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VOLUME 7 EDITION 41

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Getting some exercise

RECORD PHOTO BY DAVE BAXTER

Walter Whyte School students Anna Hayden-Petrucka, pictured left, and Dana-Lee Feakes, pictured right, are all smiles while trying out the new outdoor abs and dip station at their school last Wednesday. The new piece of exercise equipment was recently added to their outdoor playground. For a story, see page 9.

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



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\$210K of upgrades underway at Selkirk Park pool

By Lindsey Enns

More than \$200,000 worth of improvements and upgrades are currently underway at Selkirk Park Pool.

Selkirk's CAO Duane Nicol says the goal of the \$210,000 construction project is to extend the life of the popular pool and improve its overall water quality and safety.

The repairs to the pool include the replacement and enlargement of two main drains and the addition of 24 return inlets, which will replace just three that currently exist. The new piping will be placed on the bottom of the pool and will be paved over, a move that will result in a reduction in depth in the pool's centre from seven-feet to five-feet deep.

"Most people realize this is an acceptable level of depth," Nicol said. "It's still deep enough for people who like to swim across the pool to do a full stroke ... there's lots of room to do swimming and it has that added benefit of being much safer and reducing water consumption."

Nicol said the city uses treated water to fill the pool each year, which can be costly.

The pool currently holds about 8.6 million litres of water but after the upgrades are complete that will be reduced to 6.8 million litres, he said.

"We're essentially filling a man-made lake with tap water and imagine the strain that puts on our whole water system and the additional cost," he



RECORD FILE PHOTO BY DAVE BAXTER

Sals Medeiros spent some time playing fetch with her dog Roscoe on Aug. 29 during the first-ever Dog Swim event at the Selkirk Park Pool and Splashpad. Residents were invited to come down to the pool with their dogs and spend some time in the water. The pool is currently undergoing \$210,000 of upgrades that will be complete sometime in October.

said, adding the size of the pool will remain the same.

Crews began construction near the beginning of September and are expected to wrap up near the end of October.

Infrastructure improvements to the pool were first announced in May 2015, but put on hold while the city applied for a Canada 150 grant to offset the costs.

Although Sel-

kirk never received the grant, the city did apply for and receive a \$30,000 Community Places grant to help cover the cost of repairs.

Nicol said the pool is a city-owned asset that is enjoyed by a number of community and area residents.

The summer of 2016 saw a total of 16,978 people use the pool, an increase of 14 per cent over the previous year, making the pool a huge tourist attraction and contributor to Selkirk's

economy.

Resident usage of the pool went from 9,216 in 2015 to 10,321 in 2016, and non-resident usage increased from 5,365 in 2015 to 6,657 in 2016.

Besides being a place for people to cool off and relax during the summer months, the pool was also used this year for a dog swim and for firefighting training.

Rob Perry, the Selkirk Fire Department's water rescue co-ordinator said they usually do one training session per year at the pool, which includes doing retrievals, practicing with equipment, or board rescues. For the first time this year they also practiced what they call a "grid search" of the pool.

"We just want to be on the same page as the lifeguards," Perry said in a release last week. "Hopefully we never have to do this, but we've done it this year so we're not learning something new on the day that we really need to. It's nice to work with the lifeguards, then everybody's on the same page and well trained."

Nicol said the city was very pleased with the success of the pool's first dog swim at the end of August and they plan on looking to host one again at the end of next summer.

The pool will officially reopen next year at the end of June or early July and will close at the end of August.

Nicol added the pool employs 17 lifeguards and three supervisors as well as pool staff and maintenance crews that help keep the pool running.

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Lockport man found dead in Winnipeg

Staff

A friend of one of two men found dead inside a vehicle in Winnipeg last week has identified the man as Corey Berens of Lockport.

The 35-year-old died from what Winnipeg police say was a suspected drug overdose.

His body was found along with the body of a 27-year-old man in a vehicle discovered on College Avenue in Winnipeg on Oct. 3.

The identity of the 27-year-old man is still unknown.

Selkirk woman Reena

Leclerc told CBC Manitoba last Thursday that Berens was one of her best friends and that she is battling a drug addiction and currently receiving treatment for drug abuse.

The *Record* reached out to both Leclerc as well as Corey Beren's sister Lindsay Berens but messages were not returned before Monday's press deadline.

Continued on page 5

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Mental health heroes recognized at annual awards

By Dave Baxter

Individuals that go the extra mile to help those living with mental illness were honoured in Selkirk last week.

The Canadian Mental Health Association (CMHA) Interlake-Eastern chapter held their 2016 Heroes of Mental Health Annual Inspiration and Celebration Tea last Thursday at Selkirk United Church.

Along with presentations about mental health issues and mental health services, the event also saw four Heroes of Mental Health awards handed out.

Current St. Andrews Deputy Mayor Laurie Hunt received a volunteer award during last week's event.

Hunt owns Hunt's Country Roadhouse and Museum and once a year he donates the venue free of charge so CMHA Interlake-Eastern can host a barbecue for clients who utilize mental health services in the region.

"I provide the venue and they have a potluck, so it's an outing for them," Hunt said. "I do it as a donation."

Russ Garvie, an intensive case manager for CMHA Interlake-Eastern showed up to watch Hunt receive the award. Garvie said he knows how important Hunt's donation is to those living with a mental illness.

"This is a group of people who are often marginalized in our society and in many cases they wouldn't be invited to these types an event," Gar-



RECORD PHOTO BY DAVE BAXTER

Pictured from left to right: Mental health resource co-ordinator Karen Sinclair, Canadian Mental Health Association Interlake-Eastern regional director Tara Cope, Hunt's Country Roadhouse and Museum owner Laurie Hunt and mental health resource co-ordinator Elaine Vincent are seen at the 2016 Heroes of Mental Health Annual Inspiration and Celebration Tea where Hunt was awarded in the volunteer category last Thursday at Selkirk United Church.

vie said. "It's a social opportunity for them to feel a sense of inclusion."

Garvie said mental health clients in the region deal with a wide range of issues including depression, anxiety and social anxiety, which means some of them are often isolated.

"It's very important to offer social

gatherings for these clients," Garvie said.

Also awarded in the volunteer category was Judy Dunn who annually hosts the Andrew Dunn Walk/Run in Oakbank.

The event has raised money for mental health education initiatives since 2007 and honours the life of Judy's son Andrew.

Andrew died by suicide in 2006 after dealing with mental health issues, and Judy set up the event to help others dealing with mental health issues.

In the professional category, Shelly Fey of CMHA Interlake-Eastern was awarded for her work as a mental health resource developer and housing support worker.

"She has a long history of dedicated service to the community," CMHA Interlake Eastern regional director Tara Cope said. "She has gone above and beyond and out of her way in so many capacities."

Linda Fey was also awarded for her work as an employment and education counsellor.

"She went out of her way to get a client to the point of recovery to where that client was able to go and get educated and work towards employment," Cope said.

Province welcomes therapy dog for victims of crime

Staff

Manitoba has welcomed a new assistance dog to provide comfort and help reduce stress for victims of crime throughout the court process.

Milan, a three-year-old black Labrador retriever, has received specialized training from the Pacific Assistance Dog Society (PADS) and knows more than 30 commands.

She offers support to victims during

meetings with Crown attorneys and visits the Victim/Witness Assistance office at the Manitoba Law Courts to support people attending court. She also assists children at the child-friendly waiting room at court and at Snowflake Place for Children and Youth.

Continued on page 4

September's
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BIG DOLLAR

Searching for the perfect book



RECORD PHOTO BY BRETT MITCHELL

George Stephenson checks out some of the books available at the annual Rotary Club of Selkirk book sale inside the Selkirk Mall last Friday.

Manitoba Liquor and Lotteries parts ways with former RHA CEO

Staff

The former CEO of the Interlake-Eastern Regional Health Authority (IERHA) has now been let go from his position as CEO of Manitoba Liquor and Lotteries (MBLL).

In December of 2014 John Stinson stepped down from his position as the CEO of the IERHA to take on the position of CEO of MBLL.

The board of MBLL announced in a press release last Tuesday that Stinson would be "departing the organization."

Liquor and Lotteries said Stinson's departure comes at a time when the organization is looking for "refinement of its core operation."

"The board of Manitoba Liquor and Lotteries today announced that it will focus the corporation's strategies towards growth and refinement of its core operations," Manitoba Liquor and Lotteries said in a press release. "This will include developing new ideas, new projects and new approaches to strengthen the organization while improving its liquor products and gaming and entertainment

services.

"This will ensure MBLL is aptly positioned for a future that meets the needs of its customers and Manitobans."

"As a board, our job is to maximize the positive impact MBLL can have on the Manitoba economy and in the lives of all Manitobans," MBLL board chair Polly Craik said in a press release.

Craik also praised Stinson for the work he had done since taking on the position as MBLL CEO in 2014.

"John played a key role in guiding MBLL through a period of significant change, and we thank him for his leadership," Craik said.

Peter Hak, an MBLL executive who has held several senior positions since joining Manitoba Lotteries in 1984, will become interim CEO effective immediately.

The current Progressive Conservative Government appointed all the current members of the MBLL's board after the provincial election on April 19.

> DOG TO PROVIDE CALM, LOVING PRESENCE, FROM PG. 3

Assistance dogs like Milan provide a calm and loving presence for victims, who may be traumatized or dealing with difficult issues. Milan offers support through cathartic touch. She also

reduces tension and anxiety by offering children an outlet to play during difficult meetings, letting kids cover her with stuffed animals and inviting hugs. The benefits to the client include:

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- acting as an effective icebreaker

to begin difficult conversations;

- relaxing witnesses by elevating levels of serotonin and dopamine;
- acting as a tool for children who may struggle to communicate; and
- providing comforting touch, especially in situations where human contact might be unwelcome.

Funding for Milan's training and other expenses was provided through the province's Criminal Property Forfeiture Fund in 2015. Annual costs, including food, equipment, supplies and pet insurance, are approximately \$2,500. She lives with her primary handler when not providing compassionate support to victims. Two provincial staff have received specialized training from PADS to work with Milan, the minister said.

British Columbia, Alberta, Saskatchewan and Ontario also use victim service dogs.



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Travelling theatre group set to stop in Selkirk, Interlake this fall

Submitted

The Interlake Players Travelling Musical Theatre Company will tour the Interlake this fall performing in four Interlake communities.

The new group will work with local non-profits to fundraise in each community.

The Interlake Players were founded and consist of local Interlake community members who will open their tour on Saturday, Oct. 29, 7:30pm in Selkirk inside the Comp's Theatre.

The remaining shows will be performed in Gimli on Nov. 4, Ashern on Nov. 5, and Stonewall Nov. 12.

The show in Selkirk will be a fundraiser for three local community organizations: The Selkirk Community Choir, The Interlake Thunder Football Club, and the Selkirk Curling Club.

The Interlake Players are proud to present "The Musical of Musicals: The Musical!" a hilarious comedy parody of many well-known musicals. The show uses the same basic plot with the young June unable to pay her rent to the evil landlord, but in five short shows satirizing the musical styles of five great musical writers.

"We felt it would be a lot of fun to tour a musical, while fundraising for local groups and this show is very entertaining," said Mitch Obach who plays the villain landlord. "We both make fun of and pay homage to some great musical writers. Its fun for both musical buffs as well as those who don't really care for musicals."

For tickets to the October 29 show in Selkirk or for more information, contact Mitch at 204-785-1929 or via email at mitchobach@hotmail.com.

> 'I CAN'T BELIEVE U R BOTH GONE,' FROM PG. 2

In a Facebook post on Oct. 4, Leclerc wrote about both of the men saying "i can't believe u r both gone!! i'm gonna miss you both so much. rest easy now my friends... i love yous. life wont be the same with out u guys."

She also posted a picture on Facebook of Berens on Oct. 4 and wrote about the man she nicknamed 'sugarbear.'

"i have always loved this pic of u soo much sugarbear!!! I cant believe that ur gone now my sweet friend!!! R.I.P Corey Berens i love you long time," Leclerc posted along with the picture.

Winnipeg police said both of the men's bodies had been in the vehicle on College Avenue for days before they were discovered last Monday morning.

Winnipeg police have said they are looking into the possibility of a connection to fentanyl or carfentanyl in both deaths.

Police also said they seized drugs



FACEBOOK PHOTO

Corey Berens of Lockport was one of two men found dead in a vehicle last Monday from an apparent drug overdose.

and drug paraphernalia from the vehicle where the men's bodies were found.

WSP firefighters host open house



RECORD PHOTO BY LINDSEY ENNS

A West St. Paul Fire Department firefighter speaks with a group of children following a live demonstration during the local fire department's annual open house last Sunday afternoon.

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Art series explores how it feels to lose a loved one

By Lindsey Enns

Willy Carleton knows all too well the pain associated with losing someone you love.

The West St. Paul resident turned to art years after her mother died in the 1970s as a way of dealing with her grief.

"It just doesn't really hit you until later on," Carleton said. "Then suddenly it started to get cold, there was a big snowstorm and I got really upset.

"All I could think about was seeing her lying in her coffin in her summer dress and I said to my husband 'all I can think about is how cold she must be.'"

Carleton says this is the inspiration behind one of her pieces, which is a gravestone covered in a knitted blue blanket, in her current art exhibit series on display all this month at the Gwen Fox Art Gallery.

The gallery will also host a reception for the exhibit on Saturday, Oct. 15 from 1 p.m. to 4 p.m.

The series, which includes various mediums such as paintings, mixed-media, knitting and fabric, explores the grief, pain, confusion and range of emotions experienced during the first year after the loss of a loved one.

Each piece is also accompanied by a short poem.



RECORD PHOTOS BY LINDSEY ENNS

Willy Carleton stands next to one of her art pieces, which explores the five stages of grief, at the Gwen Fox Art Gallery last Wednesday. The new exhibit, which explores the grief, pain and confusion experienced during the first year after the loss of a loved one, runs until the end of October at the Selkirk gallery.

"Some of this is based on personal experience while others is based on family experiences," she said. "I'm the youngest of a large family so lots of deaths in the family."

Carleton says grieving the loss of a loved one can be a lengthy and traumatic process.

"Things are never the same anymore," she said. "Part of the healing

process is being able to talk about it and share things."

Another one of her pieces involves large pieces of knitted fabric that span from the floor to the ceiling to signify how people often feel "all twisted" up inside after a loved one dies, she said.

She said some have called the exhibit "very emotional" but Carleton believes visitors will be able to find at least one piece they can relate to.

"People don't talk about it very much, they keep it inside and that's not very good either," she said.

Carleton said she spent many years working as a social worker before retiring and finally focusing on her art full time.

Carleton is currently working on her next series entitled "Memories," as well as a series exploring the relationship between man and nature.

Her work has been displayed in galleries in Winnipeg, Portage la Prairie and Toronto, Ont.

Carleton's show runs until the end of October at Selkirk's Gwen Fox Gallery.

The gallery, located at 101-250 Manitoba Ave. is open Tuesday to Saturday from 11 a.m. to 4 p.m.

For more information, visit gwenfox-gallery.com.

City to host Manitoba Ave. upgrades open house Oct. 20

Staff

The city plans to host an open house later this month to unveil detailed designs for long-term plans to upgrade Manitoba Avenue West.

The public is invited to attend an open house on Thursday, Oct. 20 from 4 p.m. to 7:30 p.m. at the Gaynor Family Regional Library.

The City of Selkirk established the Manitoba Avenue Task Force in 2009. Members of city council – currently Kelly Cook, who acts as chair, Darlene Swiderski and April Hourie – along with city staff and members of the province's Manitoba Infrastructure department sit on the task force.

The task force has studied the performance of the street and has consulted with the public numerous times since its inception.

On Monday, Oct. 17, city council is

expected to adopt the Manitoba Avenue Detailed Design Staging Plan – a document that reveals the vision for Manitoba Avenue and the timeline that upgrades and improvements will occur. The plan addresses work related to the street, sidewalks, pathways and sewer and water.

Selkirk's CAO Duane Nicol said Manitoba Avenue is currently functioning exactly as it should.

The Detailed Design Plan is broken down into short-term work that will be addressed in one to five years; medium-term work that will be addressed in five to 15 years; and long-term work that will be addressed in 15-plus years.

"We took a long-term approach on this," Nicol said in a release last week. "Right now the street is functioning at peak performance, there's really no problems with it.

"The engineers, based on accepted practices and standards for roads say that Manitoba Avenue is functioning within the design parameters, so there's really no requirement to do anything at this time."

The city's director of operations, Dan McDermid said the city has stud-

ied everything from traffic counts on Manitoba Avenue to wait times to turn onto Manitoba from five different intersections and all numbers fall within the recommended traffic and wait guidelines.

"We are at the point where it's suggested that we start planning for changes to the roadway to improve its performance," McDermid said.

Nicol said those familiar with Selkirk will have noticed heavier traffic flow on Manitoba in recent years, due to increased development. It is busier, he acknowledged, but still operating within accepted levels.

"It's busy, but it's Selkirk busy," Nicol said. "It's become one of the busiest streets in town, so there is a change. Long-time residents of Selkirk have noticed that traffic has been impacted by the growth and development, but it's still operating within the design parameters of the roadway."

Short-term plans include an Easton Drive intersection upgrade, addition of a consistent pedestrian and cyclist route on both sides of Manitoba, sewer repairs and an upgrade to the Manitoba Avenue and Highway 9 intersection.



By Matt's

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Community Living Selkirk celebrating 60 years of service

By Dave Baxter

The executive director of Community Living Selkirk says the work the organization does in the community has changed and evolved over the years. And a big reason for that is because people's attitudes towards those living with disabilities have also changed.

"When you look at where we came from, we were created because children with disabilities weren't allowed to attend public school," Community Living Selkirk executive director Maria Freeman said.

On Sept. 28 Community Living Selkirk celebrated their 60th year of serving the community with a celebration at the Gaynor Family Regional Library.

The celebration included a cake cutting and a presentation celebrating the history of Community Living Selkirk, which was previously known as Arc Industries.

Created in 1956, Community Living Selkirk currently offers residential supports to adults living with disabilities through both group homes and independent living.

They also offer day programs and recreation programs out of their headquarters on Jemima Street in



RECORD PHOTO BY DAVE BAXTER

Community Living Selkirk executive director Maria Freeman, pictured left, and Community Living client and self advocate Guy Webb are pictured at the organization's day program building in Selkirk, which offers among other things a kitchen area where clients can learn how to cook.

Selkirk as well as skills development programs as they try to get clients that are able to work into the workforce.

Freeman said when the organization was first created, it was set up as a school for those living with disabilities, because at that time it was the only place they could go to get an education.

"So we started as a school because those with disabilities couldn't go to

public school," Freeman said. "And now there has been a huge change to where we've come in the last 60 years, but even in the last 10 years.

"We see more people are becoming educated and employed and accessing community resources and living independently."

Changes in the public education system are the reason attitudes towards and expectations of those living with

disabilities have changed, Freeman said.

"The attitude change has come from within the education system," she said. "Now these people have gone through an entire education system and they are graduating, so their expectations and their family's expectations are different."

She said one of the expectations that many people living with disabilities now have is to live on their own and Community Living offers support through both their group homes and independent living homes.

The skills training that Community Living Selkirk offers is a reason more people in the area living with disabilities are getting into the workforce, Freeman said.

"Employers sometimes believe they should hire people with disabilities as a social service, but the reality is it's really a good business decision, as these people have shown to often be ideal employees," she said. "We have seen a change in the business community and they recognize it's a positive thing to do for their business."

For more information, visit communitylivingselkirk.ca.

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FLU CLINIC LISTINGS

inside these pages!

Interlake-Eastern
Regional Health Authority

The great fighting sturgeon fish

Hi, how are all my best pals doing this week? Thanks for stopping in.

For some time now I have heard about and wanted to meet Reggie Straight at the Elders Home of the Brokenhead Ojibway First Nation. Apparently he's a man younger in mind and body than his years and loves to fish where the Brokenhead River opens to the Lake Winnipeg south basin.

Last week I went to his apartment at the Elders Lodge and after introductions we sat down at the kitchen table over coffee. As he talked I was struck by the vitality of this man.

He wasn't huge but his body was all muscle. His dark slightly graying hair was strong and long, his face full and furrowed carried the expression of a person always moving. As we sat sipping coffee he remembered a subtle but funny experience.

There are endless reed and bulrush fields where he boat fishes and every once in a while he would see this guy who he called a naturalist walking around on the water with a set of those foot "pontoons". Now Reg has a sense of humor so when they were close enough to each other he would call him by a certain biblical name. As time went on one summer it got to be a thing with them and every chance Reg got he would give the guy some fish and tell him to go feed the multitudes knowing full well he would eat them for supper.

I got a call from Darrell Kupchik, you know, the guy who runs the spring ice cutting on the Red and he was so proud of his daughter Sara who caught a Master sized sturgeon a couple of weeks ago.

Sara, along with her boyfriend Mitch Peebles and Darrell were in his boat



PHOTO SUBMITTED

Sara Kupchik with a Master sized sturgeon she caught in the Red upstream last week.

on the Red by the CIL Selkirk road when this giant sturgeon took her jig and came tearing high out of the water. Darrell and Mitch couldn't contain themselves and wanted to take over but she threatened them with pain if they touched her rod. Sara knew she ran the risk of losing the fish because it had struck when she had a lot of line out and now it wanted to run. Slowly with Darrell working the boat toward the fish and Sara reeling in, the minutes of play turned into almost an hour and Sara's arms were tiring.

It wasn't over though because as the fish came close to the boat it dove straight for the bottom her line stretching against the gunwale. Again, Sara's arms aching, she pulled up then reeled in until the enormous fish came up showing itself. Darrell didn't waste any time, he grabbed his net and captured it bringing it aboard. To-

tally spent Sara dropped to her seat, her face pale, her mouth open trying to catch her breath. Then revitalized she looked at the monster, leaned over, and smiling patted it on the head before releasing it.

It was cold, windy and raining on the beach by the Winnipeg Beach marina on the weekend. I was over there shooting the breeze with some of the commercial fishermen when I saw two guys shore fishing with long rods. I trudged down to them and was taken by one chap Michael Mostajo who had a folding chair that featured an enclosure protecting him from the rain.

Good thing too I thought because I have never seen such a small thin quite frail man. His partner Henry Henson though was average and when asked he said that the two fish on their string was the result of a fluke.

Apparently before I came they had a bass on their string which was anchored just in the water on the shore. Henry caught another bass that attracted both men's attention which turned to astonishment as Henry landed it because snagged on the fish was the first fish with the string! Apparently the first one had gotten loose only to be tangled and re-caught as the second fish was being landed! Talk about an anglers luck.

Well, good fishing friends, bye for now.

View the Selkirk Record online at www.selkirkrecord.ca



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TROUBLE WITH PAPER DELIVERY?

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

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Walter Whyte welcomes outdoor exercise equipment



RECORD PHOTO BY DAVE BAXTER

Walter Whyte School student Evan Scott gets some exercise while using the school's new outdoor chest press machine last Wednesday afternoon.

By Dave Baxter

Walter Whyte School students now have the chance to hit the gym every time they step out onto the playground.

The school, which sits along Highway 59 in Grand Marais, saw three new outdoor exercise machines set up in the outdoor playground area recently.

Walter Whyte School principal Gloria Juvonen said the three machines cost roughly \$16,000, but they were able to get them because of a provincial Community Places grant.

The school now has a two-person chest press machine that lets students chest press their own body weight, a twisting machine that lets students workout their chest and upper body muscles, and an abs and dip station that allows students to workout both upper and lower body muscles.

Grade 7 Walter Whyte School student Dana-Lee Feakes was out using the machines on a sunny day last Wednesday afternoon and said they offer another way for students to get active.

"Right now lots of kids play intra-

mural sports or run around the track, but this is good because some kids maybe don't want to play organized sports or run the track, but still want to be active," Feakes said. "Lots of kids don't do intramurals, but at least this way they don't have to just sit on the bleachers."

Juvonen said the school got a Community Living grant for the machines because they "promote physical activ-

"LOTS OF KIDS DON'T DO INTRAMURALS, BUT AT LEAST THIS WAY THEY DON'T HAVE TO JUST SIT ON THE BLEACHERS."

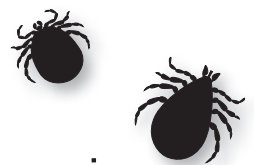
ity in the community" and she added community members can use them as well.

"When the school's junior high stu-

dents learned there were playground improvements coming to the school, they decided they wanted exercise machines," Juvonen said. "We decided to talk to students and ask them what they would like on the playground, and junior high students started exploring different playgrounds and this is what they wanted."

She added the school's physical education teacher will take students outside and teach students to use the machines properly and he plans to incorporate the machines into his lessons.

Watch out for blacklegged ticks



Tick-borne diseases, such as Anaplasmosis, Babesiosis and Lyme disease, can be contracted through the bite of an infected blacklegged tick.

Manitobans can reduce contact with blacklegged ticks by avoiding wooded or forested habitat, wearing long pants and a long-sleeved shirt, tucking in clothing, using an appropriate repellent (it should state 'for use against ticks' on the product label), looking for and removing ticks as soon as possible.

For more information about tick-borne diseases, including symptoms and prevention tips, visit our website at www.manitoba.ca/health/publichealth/cdc/tickborne

You can help

You can help in the study of tick-borne diseases in Manitoba by collecting and submitting blacklegged ticks for surveillance purposes.

- Blacklegged ticks are smaller than the more common wood tick. Unlike wood ticks, they do not have white markings on their bodies.
- If you find a blacklegged tick, remove it slowly from skin or clothing using tweezers and steady pressure; avoid twisting. Cleanse area with soap and water or a disinfectant.
- Place the tick in a small, crush-proof container (for example, a pill bottle) with a piece of slightly damp paper towel (to help keep the tick alive).
- Firmly tape the lid shut.
- Check the pictures and additional information on the website to determine if your tick might be a blacklegged tick.
- Hand-deliver or mail the sample to the address below. If mailing, place the container in a sealed plastic bag then in a cardboard box labeled: RESEARCH SPECIMENS – FRAGILE – HANDLE WITH CARE
- Include your name, telephone number, email address and information about where, when and on whom (ex: a dog, a person) the tick was found. Deliver or mail to:

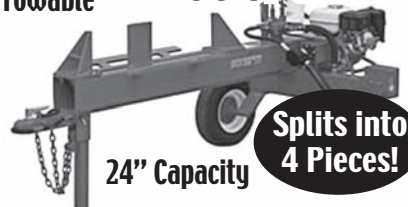
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FLU CLINIC LISTINGS

Get Vaccinated Don't spread the flu.



Crystal (on the right) with her stepdaughter Niki, and Niki's son, Jayce.

I choose immunization!

Crystal McMahon, educational assistant for Interlake School Division, has been getting the flu shot for over ten years for the main reason of avoiding the flu. She decided to get the flu shot because she hated being sick and, at the time, she worked in a daycare facility, a place where germs were very prevalent. Her sister is a public health nurse and Crystal knew that she wouldn't promote something that was dangerous or ineffective. When she began working with the older population as a seniors' resource coordinator, it was also part of her job to book and arrange a flu clinic in the area every year.

"I continued getting my flu shot because I worked with a population who tends to be vulnerable to illness; I was hosting flu clinics every year and I didn't think I would be a very good role model by promoting the shot but not getting it; and I hated being sick," she said.

She said she will continue to get vaccinated to protect those important to her: her grandchild, her elderly parents and the children she works with. And also to protect herself...because she hates being sick!

"When I am not in good health, I am not very effective with anything I attempt to accomplish. So I've come to the realization that I am going to continue doing everything I can to stay healthy... and that includes getting a flu shot every year to boost my immune system so it can fight off any other pesky illnesses other than the seasonal flu," she said.

What is the flu?

The flu is an infection caused by a virus. It can spread easily from one person to another through coughing, sneezing or sharing food or drinks. You can also get the flu by touching objects contaminated with flu virus and then touching your mouth, eyes or nose. Flu symptoms are usually more severe than a common cold. You may have fever, body aches, extreme tiredness and a dry cough.

Get your annual influenza vaccination

Vaccination is the most effective way to prevent influenza. Each year there is a new vaccine to protect against new strains of the influenza virus — that's why you need a flu shot every year. The best time to get your influenza vaccination is early in the flu season, between October and December, before the number of influenza cases increases in Canada. Full protection against influenza takes about two weeks from the time you get the flu shot and lasts for about six months.

Because it's about them too!

The annual seasonal flu shot is available to all Manitobans at no charge. It offers protection against four seasonal flu strains. Those at increased risk of serious illness from the flu, including children six months to five years old, people aged 65 or older, caregivers and others who are in close contact with them, should consider getting a flu vaccination.



Prevent flu with frequent handwashing

Hands spread an estimated 80 percent of common infectious diseases like the common cold and flu. Handwashing, when done correctly, is the single most effective way to prevent the spread of communicable diseases. Good handwashing technique is easy to learn and can significantly reduce the spread of infectious diseases among both children and adults.

Wash your hands BEFORE:

- handling or eating food or feeding others
- brushing or flossing teeth
- inserting or removing contact lenses
- after treating wounds or cuts

Wash your hands AFTER:

- having any contact with a person who has flu or his/her immediate environment
- going to the toilet or changing a diaper
- blowing your nose or wiping a child's nose
- coughing or sneezing
- handling garbage
- when returning home from a busy public place, such as your workplace or a mall

Children should also wash their hands after playing with toys shared with other children.

Steps for good handwashing technique

- Remove all rings and wet your hands with warm running water.
- Put a small amount of liquid soap in the palm of one hand. Bar soaps are not as hygienic as liquid soaps because they stay moist and attract germs. If bar soap is the only option, it should be stored on a rack so that it doesn't sit in water.
- Rub your hands together for at least 15 seconds so you produce lather. Make sure you scrub between your fingers, under your fingernails and the backs of your hands.
- Rinse your hands well with clean running water for at least 10 seconds. Try not to handle the faucets once your hands are clean. Use a paper towel to turn off the water.

• Dry your hands with a clean or disposable towel
Note: using sterilization liquids, while not effective as handwashing, are a good option to use when soap and running water are not available.

Town	Dates	Time (s)	Location (s)
East Selkirk	November 1	2:00 pm - 6:30 pm	East Selkirk Rec. Centre, Corner of Hwy 59 and PTH 212
Grand Marais	October 25	2:00 pm - 3:30 pm	Grand Marais Rec. Centre, 90 Matilda Ave.
Petersfield	October 21	1:30 pm - 3:00 pm	Petersfield Hall, 401 Main Street
St. Andrews	November 7	1:30 pm - 7:00 pm	St. Andrews Community Club, 28 St. Andrews Rd.
Scanterbury	November 9	1:30 pm - 4:00 pm	Brokenhead Ojibway Health Centre, Bison Drive East
Selkirk	October 18	1:00 pm - 7:00 pm	Selkirk Rec- Complex, 180 Easton Drive
	October 29	10:00 am - 2:00 pm	Gordon Howard Senior Centre, 384 Eveline Street

Bring your Manitoba Health Card and wear a short-sleeved shirt. Any changes to this listing will be posted online at www.ierha.ca – click on the banner “2016 Flu Clinics” on the home page.

For more information, please contact your local community public health nurse in Selkirk at 204-785-7500



Interlake-Eastern Regional Health Authority

Pallister gov't to cut 112 senior management positions

Reductions to result in nearly \$10M in annual gov't savings

Staff

The Pallister government says it plans to cut 112 senior management positions through attrition, retirements and "necessary reductions" over two implementation stages beginning early next year.

Finance Minister Cameron Friesen made the announcement in a press release issued last Thursday.

"Immediately following the election, our new government undertook a complete reorganization of departments which resulted in a one-third reduc-

tion in the size of cabinet, to 12 from 18," Friesen stated in the release. "The next step necessarily involved a review of the senior management levels within government, which have grown by nearly 33 per cent since 2005. This dramatic growth rate, nearly four times the rate of overall staff growth within the civil service, has not improved Manitoba's performance results and is simply not sustainable given the significant challenges associated with our province's fiscal situation."

All government departments will be part of this initiative, which looks at the overall management of government, he added.

According to the province, "a total streamlining of 112 management positions will occur through attrition, retirements and necessary reductions,"

the majority of which will occur over a two-phased implementation schedule effective March 31, 2017 and Dec. 31, 2017, Friesen added.

"Layers of administration and top-heavy structures do not create better value or performance, rather they complicate effective decision-making and restrict the free flow of ideas from critical front-line service providers," added Friesen. "Our government has inherited significant fiscal challenges and we have committed to Manitobans that our focus will remain on fixing the province's finances, restoring our services and repairing our economy."

Once completed, the initiative is expected to result in an estimated annual savings to government of at least \$10 million, he added.



RECORD FILE PHOTO

Finance Minister Cameron Friesen announced last Thursday the Pallister government plans to cut 112 senior management positions over two implementation stages early next year.

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Smoke alarm checks focus of Fire Prevention Week

By Dave Baxter

A St. Andrews firefighter says one of the best ways to get the message out to adults about fire prevention is through their children.

"It's about getting the message to the kids because often if they get the message they take it home and convey it to mom and dad," St. Andrews Fire Department Captain Don Peters said last Wednesday, while visiting with students at St Andrews School. "The young ones are the ones we find continue that message."

Peters and other members of the St. Andrews Fire Department were at St. Andrews School last Wednesday morning, one week before Fire Prevention Week, which kicks off across Canada on Oct. 9.

Peters spoke to students about fire safety and prevention and said he wanted to "drive home" the importance of checking smoke alarms in the home.

"The public has many misconceptions about smoke alarms, which may put them at increased risk in the event of a home fire," according to The National Fire Prevention Association (NFPA).

This year's Fire Prevention Week



ABOVE LEFT: St. Andrews Fire Department Captain Don Peters holds up a smoke alarm in front of the students at St. Andrews School last Wednesday while talking about the importance of checking smoke alarms in the home. Fire Prevention Week is Oct. 9 to 15 across Canada. ABOVE RIGHT: Firefighter mascot Sparky gives a high five to a St. Andrews School student in the school's gym last Wednesday morning.

RECORD PHOTOS BY DAVE BAXTER

campaign, "Don't Wait – Check the Date," asks homeowners to check smoke alarms and make sure they replace them every 10 years.

"I GUARANTEE A LOT OF THESE KIDS WILL GO HOME AND THEY WON'T LET THEIR PARENTS DO ANYTHING ELSE UNTIL THEY TEST THOSE SMOKE ALARMS."

"Time and again, we've seen the life-saving impact smoke alarms can have in a home fire, but also the tragedy that can result when smoke alarms aren't present or working properly," Growth, Enterprise and Trade Minister Cliff Cullen, minister responsible for the Office of the Fire Commissioner said in a release last Friday. "We want people to understand that smoke alarms save lives and remind them the alarms have a lifespan of 10 years."

According to the National Fire Protection Association (NFPA), most homes have at least one working smoke alarm, but many people are unaware how old their smoke alarms are or how often they need to be replaced. That lack of awareness is a concern for the Office of the Fire Commissioner (OFC) and the Manitoba Association of Fire Chiefs (MAFC), along with fire departments throughout the province because smoke alarms do not last forever.

"Smoke alarms need to be replaced at least every 10 years, but the public is generally unaware of this requirement," said Cameron Abrey, president, MAFC. "That means people are at risk because many homes have smoke alarms that are past their expi-

ration date."

During his presentation last week, Peters held up a smoke alarm in front of students and told them they should go home that very same day and ask their parents or guardians to test their smoke alarms.

He said along with replacing the alarms every 10 years, the batteries in the alarms should be changed twice a year.

"And I guarantee a lot of these kids will go home and they won't let their parents do anything else until they test those smoke alarms," Peter said.

Peters said that every year after Fire Prevention Week adults have approached him when out in the public to thank him for talking to their children, because it made them realize their smoke alarms were not working properly.

Next week St. Andrews Fire Department and the Selkirk Fire Department will visit a number of schools in the area to continue to convey messages about fire prevention and also to conduct fire drills in a number of those schools.

The focus of this year's Fire Prevention Week campaign is knowing the age of smoke alarms.



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Staff

"Bell Let's Talk funds the work of major health care institutions, universities and other national research and care initiatives, but we know it's critical to get behind the smaller and more local mental health groups that make such a positive difference for people living with mental illness," Clara Hughes, Canada's six-time Olympic medallist and national spokesperson for Bell Let's Talk said in a release last week. "As a loyal Manitoban and proud Ca-

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Campaign for Selkirk brothers nears \$25K goal

By Dave Baxter

When the very first donation of \$20 was given to Amanda Vitt's GoFundMe campaign back in July, she never dreamed she would soon be closing in on \$25,000 and nearing the goal of giving her nephew the gift of sight.

"Now we are so close and we still have more people that plan to donate, so I really believe we are going to reach it," Vitt said.

In July, Vitt who lives in East Selkirk, set up a GoFundMe Page called The Gift of Sight, with the goal of collecting \$25,000 to help her nephews Benny and Ashton Francey, who live in Selkirk, and were both born blind.

As of last Friday the page sat at \$23,678 donated and Vitt said she has even had strangers approach her because they wanted to help.

The page can be found online by visiting gofundme.com/bennyashton.

"It is amazing, just completely amazing," she said. "I have had complete strangers stop me in Walmart to donate, and we've received donations



SUBMITTED PHOTO

Pictured from left to right: Valerie Sul, MaryAnne Wolowich, Jaqueline Bourbonniere and Michelle Horanski were four of the 60 people that took part in a Paint Nite event last Tuesday to help raise money for a GoFundMe campaign for two Selkirk brothers entitled "The Gift of Sight."

everywhere from \$5 to \$1,000.

Benny is 10 and Ashton is eight, and the Selkirk brothers were both born with a rare condition called Leber Congenital Amaurosis that causes blindness at birth.

Both the boy's conditions are different, as Ben-

ny can see silhouettes and colours but no details, while Ashton lives in "total darkness," Vitt said.

Vitt said funds raised through the GoFundMe campaign will help purchase eSight glasses for Benny, which could help him see people and objects for the very first time.

She said because of the money

raised they will likely book a flight to Toronto to receive the glasses "in the coming weeks."

"It has all just moved so quickly," Vitt said. "I still can't believe it."

"Every little bit has brought us to where we are now."

On Oct. 4 Vitt updated the progress of the campaign on her Facebook account.

"This morning Benny went for his last Optomologist appointment before we schedule our flight for Toronto, to meet with eSight!" she posted on Facebook. "We are so very hopeful that this will all be a smooth process."

Because of Ashton's condition, eSight glasses would not be helpful, but Vitt wants to raise money to get him into a therapy program that involves being around horses.

On Sept. 27 Vitt hosted a Paint Nite event in St. Clements to support the campaign, and she said 60 people showed up, and \$1,668 was raised.

"There was family and friends and some people we didn't even know came out because they had heard the story, so the support was fantastic," Vitt said.

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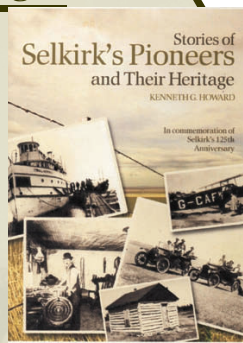
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Selkirk Walmart earns Poppy Appreciation Award

SUBMITTED PHOTO



Neil Zebinski, pictured left, and Dexter Harvey, pictured right, of the Selkirk Legion presented Walmart assistant manager Shelley Erstelle with a Poppy Appreciation Award on Tuesday morning to thank the local Walmart for the work they do to support the Legion's annual Poppy Drive. The award was given to thank Walmart for offering space in the store every fall for the last 10 years for the Poppy Drive to sell poppies. This year's Poppy Drive will start at Selkirk Walmart on Oct. 28.

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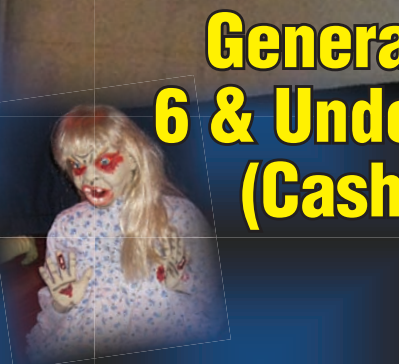
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Your FARM



New rules ruffle feathers for local farmer

By Jennifer McFee

A local chicken farmer has his feathers ruffled by a new quota system that the Manitoba Chicken Producers recently hatched.

Several weeks ago, Manitoba Chicken Producers launched the new annual specialty quota program that focuses on smaller or specialized markets that aren't currently being supplied by registered chicken producers. The quota allotments are for 10,000 kilograms per year, and all chicken marketed under this program is subject to a per-kilogram levy payable to Manitoba Chicken Producers.

Until now, these exemptions have allowed a target market supply of unique-sized birds, birds raised in a unique manner, and birds for formal religious or ethnic rituals. However, effective Dec. 31, 2016, these exemptions will expire and no further exemptions will be issued.

For Rudy Reimer of Watersong Farm, located on Highway 67 between Warren and Stonewall, the change will be costly.

"We've never had a quota. We've always had an exemption permit from the marketing board that was grandfathered in because we actually start-



RECORD PHOTO BY JO-ANNE PROCTER

Watersong owners Rudy, left, and Leslie Reimer.

ed before the marketing board existed. Basically, we're selling a chicken that the regular broiler producers don't provide," Reimer said.

"So as it stood for years and years, we had an exemption permit and now they want to change that into a secondary quota system and that affects about seven or eight producers."

With the new system, Reimer could face additional per-kilogram costs of up to \$30,000 per year to produce the same amount that they have been producing until now. It's a cost that will be difficult to absorb, but he also would prefer to not raise prices for his loyal customers.

As an executive member of the group Direct Farm Manitoba, Reimer is also active in advocating for simpler rules and fairness in the market, while also focusing on helping smaller producers and independent producers.

"This could be also affecting any new potential producers," he said. "People are recognizing that the consumer wants to talk with the farmer directly. They want to be able to go out to the farm and buy a product. But supply management does not work that way."

By drawing attention to the issue, Reimer is hoping that public pressure



One thousand chickens were all presold and ready to go last week.

can help with the cause.

"They want to get money for doing nothing for us. We look after all the costs: we produce the chickens, we have to transport the chickens, pay for the processing and we do all our own marketing," he said. "Yet we're supposed to give them this money for the right to produce chickens that we've been doing for 50 years. All we're asking is to continue to do what we've been doing for 50 years. We're not asking for more, but we certainly don't want less — and it shouldn't cost us more."

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> MEAL IDEAS

THE Marketplace
AT SELKIRK

No Bake Peanut Butter Granola Bars



- 2 cups (500 mL) low-fat granola cereal
- 1 1/4 cups (300 mL) crispy brown rice cereal
- 1 cup (250 mL) uncooked quick-cooking oats
- 2 tbsp (30 mL) chopped almonds
- 1/4 cup (50 mL) dried cranberries or dried blueberries

- 1/2 cup (125 mL) honey
 - 1/2 cup (125 mL) creamy natural peanut butter
 - 1 tbsp (15 mL) canola oil
 - 1 tsp (5 mL) vanilla extract
- Directions
In large bowl, combine granola, rice cereal, oats, almonds and dried berries; set aside.

In small saucepan, bring honey, peanut butter, canola oil and vanilla over low heat and heat 5 minutes or until blended.

Pour peanut butter mixture over cereal mixture, stirring until coated. Press mixture into lightly greased 9 x 13 inch (22 x 33 cm) pan. Press mixture down tightly with wax paper. Cover and cool completely in pan in refrigerator at least 1 hour before slicing into 24 bars.

Blackberry Streusel Tart



- 11/2 pints blackberries
 - 1/2 cup granulated sugar
 - 1 tablespoon cornstarch or tapioca flour
 - 1/2 teaspoon freshly squeezed lemon juice
 - 1 9 1/2-inch tart crust
 - Streusel
 - 3/4 cup all-purpose flour
 - 1/3 cup firmly packed brown sugar
 - Pinch of kosher salt
 - 3 ounces cold unsalted butter, cut into 1/2-inch pieces
 - 1 recipe Chantilly cream (see box)
- To make the streusel: In a food processor, combine the flour, brown sugar, salt, and butter and pulse until the butter is the size of large peas. Sprinkle evenly over the blackberry filling.
Bake until the streusel is browned and

the fruit is bubbling, about 25 minutes. Let the tart cool until it can be handled, then remove the pan sides and place on a platter. Serve warm or at room temperature, with chantilly cream on the side.

Planning ahead:

The streusel made be made two days in advance, covered and refrigerated. The tart is best served the day it is made. Store at room temperature. You may reheat the tart in a 325 F oven for 10 minutes.

Chantilly Cream

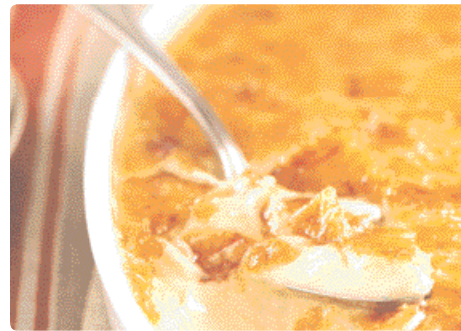
- 1 cup heavy whipping cream
- 1/2 teaspoon vanilla extract
- 1 tablespoon granulated sugar

Put the cream, vanilla and sugar in a bowl and whip by hand with a whisk or with an electric mixer on medium speed until soft peaks begin to form. The cream should hold its shape but still be very smooth.

Cover and refrigerate until serving.

Planning ahead: You can whip the cream an hour or two in advance, cover and refrigerate it. If it sits longer than that, it will start to thin out and you will need to rewhip it lightly before using. A few quick stirs with a whisk will do the trick.

Luscious Crème Brûlée



- 2 cups heavy whipping cream
 - 1 cup half-and-half
 - 6 large egg yolks
 - 3/4 cup sugar
 - Pinch of salt
 - 2 teaspoons vanilla extract
1. Preheat the oven to 300 F. Have ready a flame-proof 1-quart shallow baking or gratin dish and a roasting pan. Put on a kettle of water to boil for the water bath.
2. Heat the cream and half-and-half in a medium saucepan over medium heat until hot. Remove from the heat.
3. Whisk together the yolks, 1/2 cup of the sugar, and the salt in a medium bowl. Slowly add the cream mixture, whisking constantly until blended and smooth. Add the vanilla. Pour the mixture through a fine strainer set over a medium glass measuring cup or bowl.

4. Pour the custard into the baking dish and skim any foam from the top. Transfer to the roasting pan, place in the oven, and pour enough boiling water into the pan to reach halfway up the sides of the baking dish. Bake for 25 to 30 minutes, or until the custard is set around the edges but still slightly jiggly in the center. Do not overbake. The custard will set further as it cools. Remove the baking dish from the water bath and let cool completely on a wire rack.

5. Refrigerate the crème brûlée, loosely covered, for at least 4 hours, until thoroughly chilled and set, or for up to 1 day.

6. Preheat the broiler. Have the roasting pan ready, and fill a bowl with ice water. Gently blot the surface of the custard with the edge of a paper

towel to remove any condensation. Sift the remaining 1/4 cup sugar evenly over the custard. Place the baking dish in the roasting pan and carefully pour enough ice water into the pan to come halfway up the sides of the baking dish.

7. Broil the custard about 3 inches from the heat for 2 to 3 minutes, until the sugar has melted and turned a dark amber color; carefully move or rotate the dish if necessary so the sugar caramelizes evenly. Remove from the broiler and cool the custard in the ice water for 5 minutes.

8. Carefully remove the baking dish from the baking pan. Serve right away, or refrigerate, uncovered, for no longer than 1 hour before serving. The topping will soften.

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'We are here to help people not to fight with them'

RCMP working to better understand mental health issues

By Dave Baxter

A local RCMP officer says police officers across Canada are working to better understand mental health issues.

Selkirk RCMP Cst. Paul Human says more-and-more police officers in Selkirk and area and across the country know they will be better at their jobs if they understand issues surrounding mental health and mental illness.

Human said he went through more than five months of intense training to become an RCMP officer about 15 years ago, but back then he noticed something that training was not teaching.

"To tell you the truth, there wasn't a lot of mental health training at the

time," Human said while speaking at the 2016 Heroes of Mental Health Annual Inspiration and Celebration Tea last Thursday at Selkirk United Church.

Human said as soon as he became an RCMP officer he knew he wanted himself and his colleagues to have a better understanding of and sympathy towards mental health issues.

"So I started to change that in my job when I was dealing with people that maybe were going through a destitute situation," Human said. "And I tried to change by training the other members around me to think about who you are dealing with."

Human said he still remembers dealing with a woman early in his career who had too much to drink and none of the other officers at the scene were able to get her into their vehicle.

"I walked up behind her and put my hand on her shoulder and said 'why don't you get in the car, it's nice and

warm in the car,' and she got in," Human said. "I decided to ask her and not tell her, and for the majority of cases when you're dealing with people if you ask and sound genuine they will do it."

"We are here to help people not to fight with them."

He said the ideas he has held for years about how to deal with people are now spreading throughout the RCMP.

"In every situation we have to be aware that we could be dealing with someone with mental health issues, and if we grab them or wrap our hands around them there is a chance they are going to freak out."

"The training is now changing with the RCMP. We are starting to get more training about how to deal with people in a less violent and combative way."

Human also spoke about the importance of RCMP officers understanding their own mental health issues, and

understanding that some of the situations they deal with can lead to issues such as Post Traumatic Stress Disorder.

He said many of the things including murder and abuse investigations that he has dealt with over the years eventually started to affect his own mind.

"And it got to the point where if I was in Walmart my wife could pick up on my cues and I would look and say 'we have to go'."

"I was scared to be in Walmart."

Human said the RCMP now has a "fantastic program that supports our mental health and if you need help there is people you can reach out to."

Now Human said that every three years RCMP officers go in for a mandatory mental health check and are offered the chance to speak with a psychiatrist.

"For me it's good to talk to someone to get all of this stuff out of me," Human said.

Banquet helps raise over \$19K for Ducks Unlimited

By Kara Famakinde

This year's Ducks Unlimited Canada fundraising banquet helped raise

more than \$19,000.

The 34th annual event was held at the Selkirk Rec Complex on Oct. 1 and organizers say their preliminary numbers show they raised \$19,760. The event attracted 164 attendees for a fundraising dinner and social.

Ducks Unlimited is a non-profit charity that works to conserve, restore and manages wetlands crucial to the survival and sustainability of the environment, particularly the Manitoban wetlands.

This year's fundraising event was organized by Brad Porath, manager of event and volunteer relations, along with members of the Selkirk Committee.

Ducks Unlimited has been dedicated to the conservation, education and research of Cana-



RECORD PHOTO BY KARA FAMAKINDE

More than 100 community and area residents helped raise \$19,760 during the 34th annual Ducks Unlimited fundraising banquet at the Selkirk Rec Complex on Oct. 1.

da's wetlands since 1938, gaining momentum and more partners each year.

Currently, with more than one million supporters, Ducks Unlimited is the premier North American waterfowl conservation group.

Ducks Unlimited currently operates 408 projects within Southern Manitoba and has successfully secured 91,425 acres of habitat and invested more than 75 million dollars in Southern Manitoba to date.

The Ducks Unlimited Selkirk Division itself has raised \$763,639.

A large portion of operating money comes from fundraising events and donations.

The funds are then allocated into three main subdivisions: Conservation and Scientific Research (77.3 per cent), Fundraising and Administra-

tion (13.4 per cent), and Public Education (9.3 per cent). This research aids in identifying the issues and developing solutions to avoid further contamination and possibly, the loss of historic Manitoban lakes and wetlands.

Porath and the Selkirk Committee has expressed interest in expanding into the East Beaches of Manitoba.

They plan to restructure the committee, spreading knowledge and encouraging all members of the Interlake to get involved.

This East Beach expansion project would offer similar fundraising banquets and charitable events to further research and development regarding Manitoban wetlands.

Ducks Unlimited is always seeking volunteers. For more information visit ducks.ca

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INSIDE > OUTSIDE > UPSIDE DOWN

Thunder advance to MFLM semifinal



St. Andrews' Kevin Lister finished the game last Saturday with a team-high 11 tackles and a sack.

By Brian Bowman

The Interlake Thunder will have a very tough test against the Falcons Football Club in their semifinal clash this Saturday afternoon.

Interlake (3-5) will have to defeat the Falcons (7-1) to advance to the Midget Football League of Manitoba final later this month.

"This will be our third time playing them, so our two teams know each other very well," said Thunder head coach Kris Johnston. "We know that they are obviously a very good offensive team. They have good team speed and they definitely like to throw the ball."

The Falcons defeated the Thunder twice during the regular season – 36-0 on Oct. 6 and 22-2 on Sept. 14 – so Interlake will have to play great defence, sustain long drives for touchdowns, and win the turnover battle to upset the high-powered Falcons.

"We're going to have to be very assignment sound on defence," Johnston said. "And we're going to have to make sure we use our athletes intelligently. Our focus will be to defend the run and the pass, particularly the pass."

Interlake will battle the Falcons Sat-

urday at 3 p.m. at East Side Eagles Field. In the other semifinal clash Saturday (3 p.m.), St. Vital will play Southwest.

The Thunder finished their regular season with a dominating 44-6 win over the Sunrise Coyotes last Saturday. Interlake's offence, which had struggled in recent weeks, looked real good against Sunrise.

"They ended the regular season on a fantastic note," Johnston said of his club. "We had really great performances all over the field."

The Thunder's Colton Nedotiafko had a great game running the ball, finishing with 190 yards on 19 carries to go along with a touchdown.

"Colton has just been an outstanding rookie and he had himself a great day," Johnston said, noting Ryan Doak and the offensive line in front of him also played really well. "He grounded out the hard yards that we needed."

Interlake quarterback Thomas Dunlop, Cordell Holder, and Tristan Kisilowsky also had rushing TDS for the Thunder.

Dunlop, who had a strong game, also threw touchdown passes to Germain Waldner (six catches, 133 yards) and Alex Frances (three catches, nine



RECORD PHOTOS BY LANA MEIER

Thunder receiver Alex France catches a pass during Interlake's 44-6 win last Saturday.

yards).

Defensively, Interlake's Kevin Lister played real well, finishing with a team-high 11 tackles and a sack. Tanner McCallen and Colton Meisner also played very well defensively, said Johnston. "He was amazing," Johnston

praised of Lister. "He was all over the field...and just an utter standout. He was fantastic and he has been amazing all year. He's one of our biggest leaders on defence along with Austin deLaroque."

Selkirk GM would like to welcome **Ryan Pastetnik** as our Used Vehicle Sales Manager. Ryan, who is from St. Andrews, is a Selkirk Comp Grad who is excited to be back to his Selkirk area roots. Stop in and say hello to Ryan today at 1010 Manitoba Avenue in Selkirk



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sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Terriers collar Steelers twice in MJHL weekend action

By Brian Bowman

The Selkirk Steelers lost games a couple of different ways last weekend to the Portage Terriers.

Selkirk blew a pair of three-goal leads at home Friday in a wild 7-6 loss and then were blown out 6-1 on Saturday in Portage la Prairie.

Steelers' head coach Dustin Hughes didn't feel that his club played too poorly – at least, on the offensive end – on Saturday.

"We didn't play terribly offensively but we just ran into a hot goalie," said Hughes. "Defensively, though, we have a lot of work to do. It wasn't a good night on that end."

On Saturday, Portage took a 2-0 first-period lead on a shorthanded goal by Layne Toder and a power-play marker by Jordan Thomson.

Toder and Tyler Enns scored at even strength in the second and then Calvin Bliid struck on the power play midway in the third to put the Terriers up 5-0.

Nathan Halvorsen finally put the Steelers on the board at 17:07 of the third and then Adam Wowryk closed out the game's scoring with a power-play goal in the game's final minute.

On Friday, Selkirk led 6-3 late in the second period but gave up four unanswered goals in the one-goal loss. The Steelers built three-goal leads twice in the game.

"To be honest, I have never been a part of that before as a player or a coach," Hughes said. "And, it was interesting to say the least. I thought we played extremely well for the first 10 minutes of the first period and then within several minutes it was tied up."

"Then I thought we rebounded really well in the second period."

Selkirk came out flying in the game as the Steelers built their first three-goal advantage on goals by Halvorsen, Jade Dudar, and Dallas Starodub.

Portage tied the score at 3-3 as Chase Brakel, Ryan Sokoloski, and Jeremy Leipsic tallied.

Dudar, Ryan Pruden, and Riley Giauque scored to put the Steelers up 6-3 but Brakel, Bliid, Thomson, and Leipsic replied for Portage.



RECORD PHOTO BY BRETT MITCHELL

Steelers' goaltender Brett Friesen couldn't stop Portage's Jeremy Leipsic on this play during MJHL action Friday in Selkirk.

Selkirk surrendered three-power goals to Portage in both games last weekend.

The Steelers, rated 13th in last week's CJHL rankings, visited last-place Waywayseecappo on Tuesday but no score was available at press time. Selkirk will then play a home-and-home series with the Winnipeg Blues this weekend.

Selkirk will host Winnipeg Friday (7:30 p.m.) and then will battle the Blues Saturday (7 p.m.) at the

MTS Iceplex.

This is a good opportunity for Selkirk to grab some points against two struggling clubs after losing twice to Portage last weekend.

"We're still 5-3 and with an opportunity to extend that to a pretty good record after a few weeks of the season," Hughes said.

On Sunday afternoon Winkler will visit Selkirk. Game time is 2:30 p.m.

Fishermen look good in opening weekend

By Brian Bowman

The Selkirk Fishermen deserved an extra plate of turkey this Thanksgiving after an impressive regular-season opening weekend in the Keystone Junior Hockey League.

Selkirk played real well in blanking Arborg 6-0 on Saturday and then defeating Lundar 5-1 on Sunday.

"It's exactly what I wrote up in the script and I'm glad that they followed it," said Fishermen head coach Chris Poponick.

The Fishermen did a good job of playing fast and physical, said Poponick, while eliminating their opponents' time and space in both games.

"It really worked very well," Poponick insisted.

In Sunday's win, Brayden Kowalchuk and Connor Cyr gave Selkirk a 2-0 first-period advantage before Landen Gray cut that lead in half early in the second period.

But it was all Selkirk after that.

Mike Smiley scored midway in the second period and then Gordie Longbottom and Kale Ilchena tallied in the third.

Travis Schalk made 21 saves for the win.

On Saturday, Milan Horanski led Selkirk with two goals and an assist. He opened the game's scoring in the first period and then Drayton Mendrun tal-

lied in the second.

The Fishermen then broke the game wide open in the third with goals from Connor Cyr, Coel Forsyth, Ilchena, and Horanski.

"What I really liked from the weekend was the fact that we got production (offensively) from eight different people on 11 goals," Poponick noted.

Riley Bannerman made 29 saves for the shutout.

The Fishermen (2-0) will host Fisher River on Saturday (7:30 p.m.) at the Selkirk Rec Complex and then will visit the North Winnipeg Satellites on Tuesday.

Mandryk named Urban Athlete of the Week



Jack Mandryk

Staff

The MHSAA Tire Recycle Urban Athlete of the Week for last week was Jack Mandryk of the Lord Selkirk Royals varsity boys' volleyball team.

The 6-foot-1 setter led the Royals to two straight volleyball tournament championships and a 2-0 start in KPAC play.

He was awarded a tournament all-star at the U of W tournament.

"Jack is a wonderful player to have on the team," said Royals' head coach Jeff Scarcello. "He has an unmatched passion for the sport and his determination is far beyond what most other players I have coached before have had."

Mandryk has improved immensely in the game of volleyball, said Scarcello.

"He leads by example on the court, but isn't shy about making sure that others are doing their part, too," said the Royals' head coach. "He is very easy to work with and has an incredible intellect of the game. He has made leaps and bounds in his ability to play the game and most of that has come from his own desire to push himself."

"As a coach, my only role with him is to keep him guided in the right direction. He is able to provide his own motivation for working his hardest and never needs a reminder to work harder or play tougher."

In Grade 12, Mandryk maintains a 96 per cent academic average.

sports&recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Varsity boys win Brandon tournament

By Brian Bowman

Chalk up another tournament championship for the Selkirk Royals varsity boys' volleyball team.

Selkirk had yet another reason to assemble for a team photo after defeating the host Vincent Massey Vikings 2-0 by scores of 25-18 and 25-18 in Brandon on Saturday.

"We stepped it up another level and we beat them two straight," said Royals' head coach Jeff Scarcello. "The second set, at one point, we were up 20-10 and got a lot of guys in that hadn't seen the court too much in the playoffs."

"And those guys finished it off and put it on cruise control. We played fantastic in that final."

In the quarter-finals, Selkirk swept the Neelin Spartans 2-0 (25-18, 25-20) and then whipped Winnipeg's Vincent Massey 2-0 (25-20, 25-15) in a semifinal game.

Selkirk was dominant in both of those victories.

"The way things have been going most of the time, we'll get off to a slow start here and there to start a match as we figure a team out," Scarcello explained. "And then we have been very good at finding a weakness on the other team. A weak rotation or serving target and once we get some little information that we can use to our advantage, then we'll go run off three, four, five points in a row."

Selkirk's side out game has been really strong recently, said Scarcello, which makes it very difficult for opposing teams to stop them and make a comeback after the Royals build a lead.

"We might lose a point or two here and there but teams aren't reeling too many points off us these days."

In tournament pool play, Selkirk was 3-0 in matches and 6-1 in sets.

The Royals had a great battle with Brandon's Vincent Massey, winning 2-1, in front of a raucous crowd and electric atmosphere.

The Royals also swept River East and Winnipeg's Vincent Massey.

On an individual level, Owen Schwartz was, once again, very good throughout the weekend while Josh Giesbrecht was also very solid. Giesbrecht, a middle, did a lot of good things the entire weekend, said Scarcello.

In KPAC play, Selkirk is now 2-1 after being swept 3-0 (25-21, 25-22, 25-17) by the MBCI Hawks on Oct. 5 in Winnipeg.

"We came out flat and struggled," Scarcello admitted. "We had an awful match."

The Royals will be busy this week as they hosted Miles Mac last night and then will play at a St. Vital tournament this Friday and Saturday.

MHSAA cross-country provincials postponed

By Brian Bowman

Selkirk Royals' cross-country coach Scott Gurney spent the early part of Monday evening packing for an expected trip to Nelson House Tuesday for the MHSAA provincials.

But after the MHSAA cross-country provincials were abruptly postponed due to recent snowfall and poor weather conditions, Gurney spent the remainder of his evening unpacking.

"I was ready to continue my packing to Nelson House and then 45 minutes ago I got an email and they cancelled the provincial championship," said Gurney Monday evening.

Gurney talked to MHSAA assistant executive director Greg Jarvis Monday evening and was told that the current plan was to find an alternate location to host the provincials.

Jarvis was still looking into options Tuesday afternoon and was hoping to reschedule the provincials to a location based around Winnipeg by next week.

"I'm still playing some phone tag and stuff here right now," Jarvis said. "I'm still waiting on a few responses

with what we might, and might not, have available."

Jarvis was expected to make a final decision regarding the provincials by Wednesday afternoon of this week.

The Royals had been running really well leading into the provincials. At the fourth KPAC meet of the season last week at Bird's Hill Park, Selkirk was very good in the varsity girls' race on its way to winning the KPAC banner.

"It was a good course, a challenging course, and quite cool, very blustery," Gurney recalled. "The kids ran really, really well again despite the conditions. Our varsity girls were able to

clinch the championship, so that was nice."

The Royals' Tonie Sledz continued her dominance by winning the varsity girls' race in a time of 16:52. The Grade 11 standout has been outstanding in all of her races this season.

"She's very good," Gurney noted. "This is a kid that is driven. She's got one speed – and it's fast. When the race starts, she goes to the front and doesn't mess around."

Selkirk also had a winner in the varsity boys' race as Matt Armstrong was the fastest with a solid time of 22:45.

Next Home Games



Fisher River
Hawks vs

Sat., Oct. 15th 7:30 pm

at the Selkirk Rec Centre



Meet the Fishermen

#27 Drayton Mendron
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sports&recreation

INSIDE > OUTSIDE > UPSIDE DOWN

MJHL unveils college hockey prospect watch list

Staff

The Manitoba Junior Hockey League has announced its initial College Hockey Prospect Watch List, which includes the top two college-eligible prospects from its 11 teams.

Selkirk Steelers' forward Dallas Starodub and defenceman Taylor Fisher were listed for their respective club.

This list will be followed up by a MJHL League-Wide Top 25 Prospect Watch List, which will be released prior to the Old Dutch-MJHL Player Showcase held Dec. 12-14.

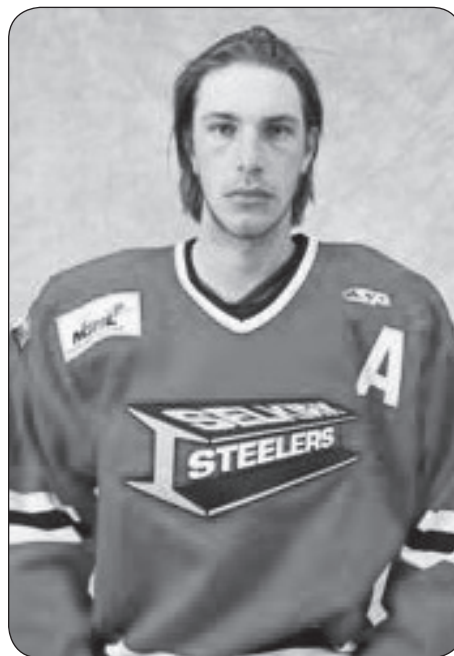
In order to keep scouts and fans updated, a final Watch List will be posted at the end of the regular season.

There are currently three players in the MJHL this season who have committed to NCAA Division 1 schools: defenceman Tyler Jubenvill (1999)

Winkler Flyers (committed to Bemidji State); defenceman Brady Keeper (1996)

OCN Blizzard (committed to University of Maine); and forward Dylan Thiessen (1998) Virden Oil Capitals (committed to Mercyhurst).

Each team's players on the MJHL Watch list include: Steinbach (Darby Gula, Mackenzie Graham), Swan Valley (Trevor Mann, Noah Basarab), Winkler (Scott Gall, Lawson McDonald), Dauphin (Riese Gaber, Brett Piper), OCN (Travis Roch, Brady Valiquette), Neepawa (Sam Stewart, Griffin Chwaliboga), Portage (Chase Brakel, Layne Toder), Winnipeg (Matt Leblanc, Mike Forseth), Virden (Ben Dalke, Tyler Kirkup), and Waywayseecappo (Riley Martin, Landon Cochrane).



Dallas Starodub



Taylor Fisher

Royals JV boys reach MBCI tournament final

By Brian Bowman

The Garden City Fighting Gophers may lack height on the volleyball court but they are definitely one gritty team to play against.

The Selkirk Royals saw that grittiness first hand in the championship game of a MBCI junior varsity boys' tournament last Saturday in Winnipeg.

Garden City squeaked out a thrilling 2-1 win over Selkirk by scores of 33-31, 24-26, and 15-9. The Royals trailed in that second set but mounted a nice comeback to force a third and deciding set.

"Garden City is a really good team," said Royals' head coach Ryan Penner. "When we play against each other, it's two high-powered offences and two very good defences."

Selkirk lacked consistency in that final, said Penner, which allowed Garden City to pull out the slim victory. But the experience of competing in such a tightly-contested match will only help the Royals down the road.

"We have a very resilient group," Penner said. "Their consistency needs work but as far as wanting to play against good teams, they definitely show up."

Selkirk reached the final after sweeping River East 2-0 (25-11, 26-24) in a quarter-final and then scratched out an impressive 2-1 semifinal comeback win over Steinbach (23-25, 25-17, 25-9).

The Royals did a great job reaching the finals in the 24-team tournament. Many of those teams are the top AAAA junior varsity boys' squads in

the province.

"It was a good way for us to measure ourselves against the best in the province," Penner said. "And, I think, we've proved that we're right there. We know we're right there at the top and now we're at the stage where we're fine tuning our weaknesses."

Selkirk's Chris Faial, a talented left side, was named the tournament's most valuable player while Damon Budge was selected as an all star.

Faial was consistent for Selkirk offensively the entire weekend and

put some balls away at key moments of several games.

In KPAC play, Selkirk was 3-1 heading into this past Tuesday's home game against the Maples Collegiate Marauders. The Royals will then host a tournament this Friday and Saturday.

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-Term position ending March 31/17-

This position is directly responsible to the Executive Director.

The successful candidate must also possess good time management and organizational skills, and be able to self-manage and work with minimal supervision.

The position may be kept open until a suitable candidate is found.

The applicant must be able to provide a Criminal Record Check and a Child Abuse Registry Check.

Deadline for Applications is **Friday October 21, 2016 at 4:30pm**

Please submit Resume to:
C/O Robin Nishibata

Executive Director
Selkirk Friendship Centre Inc.
425 Eveline Street, Selkirk, Manitoba R1A 2J5

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Pursuant to subsection 367(7) of The Municipal Act, notice is hereby given that unless the tax arrears for the designated year and costs in respect of the hereinafter described properties are paid in full to the Municipality prior to the commencement of the auction, the Municipality will on the **10th day of November, 2016**, at the hour of **2:00 PM**, at: Rural Municipality of St. Andrews 500 Railway Ave., Clandeboye MB

proceed to sell by public auction the following described properties:

Roll Number	Description	Assessed Value	Amount of Arrears & Costs for Which Property May be Offered for Sale
27700	ALL THOSE PORTIONS OF RL 58, 59 AND THE N 1/2 OF RL 57 PARISH OF ST. ANDREWS, WHICH LIE BETWEEN THE WESTERN LIMIT OF RLY RIGHT-OF-WAY PLAN 380 WLTO AND THE EASTERN LIMIT OF ROAD PLAN 15029 WLTO EXC OUT OF SAID RL 59 NLY 165 FEET - 385 MCPHILLIPS ROAD	L -\$220,600 B -\$104,000	\$14,032.16
48940	ALL THAT PORTION OF THE MOST SOUTHERLY THREE CHAINS IN WIDTH OF RIVER LOT SIXTY-NINE OF THE PARISH OF SAINT ANDREWS IN MANITOBA, ACCORDING TO A PLAN OF SAME REGISTERED IN THE WINNIPEG LAND TITLES OFFICE AS NO. 3404, WHICH LIES TO THE EAST OF THE EASTERN LIMIT OF THE RIVER ROAD AS SHOWN ON SAID PLAN.	L -\$200	\$1,256.49
49365	LOT 11 BLOCK 3 PLAN 25850 WLTO IN RL 69 TO 71 PARISH OF ST ANDREWS - 18 MAPLE CLIFF COVE	L -\$143,600 B -\$381,200	\$19,736.03
59060	ALL THAT PORTION OF OTM LOT 54 PARISH OF ST ANDREWS LYING TO THE WEST OF THE WESTERN LIMIT OF PUBLIC ROAD PLAN 2538 WLTO WHICH LIES TO THE EAST OF A LINE DRAWN WEST OF PARALLEL WITH AND PERP DISTANT 2350 FEET FROM THE SAID WESTERN LIMIT - 6360 HIGHWAY 8	L -\$130,700 B -\$35,500	\$8,929.69
404900	RL 72 PARISH OF ST PETER EXC FIRSTLY: THE WLY 1926.54 FEET AND SECONDLY: THE MAIN HIGHWAY PLAN 3098 WLTO AND THIRDLY: ALL THAT PORTION WHICH LIES TO THE EAST OF THE EASTERN LIMIT OF THE SAID MAIN HIGHWAY - 1357 BREEZY POINT ROAD	L -\$69,700 B -\$84,300	\$7,931.84
413900	PARCEL 1: RL 112 PARISH OF ST PETER EXC FIRSTLY: THE WLY 5792.16 FEET SECONDLY: THE SLY 96.36 FEET AND THIRDLY: THE MAIN HIGHWAY PLAN 3098 WLTO PARCEL 2: RL 113 AND 114 OF SAID PARISH EXC FIRSTLY: THE MAIN HIGHWAY PLAN 3098 WLTO AND SECONDLY: ALL THOSE PORTIONS LYING TO THE WEST OF THE EASTERN LIMIT OF THE LAND TAKEN FOR DYKE PLAN 6601 WLTO	L -\$26,000	\$2,237.45
414090	ALL THAT PORTION OF RL 115 PARISH OF ST PETER, WHICH LIES EAST OF THE EASTERN LIMIT OF THE LAND TAKEN FOR A DYKE PLAN 6601 WLTO EXC HIGHWAY PLAN 3098 WLTO	-\$19,400	\$2,206.92
414100	ALL THAT PORTION OF RL 116 PARISH OF SAINT PETER, IN MANITOBA, AS SHOWN ON A PLAN OF SAME REGISTERED IN THE WINNIPEG LAND TITLES OFFICE AS NO. 15236, WHICH LIES TO THE WEST OF A LINE DRAWN PARALLEL WITH THE WESTERN LIMIT OF SAID LOT FROM A POINT IN THE SOUTHERN LIMIT THEREOF DISTANT ELY THEREON 3073.62 FEET FROM THE SOUTHWEST ANGLE OF SAID LOT, EXCEPTING THEREOUT, FIRSTLY: ALL THAT PORTION THEREOF TAKEN FOR A DYKE AS SAME IS SHOWN BORDERED RED ON A PLAN FILED IN THE SAID OFFICE AS NO. 6601, AND SECONDLY: ALL THAT PORTION THEREOF WHICH LIES TO THE WEST OF THE WESTERN LIMIT OF THE LAND TAKEN FOR SAID DYKE. - R.R. 116 - 15236	L -\$3,000	\$1,132.08
420310	S 1/2 OF NE 1/4 AND N 1/2 OF N 1/2 OF SE 1/4 OF 21-14-4 EPM EXC OUT OF SAID S 1/2 OF SAID NE 1/4 THE SLY 400 FEET OF ELY 550 FEET - 1064 BRACKEN ROAD	L -\$126,600 B -\$331,700	\$18,760.79
448550	THE SLY 210 FEET OF THE ELY 210 FEET OF THE SW 1/4 SECTION OF 10-15-4 EPM	L -\$25,000	\$6,341.70
460000	ALL THAT PORTION OF SECTION 9-15-5 EPM LYING TO THE SOUTH OF A LINE DRAWN PARALLEL WITH THE NORTHERN LIMIT OF SAID SECTION FROM A POINT IN THE WESTERN LIMIT OF SAID SECTION DISTANT NLY THEREON 99 FEET FROM THE SOUTHERN LIMIT OF SAID SECTION AND TO THE WEST OF THE WESTERN LIMIT OF ROAD PLAN 3312 WLTO EXC FIRSTLY: ALL THAT PORTION TAKEN FOR DYKE PLAN 6848 WLTO AND SECONDLY: ALL MINES AND MINERALS VESTED IN THE CROWN (MANITOBA) BY THE REAL PROPERTY ACT	L -\$12,800	\$1,542.54
618200	LOT 3 BLOCK 1 PLAN 2615 WLTO SUBJECT TO THE RESERVATIONS AND PROVISIONS AND OTHER MATTERS MORE FULLY SET FORTH IN AN INSTRUMENT REGISTERED IN THE SAID OFFICE UNDER THE OLD SYSTEM AS NO. 148470 IN NE 1/4 3-17-4 EPM - 46 MATLOCK ROAD	L -\$25,600 B -\$66,800	\$4,796.83
626800	LOT 4 BLOCK 1 PLAN 5957 WLTO EXC THEREOUT ALL MINES AND MINERALS VESTED IN THE CROWN (MANITOBA) BY THE REAL PROPERTY ACT IN SE 1/4 10-17-4 EPM - 8 GIMLI ROAD	L -\$22,900	\$2,334.33

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- If the purchaser intends to bid by proxy, a letter of authorization form must be presented prior to the start of the auction.
- The Municipality makes no representations or warranties whatsoever concerning the properties being sold.
- The successful purchaser must, at the time of the sale, make payment in cash, certified cheque or bank draft to the Rural Municipality of St. Andrews as follows:
 - The full purchase price if it is \$5,000 or less; OR
 - If the purchase price is greater than \$5,000, the purchaser must provide a non-refundable deposit in the amount of \$5,000 and the balance of the purchase price must be paid within 20 days of the sale.
- The risk for the property lies with the purchaser immediately following the auction.
- The purchaser is responsible for obtaining vacant possession.
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Dated this 6th day of October, 2016.

Managed by:



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The Selkirk Record



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

Please email resume and three samples of work to:
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In memory of a loving wife and amazing mother

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And days before that too.
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-Love, Neil, Travis, Miranda and Brayden

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The Selkirk Record

ANNOUNCEMENT

IN MEMORIAM



John Chizick

May 4, 1923 - October 17, 2011

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ANNOUNCEMENT

IN MEMORIAM



Reba Garnett

October 17, 2011

Greatly missed
Remembered daily
-Love Jim, son Bob and daughter-in-law Donelda

OBITUARY

Cindy Aisman

Peacefully, with her family by her side on Monday, October 10th, 2016, at her residence, in Selkirk, MB, Cindy Aisman, aged 56 years, beloved wife of Bill; mother of Riley Aisman and Jodie (Kyle) Townsend, passed away.

A Memorial Service will be held on Friday, October 14 at 2:00 p.m. in the Selkirk United Church. Full obituary to run in Thursday's Free Press.

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



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OBITUARY

Blair Thidrickson



Unexpectedly on Wednesday, October 5, 2016, Blair peacefully passed away due to a brain aneurysm. He will be lovingly remembered and forever missed by Lydia. Also left to cherish his memory are his parents Franklin and Ida; brothers Murray, Gregory (Deb) and Craig (Elaine); daughters Abbey and Andrea; stepdaughter Jennifer and stepson Julien.

Blair had a passion for life and was a perfectionist. Not a day went by when he was not building surround-sound systems or working on a construction project, and there were many of them. He loved grain farming with his father and brothers, sledding throughout the Interlake in the winter months with friends, and travelling down south with Lydia. Blair was planning on retiring from the Prolific Group in Winnipeg where he worked for more than 20 years. He was looking forward to farming full-time.

We would like to thank all the medical staff — Matlock first responders, Interlake paramedics, and nurses and doctors at Selkirk & District General Hospital and Health Sciences Centre. In keeping with Blair's wishes, cremation has already taken place and no service will be held.

Gilbart Funeral Home, Selkirk in care of arrangements.
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OBITUARY

Mary Lefteruk (nee Slipetz) November 28, 1912 – October 4, 2016



Peacefully on Tuesday, October 4, 2016, mom passed away at the age of 103.

Mary was predeceased by parents Feska and Hnat Slipetz; husband John and two infant daughters Doreen and Arlene; sons-in-law Orval and Jerry.

Left to cherish her memory are her daughters Lorna and Diane and their families, grandchildren Greg (Donna), Donna, Corinne (Ryan) and Debra (Richard); great-grandchildren James, Brittany, Brayden, Marina and Kyle and great-great-grandchildren Harley and Shyla.

Mom came to Canada as an infant in 1913. Her strong work ethic and faith helped her overcome the struggles she faced throughout her life.

She spent her married years on the farm with her husband, very busy years. She also was very gifted, shown in her many talents and hobbies. Their door was always open and received everyone very graciously.

Many thanks to the staff at Tudor House for their care and compassion. A private family graveside service will be held.

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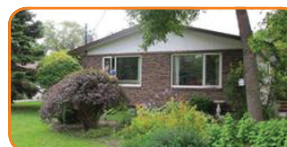
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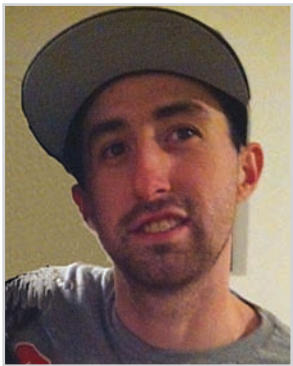
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Announcements

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The Selkirk Record

OBITUARY



Myles Drew Angus Brown

It is with great sadness our family announces the sudden and unexpected passing on October 3, 2016 of Myles Drew Angus Brown, aged 27.

Myles will be deeply missed by his father Arnie Brown, his mothers Joanne Brown and Glenda Cyrenne, his sister Danielle, brothers John and Matthew, his nephew Dallas, his nana Shirley Brown, his numerous aunts and uncles, cousins and friends. He was recently predeceased by his very special grampa Clyde Brown and his granny Mary Koben.

Myles was a loving and caring young man. He had very strong ties to his family. Family get togethers were his favorite time. Weekends at nana and grampas with his cousins, Thanksgiving dinners at Auntie Barbs, Christmas Eve at oma and opas. Myles had a huge heart and a soft spot for the little ones. He was an amazing

big brother, cousin and uncle. He was extremely close to his father and his mothers, always had a hug and never got too old to tell us he loved us even in front of friends.

Myles started working for the family business when he was 15. He started as a labourer and worked his way to supervisor. This last year he decided to try something else and spent a short time at Red River Galvanizing and more recently drywalling. He had hopes for starting his own company to work with the family business.

Myles had a warm heart, a quick sense of humour, an infectious smile and a hearty laugh. This will leave a hole in the hearts of his many, many friends, his close cousins and his siblings.

Services were held at the Gilbert Funeral Home on his birthday, October 7 at 3:30 p.m., with a luncheon at the Selkirk Friendship center. All are welcome.

Fly with the angels my boy, you were loved.

In lieu of flowers, a donation may be made in Myles' name to the Addictions Foundation of Manitoba for drug awareness and education; 204-250 Manitoba Ave.

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



OBITUARY

Nancy Topley



Peacefully at the age of 90 our dear mother and nana Nancy passed away on October 7, 2016 at Tudor House Personal Care Home in Selkirk, MB.

Left to cherish her memory are her children, Phil (Denise), Maxine (Hart), and Don (Jacqueline); grandchildren Robyn (Matt) Kristie (Brad), Aaron, Alli, Jarret and six great-grandchildren.

Nancy was born and raised in England and had much pride and love of her heritage. She came to Canada as a war-bride and after brief stays in Morden and Ontario she settled in Selkirk, where she raised her family and established many friendships. Nancy became a familiar face at Gibbs Drug Store where she worked for 20 yrs. She enjoyed reading, writing, baking, a lively game of cards, coffee, and shopping trips with friends and family. She'll also be remembered as a wonderful nana who will hold a special place in

the hearts of her grandchildren.

The family would like to thank the staff of Tudor House for their care and kindness.

As per her wishes cremation has taken place and a private family memorial service will be held.

If so desired donations can be made to the Winnipeg Humane Society in Nancy's name.

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



OBITUARY

Vanessa Faith Laye

It is with the deepest sadness and shattered hearts that we announce the sudden passing of Vanessa Laye on October 4th, 2016.

A late fall service is planned.

Full obituary will follow at a later date.

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OBITUARY



John Kostinuik

It is with deep sadness that we announce the peaceful passing of John Kostinuik. On October 8, 2016, at the Red River Place Personal Care Home, surrounded by his loving family John entered eternal life. At the same time, we also celebrate the life of the man we called Dad and Geegee.

John was born on July 7, 1912 and was raised in Walkeyburg, Manitoba. John had a mixed farm on his land and lived in his home until 2011. When his inability to live alone required him to move to Red River Place Personal Care Home.

Left to cherish his memory are his daughters Bernice (Fred), Shirley (Herman) and daughter-in-law Barbara; grandchildren Joyce, Murray, Beverly, Pete, Deanna, Lara and Alicia; also 19 great-grandchildren and two great-great-grandchildren.

John was predeceased by his wife Annie (1958); daughter Jean-nie (1962); son Walter (2007); father Nicholas (1961); mother Mary (1980); brothers Peter (1985), Tony (2009) and sister Sophie (2001).

Geegee, as he was called by so many was forever interested in the happiness and wellbeing of his family. He enjoyed the company of his many friends and always made time to visit.

Watching wrestling, listening to Ukrainian music and square dance calling were some of his favourite pastimes. Dad will be remembered for his kind heart and gentle nature. He was loved by all who knew him and will forever be cherished in everyone's memories.

A heartfelt and sincere thank you to Dr. R. Lindenschmidt and the wonderful, compassionate and caring staff at the Red River Place Personal Care Home. Dad appreciated each one of you.

In keeping with Dad's wishes, cremation has taken place. A private interment will take place at a later date.

In lieu of flowers, donations may be made in John's memory to Selkirk and District Community Foundation General Fund, 200 Eaton Avenue, Selkirk, MB R1A 0W6

"If tomorrow starts without me,
please try to understand,
that an angel came and called my name
and took me by that hand;
She said my place was ready
in Heaven far above,
and that I'd have to leave behind
all those that I dearly love.
So when tomorrow starts without me,
don't think we're far apart,
for every time you think of me,
I'm right here in your heart."

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



OBITUARY



Aldija Stasus

Peacefully on September 25th with her loved ones at her side, Aldija will be sadly missed by her partner Darwin; parents Sylvia and Ansus; brother Rudi (Karen) and niece Caitlin; numerous friends and Nelson the cat.

Aldija battled M.S. for several years but always maintained a positive attitude and a ready smile. Her suffering has ended, she is now at peace. We'll never forget you, love you always. You loved the outdoors and cutting the grass at the farm, I hope you are smiling down from above riding your John Deere.

-Love always, Darwin

Announcements

The Selkirk Record

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OBITUARY

Karl Aldinger

March 29, 1925 – October 6, 2016

In the final days of Karl's life, he was surrounded by his large family and the deep love he cultivated throughout his long life of 91 years. We are grateful that he died peacefully in the home he built, with his wife and family by his side.

Karl is survived by Annemarie (Schneider), his beloved wife and partner of 67 years; loving children Gerlinde (Ron) Berglund, Fritz (Barbara) Aldinger, Erika Jordan, and Karin Aldinger. He leaves 12 cherished grandchildren who will remember their Opa always: Eric (Nancy) Berglund, Signe (Andrew) Bosma, Kirsten (Nick) Clarkson, Frieder (Jen) Aldinger, Bentz Aldinger (Jennifer), Andrea Aldinger, Daniel, Thomas (Andraea), Michael and Kristian Jordan, and Sabina and Hannah Duncan. He was brought much joy by his 10 great-grandchildren, who loved their 'Opa Opa': Oskar, Klaus

and Bay, Anya and Gisela, Elin and Lena, Heidi and Tavin, and AnneMarie. He is predeceased by his parents Maria and Friedrich Aldinger, as well as his sister Gertrud. In Germany he is survived by his brother Hermann (Gisela), his sister Waltraud (Friedrich), and many other relatives.

Karl's journey began in Lichtental, Bessarabia. As a child he loved spending his free time on his uncle's farm, however this ended abruptly when at 15 years of age the German population was forced to flee and resettle throughout Europe. After the war he married Annemarie, and following the birth of their first daughter, they left Germany. In 1951 they immigrated to Canada and settled in Little Britain, Manitoba. With strong determination to learn English and use his skills as a journeyman carpenter, he took great pride in starting his own construction company. Aldinger Construction built over 300 homes in Lockport, Selkirk, and the surrounding area, and his perfectionism and diplomacy were widely known.

Although Karl's parents were teachers, his dream was always to become a farmer. At the age of 47, he purchased land and began farming in partnership with his son in 1972, establishing a successful grain operation while continuing to build homes.

Karl loved the outdoors, especially the fresh vegetables and fruit from his garden, seeding and harvesting the crops, and tending to the many trees he planted. In his last months he could be seen enjoying the view from his front patio. Karl and Annemarie worked hard throughout their lives and always looked forward to their vacations together in Hawaii. He loved music and singing, and we will miss his distinctive voice while singing Christmas carols and hymns.

His greatest joy was spending time with Annemarie, his children, grandchildren and great-grandchildren. Family was so important to him and so was his faith. We all have countless memories we will treasure forever.

Papa, Opa and Opa Opa: we will miss your welcoming smile when we arrive for visits, your impish sense of humour, your warm hugs, as well as your deep passion for nature. You will be forever in our hearts, just as we always were in yours.

A memorial service will be held on Saturday, October 15, 2016 at 11:00 a.m. at St. Luke's Zion Lutheran Church, 2903 McPhillips St. with Pastor Lynne Hutchison officiating. Following the service, the family invites everyone to a lunch at the Little Britain Community Club, 571 Little Britain Rd.

In lieu of flowers, donations in Karl's memory may be made to the Lupus Society of Manitoba 105-386 Broadway Ave Wpg. R3X 1G2 or Juvenile Diabetes Research Foundation 800-2550 Victoria Park Ave Toronto ON M2J 5A9.

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