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# The Selkirk Record

THURSDAY, SEPTEMBER 20, 2018

VOLUME 9 EDITION 38

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**Making waves to save the marsh**

RECORD PHOTO BY JUSTIN LUSCHINSKI

Attendees are led through a guided boat tour of the Netley-Libau Marsh hosted by the Red River Basin Commission last Thursday morning as part of Marsh Day 2018. A pilot project to save the marsh is gaining support and is expected to begin sometime next year. For a story, turn to Page 10.

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



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# Prime Minister meets with seniors council during stop in Winnipeg

By Justin Luschinski

Prime Minister Justin Trudeau pledged to support Canada's aging population during a visit to a Winnipeg seniors' home last week.

During his visit to Carriage House North seniors' residence on Leila Avenue last Tuesday, Trudeau said his government has already taken steps to support Canadian seniors.

"I just want to stress how important it is that ... countries continue to support our seniors. You have worked hard all of your lives to build this extraordinary country, and it's important we give you the support you need," Trudeau said during his address to the crowd. "I'm not just waiting around, I'm taking action on the things that matter to you."

Trudeau listed off a few actions his Liberal government has taken, including appointing a Minister of Seniors, Hamilton MP Filomena Tassi. The Liberals have also increased the income supplement for vulnerable citizens by around \$1,000 per year, and is looking at several other measures to reduce the financial burden on seniors.

During his visit last week, Trudeau also sat down with the St. Paul-



RECORD PHOTOS BY JUSTIN LUSCHINSKI

Prime Minister Justin Trudeau visits with seniors at Carriage House North seniors' residence in Winnipeg before a private meeting with the Kildonan-St. Paul Seniors Council last Tuesday.

Kildonan Seniors Council. The council, initiated by Liberal MP MaryAnn Mihychuk (Kildonan-St. Paul), was created to listen to the concerns of St. Paul and Kildonan's aging population. After his public meet and greet, Trudeau held a private meeting with the council, who were able to present the findings a report they have been compiling.

Melody Bodnarchuk, the council's co-chair, said the PM seemed very receptive to their report.

"It went very well, he seemed to be

well versed in the issues facing seniors. He's already started to implement some of our suggestions, like appointing a minister of seniors," Bodnarchuk said. "We always hope that the discussion will move forward. Seniors are quickly becoming the largest segment of voters, and they face quite a few issues. For the most part, we're excited."

The council's report breaks down the issues facing seniors into five categories: Housing, Finances, Health, Quality of Life, and Services for Seniors.

For housing, the council recommends the government allocate some of the affordable housing funds towards low-income senior residences. Trudeau said his government is looking to do that, but a few of the other issues the report lists, including expensive prescription drugs, have not been addressed yet.

For more information about the Kildonan-St. Paul Seniors Council, call 204-984-6322 or email MaryAnn.Mihychuk@parl.gc.ca.



## Terry Fox Run raises over \$11K



RECORD PHOTOS BY LINDSEY ENNS

Nearly 142 community and area members and more than 55 volunteers took part in Selkirk's 26th annual Terry Fox Run in Selkirk Park last Sunday. This year's run helped raise more than \$11,000 for the Terry Fox Foundation.

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# Dance World Cup 'an amazing experience' for local dancers



SUBMITTED PHOTO

Pictured from left to right: Dancia Van Schepdael, Bailey Christiansen and Katherine Wilken, all of St. Andrews, attend Dance World Cup with LA Dance Academy in July.

By Lindsey Enns

A local dancer says attending Dance World Cup this summer is an experience she won't soon forget.

"It was an amazing experience," said 13-year-old Bailey Christiansen of LA Dance Academy. "It was really cool and inspiring to see everyone from different countries, seeing them do traditional dances and putting it with our type of dances."

This was the St. Andrews resident's second time attending Dance World Cup and her dance team won first place gold for tap dancing. Dance teams from around the world had to qualify for the event, which took place July 1 to 8 in Quebec at the Fairmont Tremblant, and then received an invitation.

"It was an amazing experience to see all the of the dancers," said Bailey's mother Nicola who was among the many parents of the dancers in attendance. "It was just incredible to see the different dances. The performances and the outfits were just beautiful."

Nicola said she was very proud of all the local dancers that got to dance on that stage. On Christiansen's dance

team alone, three out of the 12 dancers are from the St. Andrews area.

"All the girls on the team worked very hard," Nicola said. "We're very proud of them and their dedication."

More than 8,000 dancers from Argentina, Austria, Belgium, Brazil, Bulgaria, Canada, China, Cyprus, France, Germany, Ghana, Greece, Guam, Hungary, India, Indonesia, Italy, Japan, Mexico, New Zealand, Poland, Portugal, Romania, Russia, South Korea, Turkey, and USA have competed at Dance World Cup. Dance World Cup, which is recognized by the International Dance Council, celebrated its 11th anniversary season this year.

# Community laces up for River's Edge Run



RECORD PHOTO BY JUSTIN LUSCHINSKI

Runners take off at the starting line for the 30 kilometre and half-marathon race held last Saturday in Lockport. The annual Lockport

River's Edge Run for NF (Neurofibromatosis) saw hundreds of runners compete in the 5 km, 10 km, Half and 30 km races.



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# BIG DOLLAR

# Petition to save historic St. Andrews landmark garnering support

By Lindsey Enns

A petition to save the historic Captain Kennedy House has garnered more than 1,000 signatures.

The online petition launched by Red River North Tourism on Change.org was posted earlier this month with a goal of collecting 1,500 signatures. As of Tuesday morning, it had already reached 1,399.

"Each signer represents an email going to Cathy Cox, the minister in charge of heritage," Rob Sarginson, chair of the River North Heritage Group (RRNHG) told the *Record* via email last week. "I feel that this neglect of heritage buildings due to government cost cutting is a widespread and ultimately wasteful policy that endangers all of our government-owned heritage buildings and especially the Kennedy house."

Sarginson said the cheapest and safest time to do repairs to the historic site located in the RM of St. Andrews

is right now.

"Delay is folly. It not only removes from our area a valuable tourist destination, but it erases a significant piece of Manitoba's history," he added.

The province closed the historic Captain Kennedy House in 2015, which contained a popular tea room and a museum, due to structural concerns. Renovations, expected to cost more than \$1 million, were slated to begin in 2017 under the former NDP government. However, there is currently no timeline on when repairs could take place.

"There are a number of significant structural concerns that must be addressed and the province continues to review those options," a provincial spokesperson told the *Record* via email earlier this month. "Manitoba Sustainable Development has been reviewing options for re-opening the building, but the grounds and gardens remain



SUBMITTED PHOTO

An online petition to save the historic Captain Kennedy House in the RM of St. Andrews has already garnered more than 1,000 signatures.

open to the public."

Sarginson says the Kennedy family was very influential in the beginnings of St. Andrews as well as Manitoba.

"The stone house on River Road is an elegant reminder that before confederation Métis families achieved high economic, social and political status in our province," he added.

As a Métis advocate of union with Canada, William Kennedy and his cousin Alexander Kennedy Isbister fought the HBC monopoly and Sir George Simpson, in the law courts of England to gain greater autonomy for the Red River Settlement, Sarginson explained.

Continued on page 6

## Selkirk to host Grandmother's Walk Protecting Our Children on Sept. 21

By Justin Luschinski

This year's Grandmother's Walk Protecting Our Children in Selkirk will once again aim to raise awareness about child exploitation.

The eighth annual walk will take place on Friday, Sept. 21 beginning at the Selkirk Friendship Centre. The walk will begin at 10 a.m. while the lighting of the sacred fire will take place 7 a.m. The walk, organized by the Interlake Sexual Exploitation Educators Committee, aims to raise awareness about children and youth who are sexually exploited as well as

lives that have been lost due to tragedy.

"We need the walk, now more than ever. (Indigenous Peoples) have dealt with so much in the past few years," said Bonnie Peloski, one of the event's organizers. "With the MMIWG committee, and all the stuff that's being brought to light, we need to make everyone aware."

"We need to support everyone."

For more information about the upcoming Grandmother's Walk, call Bonnie Peloski at 204-785-7544.

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# West St. Paul house goes up in flames after being hit by lightning



SUBMITTED PHOTO

A house fire in West St. Paul was caused by a lightning strike, according to the RM. Damage to the home is estimated at around \$500,000, with content damage totalling approximately \$200,000.

**Staff**

A house fire in West St. Paul was caused by a lightning strike, according to the RM.

The house fire took place in the 3100 block of Pipeline Road.

West St. Paul Fire Chief Ryan Yackel said the strike occurred during an intense part of last Wednesday night's storm and the first call to the fire department came in around 10:20 p.m.

The lone adult occupant of the house was able to get out safely and has no reported injuries.

Yackel said road and weather conditions delayed firefighters' response time slightly.

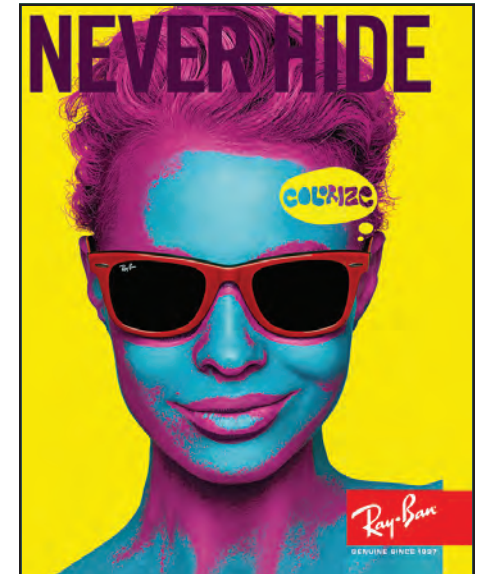
Damage to the home is estimated at around \$500,000, with content damage totalling approximately \$200,000.

The owner of the home wants to thank the community members for their concern and let everyone know she is doing fine, according to the RM.

The homeowner, who was inside her home when the fire occurred, got out safely and didn't sustain any injuries.

She is with family and friends and said she appreciates the offers of help and concern for her well being. She said she has insurance and appreciates offers to fundraise or donate clothing and furniture, but it is not necessary.

She said her family members and close friends are supporting her.



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# Former Comp grad earns prestigious Eugene Garfield Award

Staff

Dr. Orion Penner, a former Comp graduate who grew up in the Clandeboye area, received the 2018 Eugene Garfield Award for Innovation in Citation Analysis at the 23rd Science and Technology Indicators Conference in Leiden, Netherlands last Thursday.

Launched in 2017, this award recognizes scientists working on innovative approaches in citation analysis that improve how we measure the impact of scientific research—also known as scientometrics—a field in which Garfield was a pioneer.

Penner, 35, is a researcher and Ambizione Fellow in the Chair of Innovation and IP Policy within the College of Management of Technology at École polytechnique fédérale de Lausanne. Originally trained in physics

and complexity science, Penner applies tools from data science, economics and other social sciences to publication and patent databases to ask interesting questions about research and innovation as a system and how research careers evolve. Last year he was selected by the Swiss National Science Foundation for the prestigious Ambizione program, one of the most competitive funding schemes in Switzerland.

Dr. Penner's current research program focuses on researcher careers, in particular how success is influenced by the decisions individual researchers make in allocating research effort across multiple topics, or in selecting a new job or mentor. His findings speak directly to the present discussion surrounding the sustainability of

the current academic career system.

Penner will receive \$25,000 of prize money and access to Web of Science data, the world's largest publisher-neutral citation index. Penner will also have the opportunity to collaborate with the prestigious Institute for Scientific Information (ISI), which was originally established in 1960 by Dr Eugene Garfield. The ISI focuses on the development of existing and new scientometric approaches.

"This award affords me the opportunity to shift my research in a new direction that previously I felt was too risky. I see this as an excellent opportunity to step up efforts aimed at evaluating the current generation of machine learning and natural language processing algorithms as they may be applied to the citation and publica-



DR. ORION PENNER

tion data in the Web of Science. The output will be of significant value to my ongoing research on academic careers, as well as in establishing my independent research program," Penner stated in a news release last week.

Penner's mother Sandra Skwarek, of Clandeboye, said he credits some of his teachers in the Lord Selkirk School Division for encouraging him to pursue this field.

"He is a student who has come out of the school system and advanced his studies and done very well," Skwarek said. "I'm very happy and very pleased to see the success he gets to attained and I get to travel the world to visit him."

## > CAPTAIN KENNEDY HOUSE PETITION, FROM PG. 4

In the 1850's, Kennedy petitioned and got 500 signatures in the tiny settlement to remind the Crown that it had loyal subjects who were being stifled by an indifferent and sometimes abusive Company.

"Now, it is our turn to use a petition to remind our provincial government that it can not neglect the maintenance of a heritage property that it owns and is responsible for," Sarginson said.

To view the petition and for more information, visit [RedRiverNorthTourism.com](http://RedRiverNorthTourism.com) and click on the picture of Captain Kennedy House or search "Save Captain Kennedy House" on Change.org.

Those interested in donating to the Captain Kennedy House can visit the RM of St. Andrews office at 500 Railway Ave. or contact the RM by calling 1-866-738-2264 or via email at [office@rmofstandrews.com](mailto:office@rmofstandrews.com).

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## Dragon boat challenge for a cause



SUBMITTED PHOTO

A team of local paddlers from the Selkirk Canoe and Kayak Centre took on the September Dragon Boat Challenge on Sept. 7 and 8 and came in third place in the club team competition. The event was held at the Manitoba Canoe and Kayak Centre in Winnipeg and helped raised funds for the Dream Factory. Those interested in taking part in any future dragon boat races are being asked to contact the Selkirk Canoe and Kayak Centre by calling 204-785-2054 or via email at selkirkkayak@hotmail.com.

## Selkirk to host IERHA AGM on Oct. 1

### Submitted

On Monday, Oct. 1, the Interlake-Eastern Regional Health Authority (IERHA) will be hosting its sixth annual general meeting to outline achievements and challenges in regional health care over the past year and to talk about future goals.

This year's proceedings will include a special health care transformation panel featuring Dr. Brock Wright, Shared Health Manitoba's CEO and provincial lead on health services. Dr. Wright will speak to milestones in the first year of Shared Health, the health organization responsible for building an accessible and integrated health system. Among Shared Health's responsibilities is the creation of a provincial clinical and preventive services plan that will direct

health care service delivery.

Interlake-Eastern RHA's CEO, Ron Van Denakker, will contribute a regional perspective to the panel discussion, identifying Interlake-Eastern's contributions to health planning and the anticipated benefits that health care transformation is bringing to regional residents.

The venue for Interlake-Eastern RHA's AGM rotates among communities within the region. This year, the meeting is being held at the City of Selkirk's Rec Complex at 180 Easton Drive. Doors open at 5:30 p.m. All are welcome to attend.

For more information or inquiries about venue accessibility, please call toll-free: 1-855-347-8500 or email: info@ierha.ca.

## St. Andrews plays hosts to International Toastmasters Rally

By Justin Luschinski

A Toastmasters rally brought members from as far as Minnesota to the RM of St. Andrews earlier this month.

The rally took place on Sept. 8 at Larters at St. Andrews Golf and Country Club. Toastmasters aims to teach people how to better their public speaking skills, as well as how to become a leader in their communities.

Kay Boyd, one of the board members for Toastmasters Selkirk, said the group aims to empower people, and teach them useful social skills required in almost any field.

"Anybody who has to address a large group, whether it's a class presentation, or a group of business associates, we're there to help. We help get rid of the excess language ... and help people communicate effectively," Boyd said. "(Members) take part in various roles, they can learn leadership skills, which are useful in almost every job market."

Boyd said they have many successful members from the Selkirk community. A few of their members started out shy, and are now managing community organizations across the Interlake. Boyd herself said she got a lot out of Toastmasters, she initially wanted to spice up her work presentations, and learned how to effectively teach her coworkers through the organization.

Boyd said that she was honoured to host her fellow Toastmasters in St. Andrews.

"The night was a rousing success, we had so much growth and positive energy there. We're very proud of the Interlake, because it's such a wonderful place to live. If you've ever thought about joining Toastmasters, now is the time," Boyd said.

Boyd said that Toastmasters focuses on helping individuals meet their goals. They always give positive feedback, as well as constructive feedback to help someone improve their presentation skills. The group gives lessons on vocal tone, effective body language, among other topics.

For more information about Selkirk Toastmasters, visit their website 3977.toastmastersclubs.org or contact Kay Boyd directly at kayshobo@gmail.com or by calling 204-482-4662.

Public Utilities Board

Régie des services publics

### Reminder Notice of Public Hearing

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### to share your views about the proposed rate increases from Manitoba Public Insurance

The Manitoba Public Insurance Corporation (MPI) has applied to the Public Utilities Board (Board) for a 2.2 per cent increase to Basic Autopac vehicle insurance rates and premiums, effective on March 1, 2019.

Further details are available at the MPI website, [www.mpi.mb.ca](http://www.mpi.mb.ca) or the Board's website at [www.pubmanitoba.ca](http://www.pubmanitoba.ca).

A public hearing on the proposed increases will be held on:

**Monday, October 15, 2018** at 9:00 a.m.  
Public Utilities Board Hearing Room  
4<sup>th</sup> Floor, 330 Portage Avenue, Winnipeg, MB R3C 0C4

If you are interested in learning about this rate increase, you are encouraged to attend the hearing, observe the hearing via live streaming, or provide your perspective through the Board's on-line comment tool.

If you wish to speak at the hearing or make a written submission, please contact the Board Secretary at 204-945-2638 or toll free 1-866-854-3698, no later than **September 21, 2018**.

For more information, visit [www.pubmanitoba.ca](http://www.pubmanitoba.ca).

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**The Selkirk Record**

# getfishing

RED RIVER > CHALET BEACH > LAKE WINNIPEG



> ARNIE WEIDL

## Fall fishing season starts to set in

Hi fellow fishers. I've always felt a quiet comfort being outdoors in the cool, still, grey overcast days of fall. It was just such a day last week as I stood by the landing at Balsam Bay watching a small boat, its little old motor making a muffled putting sound carrying three anglers gliding through the motionless glassy water into harbor. Their voices came across the bay in the damp air, two of them congratulating the other on his "big fish". I walked over smiling, merging into the conversation with the question, "How big?" The taller, sprier more talkative of the three looked at me then at the sign on my car door showing the papers carrying my fishing column and said, "We've been out there since daybreak and never caught a thing until we started coming in. Then Paul got this monster." "Could I get your names and a picture of your catch for the paper?" I asked. "Sure," the tall guy, Matt said. "Chris Voreduse and I are twin brothers from Winnipeg and our friend Paul Devigne is from Alberta." "That fish puts me in mind of the size of fish the commercial fishers around Lake Winnipeg's south basin are catching as they go into a third week of a good fall fishing season," I said. "Well maybe we'll all have great fishing on the ice this winter then," Matt said as they climbed into their truck after securing their boat and headed down the road.

A few days later on the Selkirk waterfront I saw a thin, bespectacled chap with strong, straight grey streaked dark hair sitting in the back of his SUV, the back door up with his rod line in the water. When I asked him if he had a story for his fishing brothers and sisters, he fell silent for a while then came to life. "I was sitting just like this a few winters ago on the Netley Creek ice," our new friend, Greg Smith began. "Getting my auger ready to make ice holes when I noticed a guy leave



**RECORD PHOTO BY ANRIE WEIDL**  
Paul Devigne with his catch off the Balsam Bay waters.

the holes he had been using and move away about a dozen car lengths to make new ones. I thought what the heck? I put my auger away, moved to his old holes and dropped my baited lines in. Instantly, I felt a hard pull on the rod in my hand. I reeled in quick and up popped a three foot jack! Now that I think about it," Greg mused, "I should have been nicer and not held the jack up to my luckless fellow angler hollering thanks! He turned his back on me and I guess I don't blame him!"

For some unknown reason, every once in a while, the Winnipeg Beach harbor provides us with an extraordinary story. Last Saturday it happened again! I was surprised to see maybe thirty cars parked by the north beach.

As I stopped two guys came up beside me. "What's going on?" I asked one chap. He smiled widely behind dark glasses. White stubble showed on his face. "We're a group of wind surfers and parasailers. We check different spots around the south basin looking for high waves and on shore winds and today this is the perfect place for an afternoon of sailing. In the winter we go kite boarding when we pinpoint an area on Lake Winnipeg that has small snow drifts and proper wind," my new friend, Roland Rioux from Winnipeg said as we talked at length. Then something he said caught my attention. He said because their group comes and goes quickly from one community to another the locals assume any garbage left on the shore or ice was theirs. Nothing could be further from the truth Roland insisted because they take special care to practice good outdoor housekeeping. I asked him if their group would consider joining the Manitoba Ice Fishing Association since we too promote not leaving garbage on the ice.

We continued talking and when I asked if he had a fishing story for us he gave something I had never heard before. Their group takes special pains not to parasail anywhere there are carp in the spring. As we know these fish jump out of the water to clean their gills or roll on top of the water when spawning and as Roland pointed out the last thing a parasailer wants to do is hit something and "go over the handlebars"! He remembered once a carp surfaced right in front of him when he was flying along. His skag on the bottom of his board hit the fish. Roland turned, collapsing his parasail, ran his board onto the sandy shore and found that carp to make sure it wasn't suffering! Good for you Roland! If you can, come by next week friends.

Bye now.



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The Selkirk Record welcomes submissions to Letters to the Editor. Letters can be emailed to news@selkirkrecord.ca or dropped off at our office. Letters must include the name and mailing address of the writer.

**TROUBLE WITH PAPER DELIVERY?**

**Christy Brown**, Distribution Mgr.: 204-467-5836

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## Lassie tourney benefits CancerCare



RECORD PHOTO BY JUSTIN LUSCHINSKI

Pictured from left to right: Lassie Ladies golf tournament participants Judy Hamm, Debbie Heroux, Karen Kearney, Terry Bowles, Wendy Sowa, Linda Gawryluk, Tanis Bannister and Kerri Johnson from CancerCare. The 22nd annual Lassie Tournament, which took place in July at Larters at St. Andrews Golf and Country Club, helped raise a total of \$4,800 this year for CancerCare Manitoba Foundation.

## RCMP's Moose Hide Campaign aims to end violence against women, children

### Submitted

The RCMP in Manitoba has partnered with the Moose Hide Campaign and launched a month long, province-wide effort to help reduce, and one day, end, violence towards women and children.

From September 17 to October 17, 2018, RCMP detachments across the province will be holding community events to raise awareness about gender-based violence, the resources available to victims of abuse and violence as well as to discuss and promote gender equity and healthy relationships.

"Domestic violence and gender-based violence should be a concern for all Manitobans," said Justice Minister Cliff Cullen. "Education and awareness is an important first step to end the violence. The Moose Hide Campaign is an innovative way to engage Manitobans to work together to stand up against violence towards women and children."

"The tragic reality is that violence against women and children is far too prevalent in our communities," said Assistant Commissioner Scott Kolody, Commanding Officer of Manitoba RCMP. "By raising awareness of the Moose Hide Campaign and its goals, we hope to start a real conversation in the communities we serve. Across this

province, our officers will be making a renewed and concentrated effort of working with community members to end violence towards women and children."

While the campaign targets men and boys, everyone is encouraged to participate.

Support for the Moose Hide Campaign is demonstrated by wearing a moose hide square (pin) which signifies ones commitment to honour, respect and protect the women and children in their life and to work together to end violence against women and children. All employees of the RCMP in Manitoba have been encouraged to wear the moose hide to show their support of this important initiative.

"It is great to see a policing organization like the RCMP support us in our journey," said Paul Lacerte who co-founded the Moose Hide Campaign with his daughter Raven in 2011. "Our goal is to distribute 10 million moose hide pins across Canada and the world to raise awareness and action to end violence against all women and children in Canada. The RCMP is really helping our efforts in Manitoba by organizing community events to bring people together to take a stand."

More information about the Moose Hide Campaign can be found online, [moosehidecampaign.ca](http://moosehidecampaign.ca).

## IERHA limits work parameters for emergency health care professionals

By Mark T. Buss, Clipper Weekly

A decision by the Interlake-Eastern Regional Health Authority to temporarily dial back the responsibilities of advanced care paramedics is being seen as both a positive move by the health authority and a concern by the professional association representing paramedics.

As of Sept. 1, the seven advanced care paramedics (ACPs) operating in the Interlake-Eastern Regional Health Authority (IERHA) began practicing as intermediate care paramedics (ICPs) for the foreseeable future.

Advanced care paramedics are nationally licensed to provide a more advanced level of care than ICPs as they have completed an additional year of full-time education and received thousands of hours of study in an accredited program.

With the IERHA restriction, the seven ACPs won't be allowed to perform some procedures they are trained to do like endotracheal intubation (inserting advanced breathing tubes), needle decompression of the chest to reduce internal pressure on the lungs and some cardiac interventions on children.

Prior to the announcement, they were the only EMS personnel in the region able to provide those services.

IERHA CEO Ron Van Denakker said the roll back is to ensure the seven ACPs are receiving the support and integration they need to effectively practice to their full scope within the region.

He noted ACPs will not see a change in their pay.

Referring to the now unauthorized ACP procedures as "high risk, low volume," Van Denakker said the paramedics in question do not perform the tasks with enough regularity to remain proficient in the procedures and the IERHA is not able to provide them with ongoing training for those particular skills.

As a result, Van Denakker said the ACPs have been functioning more at a primary care level anyway, which played a part in the decision.

"For a paramedic to do their work, just like anything else, they need to be competent, and when things are low volume they can become high risk because you're really not used to doing them," Van Denakker said. "We as a region, nor is any other RHA, able to provide [ACPs] with the kind of training. Winnipeg is a different story."

Van Denakker noted that outside the city, ICPs deliver care for all ages and health emergencies and their scope

of practice can vary depending on the needs of the patient population they serve. This includes the ability to administer medications, attend to cardiac emergencies and to safely stabilize and transfer patients to an appropriate medical facility or to liaise with another mode of emergency transport like STARS.

Van Denakker said the reason to reflect on this as a temporary decision is he truly believes the ACP skills set at some point will become an asset for the IERHA. He did not identify a time line when the decision may be reversed.

He said the health authority will continue to work with ACPs, the Paramedic Association of Manitoba, Shared Health and other health care providers to incorporate the ACP model in the region.

"I can appreciate the ACPs and paramedic association is not happy... [but] the No. 1 priority in EMS for the province is providing stable safe services," Van Denakker said. "Interlake-Eastern RHA residents can remain confident in the abilities of the paramedics who respond to their calls in an emergency."

Paramedic Association of Manitoba administrative director Eric Glass said his association was "disappointed and surprised" by the decision of the IERHA to scale back the scope of practice of trained ACPs after the amount of work done to advocate for the expansion of advanced paramedics services.

He said the IERHA is the only health authority to hire ACPs in rural Manitoba. With the recent decision however, he said it may have a negative impact as those in the EMS field looking to become an ACP are asking a lot of questions and may go elsewhere for work.

"We already know over the last several years that Manitoba has lost several advanced care paramedics to other jurisdictions like Alberta and British Columbia," Glass said. "We're hearing from people who were thinking about their education and are concerned about investing time and money. We've heard from students currently enrolled in Red River who are really concerned because of the idea of what they may or may not be able to do."

Glass said the Paramedic Association of Manitoba has been told this is a temporary suspension and has been assured that Manitoba Health remains committed to ACPs in rural Manitoba.

# Boat tour sheds light on pilot project to save Netley Marsh

By Justin Luschinski

The pilot project to save the Netley-Libau Marsh is moving forward. But they still need support if they want to save the largest coastal wetlands in Canada.

The Red River Basin Commission hosted a guided boat tour of the Netley-Libau Marsh last Thursday as part of Marsh Day 2018. Most of the marsh has eroded away, and if the restoration project fails, it might never come back.

Gordon Goldsborough, a researcher from the Department of Environmental Sciences at the University of Manitoba, says he's surprised how much the marsh continues to break down.

"The most dramatic change is what we're calling the 'hardman cut.' There used to be some land that separated most of the lake from the river, but the gap used to be about one quarter of the size it is now," Goldsborough said. "The more we lose that strip of land between Hardman Lake and the river, the harder it will be to complete the project."

The marsh acts as the "kidneys" of Lake Winnipeg, reducing harmful nutrients and cleaning the water naturally. If restored, the marsh could remove more nutrients than the City of Winnipeg, Selkirk, and Brandon combined. But through a combination of factors, the marsh plants are dying out, and most of the wetlands are just water. Without support, the marsh may be lost forever.

The pilot project to save the marsh has received a lot of support since last year, with the federal government, the province, as well as the Southern Chiefs' Organization pledging support. Last week's tour began with an Anishinaabe Water Ceremony, to bless the project.

Grand Chief Jerry Daniels of the Southern Chiefs' Organization says he hopes the project succeeds.

"We all need to ensure a sustainable



The Red River Basin Commission hosted a guided boat tour of the Netley-Libau Marsh last Thursday as part of Marsh Day 2018. Most of the marsh has eroded away, and if a pilot restoration project fails, it might never come back.

RECORD PHOTOS BY JUSTIN LUSCHINSKI



future for ourselves, and our children. We're starting with this water ceremony, because we as Anishinaabe people, have found that if we start this way, things go the way we want them to go," Daniels said. "The water is a part of us, it's a relative. We hope we start to see vegetation grow again, and to see the development of the Netley Marsh."

The pilot project will use Amphibex dredging machines to take sediment from up to five kilometres away, and create "mini-marshes" within Hardman Lake. These deposits will be just high enough that they come just above the water level, so they receive

an equal amount of flooding and dry periods. This will help create marsh fauna, which will bring back animals, such as fish and ducks, that depend on the wetlands. The deposits need to stay together long enough for marsh plants to take root, once they have, the mini-marshes will be self sustainable.

Steve Strang, the Manitoba Director of the Red River Basin Commission, said this project could serve as an example to other conservation efforts.

"I'm so proud of the support we've received. Almost everyone has come to the table, that's what excites me," Strang said. "They're from all walks of life. And with their support, we feel



confident enough to move forward." Strang said Manitoba Hydro has done a survey of the river, mapping out how to dredge the area. They're waiting on some soil samples to come in, and they're going to hire a consultant, and start applying for an environmental license. Strang expects to obtain the license in mid 2019, and they plan to start the pilot project either next summer or in early fall.

To learn more about the Netley-Libau Marsh and the pilot project, visit [redriverbasincommission.org](http://redriverbasincommission.org).

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# Bear Clan seeks more volunteers 'to be more visible in the community'

By Justin Luschinski

The Selkirk Bear Clan needs more volunteers if they want to continue patrolling the streets.

The Selkirk chapter has been picking up syringes and offering help to residents during their patrols for just over one year.

But in order to move forward, they are in need of more volunteers.

Tara Campbell, one of the local chapter's founders, says while they've received positive support, in order to help more people, they need more volunteers.

"We're really looking for more volunteers, right now we only patrol on Thursday evenings, but we want to add a Friday patrol, we want to be more visible in the community," Campbell said. "We've had a really positive response. Children are relieved when they see us, and a lot of people have said they feel safer when we're around, it shows how important



RECORD FILE PHOTO BY LINDSEY ENNS

Selkirk Bear Clan members head out on their first community walk near the Selkirk Waterfront in this August 2017 photo. The local Bear Clan chapter is currently looking for more volunteers to add to their team.

it is that we're a positive role model in the community."

Campbell said the Bear Clan is looking for someone to donate a vehicle, so they can start a mobile patrol. She

said that a vehicle would also help with visibility. According to Campbell, summer is usually a rough month for volunteer organizations, as many people go on vacation, or are unable

to help out.

Campbell said while they don't keep rough statistics, they're noticing they're having a positive impact on the community.

"We don't really keep track of anything, but so far we've noticed a few positive changes. Theft is a big problem here, but a few (residents) have said there are less people hanging around looking to steal stuff," Campbell said. "There are a lot of youth who felt lost and confused, but now they want to join our patrol.

"It feels good to get that support, it keeps us going."

The Selkirk Bear Clan is looking to host a community feast this month, to hopefully attract more volunteers. Campbell said an exact date hasn't been set yet.

For more information, you can find the "Selkirk Bear Clan Patrol" on Facebook or email selkirkbearclan@gmail.com.

# Lifeline program to mark National Seniors Day on Oct. 1 with info booth at Selkirk hospital

Submitted

The numbers related to older adults and falls are staggering. One in three Canadians over age 65 will experience a fall this year, and older adults who fall once are two to three times as likely to fall again within a year.

Selkirk Lifeline provides fast access to trained caring Response Associates at the push of a button 24 hours and day, 7 days a week. In addition, Auto-Alert provides a layer of protection by automatically placing a call for help if a fall is detected. We also offer GoSafe

– allowing more freedom with security than ever offered before.

For 28 years Selkirk Lifeline has partnered with Philips Lifeline to provide this vitally important service to Selkirk and the surrounding communities. Subscribers can continue to live confidently and independently in their homes with the reassurance that help is available at the push of a button. Selkirk Lifeline supports

patient safety by:

- Empowering clients with immediate access to help – even if they can't speak.
- Providing valuable reassurance from knowing that help is available 24 hours a day.
- Giving added comfort and peace of

mind to family caregivers.

Visit the Selkirk Lifeline booth for National Seniors Day on Oct. 1 from 1 p.m. to 3 p.m. at the Selkirk Regional Health Centre to learn more about the service and the partnership between Selkirk Lifeline and Philips Lifeline or contact Selkirk Lifeline at 204-785-2737.

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SALE ON Thursday September 20 to Wednesday September 26, 2018. Advertised items are available only at your Selkirk Canadian Tire Manitoba Avenue 482-8473 Monday-Friday 8 AM to 9 PM; Saturday 8 AM-8 PM, Sunday 9 AM - 6PM.



# GET OUT THERE AND RIDE

**Polaris Off-Road Vehicles**, the world leader in powersports and off-road innovation, introduced its all-new 2019 model year vehicles with significant upgrades and technology options across its **RANGER**®, **RZR**®, and **GENERAL**® lineups.

"We had a remarkably strong first half fueled by the launch of **RZR RS1™** and the innovative **RZR XP® Turbo S**, as well as the **RANGER CREW® XP 1000** and our most popular youth vehicle, **RANGER 150 EFI**. These vehicles set industry standards and gave us tremendous momentum," said Chris Musso, president of Off-Road Vehicles, Polaris. "We plan to continue that momentum through industry-leading innovations and providing consumers the ultimate riding experience with our model year 2019 launches."

Polaris **RANGER** is the industry's best-selling utility side-by-side 10 years running and it continues to advance the technical offerings and upgrade options across the 2019 lineup. For the first time, select 2019 **RANGER XP® 1000 EPS** models are available with **RIDE COMMAND®** technology as a factory-installed package and additional NorthStar Editions color options are available to choose from. The **RANGER XP 1000** and **RANGER CREW XP 1000** family also expanded to include the all new **High Lifter® Edition** and the 20th Anniversary Limited Edition.

Polaris **RZR**, the world's best-selling sports performance side-by-side lineup, introduced a completely refreshed Xtreme Performance line with aggressive styling and performance upgrades proliferated through the entire offering. For model year 2019, consumers can choose **RIDE COMMAND**, now available in all XP 1000 colors, or the new **RZR XP 1000 DYNAMIX®** vehicles, formerly only available on select turbo models. To round out the 2019 line, the industry's best and broadest trail lineup received a power up, boosting the **RZR S4 1000** — the only trail-ready recreational four-seater — to 100 horsepower.

Polaris **GENERAL®**, born from adventure, continues to grow its position as the No.1 best-selling sport utility vehicle. In addition to performance and technology upgrades, new colors and graphics are available across the entire lineup. Consumers have more choice than ever with multiple colors available for the **GENERAL Deluxe** model and a limited edition **Breakout Camo** model.

For more in-depth new model information please see below or for complete 2019 Polaris ORV details visit [www.polaris.com](http://www.polaris.com)

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## Waterfront to host 4th annual yoga flow



SUBMITTED PHOTO

The Selkirk Waterfront will play host to the fourth annual Outdoor Yoga Flow at the Waterfront on Sunday, Sept. 23 at 11 a.m. The event is once again sponsored by Steelcity Physiotherapy and Wellness Centre and all of the proceeds will go toward the Wityshyn family as they continue to navigate living with ALS. A \$10 minimum donation is required to participate and the class will be led by Jennifer David.

## Vinnie's celebrates grand opening



RECORD PHOTO BY BRETT MITCHELL

Owners Veena and Nandan Vijayan celebrate the grand opening of Vinnie's Hot Foods located in the Lord Selkirk Hotel on Friday, Aug. 24. Their second location features tasty south Indian restaurant dishes not found anywhere else.

Located at 420 Main St in Selkirk, Vinnies South Indian Restaurant recently celebrated their grand opening. The staff from the Selkirk Record joined in on the celebration and a great experience was had by all. Georgia Campbell, Office Administrator, was new to Indian cuisine. The gracious owners, Veena and Nandan, helped her by explaining their diverse menu. For an appetizer Georgia ordered the Chicken Meatballs with



Four Course Indian Meal

marinated with turmeric, chili powder, and pepper and fried to perfection. The star of the appetizer menu was the homemade tamarind sauce which everyone dipped everything in.

For the main dish the staff sampled three very different varieties of South Indian cuisine. Georgia chose the Shrimp Fried Rice which was cooked perfectly and had lots of flavour. The various chutneys and sauces offered were exciting to taste with these dishes. Michelle selected the Chicken Curry Puttu dish (the only place in Manitoba that offers Puttu is Vinnie's) which is a gluten free meal consisting of grated coconut wrapped in steamed rice flour with the most delicious spiced curry chicken. Brett ordered the Goat Pepper Stew which was goat, potato and mixed vegetable stewed in coconut milk.

If you are looking for an adventure for your taste buds, Vinnie's has it all. The lunch buffet is offered Monday through Thursday, 11am - 2pm with changing curries. The dining room offers an extensive menu catering to all varieties of Indian cuisine and a take-out menu is also available.



Chicken Curry Puttu



Shrimp Fried Rice



Chicken Meatballs



Fish Fry



Fish Cutlets

Indian touch and they were delicious, cooked with just the perfect amount of spice.

Michelle Balharry, Sales Rep, tried the Fish Cutlets and Brett Mitchell, Sales Rep, ordered the Fish Fry which was fabulous. The Fish Fry was the same flavor and texture as crab cakes but



### You Are Invited!

Teens are always welcome at the drop in throughout the week, but parents and local supporters don't often have a chance to meet us, or see what we do. We would like to change that, and invite you in to visit Youth for Christ Selkirk this fall! Come to see what we have to offer youth, enjoy some refreshments, and get to know our staff and volunteers.

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# Selkirk author shares novels with Stony Mountain Book Club

By Kal Franchak

Stony Mountain's "Book Club on the Hill" attendees got a treat last week when discussing their latest read. On Sept. 10, the group hosted guest author Maureen Flynn of Selkirk who wrote *Buckle my Shoe* and *Shut the Door*.

This was the first time Flynn had been invited to a book club that's covered books she's personally written.

Flynn answered questions about herself to excited club attendees. One of the topics covered was how Flynn got started as a novelist. Despite no formal training, Flynn has spent much of her career as a writer. Although most of her experience was non-fiction prior to launching the *Buckle* series, Flynn's passion for reading helped inspire her fiction series.

Having grown up reading Nancy Drew, mystery has always been a passion for Flynn. Still a reader, Flynn finds she's not able to read fiction while writing. Instead, she enjoys reading non-fiction stories, some of which inspire her work. Her favourite book remains *The Diary of Anne Frank*.

For new authors it sometimes can be challenging to get started and to find the time to write a novel. Flynn started writing her book with just a pen and paper while waiting in her car during her son's sport practices. She would listen to 1940s music, a time when some of the story takes place, for inspiration as she wrote.

"(I'M) HAPPY PEOPLE LIKE TO READ IT."

Flynn's novels take her readers to all too familiar settings around Winnipeg, but with a mysterious twist. Her debut novel *Buckle My Shoe* follows former detective Steve Ascot as he takes on a job of security guard in a Winnipeg hotel. Steve, who has a past of his own, finds the hotel is filled with mysterious secrets and characters. The book was inspired by the story of the *The Marlborough Hotel* and the ghost that supposedly haunts it.

*Shut the Door*, the sequel, again follows Steve Ascot as he tackles mysterious and paranormal affairs. This time he finds himself looking for secrets in the historic (and said to be haunted) *Fort Garry Hotel*, joined by a ghost writer named Penny. Trouble finds Steve and Penny as they uncover this mystery.

Both Flynn's books are filled with familiar sights for Manitoba locals. Flynn explained that some publishers ask writers to use US cities to include a larger audience, but she is more comfortable writing about what she knows. She seems to have found her niche, too, with both books making the McNally Robinson bestseller lists

and a successful book launch at the Gaynor Family Library in Selkirk. Flynn says she's "happy people like to read it".

Now retired, Flynn can spend her days busy working on the next book in the *Buckle Series: Pick up Sticks*. She wouldn't share exactly what will happen, but this next chapter in the story will take readers back in time to follow a couple of playwrights at the historical *Burton Cummings Theatre* in Winnipeg.

Flynn's books *Buckle my Shoe* and *Shut the Door* are available online through Pemmican Publications, McNally Robinson Booksellers, and Amazon. Her third book, *Pick up Sticks*, is currently being written.

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# Your Local Community Home Real Estate Section

HOUSES APARTMENTS CONDOS COTTAGES RETIREMENT FINANCING IMPROVEMENTS INSURANCE



## Fall Lawn Care Tips

the ground has been aerated. Gardening centers and home improvement stores sell soil testing kits that measure the pH of soil, but homeowners who want to test for nutrients or heavy metals in their soil may need to send their samples to a lab for further testing. Fall lawn care provides a great reason to spend some time in the yard before the arrival of winter.

Fall lawn care differs from spring and summer lawn care, even if the warm temperatures of summer linger into autumn. Homeowners can take advantage of the welcoming weather of fall to address any existing or potential issues.

· Keep mowing, but adjust how you mow. It's important that homeowners continue to mow their lawns so long as grass is growing. But as fall transitions into winter, lower the blades so the grass is cut shorter while remaining mindful that no blade of grass should ever be trimmed by more than one-third. Lowering the blades will allow more sunlight to reach the grass.

· Remove leaves as they fall. Raking leaves is synonymous with fall. Some homeowners may wait to pick up a rake until all of the trees on their properties are bare. However, allowing fallen leaves to sit on the ground for extended periods of time may ultimately suffocate the grass by forming an impenetrable wall that deprives the lawn of sunlight and oxygen. The result is dead grass and possibly even fungal disease. Homeowners should periodically rake and remove leaves, even if there are plenty left to fall still hanging on the trees.

· Repair bald spots. Summer exacts a toll on lawns in various ways, and even homeowners with green thumbs may end up with a lawn filled with bald spots come September. Autumn is a great time to repair these bald spots.

· Aerate the turf. Aerating reduces soil compacting, facilitating the delivery of fertilizer and water to a lawn's roots. While many homeowners, and particularly those who take pride in tending to their own lawns, can successfully aerate their own turf, it's best to first have soil tested so you know which amendments to add after

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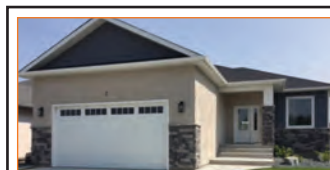
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# Your Local Community Home Real Estate Section

HOUSES APARTMENTS CONDOS COTTAGES RETIREMENT FINANCING IMPROVEMENTS INSURANCE



## Get your home fall- and winter-ready with 5 simple projects



If boots, a warm hat and a tuned-up snow blower are the only items on your winter preparation list, your home maintenance plan may need a makeover. These simple home maintenance projects can help lower your energy bills, prevent more costly repairs and/or increase the lifespan of your home.

1. Heating & Ventilation - Examine your fireplace and chimney system to ensure that no soot or creosote has collected. Any cracks or voids could potentially cause a fire. Before you turn the furnace or boiler on, replace the air filter and hire a professional to inspect the unit more thoroughly. These steps will improve the efficiency and life of your furnace and will ensure stable indoor air quality.

2. Seal Windows and Doors - If not properly sealed, windows and doors can be a major culprit for heat loss. To keep the warm air inside, inspect the weather-stripping around your home's windows and doors for

leaks, rot or decay. Repair or replace structural framing, and caulk inside and out, if necessary.

3. Insulate well - One of the easiest and most effective defenses against heat loss is proper insulation. Prevent cold drafts from entering and the loss of heated air through basement headers, which, when left exposed, can make your furnace work harder. Look for a moisture-resistant product offering high thermal performance. All that's needed is a serrated blade or bread knife. Cut the batt to fit the cavity and press into place. The insulation will help improve energy efficiency as soon as it's in place and provide savings over the lifetime of your home. Comfortbatt insulation can also be used to top or replace old attic insulation. Aim for an R-50 or a depth of 16 inches.

4. Backyard Care - Save your property from potential damage by trim-

Continued on next page

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ming overgrown trees and shrubs to prevent ice-laden branches from thrashing against electrical wires and your home's exterior. Drain/shut off any exterior faucets and sprinkler systems to prevent freezing. Ensure rain

or snow drains away from the house to avoid foundation problems. 5. Roof and Gutters - Inspect your roof for shingles that are warped, damaged or even missing to prevent a future leak. Use roof-

ing cement and a caulking gun to seal joints where water could penetrate, such as around the chimney, skylights or vent pipes. Make sure that your gutters and downspouts are securely fastened. Downspouts should

extend at least five feet away from the home

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# Your Local Community Home Real Estate Section

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## 10 fun facts in time for fall

Autumn is a season the dramatic multicolored displays that occur just prior to trees shedding their leaves.

Whether one is collecting leaves, picking apples, exploring corn mazes, or driving the countryside enjoying the foliage, autumn is full of fun facts that can

make the season that much more enjoyable.

1. Autumn begins on the autumnal equinox, which occurs on or near September

22 in the northern hemisphere. This year, September 22 is the day when the sun crosses the celestial equator moving southward. When the equinox occurs, there are an equal number of daylight and nighttime hours.

2. Autumn is a main harvesting time in many areas, and a successful harvest was once necessary for survival. Many steps are, and have long been, taken to ensure a bountiful autumn harvest.

3. Fall is a time when trees and other plants prepare for dormancy and as the hours of daylight gradually decrease, trees begin to close down their food

production systems and reduce the amount of chlorophyll in leaves. Chlorophyll is the chemical that makes tree leaves green, and as it declines, other chemicals become more prominent and shine through in the leaves. That is why leaves change color.

4. Some scientists believe that global climate change can impact autumn colors, such as delaying the change in trees. Also, red pigments may start to decline as trees use sugary fuel to grow new twigs rather than to cause red leaf displays.

5. Canadians usually refer to this time of year as "fall," while the British use "autumn." Prior to the 16th century, this period, autumn was known as "harvest."

6. We bid farewell to monarch butterflies in the fall. They migrate to Mexico and some parts of Southern California, flying at speeds between 12 and 25 miles per hour.

7. A study of centenarians born between 1880 to 1895 published in the Journal of Aging Research, found that babies born during autumn months are more likely to live to age 100 than those born during the rest of the year.

8. Squash, pumpkins and other gourds are prominent in the fall. The largest squash grown on record belonged to Joel Jarvis of Ontario, and weighed in at 1,486.6 pounds in 2011.

9. The autumn equinox signals the aurora borealis, also called the Northern Lights. Autumn is "aurora season," according to NASA. That's because, during the fall, geomagnetic storms are about twice as frequent as the annual average.

10. Full moons are named for the month or season in which they rise. The Harvest Moon is the full moon closest to the autumnal equinox.

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# get inspired

> MEAL IDEAS

THE Marketplace AT SELKIRK



## Orange Whole-Wheat Waffles with Yogurt and Fresh Berries

Makes about 6 5- to 6-inch waffles  
Serves 4 to 6

**Orange Whole-Wheat Waffles**  
2 1/4 cups white whole-wheat flour  
3 tablespoons sugar  
2 teaspoons baking powder  
1/4 teaspoon salt  
1 1/4 cups whole milk  
1/2 cup freshly squeezed orange juice  
2 eggs, separated  
5 teaspoons packed, grated orange zest  
6 tablespoons unsalted butter, melted and slightly cooled

**Yogurt topping**  
1 cup Greek-style yogurt (see note)  
4 teaspoons honey  
1 teaspoon grated orange zest, packed

**Fresh raspberries, strawberries or blueberries, for garnish**

1. For the Orange Whole-Wheat Waffles: Preheat a waffle iron (and, if you plan to hold the waffles until serving time, preheat the oven to 200 F).
2. In a large serving bowl, stir together the flour, sugar, baking powder, and salt. In another bowl, whisk together the milk, orange juice, egg yolks, and orange zest. In a third bowl, beat the egg whites until firm, but not stiff.
3. Make a well in the dry ingredients

and pour in the milk mixture, blending gently only until the ingredients are combined. Add the butter in a slow stream, continuing to blend until the butter is incorporated. Gently fold in the egg whites.

4. For the yogurt topping: In a small serving bowl, whisk together the yogurt, honey and orange zest.

5. Pour 1/2 cup of the batter (or more, depending on the size of your waffle iron) onto the waffle iron and, using a metal spatula or table knife, spread the batter to within 1/2 inch of the edge.

Close the cover and cook approximately 3 minutes, or until crisp and golden brown. (If your waffles aren't crisp, even after a "ready" signal has sounded, continue to cook them, watching carefully, until crisp and golden. If not serving immediately, place the waffles in a single layer on a baking sheet in the preheated oven while you finish with the remaining batter.)

6. Serve the waffles topped with a generous dollop of the yogurt mixture and garnish with some berries.

Note: Nonfat, as well as reduced- to whole-fat varieties of Greek yogurt work in this recipe.



## Self-Mutilation is a Serious Cry for Help

understood. They may feel that everyone hates them, and so they begin to hate themselves. The self-mutilation can also be a way of punishing themselves for being a failure.

Self-mutilation is a fairly common problem, especially among adolescents. The person may scratch or cut themselves or burn themselves with cigarettes. Most often it is done on the arms but could also be on the legs or abdominal area. It is upsetting for a parent to find that a child has self-inflicted this kind of harm. It is confusing, as it does not make sense for someone to try to hurt themselves. Often parents will respond with anger, when in reality the individual needs a compassionate response.

The reason people hurt themselves in this way is that they are feeling tremendous pain emotionally. Irrational as it might seem, they believe that if they create physical pain, it will somehow help them to forget the emotional pain. Sometimes they are very angry and feel unaccepted and mis-

It may also be an attempt to let others know how much they are hurting. It is not an easy thing for an adolescent to verbalize feelings of hurt, alienation, confusion, or rejection. Even if they could, it is not always easy for parents to know the appropriate response to such feelings. Sometimes the reaction is to be defensive, and that only serves to alienate the adolescent even more. Self-mutilation is a serious cry for help. It is a case where counseling is strongly recommended, as it may take someone professionally trained to get to the bottom of what is really going on for the one in pain.

Gwen Randall-Young is an author and award-winning Psychotherapist. For permission to reprint this article, or to obtain books, cds or MP3's, visit [www.gwen.ca](http://www.gwen.ca). Follow Gwen on FaceBook for daily inspiration.

## Simple Ham and Waffle Breakfast Sandwiches

Cook time: 30 minutes  
Servings: 4  
8 frozen prepared waffles, toasted  
8 ounces Smithfield Anytime Favorites Quarter Boneless Sliced Ham, any flavor  
4 large eggs  
4 slices cheddar or American cheese  
maple syrup (optional)

Prepare waffles according to package directions; keep warm.

In nonstick skillet over medium-high heat, cook ham slices until lightly browned, about 30 seconds per side; keep warm. In same skillet over medium heat, fry eggs until desired doneness.

Lay out four waffles and top each with sliced cheese, ham and fried egg, topping with remaining waffles to finish. Serve warm with maple syrup, if desired.

Tip: Try spreading fruit jam on your sandwich for a change of pace.

## Ham and Turkey Roll-ups



Cook time: 10 minutes  
Servings: 2  
4 ounces Eckrich Deli Oven Roasted Turkey Breast  
4 ounces Eckrich Deli Black Forest Ham

lettuce leaves  
2 tablespoons chunky guacamole  
1/4 cup cucumbers, chopped  
1 tablespoon shredded cheddar cheese  
2 slices bacon, cooked and chopped

Layer turkey and ham slices. Layer lettuce, guacamole, cucumber, cheese and bacon crumbles. Roll meat and insert toothpick to hold. Include additional toppings, as desired.

## Deli Ham Breakfast All Day Tacos

Cook time: 20 minutes  
Servings: 4  
8 soft corn tortillas  
oil  
1 cup Eckrich Deli Ham Off the Bone, cubed  
handful green bell peppers, chopped  
handful red bell peppers, chopped  
8 eggs  
2 tablespoons milk  
pinch salt



pinch pepper  
1/2 cup shredded cheddar cheese  
sour cream (optional)  
cilantro (optional)  
salsa (optional)

In pan over low heat, warm tortillas, flipping after 15 seconds. Remove. Increase heat to medium; add oil and warm ham; set aside.

In same pan, saute peppers. Add eggs, milk, salt and pepper until eggs are cooked. Add cheese and ham.

Spoon mixture onto tortillas. Top with sour cream, cilantro and salsa, if desired.

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# Fall colours in full swing



RECORD PHOTOS BY LINDSEY ENNS

Fall colours in full swing as seen from the St. Peter Dynevor bridge overlooking the Red River in East Selkirk last Wednesday afternoon.



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# Past the Perimeter earn 10 Manitoba Country Music Awards noms

By Jennifer McFee

Clearly, the talent pool runs deep in local circles.

All you have to do is take a look at the nominations for the 2018 Manitoba Country Music Awards to see just how well-represented the area is for its contributions to the province's music scene.

Topping the list, the members of Past the Perimeter are nominated for a whopping 10 awards. The band itself is vying for the awards in the Fans' Choice category, as well as for Group or Duo of the Year and Album of the Year for *Lost With You*. Their song "She's Gone" is up for Music Video of the Year, Single of the Year and Song of the Year.

Individually, Past the Perimeter members Derek Peters and Lachlan McLean are both nominated in the guitar category of All Star Band of the Year, while Evan Taplin is nominated in the bass category and Devin Biy is nominated in the drums category.

Band manager Bambi Rutherford is proud that Past the Perimeter was nominated in every single category that they qualified for.

"They have worked very hard. There are so many great artists out there. There's so much competition and so



RECORD PHOTO BY JO-ANNE PROCTER

Trevor Peters, master specialist, Lachlan McLean, Devin Biy, Evan Taplin, Derek Peters and Bambi Rutherford, manager.

much great music in Manitoba," she said.

"There are only six nominees in each category, so to be chosen as the Top 6 in all categories, we were all blown away. It was very overwhelming, to say the least. We are very grateful to the Manitoba Country Music Association for thinking that highly of us."

Rutherford is hoping to rally the support of the fans to attend the awards show, which will be held on Nov. 10 at the Metropolitan Entertainment Centre in Winnipeg.

She also hopes that people will cast

their vote for Past the Perimeter for the Fans' Choice award. Voting is available online at the Manitoba Country Music Association website ([www.manitoba.cma.com](http://www.manitoba.cma.com)) until Sept. 28, with only one vote per IP address.

While she was recently working on a marketing plan for Past the Perimeter, "They know that their fans are a huge part of who they are and why they are where they are. And if they're going to go anywhere, it's because of the fans. It's the people that are listening," she said.

"So we're really hopeful that they'll

have that continued support and maybe be able to pull a rabbit out of the hat with that one."

Rutherford realized that the group has more than 300,000 viewers and listeners across the country. As well, they just released their new single "Heart Against the Wall," which has been the top pick by Canada Country Radio for the past two weeks, as chosen by Canadian radio listeners.

The excitement continues for the hometown boys, who flew recently to Hamilton, where they were showcasing for the Canadian Country Music Awards.

"The hometown has been amazing. It's really good that way," Rutherford said. "Sometimes the hardest place to make it is your own hometown, but not for these guys."

Two Crows for Comfort, made up of Erin Corbin of Stonewall and Cory Sulyma of Stony Mountain, is also in the running for two awards: Group or Duo of the Year and Roots Artist, Duo or Group of the Year.

Adding to the local representation, Ben Mak-Wiebe is nominated in for All Star Band of the Year in the bass category. As well, Stonewall Quarry Days is nominated in the Festival or Event of the Year category.

The *Selkirk Record* presents

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# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Gurney commits to Bison women's volleyball program

By Brian Bowman

The University of Manitoba Bison women's volleyball team recently introduced an impressive recruitment class - which included East Selkirk's Asha Gurney - for the 2019-20 season.

The other players featured Katreena Bentley, Light Uchechukwu, Julia Arnold, Jaidyn Spencer, Simone Crevier, Keziah Hoepfner, Julia Horne, and Olivia Schuster.

The Bisons introduced the class at a press conference last Thursday.

"This class brings a combination of physicality, skill, athletic ability, unprecedented success, and a clear understanding of the work required to be one of the top U SPORTS teams in the country," said Bison women's volleyball coach Ken Bentley, now in his 32nd season.

"This class will follow right behind our current group that is now growing into a very strong, mature, and tremendously fit team.

"The 2019 recruiting class will have the benefit of learning from our current group with respect to how they train, prepare, and compete at the top level in Canada. They are perfectly positioned for future success."

Gurney, 17, is a talented 5-foot-11 middle with the Selkirk Royals' varsity team. A multi-sport athlete — competing in track and field, volleyball, and hockey — Gurney has plenty of individual accolades, including being named the MVP of the St. Mary's tournament in 2016-17 and was selected to the provincial all-star team for her Dynamo club season in 2017.

Gurney has also earned silver medals at the 16U club volleyball provincials and western nationals in 2017.

She also led the Royals to the MHSAA provincials



RECORD PHOTO SUBMITTED

East Selkirk's Asha Gurney, second from right, is one of nine athletes that have committed to the University of Manitoba Bison women's volleyball team for the 2019 season.

final four last season.

Bentley had high praise for Gurney, both on and off the court.

"Asha is an exceptional student-athlete and her commitment to both her academic pursuits and athletic excellence fits perfectly with our program," said Bentley. "A multi-sport athlete, Asha could have easily chosen another sport over volleyball. She is a dynamic athlete and has only scraped the surface of her volleyball potential."

Gurney is excited to go to school and play volleyball at the U of M.

"It has always been a goal of mine to attend the U of M and compete as a Bison, so I'm honoured and thrilled to have committed to the women's volleyball program," she said.

"I'm very grateful to have been given this opportunity to improve my skills as a player and hopefully reach my full potential through the hard work I will be putting in over the years.

"I'm looking forward to being part of the team and excited to play for such an experienced coaching staff. It will be amazing to compete against some of the best players across the country," she added.

## Curlers wanted for Selkirk mixed senior league

By Brian Bowman

The Selkirk Curling Club is looking for more curlers to join their mixed senior league this season.

The league, which runs Monday and Friday afternoons from 1:30 p.m. to 3:30 p.m., is open to curlers aged 50-plus.

It is a recreation league for curlers of all skill levels and has been around for 30-plus years.

Last year, the league had six teams of four players for each round of play. They would like to increase that number to at least eight teams this winter.

"We haven't got a hold of everybody yet because it's still early and (our) curling doesn't start until Nov. 2," said Terry Tillet, who has played in the senior mixed league the past "four or five seasons. "We have to contact everybody to see if they're coming back. We know a couple aren't coming back because of health reasons but we know we have a couple of others coming in already.

"We're around 24 (curlers) right now."

The league, which wraps up in March, will play a round-robin schedule and then redraw names to make up different teams throughout the course of the season.

The top two teams during each round robin receives a small cash prize, said Tillet.

The league has five sheets of ice to use but only curled on three last season.

Cost for the league is a \$7 registration fee and then another \$7 for each game. The league holds around six rounds each season.

Aside from the curling action, there is a large social aspect to the league. They hold a Christmas banquet and a year-end windup.

"After the games we go upstairs and we make coffee and we sit and socialize for a half an hour or so," Tillet noted.

The league hosts a bonspiel in February also participates in other bonspiels in places like Stonewall and Stony Mountain.

"We're trying to make it more co-ed because apparently we don't have very many female members," Tillet said. "We would like to get more female members if possible. We made it a mixed league instead of a men's because some of the bonspiels we go to are for female curlers and we don't have too many."

To sign up for the league, interested curlers can contact either Ken Bumstead (204-785-2207) or Terry Tillet (204-785-9855).

In other Selkirk Curling Club news, Sept. 28-29 is the club's 125th anniversary weekend of activities. Sept. 28 will be a mug, bud and chicken fundraising dinner while Sept. 29 will be a funspiel.

This year is the 125th anniversary of curling in Selkirk.

For dinner tickets, individuals can contact Kathleen at 204-479-3827. Anyone looking to play in the funspiel Lisa at [atlisapdc@mymts.net](mailto:atlisapdc@mymts.net) or Kerrie at [Kerrie@hotmail.com](mailto:Kerrie@hotmail.com).

## Six Sagkeeng residents selected to Manitoba Lacrosse Hall of Fame

### Submitted

The 1995 Manitoba Men's Senior Field Lacrosse team will be inducted into the Manitoba Lacrosse Hall of Fame on Oct. 14.

The team, composed of players from Winnipeg and Sagkeeng, captured the Canadian Division 2 Championship that year.

The Sagkeeng players included Brunson Bruyere, Rollie Bruyere, Trevor Bruyere, Jason Fontaine, Serge LaChance, and Steve Starr.

Anyone wanting tickets can send an email to ghenkewich@shaw.ca

The history of lacrosse development in Manitoba is one of ebbs and flows.

In 1995, the field game was rather stagnant at the senior level. The mid-'80s had seen the game enjoy a bit of a renaissance as it was reintroduced to the lacrosse community in Manitoba, sending senior teams to compete at the national championships.

The late '80s and early '90s, however, saw senior field lacrosse played only at the recreational level in the province.

A group of diehards decided this situation was trending in the wrong

direction and gave the game a shot-in-the-arm by deciding to send a senior team to the nationals. A few holdovers from the provincial teams of the '80s served as the core of the squad. Younger players from box and high school field joined the veterans to form 1995's Team Manitoba. The team practiced over the summer in preparation for the October nationals in Hamilton, Ont.

At the national championship, Team Manitoba was up against squads from Victoria and Toronto. As everyone knows, B.C. and Ontario are Canada's 'hotbeds' for lacrosse, so our boys were a little leery entering competition.

The first game saw Manitoba defeat Toronto 21-3, automatically putting them into the semifinals where they thumped Victoria 14-4.

The best-of-three final pitted Manitoba against Toronto, where the good guys won two straight by lopsided scores of 24-2 and 15-7.

The team was composed of Larry Ziffle (manager), Mike Gilbert (coach), Bill Klyzub (assistant coach), Darcy Jeanson, Joe Isjford, John Harding,



RECORD PHOTO SUBMITTED

Six Sagkeeng residents will be inducted into the Manitoba Lacrosse Hall of Fame on Oct. 14.

Mike Carter, Serge LaChance, Murray Roy, Stacey McIvor, Trevor Bruyere, Jason Isjford, Brunson Bruyere, Steve Star, Jason Fontaine, Rollie Bruyere, Chris Jankowski, Joe Harris, Glen Kerlin, Keith McClennan, Cory Kantyluk, and Dave Dobson.

Team Manitoba's superiority on the field was obvious. Its performance

was highlighted by attackman Keith McLennan being named tournament MVP and Willie Trowell being selected as the all-star Goalie.

More significantly for lacrosse in Manitoba, the team proved that Manitoba could now compete nationally – against absolutely anyone.

## Lack of scoring troubles Steelers in pair of preseason losses

### By Brian Bowman

Goal scoring was a problem for the Selkirk Steelers last weekend.

Selkirk scored just one goal in two games - resulting in a pair of losses against the Steinbach Pistons - in Manitoba Junior Hockey League preseason action.

"There was some good and some bad (last weekend)," said Steelers' head coach and director of hockey operations Nick Lubimiv. "On Friday, we didn't really have our 'A' squad so that was probably to be expected.

"Saturday, there was some growing pains but it was good for our group to play against a good team and that was pretty much their team. It was a good test and I think we owe them one."

On Saturday, Steinbach skated to a 4-1 win at the Selkirk Rec Complex. It was a close game until the Pistons potted a pair in the third.

"We had chances to score and we don't really like a couple that we gave up," Lubimiv recalled. "We took a couple of undisciplined penalties that I wouldn't like to see in the regular season, that's for sure."

William Koop led Steinbach with a hat trick, including a pair of goals in the third period.

Brady Tatro scored the Pistons' other goal just 58 seconds into the game.

Ryan Sokoloski, recently acquired via a trade with the Portage Terriers, notched Selkirk's lone goal at the 15-minute mark of the middle frame

on the power play.

Nico Labossiere and Colby Dudek assisted on the goal.

Austin DeBoer made 35 saves for Selkirk.

Friday saw the Pistons blank the Steelers 3-0 in Steinbach.

Andrew Warhoftig and Brendan Westbrook scored second-period goals and then Tyson McConnell closed out the scoring in the third.

The Pistons outshot the Steelers 51-16. Zachary Bennett was outstanding in goal for Selkirk.

"He was very good," Lubimiv praised. "He's trying to solidify himself as a No. 1 goalie in the league and he's working towards a scholarship. If he keeps (playing well) the scholar-

ship will work out and our team's success will be good, too."

The Steelers wrapped up their preseason schedule on Tuesday with a road game against the Winnipeg Blues.

Selkirk will begin its regular season Saturday when it hosts the defending-MJHL champion Pistons at the Rec Complex. Game time is 7:30 p.m.

On Sunday, the Steelers will travel west to Waywayseecappo to play the Wolverines in a 4 p.m. contest.

"These games are a good test for us," Lubimiv said. "We want to make sure we get points on the weekend and not starting slow out of the gate."

## Raiders finish 2-1 at MMJHL preseason tournament

### Staff

The Raiders Jr. Hockey Club finished with a 2-1 record at a Transcona preseason tournament last weekend.

The Raiders wrapped up play Sunday with a solid 2-0 win over the Ft. Garry/Ft. Rouge Twins.

Jared Nielsen and Chase Barkley scored for the Raiders while Josh Anderson and Jeremy Pickel combined to make 19 saves for the shutout.

On Saturday, the Raiders edged the

St. Boniface Riels 5-4.

Conner Grunston led the winners with a hat trick while Auzzie Loewen-Palmer and Cody Merritt also tallied.

Ben Kirton, Desmond Plante, Riley Young and Brandon Bartley replied for the Riels.

Anderson and Pikel split the goaltending for the Raiders.

The Raiders started its preseason schedule last Friday with a 3-2 loss to the Stonewall Jets.

Jayden Allary gave the Jets a 1-0 lead with a first-period goal and then Aiken Chop and Jaytey Towle notched power-play goals in the third for a 3-0 lead.

But the Raiders made the game interesting with late goals by Merritt and Nolan Wisniewski, on the power play.

Pikel and Anderson again split the goaltending duties for the Raiders.

The Raiders will continue their pre-

season schedule Friday (8:30 p.m.) when they host the St. James Canucks.

The same two teams play again next Tuesday (7 p.m.) at the St. James Civic Centre.

The Raiders begin their Manitoba Major Junior Hockey League regular season next Thursday (7:30 p.m.) when they host Ft. Garry/Ft. Rouge.

On Sept. 30 at 2:30 p.m., the Raiders will have a home game versus St. Boniface.





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# Dunnottar pickleball players are national champions

By Roger Newman

The Village of Dunnottar is home to two newly-minted national champions.

Lisa Bergson and Judi Reid recently returned to the village after winning the women's doubles pickleball championship at the Canada 55-Plus Games in St. John, New Brunswick in late August.

The homecoming of the permanent residents completed a summer of travel for Bergson and Reid who won the Manitoba championship in Carberry in August to qualify for the nationals. With paddles in their hands, they have advanced from novices to accomplished players in the short space of three years in a sport that has elements of other racquet sports such as tennis, table tennis and badminton.

"We started off by attending a clinic in Winnipeg Beach in 2015," recalls Bergson. "That's where we first saw pickleball and we were both hooked."

They were late-comers to the increasingly popular pickleball, which was invented in the mid-1960s by a Washington State legislator eager to entertain his bored family on a Sunday afternoon. He named the game after a pickle boat - the last fishing boat to arrive back in harbour with a catch from the Pacific Ocean off Washington State. The legislator must have been mesmerized by the name

because he christened his dog "pickles" two years after he conceived the game and this is sometimes falsely stated as the origin of pickleball.

No matter what the name, Bergson and Reid began playing three to five times a week after being introduced to pickleball. They took to the courts at places like the Gimli air base, Winnipeg Beach, Selkirk and Beausejour before going on to play at Jonathan Toews Community Centre in Winnipeg.

"There were a lot of good players at the Toews centre and we really improved our game by playing at this high level," said Reid of a sport that takes 11 points to win.

The development of their skills ultimately lead to their August trip to St. John "Competing in the Canadian championship was definitely a highlight for us," Bergson said. "Besides playing, it was a great social time with 2,000 athletes from across Canada competing in 24 different sports. We have met some great people playing our sport and love the social aspect of it."

Athletic prominence is relatively new for Bergson and Reid who were active in sports like golf, squash and broomball while the former enjoyed a pre-retirement career with MTS and the latter was a social worker. But now that they have tasted major success,



RECORD PHOTO BY ROGER NEWMAN

Judi Reid, left, and Lisa Bergson have brought a national pickleball championship home to Dunnottar.

they are eager for more.

"Our goal is to compete at the highest level that our skills as senior competitors will allow," Bergson said, adding that an appearance in a North American championship is a goal.

Currently, they are starting to warm up for a new season. "We have the use of five courts at the Winnipeg Beach

Rec Centre until they put the ice in."

Based on their past, it is easy to predict there will be more travel in the future.

"We have played in Puerto Vallarta, Mexico, the United States, British Columbia and the Maritimes," Reid said. "We always travel with our rackets and will play anywhere."

# Royals place third at U of W volleyball tournament

By Brian Bowman

The Selkirk Royals varsity boys' volleyball team expects to be real good this season.

And they were real good in their first taction of the season last weekend, placing third at the University of Winnipeg tournament.

Selkirk finished with a 5-2 record (going 3-0 on the first day and then 2-2 Saturday), placing behind only Dakota Collegiate and St. Paul's.

"It was a really good setup (and) there were a lot of good teams so we were able to experiment with a few things to see what was working and what wasn't working to get us ready for the season," said Royals' head coach Jeff Scarcello.

Scarcello liked a lot of things that he

saw from his team on the court last weekend.

"We've been working on a lot of things, specifically our defence and transitional offence," he said. "And that was something that really shined. You can tell that there was a lot of work put into that. The guys focused on that and took what we did in practice and put it into a game."

"It was exciting to see."

There are plenty of good "AAAA" varsity boys' volleyball teams in the province. But Selkirk has to be considered among the top four as they have a plethora of talent on its roster.

"When you look at the competition out there, there's going to be a lot of good teams," Scarcello stressed. "But I think we have the potential to beat all

of them and they have the potential to beat us as well. Whoever progresses during the season and performs the best at the end is going to win it."

A lot of the Royals' talent comes from their eight Grade 12 players.

"They have been with us since Grade 9, so I have seen them every year," Scarcello said. "I've seen them grow and now they're in Grade 12 and they are a strong group of players. They are providing great leadership for our group of Grade 11s."

"They're fitting right in and our (seniors) are welcoming them in, providing leadership by showing how things work, getting everyone prepared and on the same page."

The Royals started their KPAC schedule on Wednesday but the real

highlight this month will be their trip to Vancouver Sept. 27-30 for a tournament.

It will be a great opportunity to see some elite competition from other provinces.

"We see so many of the same teams in our province over the course of the season so it's nice to get a fresh look," Scarcello said. "It's a really big tournament, something like 50 teams in it, and they're trying to get teams from every province."

"It should be a nationwide tournament...and the talent level will be top-notch. I'm really excited to see how we match up with that."

# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Thunder outguns Park West Outlaws

By Brian Bowman

The Interlake Thunder may be new to the Rural Manitoba Football League, but they sure look like they have a good handle on the nine-man game.

For the second straight week, the Thunder cruised to a lopsided victory after Interlake trounced the Park West Outlaws 55-13 last Friday in Stone-wall.

"It was a good way to start at home," said Thunder head coach Mitch Obach. "We maybe had a little bit of a slow start as it was 28-13 at the half. We had a couple of little issues getting going but once we got rolling the boys played really well in the second half.

"They took it to another level that we were hoping they would find."

Good teams close out games with strong second halves - and the Thunder did exactly that against Park West.

"It was a good team win," Obach said. "We used all of our guys and we have a roster with a lot of talent on it, so we were able to wear those guys down on Friday."

Interlake really wore down Park West with its strong running game. Colton Nedotiafko rushed for 185 yards on 29 carries and also caught two passes for 70 yards.

He finished the game with a rushing touchdown and a receiving major on an impressive 63-yard screen pass.

"We rushed the big back even though you know that they are cueing in on him," Obach said. "And there are going to be runs that don't

go for much...but he's the type of guy that keeps working and working and eventually he gets some nice blocks and he breaks one. He had another strong game."

Interlake running back Graeme Perrie also had another strong game on the ground with six carries for 70 yards and two TDs.

Brady deLaroque and quarterback Joshua Charison also scored rushing touchdowns for the Thunder. Charison also connected with Karsen Karish for a four-yard score.

Interlake's passing game continues to improve, said Obach.

Defensively, once again, the Thunder had a huge game from Colton Meisner and Brandon Linklater. Meisner finished the game with 14 tackles and an interception for a touchdown while Linklater had 12 tackles and a pick.

"They both had monster games," Obach praised. "They are our two guys in the middle as linebackers and they were all over the field making plays.

"That means that the defence is doing its job when the guys in the middle are racking up the stats. Everyone is filling their gaps and plugging their holes and those guys clean it up.

"That's a positive sign, for sure."

Tanner McCallen and Jonathan Pchajek also had interceptions while Aden McLean recovered a fumble.

That type of defence make the Thunder offence's job a whole lot easier.

"They were turning the ball over in big situations," Obach said. "One



RECORD PHOTO BY KIM DELAROCQUE

Interlake running back Colton Nedotiafka (33) had another outstanding game for the Thunder in their win over Park West last Friday. He rushed for 185 yards and caught two passes for 70 yards while scoring a pair of touchdowns.

was a blocked punt and we ended up scrimmaging right on their goal line and we had a pick six two weeks in a row. They're not just turning it over, but they're putting the offence in good position or scoring points themselves."

Interlake will hit the road this Sunday for a 2 p.m. game against the Clippers in Dauphin Dauphin easily

won its game last week, defeating the Moosomin Generals 41-0.

"We're looking forward to it and we'll see how it shakes out," Obach said. "They took it to (Moosomin) pretty good last week and they are, I think, the three-time defending champions so they will be as tough as a team that you're going to get."

## Royal girls place fourth at JV volleyball tournament

By Brian Bowman

It's always tough when a junior varsity team gets together for the very first time to play in a tournament to start its season.

But the Selkirk Royals JV girls' did pretty well - finishing fourth out of eight teams - at a Miles Mac tournament last weekend.

Selkirk lost a tough third set, 16-14, to Winnipeg's Vincent Massey in the third-place game.

"It was really close," said Royals'

coach Victoria Sherwood. "I think that was the first third-set match that we had so far, so it was good for them to experience that."

Selkirk played very well in its first tournament playoff action of the season.

"We were real proud how things turned out in our first tournament," Sherwood said.

The Royals, who finished last in their pool with a 1-3 record, upset Steinbach, the top team in the other pool,

2-0 in the quarter-finals on Saturday morning.

"We kind of shocked everybody," Sherwood said. "Nobody was expecting us to win that one, so that was really great. That was probably the best that they played all weekend in that quarter-final game.

"They served really tough and they were communicating lots. Everything seemed to go our way, which was really good."

What also appears to be good with

this year's squad is the team chemistry amongst the players.

"They're a really nice group of girls," Sherwood said. "They all get along really well and they work together and their communication is really good. That's a plus for them."

Selkirk started its KPAC season Tuesday at Garden City but no score was available at press time.

# Classifieds

The Selkirk Record

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## AUCTIONS

Waterwell Corring Equipment Auction, Sat., Sept. 29, 2018, 10 a.m. Red Deer, AB. West Hwy 11, South 1 km Burn Lake Trail. Trucks/PU, skid shacks, office trailers, Corring equipment/trailers. [www.shieldsauctions.com](http://www.shieldsauctions.com) & Facebook. Email: [los.john@yahoo.ca](mailto:los.john@yahoo.ca); Johnny 403-464-0202, Cochrane, AB.

## METAL RECYCLING

Autos, farm scrap, brass, copper & batteries wanted. 47 Paterson Dr. Stonewall Industrial Park. Interlake Salvage & Recycling Inc. 204-467-9344.

## SCRAP METAL

Buying scrap metal, cars, tractors, combines, farm scrap, any metal material, any farm machinery. Ph Lonnie at 204-886-3407 lve. message or cell at 204-861-2031.

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## OFFICE SPACE FOR RENT

Office space for rent at 382 Main St., Selkirk. Approx. 700 sq. ft., \$1,000 per month, includes utilities and parking. Avail. Oct. 1st. Additional office space of 700 sq. ft. also available. Ph. 1-204-785-0105 or 204-485-3375.

## GARAGE SALE

Garage Sale 5650 Hwy. 9, Lockport, Fri. Sept 21, noon - 6 pm. and Sat. Sept 22, 10 a.m. to 5 p.m. Household items, luggage, DVD movies, spoon collection, toys, clothing and variety of misc.

## FIREWOOD

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## HELP WANTED

PT Office Assistant and PT/FT Waitress required at the Rockwood Motor Inn, Stonewall. Call Sheri at 204-467-2354.

Swine Technician - Martin Farms Ltd. - Rmb#52 East Selkirk, Mb. R0E 0M0. Martin Farms Ltd. Is looking to fill 1 full time Swine Technician position. We are looking for an individual with a minimum of 2 years experience. The starting wage is \$15.30/hr. for a 40 hour week. We are looking for someone who can work in a fast paced environment, works well with others, can also work independently if needed, be able to lift up to 50 lbs., be able to work weekends and holidays on a rotation basis, work overtime when needed, have their own transportation, be able to solve problems and also be able to communicate well both orally and written in English. The duties include but not limited to the following: feed/care of sows/piglets, processing piglets, weaning, breeding, moving animals, scraping stalls/crates, washing/disinfecting rooms, following bio-security protocol, and correctly collect data. Please email resume to [ritahcaya@gmail.com](mailto:ritahcaya@gmail.com) or fax to 1-204-482-7080. We thank all applicants for their interest; however, only those selected for an interview will be contacted.

We're hiring a full-time/part-time bartender/server. Experience an asset but will train the right individual. Email resume to: [caragillespie1@gmail.com](mailto:caragillespie1@gmail.com) or drop off in person at the Boot Tavern, East Selkirk.

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## HELP WANTED

We are currently seeking a licensed automotive technician or apprentice for full time position. We are a full service automotive repair shop. Duties include all aspects of vehicle repairs. Must be able to work with min supervision. Must be honest, reliable and hard working. Wage negotiable. Apply: Stonewall Tire & Auto Repair, 377 1st Street East Stonewall. Email resume: [stone walltire@mts.net](mailto:stone walltire@mts.net)

Galay Landscaping currently has positions available for landscape technicians and general labour for fall landscaping and snow removal winter work. Some past experience is appreciated, however all training will be provided for candidates with a positive attitude, who can work hard, who want to learn new skills, and who are self-motivated. We offer a fun and safe work environment, good pay, group benefits, and advancement opportunities for those who qualify. Applicants must have a valid class 5 driver's license and reliable means of transportation. A driver's abstract and criminal records check may be requested upon hiring. Please respond only by emailed resume to [info@galaylandscaping.com](mailto:info@galaylandscaping.com)

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## MISCELLANEOUS

Red, white and black lined winter suit coat overcoat fits a men's sz XL, has been dry cleaned, EC, \$100; BN never used and still in box, study lamp, EWO, \$15; Sunbeam 2 slice toaster, EWO, \$15; LN sz 9 safety shoes, EC, \$60. Call 204-785-8598.

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Parts & full trailer repair, trailer safeties & Autopac trailer repair. Sales, Leasing & Financing of flat-deck, dumpbox, cargo, gooseneck & utility trailers & truck beds. Kaldeck Truck & Trailer, Hwy #1 MacGregor, MB. 1-888-685-3127.

## UPCOMING EVENTS

Antique & Collectible Sale! Huge fall event! Largest of the season. Over 200 tables! Friday, September 28, 4 p.m. - 9 p.m. and Saturday, September 29, 10 a.m. - 4 p.m., \$5 per person. Assiniboia Downs, 3975 Portage Ave., Winnipeg. Great selection, door prizes and free parking.

## 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 Ranch Ltd., 204-467-8884 or e-mail [stonewood elkbranch@mymts.net](mailto:stonewood elkbranch@mymts.net)

## STRAW

Flax straw - \$3/bale. Monday - Saturday. Call Bill Matheson 204-461-0706 or Nick 204-461-1906, Stonewall.

Small square prime wheat straw and flax straw for sale. Ph. 204-482-5101.

## HAY

Hay for sale - small sq. bales alfalfa & timothy and 2nd cut. Ph 204-482-9291.

## NOTICE TO CREDITORS

IN THE MATTER OF THE ESTATE OF WAYNE JOHN CITULSKI, late of the City of Winnipeg, in the Province of Manitoba, deceased. ALL CLAIMS AGAINST THE ABOVE ESTATE, DULY VERIFIED BY STATUTORY DECLARATION, MUST BE SENT TO THE UNDERSIGNED AT THEIR OFFICE, 200-1630 Ness Avenue, Winnipeg, Manitoba, R3J 3CX1, ON OR BEFORE October 22, 2018. McROBERTS LAW OFFICE LLP Barristers and Solicitors 200-1630 Ness Avenue, Winnipeg, MB R3J 3X1 Attention: Conor Williamson Solicitors for the Estate

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## News Tips? Story Ideas?

call the Record 204-785-1618

## PUBLIC NOTICE

### Change in Meeting Dates October 2018

October 9th and October 23rd, 2018 Regular Meetings are cancelled and rescheduled to October 16, 2018 commencing at 2:00 p.m. with Planning Hearings to begin at 6:00 p.m.

Resolution No. 2018-324

D.J. Sigmundson, CMA Chief Administrative Officer

1043 Kittson Road  
Box 2 Group 35 RR1  
East Selkirk, Manitoba R0E 0M0  
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Winnipeg: 474-2642  
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Fax: 1-204-482-3098  
Email: [info@rmofstclements.com](mailto:info@rmofstclements.com)  
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## PUBLIC NOTICE CHANGE OF LOCATION OF POLL 2, 4, 5 and 6 VOTING PLACES

### Rural Municipality of St. Clements

The R.M. of St. Clements Poll 2 Voting Place

will be held at Abundant Life Lutheran Church, 3486 Raleigh Street, East St. Paul and Poll 4, 5 and 6 Voting Place will be held at

Happy Thought School, 659 Quarry Road, East Selkirk which are different locations than in past elections.

Dated at East Selkirk, Manitoba on September 20, 2018

Ernie Epp Senior Election Official (S.E.O.) Rural Municipality of St. Clements Local Authority telephone number - 204-482-3300



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1990 Hrs \* 11 NH T5060 MFWA  
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## ANNOUNCEMENT

### CARD OF THANKS

The family of Kenton Scramstad would like to thank Fire Chief Craig and his crew of The Selkirk Fire Department and the surrounding areas, The Selkirk RCMP, and our neighbour Jackie, for their quick response and action during the tragic burning of our home in Selkirk.

## ANNOUNCEMENT

### ANNIVERSARY

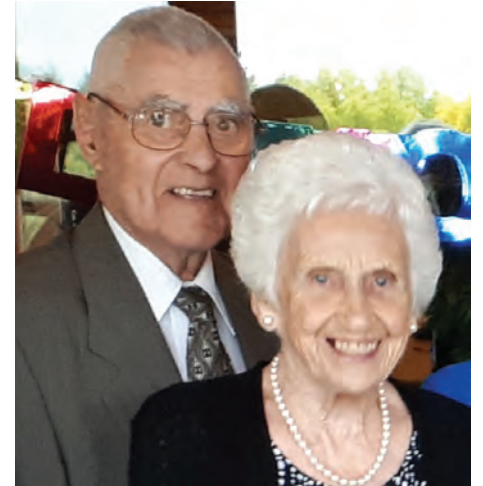


Bruce and Ann Wachal  
Happy 50th Wedding Anniversary  
On September 21st

-Love, your family

## ANNOUNCEMENT

### ANNIVERSARY



Velma and James McLeod  
70th Wedding Anniversary

Congratulations on celebrating your milestone 70th anniversary from all your family and friends.

Health, happiness and blessings to you both as we look forward to celebrating again next year!

## ANNOUNCEMENT

### BIRTHDAY



Ginette Gusta  
Happy 80th Birthday  
On September 22nd

-Love all your family

## take a break > GAMES

### SUDOKU

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

### Fun By The Numbers

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

### Here's How It Works:

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

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

Sudoku Answer

N	E	D	E	S	V	B	W	V	S		
E	A	I	L	V	N	I	W	O	N	E	G
S	V	O	V	U	Y	C	W	V	E	R	D
S	V	X	V	L	I	I	I	S	V	O	S
	d	i	s								
S	B	H	B	V	C	S	N	O			
S	E	O	V								
E	S	V									
S	N	E	W	A	H						
V	U	E	L	O	S	D	E	M	O	B	L
N	E	L	D	O	O	M	A	T	T	O	H
E	I	R	S								

Crossword Answer

## CROSSWORD

### CLUES ACROSS

- Relaxing places
- Creepy crawler
- Blacklisted artists
- Fought for position
- Outer layer of the eyeball
- Gymnopedies composer
- Membranes
- Short-term memory
- Comfort
- Icelandic poems
- Breezes through
- In the general surface area
- Replacement worker
- Days have 24 of them (abbr.)
- Bro or sis
- Large, flightless bird
- Future hovercraft
- Complication
- Core muscle
- Electronic point of scale
- Language of Cameroon
- Skin problem
- Slowly drink
- Meaty part of a chicken
- Bangladeshi currency
- Shout
- National capital
- Word derived from a noun
- Dances
- A memorable garden

### CLUES DOWN

- The woman
- Leaders
- "Sin City" actress Jessica
- A type of machine
- Enhancing an offer
- Detachable aircraft unit
- Priestess of Hera
- Tooth caregiver
- A way to engrave
- Count on
- Williamson Airfield code
- Ancient Greek city
- Range
- Ancient Roman poet
- Scottish tax
- Doc
- Bad grades
- A great pitcher
- Helpers
- Former CIA
- Guy (slang)
- Actress Ling
- One from the Balkans
- Unofficially boxes
- Mathematical ratio (abbr.)
- Atomic # 64
- Broken glass
- Equally
- Serbian currency
- Envisions
- Source of the Blue Nile
- Leo's acting pal
- Sour
- What relief pitchers do
- Ma
- Spy organization
- Monetary unit
- Megabyte

1	2	3	4	5	6	7	8	9	10		
11			12						13		
14							15		16	17	
18							19			20	
			21		22				23		
			24		25	26	27		28		
			29		30		31		32		
			33		34		35				
36	37	38									
42			43		44		45				
46							47		48		
49				50	51		52		53	54	55
56					57		58				59
			60				61				
											63

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# Announcements

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**ANNOUNCEMENT**

**BIRTHDAY**



Happy 92nd Birthday  
Esther Watson  
On September 20th

-We love you,  
your family

**ANNOUNCEMENT**

**BIRTHDAY**



Happy 4th Birthday  
Brynn  
"Poopskie Wookskie"  
On September 18th

-Love Poppa and Aunty

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**ANNOUNCEMENT**

**IN MEMORIAM**



**Ed Still**  
September 15, 1963 – December 7, 2016  
Hi Ed, missing you today  
As much as the day you left us.  
Your family and your many friends still smile  
and laugh  
At the good times we all had together.  
-Blessings and love from Mom, Craig,  
Bob, Karen and families

**ANNOUNCEMENT**

**IN MEMORIAM**



**Goldie Lynn Ann Maliszewsky**  
(nee Fewchuk)  
December 11, 1957 – September 24, 2014  
Like falling leaves four years have slipped by,  
But loving memories never die.  
We think of you in silence,  
We often speak your name;  
But all we have are memories,  
And your pictures in a frame.  
Our hearts still ache in sadness,  
Our silent tears still flow,  
And what it meant to lose you,  
No one will ever know.  
So treasure her, Lord, in your Garden of Rest,  
For when we had her here on earth,  
She was one of the best.  
Enjoy all the beauty of Heaven,  
Until we meet again.  
-Loved and missed by your family

**OBITUARY**

**Barbara Lousie Niebel (nee Campbell)**



With heavy hearts we announce the passing of Barbara Lousie Niebel (nee Campbell). Barbara passed away peacefully at the Selkirk Regional Health Centre on September 11, 2018 surrounded by her loving family.

Barb was born on March 2, 1957 at Dauphin Hospital just 12 minutes ahead of her twin sister Beverley. Barb grew up in Dauphin, her childhood was filled with fun and adventure with her seven siblings, cousins and lifelong friends. Barb started her career in nursing graduating first as an LPN in 1976 and then as an RN in 1981. She married and was a busy mother raising her three children, Luke, Stephanie and Jake. Over her long nursing career she worked in Thompson, Winnipeg, Dauphin and Selkirk hospitals. She formed great working relationships and friendships with her co-workers. Barb's greatest joy was spending time creating memories with her close knit family. Her vivacious personality, unique sense of humour and generous heart made her a pleasure to be around. Barb always said that her children and grandchild Kaiden were her greatest gifts. She cherished every moment with them and kept treasured memories in her heart.

Barb is survived by her three children Luke, Stephanie and Jake along with her six sisters Maureen Fleury (Earl), Norma Parks, Beverley Savoie (Denis), Lori Telenko, Joan Campbell, Shelley Wait (Perry) and one brother Jim Campbell (Sharon). She will be missed by her cherished grandson Kaiden and her second "daughter" Mandy Katcher as well as her closest cousins Bev Smith and Sherry Hubka, and her long time friend Don Skrypnik. Barb adored every one of her 17 nieces and nephews and 18 great nieces and nephews and recognized something special in each of them. And they loved aunt Barb right back. Barb was predeceased by her mother Irene Campbell, her father Justin Campbell, her aunt Marion Campbell and her mother-in-law Emily Niebel.

Barb's unique personality, love for life and sense of humor will be sorely missed by all whose lives she touched.

In lieu of flowers donations in memory of Barb may be made to CancerCare MB. Forever in our hearts sweet Barbie. Till we meet again. Pastor Cole Grambo is officiating the service to be held on Friday, September 21st, 2018 at 11:00 a.m. in the Gilbert Funeral Chapel in Selkirk, MB.

The family wishes to thank Dr. R.R. Lindenschmidt, Dr. Goldenberg, CancerCare Team Selkirk, and SRHC nursing staff for their excellent care and compassion shown to Barb.

Condolences, pictures and videos may be left on her tribute wall at [www.gilbartfuneralhome.com](http://www.gilbartfuneralhome.com)

Gilbart Funeral Home, Selkirk in care of arrangements.



**OBITUARY**

**Lori Dee Ann Grove (nee Pichor)**  
February 17, 1971 – September 13, 2018



Peacefully, Lori left her earthly home with her family and special friend Sharon Langlois by her side.

Lori will be lovingly remembered by her husband Darren; children Shantell, James and Kenny; parents Sharon (Henry) and Gary; sister Kim (Ron); brother Trevor (Kim); mother-in-law Carol (Orest); father-in-law James (Pat); step-daughter Natasha (Cliff); step-grandchildren; step-brother-in-law Randy Laye; step-brother Dean; step-sister Angela Peterson; special aunt and godmother Bea Furdyk (Ron); nephews Tyler (Brittney) and Jamie (Lillie); great-nieces Aria and Zoey; numerous aunts, uncles, cousins and friends.

She was predeceased by Pappa and Nanny Hood and Grandma and Grandpa Pichor.

Lori will be remembered as a vivacious, caring, thoughtful, and strong willed person. She was stubborn at times but with the biggest smile ever. She had a big heart and helped others whenever she could. She was a great cook an adept athlete, she played broomball, ringette, baseball, coached soccer, and loved her Blue Bombers. Lori lived all her life in Selkirk, worked at Gaynors Market Place and Subway.

Special thanks to the nurses and doctors at Selkirk Regional Health Centre, Sharon Langlois, Justine Scramstead and all her other friends. We cannot express how thankful we are that you were a part of Lori's life.

"Death can take away the person but it cannot take away the love and memories that we will cherish forever."

A celebration of life will be held on Wednesday, September 19, 2018, at 2:00 p.m. in the Gilbert Funeral Chapel, Selkirk, MB.

Condolences, pictures and videos may be left on her tribute wall at [www.gilbartfuneralhome.com](http://www.gilbartfuneralhome.com).

Gilbart Funeral Home, Selkirk in care of arrangements.



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**OBITUARY**



**Glen Clegg**

It is with deep sadness that we announce the passing of Alvin Glen Clegg, long-time resident of St. Andrews, MB. He passed away peacefully on Thursday, September 13, 2018, at Grace Hospital in Winnipeg, MB.

Dad was born on February 18, 1934 in Oak Point, MB. Glen is survived by the his wife Karen, of 57 years, along with their four children, Allan (Carla), Ken, Ron (Beverley) and Brent (Robin); grandchildren, Kyra, Dannan, Brendan, Devon, Bailey, Chantal, Austin, Katherine (Drayson), Mikael, Janet, Sina, and Harper. His brother Lloyd (Lorna); sisters May (Murray) Robbins, and Rose (Jerry) Anderson; sister-in-law Sheila Buchanan; brothers-in-law Richard (Pauline) Brandson, Grant (Beatrice) Brandson, Roy Funk and many nieces and nephews. He was predeceased by his parents Horace and Jona Sina and daughter-in-law Patricia.

Glen had the good fortune to be extremely proficient at carpentry but also loved doing it. He loved to build; at work with Malcom Construction where he was the Manager of Operations, and at home building his house, finishing his cottage, and making furniture for all of his family. He also enjoyed gardening, and having a golf course like lawn - it all had to be done to perfection. He was proud and he loved when people noticed his talents.

Dad and Mom, the love of his life, loved to dance! The Old Time Country Waltz's, it's where they met, it was their passion together. They were long time members of the Belgetoba Dance Club, and would travel near and far to the dances with their special friends. Dad loved to visit with friends and family, he cared about everyone.

The family would like to acknowledge the staffs at Brightwater Personal Care Home and the Grace Hospital for the compassionate care they provided.

In keeping with his wishes, cremation has taken place and a celebration of his life will be held on Friday, September 21, 2018, at 3:00 p.m. at the Gilbert Funeral Chapel in Selkirk, MB.

In lieu of flowers donations can be made to Parkinson's Canada or Alzheimer's Society. Condolences and pictures may be left on his tribute wall at [www.gilbartfuneralhome.com](http://www.gilbartfuneralhome.com).

Gilbert Funeral Home, Selkirk in care of arrangements.



**OBITUARY**



**Nellie Schwede (nee Martin)**

It is with heavy hearts that we announce the passing of Nellie Schwede, aged 78 years on September 13, 2018.

Nellie was predeceased by her mother Elsa Martin in 1979 and her husband Paul Schwede in 1997.

Nellie leaves to mourn her loss, brother Gehard Martin (Ingrid); sons Paul (Janet), Werner (Wendy), Dieter (Helen) and Stefan; daughter Susan (Randy); 10 grandchildren; nine great-grandchildren; one niece; three nephews and numerous relatives in Germany and the U.S.A.

Prayers will be held on Friday, September 21, 2018 at 7:00 p.m. in the Gilbert Funeral Chapel. Funeral service will be held on Saturday, September 22, 2018 at 10:00 a.m. also in the Gilbert Funeral Chapel with Pastor Neill Stitt officiating.

Pallbearers are David Schwede, Benjamin Schwede, Mathew Schwede, Robert Schwede, Gerd Martin and Eric Martin.

Condolences, pictures and videos may be left on Nellie's tribute wall at [www.gilbartfuneralhome.com](http://www.gilbartfuneralhome.com)

Gilbert Funeral Home, Selkirk in care of arrangements.



# Announcements

**OBITUARY**

**Steve Bileski**

Peacefully, on Thursday, September 13, 2018, Steve Bileski, aged 91 years of Selkirk, MB. beloved husband of Doris passed away.

Funeral services will be held on Thursday, September 20 at 10:30 a.m. in the Gilbert Funeral Chapel in Selkirk, Manitoba.

Condolences, pictures and videos may be left on his tribute wall at [www.gilbartfuneralhome.com](http://www.gilbartfuneralhome.com)

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**OBITUARY**

**Ernest John Hubick**



Peacefully on September 15, 2018, Ernie Hubick passed away at the Selkirk Regional Health Centre at the age of 87 with friends at his side. Ernie was predeceased by his loving wife Patricia Marie Hubick, and daughter Kimberley Mary Hubick.

Left to cherish his memory is his sister Loreen Waschenfelder, many nieces and nephews, and many close friends.

Born to Christian and Elizabeth Hubick as one of 13 siblings Ernie enjoyed growing up on the farm in Southey, Sk., driving the tractor and other machinery.

RCAF became Ernie's employer in 1950, and was stationed in several places across Canada until leaving the forces in 1960. In 1952 Ernie met Pat in Ottawa, and they were married on Valentine's Day 1953. Their daughter Kimberley was born Nov.3, 1959.

Ernie, Pat and Kimberley were faithful active members of Good Shepherd Lutheran Church participating in all the activities from potluck dinners, to fundraising.

The Hubick family enjoyed over 30 years at their cottage in Whitesand Estates. Ernie enjoyed building the cottage, planting the beautiful flowers, veggies, and the enormous Christmas display each year. He was always busy with a project such as woodworking, metal sculpting, producing diamond willow furniture, or going berry picking with friends.

Their love of family and friends shone with their special guest events and family reunions. Later in life Ernie enjoyed his many friends who would drop by for a visit. He was proud of his holopici making, which many got to taste. Ernie loved trips to South Beach Casino, sometimes coming home with pockets jingling.

Ernie greatly appreciated the genuine concern and care given to him the past three years by his dear friends and the many home care workers. Thank you to Dr. Zoppa, the many angels at Selkirk Regional Health Centre and friends who went far beyond in their love, care and support for Ernie during this difficult time.

Flowers are gratefully declined, in lieu please make a donation to the charity of your choice. A memorial service will be held on Monday, September 24, 2018 at 11:00 a.m. with Pastor Dave Saude officiating at Gilbert Funeral Chapel, Selkirk, MB.

Condolences, pictures and videos may be left on his tribute wall at [www.gilbartfuneralhome.com](http://www.gilbartfuneralhome.com).

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