy, but I'm also not surprised, if that makes sense. Selkirk has always been kind of a fishing hub for the area," LaBlanche said. "It's close to a lot of great spots. If you fish in Manitoba, you'll probably pass

through Selkirk."

LaBlanche said he's relatively new to fishing, and credits the local fishing community with helping him learn some beginner tips.

The article states the best times to fish are between May and September, however, Selkirk has a few ice fishing events that draw large crowds.

Selkirk Mayor Larry Johannson said Selkirk is well-known for fishing.

"I've always been a firm believer, we're a community on the water," Johannson said. "We're the channel catfish capital of North America, we would take anybody's challenge to that ... It's a good feeling, Selkirk is being recognized for a lot of things, and people can hold their head up proud.

"They know that our community is thriving."

The list ranked Port Hardy, B.C. as the top spot to go fishing while Nipigon, Ont., La Ronge, Sask., and Peterborough, Ont. also made the list of 10.

The article cal-



RECORD FILE PHOTO

Selkirk is among the top five fishing destinations in Canada, according to a recent travel blog post on Expedia.ca.

culated the fishing spot rankings by scouring social media sites, such as Instagram and Twitter, and ranked the locations by mentions per capita.

To check out the blog post written by Carolyn Albee visit, expedia.ca/ travelblog/best-places-to-fish-in-canada/.





Gala dinner serves up some laughs



RECORD PHOTO BY BRETT MITCHELL

Comedian Matt Falk serves up some laughs during the Gordon Howard Centre's Gala Dinner last Saturday inside the centre's banquet hall. Proceeds from the event will go to the centre located in Selkirk.



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Plans for church, school being built in WSP unveiled at open house

By Justin Luschinski

More details surrounding the new Christian school and church being built in West St. Paul were unveiled during an open house last week.

Gateway Church and The King's

SUMMER IS ALMOST HERE...

IS YOUR HOME READY?

School, which is currently located along Panet Road in Winnipeg, held an open house last Wednesday at the Sunova Centre to show off plans for their new building.

The 80,000-square-foot building

will be going up on Kapelus Drive west of the Sunova Centre and will accommodate approximately 300 students, with room for expansion as well as other community initiatives.

Peter Todd, pastor for Gateway Church, said that they're excited to be a part of West St. Paul.

"We're excited to become part of the communitv. It's been a six year process, and we're glad that the RM staff and the community is very supportive," Todd said. "We're not going to come here assuming we know everything. We want to talk to residents, people who have been here for a while, and ask 'how can we help?'

"There's lots we can do, but we want to meet the needs of the community."

Todd said the church isn't looking to replace the Sunova Centre, instead they want to supplement it, working to offer

EALS THE LANGE OF THE LANGE OF

RECORD PHOTOS BY JUSTIN LUSCHINSKI

West St. Paul residents were invited to learn more about a Christian school and church being built in their community during an open house last Wednesday evening at the Sunova Centre. Gateway Church and The King's School, which is currently located in Winnipeg, will be going up on Kapelus Drive, west of the Sunova Centre. Construction is expected to begin later this year.



things that the centre can't accommodate.

The new building will be able to house all the Gateway Church staff, as well as the students and staff of the Kings School. According to Todd, they will also have room to expand as well as house other daytime programs, such as free English language courses for new residents.

West St. Paul resident Tanya Pilat said she's interested in the school, as she might be looking for a more faithbased curriculum for her children.

"I'm just looking for a diversity of thought in schools," Pilat said during last week's open house.

The new building will also have a

"prayer tower," which will house someone praying around-the-clock for the community. Todd said they expect to break ground later this year, and finish construction of the school portion in 2019.

Todd, who is also helping facilitate the church and school's move to West St. Paul, said they are estimating this will be a roughly \$15 million project once its complete.

He said their current location was built by the church community and they are selling that property to help build their new facility. Church members have also helped raise more than \$1 million towards the project so far, he said.



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Manitoba Nurses Union elects new president

Manitoba nurses have elected Darlene Jackson as their new president during the final day of the Manitoba Nurses Union (MNU) AGM last week. Jackson will serve as president for a two-year term beginning July 1.

Jackson has served as secretarytreasurer of the MNU for the past two years, and has over two decades of experience serving as president of her worksite located in The Pas. She has also served on MNU's Provincial Collective Bargaining Committee

(PCBC) as the representative for the north, participating in nine rounds of bargaining and serving as vice-chairperson of the PCBC.

"I'd like to thank Manitoba's nurses for putting their trust in me to serve as their president, and also Sandi Mowat for 10 incredible years of service to our members and Manitoba's patients," said Jackson. "I will work every day to put patient care at the top of our agenda and stand up to the ongoing cuts and changes happening across our province."

results were announced following a Rally for Safe Patient Care at the Manitoba Legislature.

MNU represents more than 12,000 nurses of all designations across Manitoba.



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Restricted access to Lower Fort Garry to begin in June

Parks Canada is continuing their conservation work as part of a multi-year project to improve the Lower Fort Garry National Historic Site this summer.

To facilitate this work, access to the site's historic grounds and buildings will be limited during the summer of 2018.

Initial work is set to begin in June, which will affect portions of the site. As of July 3, project work will expand, resulting in most of the site and heritage buildings having restricted access. To minimize potential safety risks associated with construction, there will be no public access inside the site's historic fort walls for the remainder of the season. The site is anticipated to fully re-

open to the public in spring 2019.

The rest of the site, located outside the historic Fort walls, including the blacksmith shop and Indigenous Encampment, will remain open throughout the summer for specialized tours and hands-on workshops.

School group tours in May and June will be unaf-

fected and will continue as scheduled. To offset the impact of this work on visitation, Parks Canada is pleased to introduce a new family-friendly campfire program where visitors can taste fresh bannock cooked over an open fire, engage in traditional stories, play a drum, or enjoy games from the fur trade-era.

In addition to the important conservation work at the Fort, three other major infrastructure projects have already been completed including: the replacement of the site's water and wastewater system; the rehabilitation of the heritage buildings; and, the restoration of the historic stone walls.

Parks Canada is investing \$3 billion over five years to support infra-

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Hot Station Hashbrowns Scrambled Eggs Maple Smoked Bacon Barons Breakfast Sausage Spanish Rice Three Cheese Tortellini with Roast Pepper Marinara Butterflied Breaded Shrimp Swedish Meathalls Terivaki Pepper Steak

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Avocado Kale Berry Smoothie Bowl

Recipe courtesy of "Atkins: Eat Right, Not Less" Active time: 10 minutes Total time: 10 minutes Servings: 2 1/3 cup plain protein powder 1 cup plain full-fat Greek

yogurt 1/4 cup water 1/2 ripe Hass avocado 1 cup kale leaves 2 tablespoons chopped fresh

1 teaspoon stevia (sugar

substitute)

1/2 cup fresh or frozen berries such as blackberries, strawberries or raspberries

2 tablespoons almond or walnut halves

2 tablespoons chia seeds

In blender, blend protein powder, yogurt, water, avocado, kale, mint and stevia until smooth then divide between two bowls.

Sprinkle berries, nuts and chia seeds over smoothies. Serve immediately.





Buddha Bowl

Recipe courtesy of "Atkins: Eat Right, Not Less"

Active time: 15 minutes Total time: 30 minutes Servings: 4 Olive oil spray

2 skinless, boneless chicken breasts (12 ounces total)

Dressing:

1/2 cup peanut butter

3 tablespoons coconut milk

1 tablespoon fish sauce

2 teaspoons hot chili sauce

2 garlic cloves, minced

1 tablespoon minced fresh ginger

1 tablespoon sesame oil

3 tablespoons hot water

4 cups baby spinach

1 ripe Hass avocado, thinly sliced 1 medium zucchini, cut into noodle

2 carrots, cut into noodle shapes

2 radishes, thinly sliced

8 sprigs cilantro Heat oven to 400 F.

Coat small skillet with olive oil spray.

Add chicken to skillet and cook 3-4 minutes, turning once or twice to brown chicken. Slide into oven and bake 6-8 minutes, until chicken is

cooked through and no longer pink in center when sliced with a knife. Set aside to rest 5 minutes then shred.

To make dressing: In large bowl, mix peanut butter, coconut milk, fish sauce, chili sauce, garlic, ginger, sesame oil and hot water. Whisk well until smooth.

Divide spinach and avocado among four bowls. Top with chicken, zucchini, carrots, radishes and cilantro. Drizzle with dressing and serve immediately.

Tip: If you don't have a spiralizer, you can achieve the same effect by using a vegetable peeler to shave thin ribbons. You can also use a mandoline vegetable slicer then use a knife to cut the strips into thinner noodle-like strips.





UT CIOSCUD



Recipe courtesy of "Atkins: Eat Right, Not Less"

Active time: 10 minutes Total time: 15 minutes Servings: 4

6 ounces watercress or baby spinach

2 tablespoons balsamic vinegar

8 large eggs

4 ripe Hass avocados, halved lengthwise and pitted

olive oil spray

8 slices (about 4 ounces) prosciutto Place the watercress or baby spinach in large bowl. Drizzle with balsamic vinegar and toss well. Divide among four small plates.

In large skillet, heat 2 inches water over medium heat until bubbles cover prosciutto. Cook bottom and sides of pan. Crack eggs into small bowl (do not use eggs with broken yolks). When a few bubbles have broken surface of water, gently pour each egg into pan, leaving room between them.

Cook eggs, without stirring, until whites are just set and yolks are still runny, 2-3 minutes. Use rubber spatula to gently release eggs from

bottom of pan, if necessary. Using slotted spoon, remove eggs from water and drain on paper towels.

Place poached egg in each avocado half. Coat medium skillet with olive oil spray. Heat skillet over medium

heat and add until crispy, about 2 minutes per side. Transfer two avocado-filled egg halves to each plate and serve immediately with two slices prosciutto.



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SDOPES& recreation INSIDE > OUTSIDE > UPSIDE DOWN

Royals win silver at ringette tournament

By Brian Bowman

With just a few practices before the high school ringette tournament, the Selkirk Royals didn't have much time to prepare.

But it looks like they didn't need much time.

Selkirk had a fantastic tournament, reaching the gold-medal game where they lost 5-0 to College Beliveau on Sunday in Ile des Chenes.

"We did not have that great of a game," said Danika Romaniw, who co-coached the Royals along with her sister Tesia. "They had a 'AA' goalie so she was shutting us down. We couldn't get any goals past her."

The Royals had just a three-hour break between games before the final, Romaniw noted.

"I think that might have been a factor because the girls were a bit tired," Romaniw said. "But in the second half, we were only losing 2-0. They ended up getting an (empty-net) goal because we pulled our goalie.

"In the first half, it was back and forth and we were in it the whole way. We had lots of penalties which added to it but, for the most part, I thought we were pretty even."

Romaniw was very impressed with how the Royals players gelled for the tournament.

"They were all so fantastic," she stressed. "All of them are so talented. We ranged from 'B' and 'A' and 'AA' players, so we had such a mix of girls at different levels but they all just clicked and I think that was the biggest thing."

Selkirk was a bit of a surprise fin-



RECORD PHOTO SUBMITTED

The Royals won silver at the high school tournament last Sunday after losing 5-0 to College Beliveau. Picture, left to right, back row, Danika Romaniw (coach), Renee Partyka, Claudia Trylinski, Madison Cameron, Cassidy Mckenzie, Tegan Makowsky, Robyn Waddell, Robin Partyka, Charlotte Wilmott, Kya Jackson-Leclair, Sarah McCarthy, Natalia Johnson, Tesia Romaniw (coach); middle row, Krysten Campbell, Julia Ignagni, Danica Hoium, Emily Lazaruk, Madison McIvor, Sierra Rolof, Kristina Slobodzian; goaltender Rebecca Zdrill

ishing second in the 23-team tourna-

"We knew we would be against teams that would have capped out their 'AA' players," Romaniw said. "They would have five 'AA' players, so we knew going it in was going to be a tough round.

"But goalies are really important and we had Rebecca Zdrill as a goalie and she is just fabulous."

Zdrill played a key role in leading the Royals to the championship game. She was very good in the 2-1 semifinal win over Leo Remillard.

In fact, Zdrill made a key save on a penalty shot attempt with just seven seconds remaining in the game to secure the win.

"That was an amazing game," Ro-

maniw enthused. "It was back and forth but we definitely had the control of it, for the most part."

Selkirk finished pool play with a perfect 3-0 record after defeating J.H. Bruns 8-1 on Saturday. The Royals then defeated Murdoch Mackay 4-1 in a playoff game.

Steinbach Pistons win ANAVET Cup

The Winnipeg Jets didn't have much to celebrate this past Tuesday, but the Steinbach Pistons certainly did.

Steinbach defeated the Nipawin Hawks 2-1 on Monday to win the ANAVET Cup best-of-seven series in six games.

Pistons' forward Bradley Schoon-

baert scored the game winner with 13:23 left in the third period.

The Pistons took a 1-0 lead just 2:52 into the contest as Brady Tatro scored. But Nipawin Hawks' defenceman Wayde Johannesson, an Arnes product, tied the score at 14:10 of the second period.

Johannesson finished the series with

a goal and two assists in six games.

Steinbach took a 3-2 series lead after a 2-1 win last Friday in Nipawin.

This marks the first ANAVET Cup championship for the MJHL since 2011 when the Portage Terriers defeated the La Ronge Ice Wolves.

It was the first-ever ANAVET Cup victory for the Pistons franchise. The

Pistons now advance to the RBC Cup, which takes place May 12-21 in Chilliwack, B.C. The MJHL and SJHL champions renewed their interprovincial championship following five years of using the Western Canada Cup (along with representatives from the BCHL and AJHL) to determine who would advance to the RBC Cup.

Goodbrandson selected in WHL Bantam Draft

Staff

There were 33 Manitoban players selected in the 2018 Western Hockey League Bantam Draft – including St. Andrews' Nate Goodbrandson – that was hosted last week in Red Deer.

Goodbrandson was taken in the seventh round (152nd overall) by the Everett Silvertips. Goodbrandson is a talented forward that played this past season with the Winnipeg Hawks.

He produced 31 goals and 77 points in just 34 regular-season games, which was second-best in the entire "AAA" league.

In the playoffs, Goodbrandson added eight goals and 15 points in eight games.

"We're looking for players who

fit the Silvertips' core values: effective offensive instincts, skating ability, and answering challenges with a great compete level," said Silvertips' director of player development Bill La Forge on the team's website.

"It's been a part of our foundation with our success. Credit goes to our scouting staff for a fantastic job identifying those players we selected, who fit that mold. We're very satisfied with the prospects we've had an opportunity to select, and we look forward to seeing them in August at the start of training camp, where they can see the benefits of our program, up close and personal."

Winnipeg defenceman Carson Lambos was the second player selected in

the draft. He was picked by the Kootenay Ice.

The WHL Bantam Draft is the first opportunity for WHL clubs to replenish their systems with graduating Bantam-aged players.

Players eligible for the 2018 WHL Bantam Draft will be 2003-born players who reside in Alberta, B.C., Manitoba, Saskatchewan, Northwest Territories, Yukon, Alaska, Arizona, California, Colorado, Hawaii, Idaho, Kansas, Minnesota, Montana, Nebraska, Nevada, New Mexico, North Dakota, Oklahoma, Oregon, South Dakota, Texas, Utah, Washington and Wyoming.



Nate Goodbrandson

Female Royals ready to kick off KPAC soccer season

By Brian Bowman

The Selkirk Royals are excited to begin their KPAC schedule Wednesday against the West Kildonan Wolverines.

Selkirk will battle West Kildonan at 4:30 p.m. at the East St. Paul Soccer Complex. It will be the first of three guaranteed games for Selkirk this season.

It's hard to judge how good the Royals will be on the pitch this season.

"It's (too) early to tell but we definitely have a younger team this year," said Royals' head coach Kathleen Elgar last week. "We lost a few Grade 12s and some Grade 11s didn't return.

"But we're looking pretty solid. The girls are excited and we're going to go out there and play hard."

Selkirk's roster will include 13 players this season as they had a smaller turnout of players this spring.

Tonie Sledz is a returning player who will play a major role on the team. The talented midfielder will be called upon to provide a major offensive boost.

"She is quite a solid player," Elgar noted. "She plays for a soccer academy and is looking to heading to the States next year for soccer but she hasn't committed yet."

Elgar said Sledz is a really strong leader who is blessed with a lot of skill and aggressive play.

"She will definitely be taking the lead," Elgar said.

While Selkirk will be strong up front, they expect to be very solid in goal with returning keeper Kaitlyn Mryglod

The Royals can be successful but they'll have to do the little things right.

"We have to be loud and talk to each other and be aggressive," Elgar said. "We have some speed so we'll have to use our speed to get some shots on

goal."

Elgar has been impressed with the play of newcomers Emma Burzynski, a midfielder, and Abby Riskin, a striker.

Riskin has plenty of speed while Burzynski is an aggressive player, said Elgar.

All of the KPAC teams will start on the championship side of league play. A loss, though, puts a team on the consolation side.

The Royals are scheduled to play every Wednesday for the next three weeks.

Blue Jays expected to be better in second MJBL campaign

By Brian Bowman

As the Interlake Blue Jays get ready for their second season in the Manitoba Junior Baseball League, the club expects to be much more competitive. And they should be.

The team is another year older and, they hope, will be much better after making a return to the MJBL last season

Interlake got out on the diamond for the first time Monday evening.

"We had a pretty good turnout (for players)," said Blue Jays' head coach Adam Kirk. "We have some college guys, one guy coming from UBC and another from North Dakota State.

"We're looking to improve and getting ourselves deeper in the playoffs this season."

Last year's Blue Jays' roster included eight rookies, who never played in the MJBL before. With a year of experience under their belts, and with the additions of some Midget"AAA" players, Interlake should be competitive.

"We're looking pretty solid, I think, but we have to get everybody out on the field here and check it out," Kirk said. "But we should be very competitive this year."

Bailey Proctor, Derek Petrasko, Emerson Klimpke, Jayden Allary and Ben Anderson are some of the key players that the Blue Jays will rely heavily on this season.

As for the league itself, there are plenty of good teams. St. James, the defending MJBL champions, are expected to be strong once again while the Elmwood Giants are also expected to be good.

St. Boniface should be better this season while Carillon will be right in the mix.

"A few teams will improve here and there but I think we'll be looking to get above .500 this year," Kirk said. "I think we'll make some noise. We have a good group by adding some young guys to the group we had last year. I think we're going to be solid."

Interlake will begin its regular season next Wednesday when it hosts the Carillon Sultans. The Blue Jays will then have the Elmwood Giants come to town on May 11.

First pitch for both home games is 7:30 p.m.



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Royals ground down Gophers in girls' rugby

By Brian Bowman

One game certainly doesn't make a season, but the Selkirk Royals are off to a great start in girls' rugby.

Selkirk opened its season last Thursday with a very good effort in a 22-14 road win over the Garden City Fighting Gophers.

The Royals scored their first try just a few minutes into the game and never looked back.

"It was a pretty solid, even game," said Royals' coach Jamie Shuhyta. "That was probably one of the best games that I've seen in the eight years that I have coached.

"It was a great start to the season." Selkirk's tries were scored by Madi-

son Cameron, Kate Johnson, Kara Boychuk and Taylor Stewart.

A conversion kick was made by Kathryn Mrygold with an "insane kick," said Shuhyta.

There was a lot for Shuhyta to like in Selkirk's season-opening win.

"We have a lot of good leadership," he said. "There are three or four girls that have really kind of taken up the leadership. They are very smart when it comes to playing the ball and the passing is very, very good this year. The ball motion is very good this year."

The Royals have a good mix of new players and veteran ones. About 40 players came out for tryouts and the team whittled that number down to

"We usually get 30 to 40 girls that come out and we usually do a few cuts and take a team of 25," Shuhyta noted."We have been very lucky that it's quite a popular sport here at the high school."

While the Royals are strong in numbers, they are also blessed with plenty of speed and size. Selkirk also has an elite player on its roster with Stewart.

"Taylor Stewart is a Grade 11 that has taken rugby to the next level," Shuhyta said. "She has some universities interested in her, so that's a big thing for us.

"She is the captain of the team. She picked up the sport for the first time

last year and she has gone to B.C. with it and has played with the Manitoba team and all kinds of things.

"She's sold (on rugby)."

Selkirk, meanwhile, is looking to make it two wins in a row this Thursday when it hosts the Oak Park Raiders at the Rec Complex.

On Tuesday, Selkirk will visit Sisler and then the Royals will host Garden City next Thursday.

All three games will begin at 5 p.m. League semifinal games will be played May 22 while the city championship is set for May 26. The MHSAA provincials will be played June 1-2 in Brandon.

Midget Pirates look to challenge for top spot this season

Staff

The North Winnipeg Pirates are expecting to make a run at the Midget "AAA" baseball championship this

Pirates' head coach Gary Dear is back for his ninth season while the team has a good mix of rookies and veteran players.

Those rookies have a lot of talent, Dear noted.

"We have five first-year players who will play a major role in our team's success this season," said the Pirates' head coach in an email.

North Winnipeg lost its season opener 7-4 to the St. James A's on May 1 but then rebounded to defeat the Winnipeg South Chiefs 5-4 just two days later.

The Pirates then played the Elmwood Giants in a doubleheader this past Sunday but no scores were avail-

Dear expects his club to challenge for top spot along with St. James and Bonivital.

This year's edition of the Pirates has players scattered throughout Winnipeg and the Interlake.

North Winnipeg's roster includes Wyatt Whitwell, Liam Allen, Tyler Smith, Christian Ingram, Kalli Einarson, Nolan Raven, Cole Olfert, Owen Nychyk, Devon Cassan, Nathan Slaby, Ryan Wasilewski, Chris Fines, Davis Fenske and Brittney Langlais.

North Winnipeg visited St. Boniface this past Tuesday and then will host Bonivital this Friday at Koskie Field in Winnipeg. First pitch is 7 p.m.

Volleyball Manitoba wraps up provincial championships

Submitted by Volleyball Manitoba

The third and final weekend of the 2018 Volleyball Manitoba Provincial Championships took place last weekend with 91 teams competing in the girls' and boys' 14U, 17U and 18U cat-

The provincial championships involved 190 teams - competing in 13 divisions - over three weekends.

Here are the top five placings in each division along with all-star and MVP selections from last weekend:

14U Girls Provincials

First - Club West Rage, second -Vision Rage, third - Vision Flames, fourth - Dynamo Red and fifth - Dynamo Grey.

14U Girls Tier 2 Provincials

First - Cats White, second - Spitfires, third - Parkland Vipers, fourth - Predators and fifth - WinMan Wild.

14U Boys Provincials

First - 204 Gold, second - WinMan Legacy, third - WinMan Titans, fourth - Jr. Pilots, fifth - 204 White, and sixth - Selkirk Royals.

17U Girls Provincials

First - Jr. Bisons, second - Shock, third - Cats, fourth - Dynamo, and fifth - Jr. Pilots.

All-stars included Iulia Beer (Dvnamo), Brianne Stott (Cats), Zoe Dyck (Shock), Alexa Wieczorkiewicz (Shock), Jordan Hamm (Jr Bisons), and Anna Maidment (Jr Bisons).

The MVP was Erika Vermette (Jr. Bisons).

18U Girls Provincials

First - Cobras, second - Westman Wave, third - Jr Wesmen, fourth - Jr Bisons and fifth - Shock

All-stars were Shayne Nichols (Jr Bisons), Janet Clegg (Jr Wesmen), Hallie Unger (Westman Wave), Sophia King (Westman Wave), Alli Pauls (Cobras), and Olivia Weremy (Cobras).

The MVP was Jayda Nault (Cobras). 17U Boys Provincials

First - Jr Wesmen, second - WinMan Warriors, third - United, fourth - 204 and fifth - Insanity.

All-Stars included Michael Sa (204), Liam Boschman (United), Max Brook

(WinMan Warriors), Nathan Lamb (WinMan Warriors), Darian Koskie (Jr. Wesmen), and Jaxen Loeppky (Jr Wes-

The MVP was Isaiah Olfert (Jr Wesmen).

18U Boys Provincials

First - WinMan Clutch, second - Jr Pilots, third – 204, fourth – BVC and Winnipeg Rush.

All-Stars were Reece Wilson (BVC), Luke Sigurdson (204), Austin Anderson (Jr Pilots), Cody Salina (Jr Pilots), Aleksander Morelli (WinMan Clutch), and Shane Gabel (WinMan Clutch).

The MVP was Nigel Nielsen (Win-Man Clutch).

Manitoba teams open with wins at national aboriginal championship



Both Manitoba squads were 1-0 after their first game at the 2018 National Aboriginal Hockey Championship in Membertou, N.S.

Manitoba's male team defeated Ontario South 9-4 while the females were 5-4 winners over Ontario South.

Keyanna Lea, formerly of Riverton, scored twice for Manitoba – including the game winner with a second remaining in the third period - while her sister Keyara assisted on her first goal.

Kaila Powell, Emily Daniels, and Makenzie McCallum also scored for Manitoba. McCallum finished the game with three points.

Manitoba had a power-play goal and a short-handed tally in the win.

Bianca Zak of Stonewall made 27 saves in the game.

Manitoba's male squad, meanwhile, grabbed a 3-0 first-period lead and then extended that advantage to 5-0 by the 12:58 mark of the middle frame.

Conner Roulette led Manitoba with three goals and an assist while Dylan Fontaine had a goal and three helpers.

Preston Seymour, with a goal and two assists, and Nakodan Greyeyes (three assists) each finished the game with three points.

Jacy Kennedy (two), Keistin Saunders, and Shane Bear also scored for Manitoba.

Seth Ningeongan made 23 stops for the victory.

Pool-play action continues through Thursday.

MJBL ready to swing in another baseball season

Submitted by the MJBL

The Manitoba Junior Baseball League engine is ready to get started on another successful season in 2018.

While the original outlook pointed to growth with the addition of the Portage Phillies, the momentum quickly subsided when the Phillies needed one more year to assemble an MJBL-calibre team.

We look forward to an MJBL with Portage and even more great baseball towns in the future.

The Canada Games silver-medal winning team was a boost for the entire baseball community and the MJBL will directly benefit from the infusion of young talent on rosters all over the league.

More players are committing to U.S. programs than ever before and the MJBL proudly boasts alumni playing Division 1 baseball at places like Virginia Tech, Creighton, Stetson, and Cal St Northridge.

We are also celebrating more players playing and coaching abroad in France, Italy, Australia, and the Netherlands.

Former Winnipeg South Chief Chris Shaw is still working his way up the ladder in the Baltimore Orioles' organization. Former Altona Bison Scott Peters was in the opening day lineup for the Toronto Blue Jays this season – as a Duke University graduate and assistant physical therapist with the Jays.

The MJBL is all over the baseball map this season.

The 2018 all-star game will be held July 7th in Morden, hosted by the Pembina Valley Orioles. The MJBL is looking to host a kids' clinic in conjunction with the game to reach out to future MJBL male and female players.

Season preview

Defending MJBL champions, the St James A's are in new territory this season trying to stay at the top of the heap. With some key additions added to a solid core of veterans the A's are in great shape to contend for this season and beyond while they rebuild the once great program.

Led by MJBL MVP-Cole Armstrong, St. James will have five thirdyear players this year, Troy Martinuk, Armstrong, Jordan Turney, Wyatt Kemball and Brady Allan.

MJBL defensive player of the year Austin Pistawka is back to handle the pitching staff with Matt Johnson (Vancouver Island University) leading the way from the bump.

New additions for this season include Jordan Peck (Northwest Missouri State University/Canada Games Team MB), Brody Moffatt from Portage la Prairie, and Tanner Bercier (Frank Phillips College in Texas).

Interlake

The majority of the Interlake Blue Jays' lineup returns for the 2018 season.

Interlake started eight rookies each and every game in 2017. Long-time MJBL coach Adam Kirk expects bigger things from his returning players this season.

Baily Proctor, Emerson Klimpke and Derek Petrasko, along with Ben Anderson (University of British Columbia) look to take the next step in the second year in the MJBL. Rookie Jeremy Wasilewski will add depth and experience on this young roster.

St. Boniface

The St. Boniface Legionaires are hoping to rebound from last season's finish near the bottom of the MJBL standings.

Having lost seven veteran players from their roster, they are in a rebuilding state as they move the program forward. New skipper Darryl Manchulenko will try to bring some alumni luck from his successful past in the organization to this year's squad.

Heading into this season, the blue and gold are looking for leadership from veterans Brad Warkentin, Jeremie Pantel and sophomore Nathan Agar. The Legionaires will be adding many first-year players to their roster, and are expecting some good things from many of them, including Adam Senden (Mayville State University commit) and Rheal Letain.

Pembina Valley

The Pembina Valley Orioles are looking forward to a fresh reset this season with a new coaching staff consisting of head coach Jon Odlum and assistant coaches Sheldon Bergman and Phil Hildebrand.

The Orioles have a good core of veterans featuring Mackenzie Hamm, Seth Staple, and Brenden Hatley (Midland College in Texas) returning that will make the Orioles competitive and fun to watch.

Carillon

With returning all stars Nik Kauenhofen, Liam Lenton, and Noah Vogt, the Carillon Sultans are looking to go deep into the playoffs this year. Led by veteran Cody Bartel, the Sultans will be joined by 2017 Team Manitoba players Yannyk Nadeau and the Canada Games gold medal game starting pitcher, Zach Giesbrecht.

This team will be young, fast and

exciting with a compete level second to none. Having made the switch from St. B to Carillon, coach Kevin Dunn will offer a great deal of baseball knowledge to help propel the 2018 Carillon Juniors to great success.

Altona

The Altona Bisons will be a very young team as they graduated four players. They will be made up of first- and second-year juniors and will rely on the successful midget program that produces top-level talent year after year for them.

Don't sleep on the Bisons folks, their new field is about to get lights and remain one of the hottest tickets and toughest places to play in the league.

Brandon

The Brandon A&W Junior Marlins are preparing to defend their 2017 Western Canadian Championship and set their sights on the 2018 League Pennant.

They begin the regular season May 10 at Andrews Field versus St. James. Talk about a great start to the season.

The Marlins' lineup features seniors Ashton Anderson, Bradley Schoonbaert, Marshal Burgess (Jamestown University), Mitchell Lyall (University of Sioux Falls), and Jordan Robertson.

Joining the Marlins from Manitoba's silver medal Canada Summer Games team are Noah Geekie (Barton CC commit), Reece Wilson, Jared McCorrrister (Mayville State University commit) and John Patmore.

The Marlins will rely on a strong pitching staff led by Lyall (6-1 record and a 1.92 earned-run average) and Robertson (3-1 and a 2.80 ERA).

The offence will rely on two individuals who led the team in batting average, Riley Shamray (.333) and Schoonbaert (.282) who both return from the Manitoba Junior Hockey League.

Elmwood

The Elmwood Giants are never too far away from any conversation regarding the top of the standings. Ed Kulyk annually produces a tough lineup that no one wants to face come playoff time.

Brendyn Perron will lead the pitching staff along with Evan Funk (Merced College – California), and Jackson Dartnell (Thompson Rivers – BC).

Aiden Brook (Valley City State-North Dakota) will also provide that leadership gained under a few successful seasons with Kulyk and company.

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Interlake-Eastern Regional Health Authority

Employment Opportunity

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Please refer to complete job posting in Careers at www.ierha.ca

Please apply on-line at: www.ierha.ca or fax: 204-785-4736,

stating competition number on resume.

Deadline for submissions is Tuesday, May 15, 2018 at 4:00 pm.

PUBLIC HEARING NOTICE

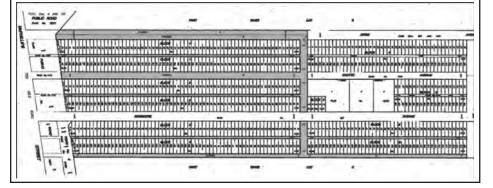


The Council of the Rural Municipality of West St. Paul, pursuant to Section 290(2) of The Municipal Act will hold a Public Hearing to consider Road Closing By-Law 2018-01. At which time and place the Council will receive representations, questions or register any objection from any persons who wish to make them in respect of By-Law 2018-01, being a By-Law for the closing of:

All those portions of Addis Avenue, Plan No. 997 WLTO and Addis Avenue, Coutts Avenue, Drury Avenue, Starr Street (formerly Paisley Street) and Public Lanes, Plan No. 1110 WLTO, contained within the limits of a Plan on file in the Winnipeg Land Titles Office as Deposit 390/2018 in part of River Lots 3, 4 and 5, Parish of St. Paul, as shown highlighted below.

A copy of the above by-law and the procedures to be followed at the hearing are available for review at the RM of West St. Paul's Municipal Office, located at 3550 Main St. West St. Paul, Manitoba between 9:00am and 4:30pm, Monday to Friday, excluding holidays.

For Information contact: Pam Elias, Planning & Economic Development Officer, 3550 Main St. Ph: (204) 338-0306 Email: edo@weststpaul.com



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RURAL MUNICIPALITY OF ST. CLEMENTS - PUBLIC NOTICE

PUBLIC NOTICE is hereby given pursuant to Subsection 174(1) of The Municipal Act that the Council of the Rural Municipality of St. Clements intends to give first reading to three (3) proposed borrowing by-laws at the Council Chambers of the R.M. of St. Clements, 1043 Kittson Road during the regular meeting of Council on Tuesday May 22nd, 2018 at 2:00 p.m. Following first reading, all three proposed borrowing by-laws will be forwarded to the Manitoba Municipal Board for approval. Such approval must be obtained under the Municipal Act s.176 prior to third reading and execution of the proposed by-laws.

REGARDING GENERAL BORROWING BY-LAW 6-2018 BEING A BY-LAW OF THE RURAL MUNICIPALITY OF ST. CLEMENTS TO PROVIDE FOR THE EXPENDITURE AND BORROWING OF FUNDS TO ESTABLISH A MUNICIPAL RECREATION FACILITY IN SOUTH ST. CLEMENTS

The total cost of the project is estimated at \$4,850,000 and will include grant funding awarded in the amount of \$ 250,000 and a contribution from the Gas Tax Reserve of \$ 250,000. The net total cost of the proposed borrowing is \$ 4,835,000 and is to be repaid over 20 years at a rate estimated for the time being at 4.125 % per annum and subject in any event to the authorization of The Municipal Board. The annual repayment amount is estimated at \$ 359,716.75 and will be levied annually as part of the general levy.

REGARDING GENERAL BORROWING BY-LAW 7-2018

BEING A BY-LAW OF THE RURAL MUNICIPALITY OF ST. CLEMENTS TO PROVIDE FOR THE EXPENDITURE AND BORROWING OF FUNDS TO UPGRADE & EXPAND THE FACILITIES AND **EQUIPMENT OF THE NAROL FIRE DEPARTMENT**

The total cost of the project is \$ 1,573,000 and is to be fully funded by the proposed borrowing. The total cost of the proposed borrowing is \$ 1,573,000 and is to be repaid over 20 years at a rate estimated for the time being at 4.125 % per annum and subject in any event to the authorization of The Municipal Board. The annual repayment amount is estimated at \$ 117,028.84 and will be levied annually as part of the general levy.

REGARDING GENERAL BORROWING BY-LAW 8-2018 BEING A BY-LAW OF THE RURAL MUNICIPALITY OF ST. CLEMENTS TO PROVIDE FOR THE EXPENDITURE AND BORROWING OF FUNDS TO COMPLETE **CONSTRUCTION & IMPROVEMENT OF WATER CONTROL WORKS**

The total cost of the project is estimated at \$3,520,000 and is to be fully funded by the proposed borrowing. The total cost of the proposed borrowing is \$ 3,520,000 and is to be repaid over 20 years at a rate estimated for the time being at 4.125 % per annum and subject in any event to the authorization of The Municipal Board. The annual repayment amount is estimated at \$ 261,882.72 and will be levied annually as part of the general levy.

Any person who has questions, needs clarification or requires further information, either prior to or following the first reading of the by-law, is encouraged to contact DJ Sigmundson, CAO at 482-3300.

Copies of the proposals to borrow are available for review at the Municipal Office located at 1043 Kittson Road, East Selkirk or on our website at www.rmofstclements.com

Dated this 7th day of May, 2018.

D.J. Sigmundson, CMA Chief Administrative Officer





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R.M. OF ST. ANDREWS



PUBLIC NOTICE

Additions to the Voters List and/or **Personal Security Protection Requests**

In accordance with Section 36 of The Municipal Councils and School Boards Election Act (MCSBEA) the R.M. of St. Andrews Voters List is open for changes or revisions.

- · Any person who is eligible to vote in municipal elections in the Local Authority of the R.M. of St. Andrews can have his or her name added to the Voters List, or have any information about the voter on the Voters List corrected.
- Any person can request to have his or her name and address obscured from the

A person whose name has been obscured will receive a Personal Security Certificate and identification number. In a civic election, that person may only vote by Sealed Envelope Ballot and cannot vote in person at the regular or advance voting places.

To implement the above, a written request must be submitted to the Senior Election Official, in person, by e-mail, fax or mail to:

Margaret Davidson, S.E.O. R.M. of St. Andrews Box 130, 500 Bailway Avenue Clandebove, MB ROC 0P0 Phone: 204-738-2264

Fax: 204-738-2500

E-mail: office@rmofstandrews.com

The next general election takes place on October 24, 2018. Questions? Call 204-738-2264

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CARD OF THANKS

We would like to express our sincere thank you to all our family and friends for the cards, visits, donations of food, flowers and donations to Gardenton Cemetery Fund (in town) and Gardenton Historic Church and especially for your support during this difficult time on the loss of our mother, grandmother, great-grandmother and great-grandmother, sister, aunty and friend Olga Hawryshko. Thank you to Fr. Oris Naherniak and Dobrodiyka Rose for your support and for traveling out to Selkirk Tudor House for blessing our mother when she passed and also for providing spiritual support for Prayers and the funeral. Also thanks to Alan Pawluk for providing Cantoring Services for the prayers and funeral. Thank you to Korbans Funeral Home for your assistance with details in Winnipeg and Gardenton. Thanks Kelvin for letting us use Gardenton Park Hall for our private funeral on Saturday, April 28, 2018 and thanks for the catering by Phyllis and the beautiful hot meal. We would especially like to thank Tudor House Selkirk MB and all the wonderful staff that gave our mother exceptional care and made her life so special.

-Diane (Laurie) Youzwa and family Don (Karen) Hawryshko and family Nancy (Nestor) Bially

ANNOUNCEMENT

The family of Georgina Shackleford wishes to express their sincere thanks to friends and family for flowers, cards of condolences and for donations to Selkirk United Church for the loss of our mother, grandmother and greatgrandmother. Special thanks to the caring staff at Red River Place Personal Care Home and Dr. R. Lindenschmidt. Many thanks to the Selkirk United Church Ladies for all their help. Also special thanks to Rev. Cole Grambo for his spiritual quidance.

-Kent, Dale, Alan and families



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BIRTHDAY



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IN MEMORIAM



Shirley Zamatis May 11, 2016

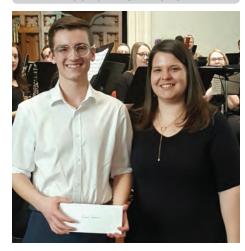
It's hard to believe 2 years have come and gone, Since we last heard your laugh and saw your smile. Family dinners are not the same without your Secret recipe coleslaw, and your magic cooking touch!

You are forever in the hearts of all those Who knew and loved you.

-Love your family

ANNOUNCEMENT

CONGRATULATIONS



Congratulations to Garrett Malenko on receiving the Gary Pollard Memorial Scholarship for trumpet at the Winnipeg Wind Ensembles final concert May 6th. Garrett was nominated by LSRCSS band directors Michael Brandon and Ryan Wehrle. Well done!

IN MEMORIAM



Ron Halpenny May 4, 2010 Close in our hearts you will always be, Loved and remembered every day.

-Jeannette and family

IN MEMORIAM

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Thank you for the years we shared, The love you gave, the way you cared. In our hearts you'll always stay, Loved and remembered every day. -Sadly missed by your wife Elsie; daughters, Bev (Denis), Barbara (Aime), Brenda, Rhonda (Ron); grandsons and great-grandchildren

Announcements

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SelkinkRecord

Lorna Marquerite Morrisseau (nee Orvis) September 1, 1926 - April 28, 2018

With sadness we announce the passing of our mother, grandmother, great-grandmother Lorna on Saturday, April 28, 2018 at the age of 91 years.

Mom will be lovingly remembered by her children and their families, Yvonne (Ed), Ruby (Jason), Grace, Edward, Zane, Justin; Lorne (Diane), Melanie (Dan), Ethan, Joshua; Jon (Jen), Morgan, Finley; Charlene (Gordie), Daneal, Veda, Felix; Elaine (late Colin), Jocelyn (Ben) Emilio, Paolo; Annette (Cleo), Louise (Ben), Daniel; Jeff (Terri Lynne), Brielle, Joss. She also leaves her siblings and their families Helen, Doug, Glen, Velma, Donna and Moe to grieve

Mom was predeceased by her husband Josh in 1973; daughter Marnie; granddaughter Maria-Clare; parents John and Catherine;

brothers Harold, Charlie, John and Brian,

Our mom had many friends and was well respected and loved. Mom began her life's adventure as a school teacher, worked at M.T.S in Russell, MB; was a switchboard operator at Selkirk Mental Health Centre; and also worked as a Home Advisor with the Province of Manitoba retiring in 1993. First and dearest to her heart was being a full time mother and homemaker. Mom was a founding member of the Selkirk Friendship Centre and had the honour of being installed as an Elder of the Selkirk Metis Local in 1998.

We would like to thank everyone who helped care for mom over the years to achieve a rewarding life of 91 years and 8 months.

A memorial service will be held on Saturday, May 12, 2018 at 11:00 a.m. in the Christ Church Anglican, 227 McLean Avenue, Selkirk, MB with Rev. Judy Whitmore officiating. Interment of ashes will take place at a later date in the St. Clements Cemetery

In lieu of flowers donations may be made to a charity of your choice.

Rest in Peace mom, grandma, great-grandma.

Condolences, pictures and videos may be left on her tribute wall at www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



Daniel Leslie Land

With his loving family by his side, Dan passed away at the Health Sciences Centre on Thursday, May 3rd at the age of 60 years.

Dan was predeceased by his parents Jim and Hazel, his sister Judy and brother Jim. He is survived by his wife Karen, stepdaughter Amanda Groves (Chris) and grandson Kaziah, stepson Toffee (Jessica); sister Wendy Hokanson (John), nephews John (Nicole) and children, James (Donna) and children, Corr and Josef, and numerous other cousins and relatives; and his best friend, brother-in-

Cremation has taken place. A private family service will be held at a later date.



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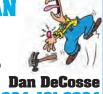
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