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RECORD PHOTO BY LINDSEY ENNS

Students enjoy a friendly round of tug of war on a sunny afternoon during Compfest outside the Comp on Friday. The event featured multiple bouncy castles, music and students were treated to free pizza for wearing their grade colours or Royals gear. For more photos, see page 6.

Doc reopens walk-in clinic at new location

By Austin Grabish

A Selkirk doctor who was forced to leave the walk-in clinic he called home for five years has made his return to the city.

Dr. Lamin Benshaban said he's looking forward to getting back to work after a three-month struggle to relocate his practice back to Selkirk.

Benshaban said the good news came after the owner of a vacant chiropractor's office along Eveline Street approached him and offered him a space to lease.

"I was actually so happy, and that gave me a lot of relief," said Benshaban, who was to be back at work on Thursday.

He said while his new clinic at 367 Eveline St. isn't perfect, it will get the job done.

"It's not a huge place, but that will work for me."

Benshaban said he was approached by the owner of the chiropractor's office after the *Selkirk Record* published a story on his struggle to relocate.

"Without having that article she would not know that I'm looking for a place to go back," he said.

Continued on page 4

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Selkirk handi-bus service running on fumes, board says



RECORD FILE PHOTO BY AUSTIN GRABISH

After 35 years of service, the Selkirk and District Handi-Bus board admits the non-profit service is running on its last legs after operating without any municipal funding since April.

By Austin Grabish

After 35 years of service, Selkirk and District Handi-Bus is running on its last legs.

The non-profit bus service has been operating without any municipal funding since April, and its board admits its future isn't bright.

"I guess we just have to see how many clients we may lose, and do some thinking towards the end of the month," said longtime board member Brenda Johnston.

Johnston is anticipating competition from the newly minted Selkirk Mobility, a paratransit service that hit city streets this week.

Co-treasurer Sharon Wasny questioned why the City of Selkirk would want to start Selkirk Mobility, saying politics

"We have a lot of concerns," Wasny said.

Two used buses make up Selkirk Mobility's new fleet, and unlike handi-bus, its primary service is only available within Selkirk city limits.

The launch of Selkirk Mobility comes after numerous allegations against Selkirk and District Handi-Bus, which resulted in a joint committee being created earlier this year between the City of Selkirk and its neighbouring RMs.

The City of Selkirk, St. Clements, and St. Andrews all stopped funding the non-profit bus service after allegations of financial mismanagement were raised.

None of the municipalities have provided details of the allegations against the charity, but in April, the Record reported that months of internal turmoil had plagued handi-bus. At the time, several board members and bus staffers had

Johnston said the organization has always been "very open," and feels the non-profit has been unfairly targeted.

'Our whole board has gone through a lot of emotional upheaval being accused of things we have not done," she said. "We've always had said anybody at any time is welcome to come to our office to look at our books, to look at our minutes.

"We have nothing to hide."

resigned or were fired.

Audited financial statements from last year aren't yet available to the public.

Co-treasurer Teresa Macumber said auditors would be going through the bus service's books this week.

Fitting in some fall fishing



Anglers are seen fishing along the Red River through colourful fall trees on a sunny morning last Friday in Selkirk.

City reminds local horseback riding couple to stay off streets

By Brandon Logan

Jackie Siemens and Kenny Rach are horseback riding staples in Selkirk.

On Saturday's the couple is often seen taking their horses through town into some of the drive-thru restaurants.

However, that won't be happening anymore. Following an interview with CTV Winnipeg last week, the pair were reminded they aren't allowed to ride their horses in town.

Duane Nicol, City of Selkirk CAO, said there have been bylaws put in place for decades that make horse-

back riding in town illegal, except when permits are received for special occasions.

"The 'In Our Streets' bylaw says no person shall create or permit a nuisance or dangerous condition in or near a street, so the act of riding a horse or a vehicle that is unsafe or can lead to unsafe conditions (is illegal)," Nicol said, adding the bylaw has been in place since 1972.

Siemens and Rach could not be reached for comment by press time Monday.

Ukrainian dance group to host free workshop at Royal Winnipeg Ballet

Staff

Men aged 15 years and older can learn how to use a sword and dance Ukrainian style at a free workshop at the Royal Winnipeg Ballet next Friday.

The workshop is being put on by the Troyanda Ukrainian Dance Ensemble and held as part of the Manitoba Ukrainian Dance Festival.

Troyanda Ukrainian Dance Ensem-

ble Festival Chair Carina Romagnoli said no Ukrainian dance experience is required.

The workshop beings at 7 p.m. and ends at 9:30 p.m.

Choreographer Vincent Rees will host the event.

More information is available online by visiting troyanda.com/.



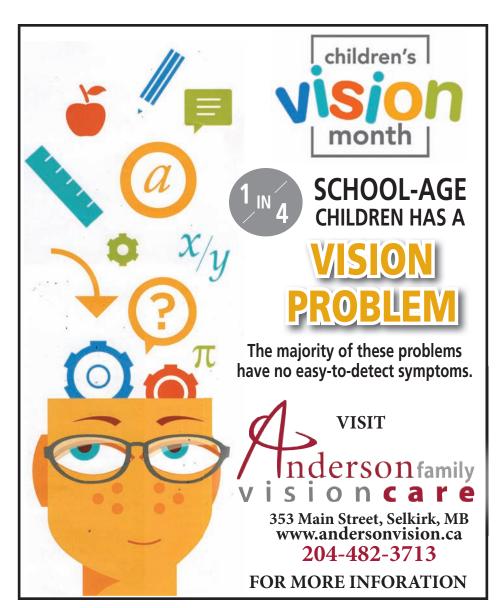


Catching some air at the skatepark



RECORD PHOTO BY LINDSEY ENNS

Francesco Guzzi, 21, of Lockport catches some air with his friend Jeremy Dalman, 19, of Selkirk at the skatepark in Selkirk Park last Thursday afternoon.



> DOC SAYS HE'S HAPPY TO BE BACK IN SELKIRK, FROM PG. 1



RECORD PHOTO BY AUSTIN GRABISH

Dr. Lamin Benshaban has returned to Selkirk to run the Red River Medical Clinic, which has been relocated to 367 Eveline St. The clinic was formerly located inside Selkirk Town Plaza.

In June, Benshaban was forced to shut down the Red River Medical Clinic after he was unable to renew his lease for a sixth year through Selkirk Town Plaza management.

Unable to find another space he could easily relocate to, Benshaban started working in Winnipeg walk-in clinics, where many patients like St. Andrews resident Debbie Kars followed him.

Kars said she's been unable to find a regular family doctor in Selkirk, so she sees Benshaban for care and help with managing her diabetes.

She said she's glad she won't have to drive to Winnipeg to see Benshaban for care anymore.

"I'm ecstatic," she said.

Benshaban said he's looking forward to being back too and has missed Selkirk greatly over the last couple of months.

"That's something I can't hide," he said. "I just want to thank all of the people in Selkirk and the surrounding area for their supporting me and trusting me and wanting me to go back.

"Actually I was having the same feeling towards them and I'm looking forward to (serving) Selkirk and the surrounding area again."

Benshaban said all of his patients' files have been moved over to his new clinic, and anyone wanting to see him can call 204-482-8953 to make an appointment or just walk in.

Big thumbs up for open house



RECORD PHOTO BY BRETT MITCHELL

Children gather for a quick photo during the St. Andrews Fire Department open house last Wednesday evening.

Shoal Lake Freedom Road hot topic at Selkirk forum

By Brandon Logan

The battle for the Selkirk-Interlake-Eastman riding reached peak heights last Tuesday as Selkirk Biz hosted an all-candidates forum at the Gaynor Family Regional Library.

The forum came just a day after four of the five candidates in the riding attended a similar one in Gunton. However, this time all five were on hand as Conservative candidate and incumbent James Bezan, Liberal candidate Joanne Levy, NDP candidate Deborah Chief, Green Party candidate Wayne James and Libertarian Party candidate Donald Grant vied for voter support.

Questions during the evening were submitted by audience members and covered a wide array of topics including drug treatment, Métis issues, commercial airline prices, which stumped a lot of candidates, an inquiry into murdered and missing aboriginal women and seniors' issues to name a

Chief was the first to win over the crowd's support, as she received loud applause for saying she and the NDP would "restore the age of retirement to 65" in response to a question on how the candidates would help low income seniors.

The first half hour of the forum was quite tame until questions regarding First Nations' issues, including missing and murdered indigenous women, Shoal Lake 40 First Nation, and senate reform were asked.

When it came to an inquiry into missing and murdered women, Bezan was the only candidate to not publicly support an inqui-

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ry.
"For me, this is a matter of leadership," Wayne said, noting an inquiry should have been conducted a long time ago.

When Levy took the podium, she didn't mince any words.

"The Liberal Party is committed to holding an inquiry into missing and murdered indigenous women," she said to a round of loud applause. "It's of paramount importance and it's not only to give closure to fami-



RECORD PHOTO BY BRANDON LOGAN

Community and area members gather at the Selkirk-Interlake-Eastman all-candidates forum at the Gaynor Family Regional Library last Tuesday

lies of these poor women, it is to really shed spotlight on our society because something has gone very badly

Grant said he wants the next prime minister to open an investigation into the matter within the first 100 day of being in office, while Chief noted NDP leader Tom Mulcair has gone on record saying he'd call an inquiry within that time frame.

Bezan, however, said an inquiry isn't needed because there have been studies done on the issue. He added the money is better spent elsewhere.

"There's been study after study done across this country on this issue," Bezan said. "We know that inquiries costs millions of millions of dollars and I'd rather see those dollars invested immediately in programming for those families who need closure, who need programming to help them deal with the loss of their loved ones.

"And we need money invested, as well, in our police to make sure we catch those perpetrators and that they

do the time and help bring closure to the families that have lost their loved

Shoal Lake's Freedom Road also came up after a question was asked about youth suicide and poverty issues on First Nations.

Both Mulcair and Liberal Leader Justin Trudeau have voiced their support for the road, saying they would fund it. However, Stephen Harper and the Conservatives have yet to say the same, although they have chipped in money towards planning the road.

Levy said it's a "disgrace that Shoal Lake 40 First Nation needs a road" when Winnipeg is using water from its community.

James, Grant and Chief all agreed that Shoal Lake 40 First Nation should receive federal funding to go along with the funding the Province of Manitoba and the City of Winnipeg are investing into Freedom Road.

Despite the criticism his party has faced regarding First Nations, Bezan pointed out many positive accomplishments the Conservatives have made.

Continued on page 7







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Having fun at Compfest





RECORD PHOTOS BY LINDSEY ENNS

ABOVE LEFT: Pictured from left to right, Katya Martinez, Miranda Miller, Michelle Penkin, Beatriz Ferreira and Angela Blanca don their Royals gear and grade colours at Friday's Compfest event. ABOVE RIGHT: Students enjoy a friendly game of tug of war on a sunny afternoon during Compfest outside the Comp on Friday. The event featured multiple bouncy castles, music and pizza.

ADVERTORIAL

Holiday house and heritage tours gearing up

Believe it or not, some homeowners in the area are ready for Christmas – or more precisely, ready to welcome you to their homes – for the region's first Homes for the Holidays: House & Heritage Tour. Tickets for the November 19-20-21 event are on sale now and with only 650 tickets available the organizers are recommending people get their carpools ready and buy tickets soon.

Homes for the Holidays: House & Heritage Tour along the Red River North promises to be very eclectic with some homes decorated in a whimsical folk-art fashion, others in bold black and frosty whites and others with heritage decorations of natural bows, fresh garlands and antique decorations, said tour co-chair Heather Hunter.

"If you're looking for inspiration on how to decorate your home for the season, this tour promises hundreds of unique ideas," said Hunter, whose 10,000-square-foot Harlequin House Bed and Breakfast is on the nine-property tour.

Sunova Credit Union was one of the first sponsors to support the project and will be selling tickets at three of their branches in Selkirk, Oakbank and at their Leila Avenue branch in Winnipeg, said Cyndi Typliski, managing partner for the Selkirk branch.

"Investing in our communities and supporting local organizations is a big part of Sunova's culture," said Typliski. "We're thrilled to partner with the Homes for the Holidays: House & Heritage Tour to encourage tourism in Selkirk and the surrounding area, and look forward to seeing the beautiful holiday décor."

In addition to Sunova Credit Union branches, tickets are available at Gaynor Family Regional Library, Benjamin's Pantry, Packers Women's Fashions, Nova House (204.482.7882) and Pineridge Hollow in Birds Hill or by calling Louise at 204.482.7893 or Heather at 204.785.3360, or emailing t-hpringle@mymts.net.

Tickets are \$30 in advance and allow guests to tour Friday, November 20 and Saturday, November 21. If not sold out, tickets will also be available at the door for \$35. A Pre-Tour ticket of \$50 includes an additional option to start touring Thursday evening November 19, and join in a wine and cheese reception at Benjamin's Pantry.

The Homes for the Holidays: House & Heritage Tour is organized by volunteers. Up to nine homeowners and stewards of properties will open their doors in Selkirk, the RM of St. Clements and the RM of St. Andrews.

Profits from the event are earmarked for Nova House, to help the women's shelter build a new shelter in Selkirk, said co-chair Shirley Muir, whose heritage home Colcleugh House is on the tour.

"And since this is a fundraiser for Nova House, the ticket buyer can also get a charitable receipt for 75 per cent of the ticket price. So it's really a good deal for everyone and a fun night out for couples or a carload of girlfriends," said Muir.



Pictured are L to R: Ruth Bell, Kristen Roels & Vicky Roels. Homes for the Holidays tickets are available at the Gaynor Family Library

Additional sites include the 150-year-old Bunn House, owned by the Stewart Family, on the east side of the Red River off Henderson Highway. Also in St. Clements is the home of Shelley Molitowsky, who recently retired from co-owning Scattered Seeds and who operates Perfect Scents workshops that help people decorate their own homes.

Also in Selkirk along Eveline Street is the 1912 McCleod House owned by the Pringle Family and Benjamin's Pantry in the Trader's Building. In St. Andrews, Little Britain United Church, an 1874 stone structure, is part of the tour along with a private home on Deer Rapids and Parks Canada's St. Andrew's Rectory.

Sunovoa staff Lto R: Heather Herda, Cyndi Typliski, Coralei King, Diane Robertson, Andrea Hnatiuk are gearing up for Homes for the Holidays and have tickets availabe for sale now.

To get a sneak peek, check out the YouTube video at Homes for the Holidays

Red River North or Facebook at Homes for the Holidays Red River North or Red River North Tourism at redrivernorthtourism.com

Major Sponsors of Homes for the Holidays include Jamie Sasley of RE/MAX Associates, Pineridge Hollow, Sunova Credit Union, Investors Group Financial Services, Travel Manitoba, Selkirk GM, Manitoba Liquor & Lotteries and the Selkirk Record, ft3 Architects, City of Selkirk, RM of St. Clements, RM of St. Andrews, Roxi's by the Red Uptown Café and Terry's Towing.

Media Contact: Shirley Muir, 204.771.7523, shirmuir@shaw.ca.

School board invites public to be part of budget process

By Lindsey Enns

In hopes of boosting turnout at this vear's public budget forum, the Lord Selkirk School Division board of trustees will be visiting various communities over the next several weeks.

"By going out into the different communities we hope that we can reach more people and hear about any concerns that they have with education," board chair Jean Oliver said. "We're really hoping that we're going to attract people to come.

"Not just parents, but people who are interested in our education system and our schools."

The first community forum was held on Tuesday at Walter Whyte School. Upcoming forums will be held on Tuesday, Oct. 27 at 7 p.m. at Lockport School for the Clandeboye, Petersfield and St. Andrews area. A third forum will be held on Thursday, Nov. 12 at 7 p.m. at East Selkirk Middle School for the East Selkirk Area, and lastly on Tuesday, Nov. 24 at 7 p.m. at the Comp for the Selkirk area.

Oliver said challenges facing the division's 2016-17 budget include staffing, salaries and meeting the province's kindergarten to Grade 3 class size cap at 20 students by 2017.

Although 75 per cent of the division's K-3 classes are currently at 20 students or less, Oliver said they are struggling to maintain staffing levels.

"We're not hiring as many teachers, but the need is there for social workers, school counsellors, that need has risen dramatically," Oliver said. "Kids are coming today with a multitude of not just learning challenges, but home, social, emotional problems. So almost every school has a full-time or part time counsellor."

Oliver said they are also trying to keep their salaries competitive in hopes of attracting more teachers to the area.

"We have to make it lucrative to come out here," she said, adding a LSSD job posting posted about a month ago garnered more than 80 applications. "I don't think people realize we are the largest employer in the Interlake."

Last year the board approved a nearly \$55 million budget and increased taxes by roughly one per cent, Oliver said, adding this year community members could likely expect a similar minimal tax increase.

The board also hopes by hosting their budget forums in various communities that they will be able to get more feedback as well as educate the public.

"We want our kids to leave school being able to contribute to society," Oliver said. "So it's important for all people to hear what's going on in the schools."



RECORD PHOTO BY LINDSEY ENNS

The Lord Selkirk School Division board of trustees is inviting community members to attend various public forums being held over the next several weeks to collect feedback for their 2016-17 budget.

Watch out for deer ticks

Lyme disease is caused by a bacterial infection that people can get from the bite of an infected blacklegged (deer) tick.



Manitobans can reduce contact with deer 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 Lyme disease, its symptoms and how to prevent it, visit our website at www.manitoba.ca/ health/lyme/

> BEZAN SAYS HE SUPPORTS FREEDOM ROAD, FROM PG. 5

"With our First Nations, our government has made sure the priority is investing in infrastructure," he said, noting 32 new homes have been built in Lake Manitoba First Nation and that Fisher River First Nation has new sewer and roads. "We want to make sure those communities have a chance at clean water, sewer, roads and housing."

He also said that while no funding promises have been made, the Conservatives are still very much for building Freedom Road to Shoal Lake 40 First Nation.

"(We want to) make sure there is a road that goes in there to access the community," he noted. "(But we) have to make sure the water itself is protected and keep it pristine."

One of the last topics discussed during the evening to evoke emotion amongst the candidates was the question of senate reform.

"Ditch the senate, put the money back into your pocket," Grant said.

Bezan noted senate reform is a complicated issue, but said there is reform going on already.

"Prime Minister Stephen Harper said he will not employ any more

senators until the provinces come forward with proposals on reformation," he said.

Levy didn't hold back on her thoughts and criticism of the current government, which earned a few gasps from the audience.

"Isn't it too bad that all those miscreant senators were appointed by the Conservative government," she said, adding "the Liberal Party has already taken some steps towards senate reform."

"One of the first things that Justin Trudeau did was remove senators from the Liberal caucus, so now there are Liberal appointed senators, but there are no Liberal senators within caucus."

James said the Green Party is definitely in favour of change in the Senate, but admitted there are "fairly restrictive" laws in place that would make real change extremely tough.

After about an hour and a half of questions and answers, the candidates gave their final thoughts before signing off on the last all-candidates forum before the Oct. 19 federal elec-

You can help

You can help in the study of Lyme disease in Manitoba by collecting and submitting deer ticks for surveillance purposes.

- To beer 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 deer tick, remove it slowly from skin or clothing using tweezers and steady pressure; avoid twisting. Cleanse area with soap and water or a disinfectant.
- The state 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).
- **Tirmly tape the lid shut.**
- The Check the pictures and additional information on the website to determine if your tick might be a deer 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:

Passive Blacklegged Tick Surveillance Program Cadham Provincial Laboratory P.O. Box 8450, 750 William Avenue Winnipeg, MB R3C 3Y1





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Fisherman keeps fishing holes his secret

Hi folks, thanks for taking a few minutes to enjoy the stories our angling buddies gave us this week.

Last Thursday I felt an urge to go to Silver Harbor north of Gimli to see who was fishing there. Amongst a few people on the rock reach I noticed a chap who had just brought in a catfish. He was a very pleasant, not too tall fellow with graying hair and mustache and a face that gave the impression of competence who always smiled as he spoke. With a slight Asian accent he said he was Nelson Soriana from Winnipeg who liked to fish here and at Hecla because there were fewer rocks to snag your hooks on. Smart man.

Later in the week I went visiting anglers on the Selkirk pier. The place was full of people fishing and walking about passing the time with neighbouring anglers on a warm, sunny, still afternoon. I met this one chap, Harold McPetrie of Transcona who had a story for us. He said he and his brother were going fishing in the Winnipeg River one time and were jumping from one rock to another whose tops were sticking out of the water but his brother wasn't quite nimble enough. He slipped and as he lost his footing with his fishing gear flying in every direction, he grabbed his wallet out of his back pocket and flipped it over to Harold saying, "Save my wallet!"He then plunged back first into the frothing cold water while Harold standing quite dry perched atop his rock caught the wallet. With an evil little smirk on his face Harold watched his drenched brother climb

Harold laughed as he finished the story saying he didn't tease his brother later, but it sure was tempting. As I left Harold shaking my head and laughing, two neighbouring fishermen called me over. Ron Duncan and Greg Anderson from Winnipeg had a pet peeve. They wanted to know if barbless hooks could be purchased in any stores in Manitoba. When I



RECORD PHOTO BY ARNIE WEIDL

Dan Coss with a few pickerel he caught at Pine Falls.

got home I checked on the computer and it showed Wal-Mart selling Gamakatsu barbless hooks. I knew the St. Georges Voyageurs' Walleye CWT Classic fishing derby was coming up in Pine Falls last weekend but since my column is more about individual fishing folks than events, I thought it would be fun to visit with some of the 60 or 70 pre-fishing entrants at the boat launch parking lot who were checking out good fishing spots on the river before the derby. The proceeds from this huge event go to help local hockey as well as other community needs. What a pleasure it was to take in the fall trees along the drive from Stead to Pine Falls with their leaves ablaze in fall colors. The orange tamaracks set off from the yellow poplar and birch leaves were in vivid contrast to the dark green tall thin spruces and wide heavy firs. When I got to the boat launch parking lot there was a sea of truck-trailer rigs. I found a spot to park my car and went out onto the dock to spend the afternoon shooting the breeze with the anglers as they came and went. In due course

I saw a fellow coming in with his boat and after he had tied up to the dock I went over and asked if he had caught

"Oh yeah," our new friend Dan Coss from Pine Falls said, "just a few eaters." We talked for a while and as I took a picture of a him and a few pickerel he caught I could tell as a local boy he knew all the good secret fishing spots around here and he wasn't about to tell anyone where they were since he had paid his \$500 to be in the derby. We wish you the best of luck

Well, even though Thanksgiving has just passed allow me to extend my thanks to all you fine fishing folks who I have had the honour of getting to know this past year. It's fulfilling to think back and remember all the good things that have happened to us, so

until next time my friends, bye for now.



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Interlake cancer hubs aim to reduce travel for treatment

Cancer patients in Manitoba and the Interlake-Eastern Regional Health Authority region are receiving treatment quicker and have reduced their travel to get that treatment, according to the province.

The improved care throughout Manitoba is due to the IN SIXTY initiative developed in 2011 and the creation of the Cancer Care Hub and Navigation programs throughout various regions in the province.

"Through our IN SIXTY cancer patient journey initiative that was first announced in 2011, which is a \$40-million comprehensive first-in-Canada cancer strategy, I'm proud to say it's the most aggressive in the country," Health Minister Sharon Blady said, adding all 16 of Manitoba's rural chemotherapy locations have been converted into full cancer care hubs.

Blady noted in 2011 at the time the hub and IN SIXTY initiatives were announced, only 18 per cent of breast cancer patients were receiving treatment within two months of first suspicion of cancer.

That number has now more than doubled to 41 per cent of all Manitoba cancer patients getting treatment within 60 days of first suspicion.

Looking specifically at the Interlake-

"THE COMMUNITY CANCER CARE CLINICS ... HAVE ALSO **ENABLED PATIENTS TO RECEIVE** TREATMENT CLOSER TO HOME."

Eastern region, there are three community cancer care hub programs. They are located in Selkirk, Gimli and Pinawa.

Having care facilities in the region has allowed many patients to see

drastically reduced travel to receive treatment, according to Katherine Podaima, director of acute care, emergency department, cancer services and acute care education in the Interlake-Eastern Regional Health Authority.

"When we're looking at referrals, we can see 62 per cent of our referrals are coming suspicion (of cancer)," Podaima. "The community cancer care clinics in the Interlake-Eastern Regional Health Authority have also enabled patients to receive treatment closer to home.

"In fact," she added, "for 2014 and 2015, patients saved approximately 500,000 kilometres in travel, which is really significant and a good start."

Not every single type of cancer can be treated at the regional centres, it is a step in the right direction, especially with an increase of referrals in the past year, she said.

In the Interlake-Eastern Regional

to us at diagnosis and 34 per cent at Healthy Authority alone, the navigation team receives 40 to 45 referrals per month. In 2014 there were 430 referrals, but in 2015 the number is already at 335, which projects to be a five per cent increase.

> An important reminder is that the Cancer Care Hub and Navigation programs are a free service for all residents living in Manitoba. While a physician can refer patients to a cancer hub if they suspect their patient has cancer, anyone is welcome to contact the hubs themselves.

> For further information, call their toll free number at 1-855-557-2273.

Manitoba Hydro - your energy expert



LEDs - your best lighting choice

With today's advances in lighting, there's an even more energy efficient way to light your home. ENERGY STAR® certified LED (Light Emitting Diode) bulbs are available in a variety of shapes, sizes, and colours allowing you to customize your living space with light.

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LEDs can last 25 years compared to incandescent bulbs that last for months. If you think of it in that way, you'll only need to change these bulbs once in all that time, making them ideal for hard-to-reach areas.

LED bulbs can replace incandescent bulbs in just about every application. Most are dimmable, they achieve full brightness immediately; can be used outdoors as they perform well in colder temperatures and they work well for cycling or on/off use. With these considerations in mind, performance can still

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When shopping for light bulbs look for the ENERGY STAR® label. ENERGY STAR® certified bulbs are all tested according to the same standards; are required to be properly labeled, and come with a warranty. When in doubt, look for the ENERGY STAR® logo.

LEDs will save you time and money. They use 80% less electricity than incandescents and do not need to be replaced as often saving you on the cost of replacement bulbs. You can save more than \$90 per bulb over its lifetime.

These bulbs are fast becoming mainstream for many reasons. They save money and electricity; they last longer than any other bulb on the

market; they provide customized lighting options and they do not contain mercury.



Let Manitoba Hydro help you choose the right ENERGY STAR® certified LED bulb for your home.

Just go to hydro.mb.ca/lighting and then check out the LED promotion at your local retailer to start saving today.

For additional advice on saving energy: visit hydro.mb.ca or call 1-888-624-9376 (1-888-MBHYDRO).



for National Infection Control Week Staff The Interlake-Eastern Regional Health Authority's infection prevention and control professionals are gearing up for this year's infection control week which runs Oct. 19 to 23.

Regional health authority gears up

"National infection control week coincides with the launch of our flu vaccination clinics this year," said Davenna Conrod, regional manager of infection prevention and control for Interlake-Eastern RHA. "It's also a great opportunity to remind people about how significant something as simple as washing your hands can be in preventing the transmission of illness."

The infection prevention control team co-ordinates infection prevention and control activities in the region by working with the Interlake-Eastern RHA's hospitals, clinics, public health offices and personal care homes. This team has recently added in-facility champions, who are typically nurses, to serve as key points of contact for staff with questions about infection prevention and control.

Infection prevention and control procedures and programs are widely recognized as being both clinically effective and cost-effective in preventing and controlling the spread of infections in health care settings. Hand hygiene programs, audits, infection surveillance, outbreak management and staff education protect clients, patients, residents and staff alike by preventing infections before they occur. Such prevention results in better clinical outcomes, fewer health care associated infections, reduced length of hospital stay, and less antimicrobial resistance, resulting in better patient outcomes and important cost saving for the health care system.

Kildonan-St. Paul candidates ready for six-way race













SUBMITTED PHOTOS

Pictured from left to right: Kildonan-St. Paul Conservative candidate Jim Bell, Independent Eduard Walter Hiebert, NDP candidate Suzanne Hrynyk, Liberal candidate MaryAnn Mihychuk, Christian Heritage Party of Canada's David Reimer and the Green Party's Steven Stairs. The riding has easily become one to watch following former Conservative MP Joy Smith's retirement earlier this year.

By Brandon Logan

Kildonan-St. Paul is easily becoming a riding to watch in Manitoba this federal election.

Conservative Joy Smith has been the MP in the riding since its inception in 2004 and won a seat in Parliament four different times.

However, following Smith's retirement from politics earlier this year, there is no incumbent in this riding, making it one of the most wide-open races in the province.

Taking over for Smith as the Conservative candidate is Jim Bell. Independent Eduard Walter Hiebert, NDP candidate Suzanne Hrynyk, Liberal MaryAnn Mihychuk, Christian Heritage Party of Canada's David Reimer and the Green Party's Steven Stairs also join him in the crowded riding.

With less than a week remaining until the Oct. 19 election, all six candidates feel they have a legitimate shot.

Bell, who left the Winnipeg Blue Bombers organization to enter politics, said he believes the Conservative track record speaks for itself.

"Lets just say from an economic platform, the party remains disciplined and steadfast. It's geared to leading this country economically with a balanced budget, with low taxes, a record of job creation and a commitment to another 1.3-million new jobs by 2020," Bell said, noting that separates his party from the Liberals and NDP. "I believe a newly elected Conservative government will continue to make sure the economy is stable and grows while continuing to focus on a balanced budget, low taxation and putting more money back in the hands of Canadians."

Bell said his financial background, which includes 12 years spent with the Winnipeg Football Club's senior executive, is another positive he has over his competition.

Mihychuk believes the riding isn't very open at all right now. She said that was the case when campaigning first started, but now added it's a two party race between the Conservatives and Liberals.

"The NDP vote has collapsed and the riding is split between the Liberals and Conservatives, and my internal polling shows that we're leading," Mihychuk said, adding her campaign has knocked on more than 16,000 doors and reached out to 30,000 voters. "There's about a week left and people have basically committed. The amount of undecided is very low and

we're doing fantastic."

Mihychuk added the Liberal Party is tailored towards the middle class that makes up most of the riding.

However, the NDP's Hrynyk is quick to disagree with Mihychuk regarding Kildonan-St. Paul being a two-horse race.

"I would suggest she needs to have a quick look at some of the polls, because over the last two months it's been between the Conservatives and ourselves," she said. "On ThreeHundredEight.com we have been the party that's been in second place and that's been over the last two months."

Hyrnyk said the NDP's commitment to health care is one of the fundamental advantages her campaign has over the Liberals and Conservatives.

Stairs, who represents the Green Party, said there's a chance for a lot of change to come into this riding.

"I think it's a very even playing field," Stairs said of the riding due to no incumbent. "As much as statistics and the history might try to dictate where we go forward, I think there's definitely a huge possibility for us to make concrete electoral change in this riding."

Stairs said the change is already evi-

dent, as he's received quite a positive response from community members while going door-to-door.

"I've got a lot of responses from people at the doors, who said they wouldn't have normally voted Green in the past or sometimes voted otherwise because they felt like that's where their vote was needed the most," he added. "They're tired of the same old, same old, and I'm running into a lot of people who are intrigued with Green Party ideals."

Looking at the Independent candidate, Hiebert believes he can truly bring change to Kildonan-St. Paul if elected.

"I ... represent the only candidate who actually could potentially provide the residents in Kildonan-St. Paul with a balance of power in our perhaps very, very tight election outcome," he said.

Similar to his fellow candidates, Stairs believes the riding is more open without an incumbent.

Rounding out the six candidates is Reimer. The Christian Heritage Party leader in the riding has knocked on more than 13,000 doors throughout his campaign, noting the reception has been generally favourable.

Unlike some of his other competitors, Reimer doesn't feel having no incumbent changes much. However, he said many people are "determined not to vote for the big three parties" and that's why the riding is wide open this election.

In terms of what separates his party from the other five, he said it's the party's stand on moral issues.

"Many people in the riding are people of faith and they appreciate our values."

Reimer said besides their stances on moral issues, the Christian Heritage Party has an extensive platform that includes no deficit financing and balanced budgets.

Voters go to the polls on Oct. 19.





FLU CLINIC LISTINGS

Get Vaccinated Don't spread the flu.

I choose immunization!

Marilyn Cyr, retired nurse from Pine Falls, has been getting her flu shot for over 30 years. She got her first flu shot because when she was working in the hospital she felt like she was getting rundown all the time from encounter-



ing various viruses in the hospital. She knew that the flu shot would not only help her stay healthy at work, but also protect her patients, especially those too vulnerable to get the flu shot themselves.

"It was a career decision and a health decision," says 58 year old Cyr. One year, Cyr remembers not getting the flu shot, and sure enough, she was sick more frequently, and for longer bouts at a time. Marilyn lives with COPD, rheumatoid arthritis and asthma so when she gets the flu, she finds her other conditions worsen as well. The Public Health Agency of Canada states that influenza infection not only causes primary illness but can also lead to the worsening of underlying medical conditions.

"Now I always get my flu shot, not only for me but also for others like my grandchildren and my 82 year old mother, even though they all get the flu shot too."

I choose immunization!

Doug Zawada, 62, has been getting the flu shot since he was hospitalized with pneumonia seven years ago. He didn't know he had pneumonia.

"I was hallucinating, forgetting people's names and lost 37 pounds in five weeks before I finally went to the hospital and stayed for 24 hours before I was released," says, Zawada, a retired correctional officer.

Ever since then, he goes to the Kin Place Personal Care Home in his town of Oakbank to receive his flu shot from the Interlake-Eastern RHA Public Health nurses. He encourages everyone to get the flu shot because he knows what it's like to stay in the hospital for a flu related illness.

"People tell me they don't like to because they have to wait but I tell them it's worth it," says Zawada.

The Public Health Agency of Canada states that influenza infection not only causes primary illness but can also lead to severe secondary medical complications, including viral pneumonia, secondary bacterial pneumonia and worsening of underlying medical conditions. Adults who are over 65 years of age or older should receive the Pneumococcal Polysaccharide

vaccine which protects against several flu -like illnesses including pneumonia. Check the Manitoba Health website to see if you are eligible for the Pneumococcal Polysaccharide vaccine.



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 the following individuals, should consider getting a flu vaccination as well as their caregivers and others who are in close contact with them:

- Seniors age 65 or older
- Residents of personal care homes or long-term care facilities
- Children age six months to five years
- Those with chronic illness Pregnant women
- · Individuals of Aboriginal ancestry
- People who are severely overweight or obese
- Health care workers and first responders
- Manitobans over the age of 65 should also get a pneumococcal shot at the same time as the seasonal flu shot. Most adults only need one pneumococcal shot in their lifetime.



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.

Cover your cough and sneeze

Sneeze and cough into your elbow or sleeve or use a tissue. After wiping or blowing your nose with a tissue, throw away the tissue and wash your hands. Keep your fingers away from your eyes, nose and mouth.

Get your annual flu vaccination

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

Town	Dates	Time (s)	Location (s)
East Selkirk	November 3	2:00 pm – 6:30 pm	East Selkirk Rec. Centre - corner of Hwy 59 and PTH 212
Grand Marais	October 27	2:00 pm – 3:30 pm	Rec. Centre, 90 Matilda Ave
Petersfield	October 23	1:30 pm – 3:00 pm	Petersfield Hall, 401 Main Street
St. Andrews	October 26	1:30 pm - 7:00 pm	St. Andrews Community Club, 28 St. Andrews Rd
Scanterbury	November 5	1:30 pm – 4:00 pm	Brokenhead Ojibway Health Centre, Bison East Drive
Selkirk	October 20	1:00 pm – 7:00 pm	Selkirk Rec Complex, 180 Easton Drive
	October 31	11:30 am – 3:00 pm	Gordon Howard Senior Centre, 384 Eveline Street

Bring your Manitoba Health Card and wear a short-sleeved shirt.

If we need to make any changes to this listing, they will be posted online at www.ierha.ca. Click on "Get Your Flu Shot" in the banner at the top of the page. Here you'll find a complete listing of flu clinics offered around the region.

For more information, please contact your local community public health nurse in Selkirk at 204-785-4891 or you can call Health Links at 1-888-315-9257.



St. Clements man earns Citizen of the Year award

By Lindsey Enns

Fraser Stewart has been named the Selkirk and District Community Foundation's Citizen of the Year.

"It's very much an honour," Fraser said while sitting inside his St. Clements home last week. "I was quite surprised."

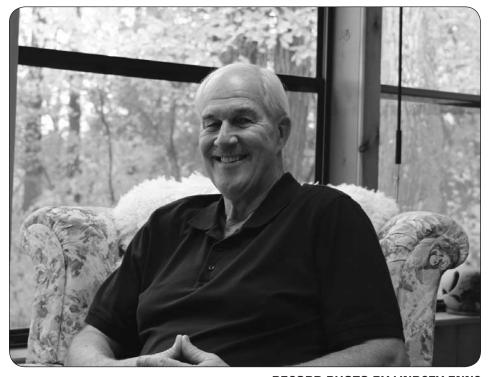
The Citizen of the Year award is presented to individuals who, through their own initiative, have had a positive impact on St. Clements, St. Andrews or the City of Selkirk.

Fraser was nominated by the RM of St. Clements for the award for his many contributions as both a volunteer and leader.

Under his leadership, the RM of St. Clements Heritage committee has completed several projects including the East Beaches Heritage wing, a geocache project, and the development of a heritage village that has travelled to various community events and festivals.

"You learn for the future from the past so that's what we're trying to do," Fraser said. "We are very fortunate here to have a very rich and colourful heritage.

"A lot of people are not aware of some of the heritage gems that we have here."



RECORD PHOTO BY LINDSEY ENNS

Fraser Stewart relaxes in his St. Clements home last Thursday afternoon. Stewart says he's honoured to receive this year's Selkirk and District Community Foundation's Citizen of the Year award.

Fraser is also currently involved with the Marine Museum of Manitoba, the Agriculture Society, Rotary, Rivers West as well as Bed and Breakfast Manitoba. Bev Clegg, the community foundation's executive director, said the call for nominations for this year's 30th annual award went out in August and they received seven in total. However,

Stewart and his family's overall dedication to the community is what set him apart, Clegg said.

Kelly Lewis, the foundation's chairperson, said Fraser winning the award was "very well-deserved."

"Fraser is a wonderful human being," Lewis said. "He is one of those citizens of our community that flies under the radar ... does his work quietly.

"His involvement with the St. Clements Heritage committee ... is just unbelievable."

Besides his love of local history, Fraser also comes from a 40-year career in agriculture. He was inducted into the Manitoba Agriculture Hall of Fame in 2008 and in 2012 he received the Interlake Tourism Association's Volunteer of the Year award and the provincial Volunteer of the Year award.

"That was quite neat," Fraser said with a smile. "We've got some very good friends."

The Selkirk and District Community Foundation will present Fraser with the Citizen of the Year award during a special banquet on Tuesday, Nov. 10 at the Selkirk Golf and Country Club.

Those interested in attending can purchase tickets by contacting the foundation directly at 204-785-9755.

Universal Newborn Hearing Screening program to launch by 2016

Staff

A universal program set to launch across Manitoba by September 2016 aims to offer hearing screening tests to all newborns before they leave the hospital.

"Manitoba is one of the last jurisdictions in North America to implement the Universal Newborn Hearing Screening program," Carol Rampaul, regional manager of allied health for the Interlake-Eastern Regional

Health Authority told the *Record* via email. "Early detection and intervention is key to successful outcomes in addressing hearing loss issues and assisting children to reach their developmental milestones."

On Sept. 17, 2013, the Universal Newborn Screening Act became law in Manitoba and for just over a year a provincial working group has been involved in the planning and roll out of this new initiative. The group is comprised of representatives from all regional health authorities across the province as well as representatives from Manitoba Health, Rampaul said.

"Every family deserves access to the screening and supports they need to give their baby the best chance for a healthy start," Health Minister Sharon Blady said in a release last Thursday. "Each year, a small number of the 16,000 to 17,000 babies delivered in Manitoba are born with some hearing loss.

"This expanded program will make sure that these children can be diagnosed and treated as early as possible."

Blady noted the quick diagnosis and treatment of children with hearing loss can be key in helping them develop cognitive, speech-processing and learning skills, adding the biggest gains are made if hearing loss is detected and diagnosed before a baby is three months old.

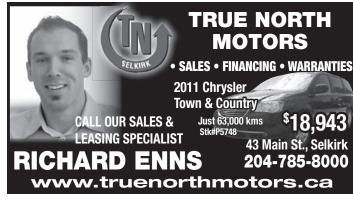
Hearing screening services are cur-

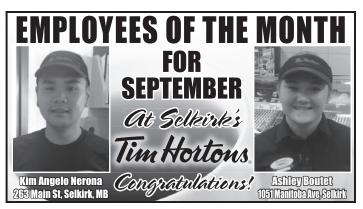
rently offered at the Brandon Regional Health Centre and in Winnipeg neonatal intensive care units for infants at high risk of hearing loss. In addition, the Thompson General Hospital provides hearing screening services to most babies born there.

"Children learn so much by being able to hear the world around them," said Diana Dinon, pediatric audiologist, Health Sciences Centre Winnipeg. "We're pleased the work to implement this important legislation is moving forward, so children around the province can have their hearing screened at birth and if needed, get the supports they need more quickly."

Continued on page 14







Local artists team up for show at Gwen Fox Gallery



RECORD PHOTO BY LINDSEY ENNS

Bev Hart of Selkirk and Patricia Anderson of Balmoral showcase some of their pieces that will be on display until the end of this month at the Gwen Fox Gallery.

By Lindsey Enns

Colourful pieces made of glass and acrylic paint are now on display as part of a new exhibit at Selkirk's Gwen Fox Gallery.

Patricia Anderson of Balmoral said she's been working with glass for about 13 years and is often inspired by Manitoba's landscapes.

"I was an acrylic painter before but then I got into glass and I really loved the glass so I just continued with it," Anderson said. "It's just a way of seeing the same thing I want to see but I'm just doing it in a different

medium."

Bev Hart of Selkirk is a self-taught painter who has been painting with acrylics and water colours for about 16 years.

"I've always done creative work in my life," Hart said. "I paint a lot and I paint fairly quickly.

"My art is mostly fun, light hearted art ... a few animals but mostly women and fun things."

The Gwen Fox Gallery, located at 101-250 Manitoba Ave., is open Tuesday through Saturday from 11 a.m. to

Getting creative with chickadees



RECORD PHOTO BY LINDSEY ENNS

Cindy Johnson of Selkirk paints chickadees on a canvas at the Gwen Fox Gallery last Thursday afternoon.



Excess rain dampens Interlake's growing season

Province says nearly 85% of crops in the region have been harvested

By Brandon Logan

It was another rainy crop season for Interlake farmers, according to Agriculture, Food and Rural Development Minister Ron Kostyshyn.

While the rainfall hasn't been as bad as in past years, it was still enough to make it tough on some farmers.

"I do know that in the Interlake area, there's definitely been pockets that had excess rain that's made it somewhat challenging for producers,"Kostyshyn said during a teleconference with media last Wednesday. "Obviously the Interlake area went through a number of years of excess moisture in certain areas, but I understand that it's been a better crop this

"But definitely pockets of excess moisture has made it challenging."

Currently in the Interlake region, according to the province's most recent crop report released on Oct. 5, the previous weeks seasonal temperatures helped producers continue and, in some cases, finish harvest.

The report added harvest progress in the region at the time of the release was 85 to 95 per cent complete with soybean yields at 30 to 40 bushels per acre. However, areas where excess moisture was an issue, yields were much lower at 15 to 25 bushels per acre.

Filed tillage is also continuing throughout the region, the report stated, adding it's estimated at 30 to 35 per cent complete.

Second and third cut alfalfa is being ensiled and cattle are now being moved to alfalfa fields.

With Halloween just around the corner, the rest of Manitoba's crops have almost been entirely harvested.

"Overall, I think we're probably in that 80 per cent-plus (range) through the province of Manitoba in harvest production," Kostyshyn noted.

When it comes to individual crops, he said it's been a good year overall.

"Basically we're looking at canola harvest to be estimated at 95 per cent



RECORD PHOTO BY LINDSEY ENNS

A farmer harvests a field near Gunton on Sunday afternoon. This is just one of the many pieces of farmland around the Interlake region that have been fully harvested. According to the province's latest crop report, 85 to 95 per cent of crops in the region have been harvested.

(complete) throughout the province," he said. "Just talking to producers in numerous areas, the canola harvest seems to be going fairly well, and yields are probably average to slight above average.

"I say that somewhat cautiously, because there are definitely areas that have been challenge with a lack of moisture or sometimes too much moisture."

Kostyshyn also noted that early May frost forced some producers to have to re-seed some of their crops, which could affect yields.

Elsewhere, cereal crops are almost 100 per cent harvested, with just some areas remaining. Kostyshyn said the soybean crop is at about 80 per cent

complete with yields coming in at "average with maybe some places above

Flax, which is another crop growing in popularity in Manitoba, is 80 per cent complete, sunflowers are 30 per cent complete and all eligible beans in Manitoba have been harvested.

For farmers who have wrapped up harvest, fall fieldwork has begun. That includes fall fertilizer applications, tillage, post-harvest weed control and soil testing is on-going, according to the province.

Winter wheat and fall rye seeding is also well underway, with some regions nearly finishing.



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> MAJORITY OF INTERLAKE BABIES BORN IN SELKIRK, FROM PG. 12

Blady said as part of the universal program, hearing screening services will expand and be available to newborn children in Manitoba at sites including the Selkirk and District General Hospital in the Interlake-Eastern Regional Health Authority among several others.

Rampaul said the majority of babies born in the Interlake region are delivered at Selkirk's hospital. In 2014, 217 children were born in the Interlake region.

"Currently, in our region newborns are seen by audiology when referred by a health provider," Rampaul said. "Once a child is referred the child can be seen at either one of the audiology clinics within the region."

Rampaul added this program will add to work that's already being done in the area of audiology across the Interlake.

"Catching hearing problems early can prevent delays in speech and language development and improve quality of lives," she said.

Infants born at other facilities or at home will be referred to their nearest outpatient hearing centre for screening, Blady said and a common database will help ensure babies are supported no matter where they are born or live in

The province is investing more than \$3 million in new funding to develop and implement the program including funds for capital equipment, staff training and ongoing operating costs.

Street sign changes aim to improve safety for motorists

As part of the city's ongoing efforts to make Manitoba Avenue safer, right turns on red while leaving Selkirk Crossing, Canadian Tire or the Canalta Inn are no longer permitted.

'No right turn on red' signs are posted at both intersections and new signs, as well as street paint, on Manitoba Avenue also make it clearer to drivers travelling east and west that there are in fact two lanes of traffic in each direction along that stretch of Manitoba. Signs are also posted to indicate the reduction to two lanes as traffic moves east towards downtown and west towards Highway 9.

Earlier this summer the new signs caused some confusion for motorists when they were incorrectly installed along Manitoba Avenue at Selkirk Crossing. However, city staff quickly fixed the problem.

City of Selkirk CAO Duane Nicol said although there has always been two lanes of traffic each way in the busy commercial zone, it was unclear to some drivers and often times east or west-bound traffic became backed up because motorists weren't sure whether they could go around a vehicle turning left into one of the shopping areas.

"It was unclear to people, you would see line-ups there and people not knowing that they could use the righthand lane to go around," Nicol said in a release on Monday.

Adding the signs and paint to more clearly identify the two-lanes of traffic east and west-bound on Manitoba made it a necessity to institute the 'no right turn on red' for motorists leaving the two shopping areas and the hotel.

Dan McDermid, the city's director of operations, said with east and westbound vehicles potentially travelling through the intersections at 50 km/ hour, steps had to be taken to ensure motorists' safety.

"The safety aspect was the rational behind the 'no right turn on red' rule," McDermid said. "We don't want them turning right on red because of the potential for collisions."

Nicol said the city created the Manitoba Avenue Task Force to identify opportunities to improve safety on the busy thoroughfare and to improve traffic flow.

((SiriusXM))

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Oak Hammock Marsh bird program earns excellence award

By Lindsey Enns

An Oak Hammock Marsh program, which allows participants to get up close and personal with birds, has earned an award of excellence.

Oak Hammock Marsh Interpretive Centre, located near Stonewall, was presented with an excellence award during the Association of Manitoba Museums annual conference in Winnipeg on Oct. 2.

The Bird in Hand program, which has been recognized by Discover Canada, invites participants to band

"IT'S A VERY MULTI-SENSORY EXPERIENCE THAT PEOPLE ACTUALLY FEEL LIKE THEY DO SOMETHING QUITE IMPORTANT FOR WILDLIFE."

and then release a real, live bird back into the wild after learning about Oak

Hammock Marsh's migration path.

"It's a very multi-sensory experience that people actually feel like they do something quite important for wildlife," Oak Hammock Marsh marketing and promotion co-ordinator Jacques Bourgeois said. "This research has been taking place for over 100 years in North America so people get to participate in that."

Since its introduction last year, Bourgeois said the program, which runs from May until late September, has been "a really huge success." "(Participants) get ... a really close connection with wildlife and you see the smile on people's faces," he said. "They just love seeing those little birds before they let them go."

Participants also get to take a little canoe trip out into the marsh to visit the bird's habitats.

"We get to smell the marsh and taste the marsh," he said, adding participants are encouraged to try cattails. "It's actually quite tasty ... tastes a bit like cucumber or watermelon."



PHOTO SUBMITTED

A flycatcher, pictured above, is just one type of bird people can check out at Oak Hammock Marsh Interpretive Centre's Bird in the Hand program. The program, which runs from May to late September, recently received an award of excellence from the Association of Manitoba Museums.



Hear success stories that will knock your socks off!

RSVP before Thursday, October 15th to Sheri Skalesky

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Sunday, October 25
Dinner Served Continuously 4:00 to 6:30

High School Cafeteria

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Roast Beef & Gravy, Baked Potato, Vegetables, Coleslaw, Dinner Rolls, Homemade Beets, Pickles and Pies, Jello, Tea, Coffee or Juice. Get it to go! Vegetarian option available.

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Conservative

Bezan Jeshezan-conservative-ca James



Veggie sales help out Lockport School band students

By Brandon Logan

Lockport School students sold nearly 10,000 pounds of veggies this year as part of a fundraiser for their band program.

"We do a variety of fundraisers throughout the year to raise funds for our band, and this is our biggest and best one," Maralee Jehle, member of the band parent committee said.

The Peak of the Market fundraiser has students selling vegetables to family and friends.

"This year we sold about 8,000 pounds of vegetables, with 1,200 pounds going to the Selkirk Food Bank, so it's been really great," Jehle added."The support from the parents, families and community has been amazing."

Work for this fundraiser starts all the way back at the beginning of the school year when students compile orders from sales they've made. The orders are sorted through and then sent to Peak of the Market.

Last Tuesday, a truck full of vegetables dropped the produce off at the school where it was sorted by order and delivered later that evening.

While most may remember selling chocolates or assorted candies growing up, Jehle said this was a nice, healthy alternative.

"We're trying to promote healthy eating and healthier choices, so we try to do it right before Thanksgiving because we know everyone's going have festivities this weekend," she said. "It's a really good fit."

Along with being a good fit, a portion also goes towards a good cause. No matter what time of the year it is, the Selkirk Food Bank is always looking for donations, and 1,200 pounds of vegetables will go a long way.

"It's really cool that it goes towards such a good cause," Lockport School Grade 9 student Easton Donohoe said while bagging potatoes.

Since many people in the area have their own garden and don't need the vegetables, Jehle said a lot of them tend to order veggies for the food

"That's just another option we add-





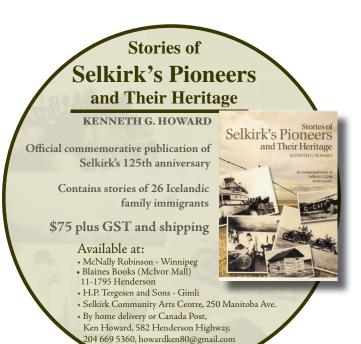
RECORD PHOTOS BY BRANDON LOGAN

ABOVE: Lockport School students from left to right Josh Berger, Easton Donohoe and Justin Suitters show off the many sacks of potatoes as part of their school's Peak of the Market veggie fundraiser. BELOW: Parents of Lockport School band class students sort vegetables during the annual Peak of the Market Fundraiser.

ed to our donation form, just so we can give back to our community," she said, noting it's proven to be extremely popular this year. "There's people who don't need vegetables, but they still want to contribute to our community, so they make a donation to the school or to the food bank, which we think is absolutely amazing."

Those looking to donate money or food to the Selkirk Food Bank, can call 204-482-9178 or visit their location at 730 Sophia St.







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'Overwhelming' smell cancels classes at St. Andrews School

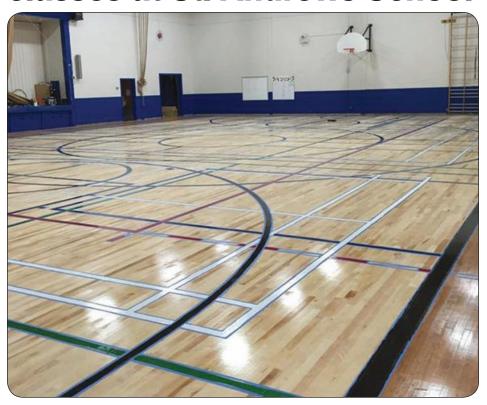


PHOTO COURTESY OF TWITTER

Classes were cancelled at St. Andrews School last Wednesday after crews shellacking the gym floor, pictured above, opened air ducts, resulting in a disturbing smell blanketing the entire school.

Staff

A disruptive smell cancelled classes for hundreds of students at St. Andrews School last Wednesday.

Crews shellacking the school's gym floor inadvertently opened the wrong air ducts, resulting in a disturbing smell blanketing the entire school.

The school's gymnasium has been under renovation for the last month, and closed to students.

Lord Selkirk School Division Supt. Scott Kwasnitza said the smell was "overwhelming," and was first noticed by the school's principal before students arrived.

"It was a very strong smell," he said. Kwasnitza said officials didn't want to bring the school's 440 students into the school so they were sent to the St. Andrews Community Club next door.

"We wanted to err on the side of caution for the students and staff," he said.

Kwasnitza said the incident occurred in the morning while parents and buses were dropping off students. Students then had to wait outside before going to the community club, but managed to handle the situation well, he said.

"They were very well behaved," he said.

The school re-opened without issue last Thursday and the gym is expected to be ready for student use the coming week.



Lower Fort Garry ready for Halloween



RECORD PHOTO BY BRANDON LOGAN

Lower Fort Garry volunteer Chloe Ramm plays a prisoner during Fright at the Fort last Friday night. The historic site is hosting various spooky events for Halloween this month. For more information visit, pc.gc.ca.

Winnipeg men's choir gears up to help Selkirk's women's shelter



SUBMITTED PHOTO

The Winnipeg Male Chorus will perform at Selkirk United Church on Sunday, Oct. 18 at 2:30 p.m. as part of a fundraiser for Selkirk's new Nova House.

Staff

A Winnipeg men's choir will be performing in Selkirk this month with hopes of raising funds for the city's new Nova House location.

Forty members of the Winnipeg Male Chorus will perform at Selkirk United Church on Sunday, Oct. 18 at 2:30 p.m. All funds raised will go to Selkirk's women's shelter, which is currently raising money for their new location.

"Nova House serves Winnipeg and

the entire Interlake," said Bert Skogan of St. Andrews, who had a hand in organizing the event. "This is just an opportunity to raise money for Nova House."

Skogan said the Winnipeg-based choir is known for helping out with fundraisers outside of the perimeter.

"They're a great choir."

Tickets are \$10 in advance and are available at Super Thrifty in Selkirk or at the Selkirk United Church office.

Expert calls Zebra mussels in Lake Winnipeg a 'catastrophe'

By Patricia Barrett

With boating season coming to a close in Manitoba, the full extent of the zebra mussel invasion of Lake Winnipeg has become more visible than ever.

From stern to bow, boats have come out of the water coated with thousands of the small molluscs.

And a researcher and water quality expert from the University of Winnipeg says there is no way to save the

Speaking with various media outlets last week, Dr. Eva Pip called the situation a "catastrophe" and said the province had been "too complacent" when the alarm bells were sounded several years ago about the mussels potential to spread.

"This is ... almost a policy of the government where if we don't have the problem yet, then we don't have to worry about it," said Dr. Pip speaking to CBC Radio Noon host Ismaila Alfa last Friday. "And then when we do get the problem, the reaction is, 'Who knew?' Well, we did know. It's just that we didn't have the will and the resources allocated to move on this problem."

The well-known and outspoken advocate for the health of Manitoba's waterways said it's impossible to kill zebra mussels once they've estab-



RECORD FILE PHOTO BY AUSTIN GRABISH Zebra mussels can produce up to a million larvae per spawning season.

lished themselves in a lake.

"There's no way really to prevent them from expanding inside the lake because the larval stages can travel with water currents," said Dr. Pip.

Zebra mussels can produce up to a million larvae per spawning season. Native to the Black and Caspian Seas in Western Asia, they were first found in the Great Lakes in 1988, likely carried in with ballast water.

They pose a danger to fish and other aquatic species because they filter enormous quantities of water to eat phytoplankton – food native species depend on. Resembling clams, zebra mussels attach themselves by the thousands to any surface using adhesive threads.

"The zebra mussel infestation has been going on for years south of the border," said Shannon Martin, Progressive Conservative critic for Conservation and Water Stewardship, by telephone. "The consequences of inaction should not have been a surprise to this government."

Martin said the mussels were confirmed in the Red River Basin six years ago, yet the government's "big education push literally just occurred this summer."

According to the Water Stewardship website, the province confirmed the presence of mussels in the Red

River this spring. It confirmed the presence of mussels in Lake Winnipeg in the fall of 2013. A year later it treated four Lake Winnipeg harbours with liquid potash, which seemed to stem the tide.

The damages ze-

bra mussels can cause cannot be understated.

They out-compete fish for food and can reduce the levels of oxygen in the water. The commercial fishing industry on Lake Winnipeg could see a decline in fish stocks.

The beaches of resort towns along the lake - which contribute substantially to the provincial economy could become virtual graveyards where zebra mussels wash up; their shells are very sharp.

"There's a reason Hydro donated four decontamination units," said Martin, referring to the high-pressure, hot water units the province moves around to various locations to enable the public to clean mussels from their Continued on page 23

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Local duo to kick off 3rd annual **Ducks Unlimited Fundraiser**

By Lindsey Enns

A local brother and sister duo are teaming up to open for Canadian country music star Chad Brownlee at Friday's Ducks Unlimited Canada fundraising dinner and concert.

"It's a super huge honour that we were asked to perform," said Rosalyn Church, who along with her brother Gord will perform some country music covers before Brownlee's allacoustic set. "Country's where we're most comfortable."

Roslayn, who resides in Selkirk, and Gord, who lives north of Gimli, have performed together for many years mostly just for the pure enjoyment of

"It's something very unique to be on stage with a sibling. I don't think a lot of people get to experience what that's like," Rosalyn said. "It's really nice, we both really enjoy it."

The third annual Ducks Unlimited Canada fundraising event supporting wetland conservation will take place Friday at the Hitch n' Post in Grosse

"IT'S A SUPER HUGE HONOUR THAT WE WERE ASKED TO PERFORM."

Isle. Cocktails are at 6 p.m. and dinner will be served at 6:30 p.m. with the concert to follow. For more event and ticket information, visit ducks.ca/ events.

Both Rosalyn and Gord grew up in Clandeboye and are no strangers to rubbing shoulders with notable Canadian country music singers. The duo opened up for Aaron Pritchett in 2011.

"We're big Canadian country music fans," she said, adding Brownlee's acoustic set will be a special treat for his fans. "It'll be very neat and stripped down.

"Just him and a guitar."



Comp students recognized at Undergrad Awards





RECORD PHOTOS BY DON MCINTOSH

ABOVE LEFT: Pictured from left to right, Abigail Curle, Mackenzie Brook and Coral Stewart Hillier receive the top three academic student awards in Grade 10 during the Comp's Undergrad Awards evening last Thursday. ABOVE RIGHT: Pictured from left to right, Tessa Morelli, Bronwyn Neufeld and Emma Gillespie were the top three academic students in Grade 11 honoured at last Thursday's Undergrad Awards.

By Brandon Logan

The Comp honoured 2014-15 Grade 10 and 11 students during their annual Undergrads Awards evening last Thursday.

A portion of the evening focused on the students' academic achievements throughout the 2014-15 school year, the school's principal Jerret Long said, adding student volunteerism was also recognized. "It was an excellent night and just a real positive evening," Long said. "It was a chance to just celebrate some student success and the accomplishments the students had done in their Grade 10 and 11 years last year.

"It was just a reminder, I guess, that this is a real academic place and students are doing some amazing things in our school and community."

High school is already a daunting

task for many students, but for the ones honoured on Thursday night, they took the bull by the horns and also brought their hard work outside of the classrooms.

"You saw kids up there and they had average percentages in the 90s and they're taking high-level, real challenging course work, so that's an accomplishment in itself," Long said. "And then you hear they're volunteer-

ing at the soup kitchen and they're volunteering at elementary schools reading to kids."

Long said he was particularly proud of this crop of students for their intense work ethic and their motivation to make others lives better.

He added that while the acts of volunteerism are genuine and they don't go looking for accolades, it's still nice to honour their work.

Selkirk Fire Department members earn 30-year service medals

Staff

Selkirk Fire Chief Dan Thorsteinson, along with firefighters Lorne Hokanson and Leonard Mikolash, received their Governor General's Fire Service Exemplary Service Medal 30-year supplemental bars at a ceremony before a recent city council meeting.

Mayor Larry Johannson presented the bars, along with a certificate of recognition from the city, and thanked all three men for their years of service.

"You know how we feel about you guys," Johannson said before a city council meeting on Sept. 21. "There's 90 years of experience sitting right here. We couldn't be prouder."

Thorsteinson, Hokanson and Mikolash all received their 20-year Fire Service Medals together 10 years ago. The bars presented are in addition to that medal. Forty- and 50-year bars are also available.

Thorsteinson explained the medals are not simply service medals for years put in. Recipients must be nominated and a letter detailing how the firefighter has gone above and beyond for the fire service and the community must accompany the nomination.

Fire departments are an integral part of any community, Thorsteinson said, calling firefighters "go-to guys" and likening them to other service clubs whose members respond not just to fire calls, but any call for assistance.



SUBMITTED PHOTO

Selkirk Mayor Larry Johannson, pictured centre, present fire chief Dan Thorsteinson, along with firefighters Lorne Hokanson and Leonard Mikolash, with their Governor General's Fire Service Exemplary Service Medal 30-year supplemental bars at a ceremony before a recent city council meeting.

Of Hokanson and Mikolash, he said they've been part of the team that's raised more than \$400,000 for the Firefighters Burn Fund over the last 20 years. It was Thorsteinson who nominated both men for their 20-year medal and he said they are more than deserving of their 30-year bars.

"These guys were actively engaged in making the department better and carrying the fire service within the community to a higher level. Hats off to them ... they're the kind of guys that notice something that has to be done, and they just do it," Thorsteinson said.

"They're amazing guys."

Deputy Fire Chief Craig Fiebelkorn nominated all three for their 30-year bars, and said the city's long-serving Chief – 16-years-long – is the kind of leader every department wants to have.

"When he took over as chief the fire

department had nowhere to move but forward," Fiebelkorn said. "He's progressive in his thinking, open to all suggestions for new technology and new ways of doing things and he supported everyone along the way that wanted to make the fire department better."

Fiebelkorn said under Thorsteinson's direction, the department prospered, in part because he took charge of the financial operations.

"Danny had the foresight to see that we needed to change things, new equipment and stuff like that. He made the decision to make our budget better and it was nothing but successful," Fiebelkorn said. "He's done a great job."

Fiebelkorn said as chief, Thorsteinson has always supported members in their volunteer efforts and sees the value in being involved to make Selkirk a better place to live.

"As members of the Fire Department we're encouraged to participate in any community function that we're asked to do," Fiebelkorn said. "Our guys see the importance of us being seen in the community and that's all driven from the top."

Thorsteinson, Hokanson and Mikolash will all retire from the department at the end of this year.

Fieblekorn will take over as fire chief in January.

Ladies tee off for CancerCare Manitoba



RECORD PHOTO BY BRETT MITCHELL

Nearly 145 women participated in this year's Lassie Golf Tournament at Larters Golf and Country Club in St. Andrews on July 21 and helped raise \$3,800 for the CancerCare Manitoba Foundation.

> EDUCATING THE PUBLIC IS KEY, FROM PG. 21

quences if these things get into your infrastructure. South of the border they've had huge problems."

Across the U.S., it is estimated that \$145 million a year is spent to deal with zebra mussels that infiltrate electric generating plants.

Since boats are the biggest vectors of zebra mussel transfer between water bodies, the province acquired six decontamination units.

How those units are deployed and staffed is of concern to the opposition. Martin said Conservation had its budget cut by 10 per cent in the last election, and can't adequately staff the units. He said he had heard of a unit leaving a location around 4:30, well before boaters came off the water.

The NDP Minister of Conservation and Water Stewardship, Thomas Nevakshonoff, spoke to CBC Radio's Up to Speed last Friday. He said it was inevitable the province - like other jurisdictions around the world - has seen zebra mussels spread despite its monitoring and decontamination

"You're talking about a zebra mussel that can produce a million eggs," said the Minister."And these drift with the

How to stop that drift is something awaiting a scientific breakthrough.

The province's Manager of Fisheries, Science and Fish Culture Jeff Long, who joined Nevakshonoff on the program, said zebra mussel veligers are about 75 micrometres.

"So think of the flow of the Red River ...What could you put across the

"You can only imagine the conse- Red River that wouldn't clog within about a second?" he said. "And then who's going to scrape those things off and look for [mussels] that are 75 micrometres in size?"

> Although they can't be stopped, Long said the province has a containment strategy.

> "What we want to do is sever the movement of vessels and vectors between water bodies," he said. "How do we prevent things moving from the Lake Winnipeg drainage basin and outward?"

> The Minister said the government doesn't want to see conservation officers "chasing people at night down gravel roads trying to catch them sneaking home with their boat." He would prefer Manitobans play a proactive role in preventing contamina-

> Educating the public is something Martin said will help prevent mussels from spreading.

> "We're talking thousands and thousands of watercraft coming off thousands of lakes in Manitoba, "said the MLA for Morris. "So obviously the public is literally the lynchpin in a successful containment strategy."

> It would require boaters to inspect everything that comes in contact with water, including boats, oars, trailers, engines, bilges, clothing, boots, waders, bait buckets and even dogs.

"If we don't take the necessary steps to contain or to prevent the further spread of zebra mussels," said Martin, "We could be faced with the largest environmental and economic crisis this province has seen."

Province to invest \$375K in Child Care Nutrition Strategy

Staff

The province plans to invest \$375,000 to promote healthy eating for young children by encouraging positive eating environments in child-care settings.

"It is well-known that what we learn as a child greatly influences our habits later in life," Healthy Living and Seniors Minister Deanne Crothers announced late last month during the launch of the province's new Child Care Nutrition Strategy. "By investing in this new Child Care Nutrition Strategy, our government is making an investment in Manitoba children's health and quality of life for years to come."

Crothers added the strategy was developed through a consultative process including Manitoba Early Learning and Child Care branch of Manitoba Family Services as well as representatives from the Manitoba Child Care Association and Dietitians of Canada, a national professional association for dietitians.

"Our government is committed to providing high-quality child care to Manitoba families, and ensuring that children eat healthy meals and snacks is part of our goal," Family Services Minister Kerri Irvin-Ross said. "We are excited to now have a strategy that will support early childhood educators and parents in working together to create positive eating practices for children."

Over the next three years, the Child Care Nutrition Strategy goals are to:

increase children's access to healthy, fresh, wholesome and safe food every day;

- provide a positive eating environment for children on a daily basis; and
- help educate children, early childhood educators, parents and more about early childhood nutrition and recommended feeding practices.

The handbook provides ideas for healthy, child-friendly meals and snacks. This information can be shared with parents to help make informed, healthy meal choices, Crothers said, adding healthy meal options will include a variety of fresh, wholesome foods including at least three of the four food groups with a strong focus on vegetables and fruit, water and

Dietitians of Canada will be a lead partner in the implementation of the strategy over the next three years by providing practical support and education to early childhood educators to help children make healthy food choices.

"Our ability to work hands-on with child-care facilities and families is a strength of this strategy," said Jennifer Wojcik, regional executive director for Manitoba, Dietitians of Canada. "As the experts in food and nutrition, dietitians will provide support and practical solutions to help adapt and implement the strategy."

Along with the launch of the strategy, the province released the Manitoba Nutrition Handbook for Early Learning and Child Care, a resource designed to provide practical advice to early childhood educators on how to work with families to create healthy eating practices at their facility.



> MEAL IDEAS



Ingredients

1 white onion, minced (reserve 2 tablespoons)

3 tablespoons extra virgin olive oil 1.4 pounds (approximately 3 cups) of leftover Honeysuckle White turkey, chopped

1/8 teaspoon salt

1/8 teaspoon coarse ground pepper

1/2 cup diced celery

1 cup diced carrot

1 clove garlic, minced

5 yellow peppers, seeded and diced

2 medium potatoes, peeled and

1 can (15 ounces) chicken stock

1 tablespoon salt

Bread bowls (optional)

2 tablespoons grated Parmesan

Preparation

In skillet, saute onion in 2 tablespoons olive oil for 2–3 minutes. Add cooked turkey and 1/8 teaspoon salt and pepper to desired flavor. Set aside.

Heat 1 tablespoon oil in large stockpot on low. Saute celery, carrot, garlic and reserved 2 tablespoons onion for approximately 10 minutes, or until vegetables are soft. Add yellow peppers, potatoes, stock and 1 tablespoon salt. Simmer for 15–20 minutes, until potatoes are tender.

Cool for 10 minutes, then transfer back to pot to keep warm.

Add turkey and onion mixture to

Ladle soup into bowls and garnish with grated Parmesan cheese.

Preparation Time 20 minutes Total Time 1 hr, 15 min Serves 6

HEART&" STROKE

1 large sweet potato, peeled and chopped (about 1 lb/454 g)

1 tsp (5 mL) canola oil

1 pkg (450 g) lean ground turkey

1 small onion, chopped

3 cloves garlic, minced

1 tbsp (15 mL) chili powder

2 tsp (10 mL) dried oregano 1/2 tsp (2 mL) ground cumin

Pinch cayenne

2 whole wheat pitas, halved Red sauce:

1 1/2 cups (375 mL) passata (tomato puree)

1/2 cup (125 mL) water or low sodium vegetable or chicken broth

1 tbsp (15 mL) chili powder

1 tsp (5 mL) ground cumin

1 large clove garlic, minced

2 tsp (10 mL) sodium reduced soy sauce

Directions

Red sauce: In a saucepan, bring passata, water, chili powder, cumin and garlic to a simmer. Simmer for 10 minutes or until thickened slightly. Stir in soy sauce; set aside.

Cover sweet potato in a microwaveable bowl with water: cover and microwave for 5 minutes or until tender. Drain well and mash coarsely; set aside.

In a nonstick skillet, heat oil over medium high heat and cook turkey, onion, garlic, chili powder, oregano, cumin and cayenne for about 8

minutes or until no longer pink inside. Stir in mashed sweet potato.

Divide mixture among pita halves and place in casserole dish. Pour red sauce over top. Cover with foil and bake



in preheated 400° F (200° C) oven for 15 minutes. Uncover and bake for about 5 minutes or until sauce is bubbly and pita are slightly golden and crisp.





Selkirk Rotary Club **Selkirk Town Plaza** Donations can (old Gibb's Drugstore) be dropped off October 15, 16, 17, at the sale location. 22. 23. & 24

Holiday Turkey Sandwich with Hummus and Cranberry



Ingredients

Recipe provided by www. smithbites.com

2 slices sourdough or hearty country

1/4 cup Sabra hummus 2 leaves bibb or Boston lettuce

2 thin slices purple onion

2-3 slices leftover turkey, sliced about 1/4-inch thick

1/4 cup cranberry sauce Salt and pepper to taste Preparation

Spread both pieces of bread with hummus, then layer lettuce, purple onion, turkey, cranberry sauce and another layer of lettuce, salt and pepper; add top piece of bread, hummus side down.

Preparation Time 10 minutes **Total Time 10 minutes**

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Arborg's Heritage Village designated a provincial Star Attraction

By Patricia Barrett

The Arborg and District Multicultural Heritage Village joins the prestigious ranks of other Manitoba attractions recognized for their highly entertaining appeal and educational value.

The village won Manitoba's Star Attraction designation, an award that recognizes unique and unforgettable rural attractions.

"We were very honoured to get this distinction," said Pat Eyolfson, co-chair of the board of the Heritage Village. "Tourists are always seeking out Star Attractions."

She said the award will raise the profile of the village, lead to increased visits and help with operating costs. The village is run by volunteers and operates with a small advertising budget.

"A Star Attraction denotes a first-class attraction," said Eyolfson, who attended the Sept. 30 award ceremony hosted by Ron Lemieux, NDP Minister of Tourism, Culture, Heritage, Sport and Consumer Protection, at the Le Marché St. Norbert Farmers'

"They took a site tour and took it back to the board," said Eyolfson, referring to the selection process.

The Heritage Village sits on a 12-acre site just south of Arborg on Highway 68. It contains nine pre-1930s rural buildings, including a family home, a school, a church, and a windmill, plus a CPR caboose from 1921, an outdoor bake oven and a First Nation encampment area.

The family home - which contains original artifacts - belonged to homesteaders Bjorn and Lara Sigvaldason and their 16 children, who lived there for 50 years.

With the help of local sponsors, the village created its very first corn maize this summer and has hosted numerous events, such as a chinking party, at which participants threw a mixture of clay and straw at two of village's houses to seal up gaps in the log-made structures.

The Star Attractions program is administered by Manitoba Tourism, Culture, Heritage, Sport and Consumer Protection. It supports organizations and individuals who contribute to the cultural and economic life of their community. The program provides highway directional signage and tourism marketing opportunities, according to the province's Tourism Secretariat's website.

There are 54 Star Attractions throughout the province, all of which showcase the province's unique cultural and natural heritage.

The Arborg Heritage Village joins the ranks of other Interlake Star Attractions, such as Oak Hammock Marsh (east of Stonewall), Marine Museum (Selkirk), Quarry Park (Stonewall), New Iceland Heritage Museum (Gimli), Hecla Provincial Park, St. Peter Dynevor Anglican Church, an Aboriginal Anglican parish (north of East Selkirk), Grand Beach Provincial Park and Lower Fort Garry.

The village is holding an annual membership



RECORD PHOTO BY PATRICIA BARRETT

The Sigvaldason House at the Arborg and District Multicultural Heritage Village where Bjorn and Lara Sigvaldason homesteaded and raised their 16 children (ten girls and six boys). The family lived here for 50 years.

drive and free fall supper Oct 25 in its Parish Hall building, which is replete with a stage and richly decorated with old photographs.

"We usually get about 250 people," said Eyolfson, who also helps co-ordinate Arborg's popular Culturama event every year.

Visit www.arborgheritagevillage.ca for more information about the Arborg and District Multicultural Heritage Village.

Young rider looks for back-to-back wins this weekend in Eriksdale

Boyz & Bullz takes place Oct. 17

By Brian Bowman

Looking to repeat his victory from last year, 24-year-old Steve Maddison is hoping to take the top spot again this weekend in the 19th annual Boyz & Bullz bull-riding event in Eriksdale.

Boyz & Bullz takes place Saturday, Oct. 17 at 7:00 p.m. at the Eriksdale Recreation Centre and winning is no easy task. Some of the top riders in the country will be on hand this weekend hoping to ride their way into glory while holding onto the top spot on a 2,000 pound bucking bull. Physically and mentally, riders need to be in top form when competing. At any point riders can find themselves upside down and scrambling out of the way trying not to get stepped on. Riders have to stay sharp, if they plan on winning.

"It's nice to go to the gym, but being so busy on the road, it's tough to get there," said Steven Maddison, who won last year's events and is hoping for a repeat title this weekend.

"I have a barrel that I practice on to get that muscle memory and stay sharp. If you haven't been on for a while you'll be sore and that won't help you when riding."

Mentally the preparation for riders is always different. Some focus intently on the ride and being aware of the personality of the bull. Others, like Maddison, try to block everything out altogether and use sheer intuition and experience to guide their moves while riding.

"It's basically kind of like a blackout for me. Just get on and do the same thing you always do, your routine. Try not to think at all and just go off of reactions," noted the 24-year old bull rider, who's been competing since he

The sport of bull riding is predicated on the notion of, 'it's not if you'll get hurt, it's when', and riders are aware of the danger. It's dangerous, scary work, but in many ways that's where the excitement comes from. Like a hockey player whose toothless, bloody grin is a sign of a job well done on the ice, so is a bull rider, dirt covered broken bones. It's part of the sport and one that every rider accepts and prepares for.

"I've been very fortunate in my career. I've never broken a bone. I tore my hamstring one year, and that was pretty bad, and I have had a few bad



EXPRESS PHOTO SUBMITTED

Steve Maddison (24) will attempt to ride his way into a second Boyz & Bullz title this weekend at the Eriksdale Recreation Centre.

head shots but that's it," said Maddi-

The sport is hard on the body, and even if you make it through clean, you're still likely to have a few rope burns and a sore wrist at the end of

the day.

Boyz & Bullz will surely be an exciting event and one you won't want to miss. Tickets are available at the door and cost \$15.

Sportside > OUTSIDE > UPSIDE DOWN

Midget Thunder crush Sunrise Coyotes

By Brian Bowman

The Sunrise Coyotes were just what the doctor ordered for the Interlake Thunder.

Interlake snapped a six-game losing streak with a 50-6 blowout win over the Coyotes in Midget Football League of Manitoba action last Saturday.

"We've had a rough stretch so it's nice to have, from the start of the game to the end of the game, it go very positively for us," said Thunder head coach Kris Johnston. "It was very refreshing and you could see that the kids were very energized with everything we did in the game."

The Thunder jumped out to a commanding 26-0 first-quarter lead and then increased that advantage to 36-0 at the half.

Interlake had five receiving touch-downs in the game, three of them courtesy of Kurtis Janzen. Janzen, a talented receiver, finished the game with four catches for 109 yards.

"He's been dinged up in recent weeks," Johnston noted. "He's had a lot of nagging injuries, which has been very unfortunate for him."

Alex France and Driano Silvari also hauled in TD passes for the Thunder while David Aisicovich had a rushing major.

"We were quite balanced, and that was our game plan going in, was to be balanced," Johnston said. "Our offensive co-ordinator did a good job keeping things balanced in the game. I thought we ran the ball well and we had a lot of big plays in the passing game."

With the win, the Thunder finished the regular season with a 2-6 record. They will face the Greendell Falcons (4-4) in a quarter-final matchup Saturday at the U of M.

Kickoff is noon.

Greendell has an effective running attack, led by Demi Adeleye-Olusae. The talented back finished second in

league rushing with 963 yards. He also had seven touchdowns and is a serious threat in the kick-return game.

"They're a run-first offence and we have to be concerned with shutting down the run," Johnston said. "They have a very dynamic starting tailback and their other two rushers are very aggressive, physical, downhill runners. They kind of have a three-headed monster rushing attack and they use them to the best of their abilities.

"We have to shut down the run and their two key receivers."

Greendell defeated Interlake 28-14 back on Sept. 5 and is on a two-game win streak heading into the playoffs.

Atom Thunder still rolling



RECORD PHOTO BY LANA MEIER

Brett Gascoigne of St. Andrews carries the ball during the Interlake Thunder's 43-13 playoff win over Charleswood.

Four time champions



SUBMITTED PHOTO

The Senators have done it again. The St. Andrews mixed slowpitch team have won the championship for a fourth year in a row. Pictured back row, left to right: Gary Zeller ,Raylene Zeller, Jamie Fissel, Rhonda Spatt, Devren Dear, Gary Dear, Paul Lee, Dominique Dolyniuk; front row, Danielle Dolyniuk, Colton Doersam, Roberta Dear, Carla Porth and Anita Sen.



SDOPTS&recreation INSIDE > OUTSIDE > UPSIDE DOWN

Royals scoring goals in bunches

By Brian Bowman

The Selkirk Royals have been scoring a lot of goals lately.

Selkirk scored 19 goals in a 24-hour period late last week - resulting in a pair of lopsided wins - in Winnipeg Women's High School Hockey League

On Friday, Selkirk trounced Glenlawn Collegiate 9-1 in Winnipeg.

Selkirk, which had period leads of 4-0 and 6-0, were led by Kaitlyn Seed's two-goal, two-assist effort while Jenna Truthwaite added a hat trick.

Courtney Sorokopud-Jones chipped in with a pair of goals and now leads the WWHSHL in scoring with eight goals and three assists through the Royals' first three games.

Selkirk's Cassidy Ilchena and Mary Ryder each had a goal and an assist in the win. Kinnon Lycan had three as-

Emily Leonard scored a third-period goal for Glenlawn.

Last Thursday, the Royals rocked the West Kildonan Wolverines 10-2 at the new Seven Oaks Arena.

Sorokopud-Jones led Selkirk with four goals and three assists while Seed added a hat trick.

Kyra Delaronde and Truthwaite each had a goal and an assist while Mckenzie Pelletier also scored for Selkirk.

Ericka de Sousa and Hayley Broatch replied for West Kildonan.

Rebecca Zdrill earned both Selkirk wins in goal last week.

The Royals started their regular season with a tough 3-2 loss to Miles Mac on Oct. 7.

Meghan McDonald scored the game winner on the power play in the third period. Shayla McMillan and Kali Solmundson, who also had a pair of assists, scored for the Buckeyes.

Sorokopud-Jones scored both Selkirk goals. Kinnon Lycan had an as-

Emma Gillespie made 27 saves in the loss.

Selkirk (2-1) played the Beliveau Barracudas (1-0) Wednesday but no score was available at press time. The Royals will then host the Barracudas on Oct. 21 in East Selkirk.

Puck drop is 4 p.m.



SUBMITTED PHOTO Courtney Sorokopud-Jones leads the WWHSHL in scoring with 11 points through three games.

Selkirk Royals icing the competition

By Brian Bowman

The Selkirk Royals have being doing a lot of winning so far this season.

After skating to a perfect 4-0 record at a preseason West Kildonan tournament, Selkirk then opened its Winnipeg High School Hockey League regular season Oct. 6 with an impressive 3-0 home win over the Stonewall Collegiate Rams.

The score, however, could have been much higher.

"Their goalie (Curtis Beck) was really strong for them all game," said Royals' head coach Shayne Fredborg."We carried the play for the most part of the game but their goalie made some nice saves to keep them in it."

After a scoreless first period, Travis Spratt gave Selkirk a 1-0 lead with a

second-period goal. In the third, Phil Crupi and Auzzie Loewen closed out the scoring.

Wes Hoydalo and Gordie Longbottom each had two assists in the game. Austin DeBoer, a Grade 10 goalie,

posted the shutout.

Fredborg was pleased with his club getting the three points for the win to start the season (the league, for whatever reason, changed the points format this season).

"Our goal was to go in there and get the 'W' and we accomplished that," Fredborg said. "We shouldn't have had a huge makeover but we had a big makeover of players this year."

Selkirk has nine new skaters this season after losing three key players to junior hockey. The Royals don't have the top-end talent that they had last year but they should be able to throw out three solid lines that can generate scoring opportunities.

"We have a mix of older guys and younger guys," said Fredborg, noting 50 players came out for their tryout camp this season. "But we went through the West K tournament pretty easily."

After blowing out teams in three straight games at the West Kildonan tournament, Selkirk then won the championship with a solid 4-0 victory over Miles Mac. DeBoer, once again, earned the shutout.

Selkirk (1-0)hosted the Sturgeon Heights Huskies (1-0) this past Tuesday and then the Royals will play the same Huskies on Oct. 20. Game time is 4:15 p.m. in St. Andrews.

The Royals will play four straight home games to start the regular season over a 21-day period.

"That's actually good because it gives us time to practice and put our systems in play," Fredborg said. "Last year, we had a whole bunch of games right at the start, whereas this year we'll have a slower start for games.

"But I think that will actually help us play better as a team and I think that will benefit us come the middle of the season."



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SDOPES& Pecteation INSIDE > OUTSIDE > UPSIDE DOWN

Steelers crown Kings in wild one in MJHL action

By Brian Bowman

Giving up seven goals at home is never a good thing for any MJHL club. But when that same team scores nine in the game, it's a little easier to

digest.

Defence was thrown out the window last Friday as the Selkirk Steelers skated to a wild and wacky 9-7 victory over the Dauphin Kings at the Selkirk Rec Complex.

Ty Kraus led the Steelers with a goal and five assists while AP Brad Goethals scored three goals – including the first of his MJHL career.

"Krauser's a 20 year old and we expect that output from him," said Steelers' head coach Wayne Bartley. "He's a veteran hockey player but we're really happy with Goethals. He's one of the top Midget players in the

province...he's a very talented hockey

Selkirk started the game extremely well, scoring twice 16 seconds apart before the contest was 35 seconds old.

Taylor Fisher opened the game's scoring and then Goethals made it 2-0. But Dauphin came right back, scoring four goals in a 9:37 span.

Drake Bodie, Chance Thomas, Kirklan Lycar (power-play goal) and Tyler Garrioch scored for the Kings but Kraus closed the gap to 4-3 with a goal at 19:30 of the first period.

Kraus is currently second on the Steelers in scoring with 10 points (five goals, five assists) and was named this past week's MJHL Recycle Everywhere Player of the Week.

"KRAUSER'S A

AND WE EXPECT

20 YEAR OLD

THAT OUTPUT

FROM HIM."

In the second period, Goethals and Dauphin's Matthew Greening (power play) traded goals and then Goethals completed his hat trick with 2:58 left in the period.

Connor Barley continued his strong play since joining the Steelers as he gave Selkirk a 6-5 lead with a goal at 19:32 of the middle frame.

Lycar netted his second power-play

goal of the game at 11:07 of the third but Fisher tallied his second goal of the contest just 1:46 later.

Dallas Starodub made it 8-6 with his second goal of the season but Dauphin's Kyle Bird made things interesting when he scored with 1:09 remaining in regulation time.

Dexter Kuczek then iced the game, however, when he scored an empty-net goal at 19:36.

Dauphin was 4-for-9 on the power play while Selkirk was 0-for-1. Cody Murray made 21 saves for the win.

On Oct. 7, the Steelers skated to a 4-1 victory over the Natives in Neepawa.

Selkirk snapped a 1-1 tie midway in the third period when Kraus and Kuczek, on the power play, scored goals just 1:04 apart.

Dale Goodbrandson then tallied a shorthanded goal into an empty net with a second left on the clock. Kuczek finished the game with three points.

Kraus had given Selkirk a 1-0 lead at 18:37 of the opening period and then Neepawa's Jared Pelechaty tied



RECORD PHOTO BY LANA MEIER

The Steelers' Taylor Fisher scored two goals in his team's 9-7 victory over the Dauphin Kings last Friday.

the score at 1-1 at 14:52 of the middle frame.

Murray made 37 saves for the win.

Bartley likes where the Steelers, now 4-3, are headed after opening the season with a pair of losses to the Winnipeg Blues.

"We're happy with the direction we're going," said the Steelers' head coach. "Obviously, we want to reduce the number of goals against but our goaltending situation is still up in the air."

After having a week off between games, Selkirk will now play three games in five days. The Steelers will host Waywayseecappo Friday, will visit Virden Saturday, and then will host Swan Valley on Tuesday.

All three games have 7:30 p.m. start times. All three games have 7:30 p.m. start times.

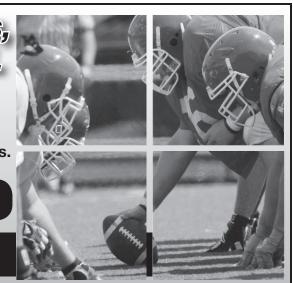
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Spotside > OUTSIDE > UPSIDE DOWN

Steelers make Hall of a trade with Terriers

By Brian Bowman

The Selkirk Steelers' brass has made it no secret that they want to get their roster bigger this season.

Boy, oh boy, did they do that last week.

The Steelers acquired 6-foot-6 forward Ezra Hall from the Portage Terriers for 5-foot-7 forward Adam Wowryk in a trade last week. Both players are 19 years old.

"Ezra's had a couple of years in the league and he's a guy we went after at the end of the season last year," said Ken Petrash, the Steelers' director of hockey operations. "He's a big, belligerent guy who is tough to handle. He stands in front of the net on the power play."

But Hall's debut in a Steelers' uniform wasn't a very pleasant one. Hall was blindsided by a Neepawa player and suffered a severe upper body injury in the Steelers' 4-1 road victory on Oct. 7.

It was not known for sure how long

Hall would be out of Selkirk's lineup.

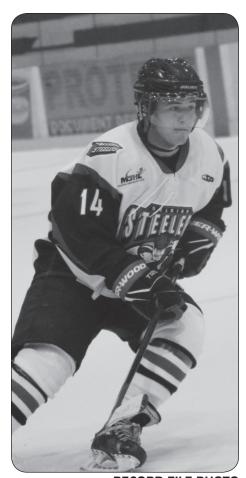
Hall had an assist in five games with Portage this season. Last season, the Winnipeg product scored 12 goals and added 14 assists in 53 regular-season games with the Winnipeg Blues.

Wowryk, who also hails from Winnipeg, had three goals and five assists through Selkirk's first five games this season. He was a solid player for Selkirk in two seasons, scoring 33 goals and producing 69 points.

"Adam had a real good year for us last year," Petrash said. "He had 22 goals and 24 assists."

The Steelers made another trade last week, sending American goaltender Alex Burke to the Minnesota Iron Rangers for future considerations.

"We're in a position where we're going to get (Hayden) Dola back (from injury)," Petrash said. "We brought in Cody Murray and he's been real good for us so far and he was going to be ahead of (Alex)."



RECORD FILE PHOTO The Steelers traded Adam Wowryk to the Portage Terriers last week.



RECORD PHOTO SUBMITTED Ezra Hall will bring some muchneeded size to the Steelers' line-

Fishermen ice Arborg

By Brian Bowman

The Selkirk Fishermen opened their 2015-16 Keystone Junior Hockey League regular season with a solid 4-1 victory over the Arborg Ice Dawgs last Saturday at the Selkirk Recreation Complex.

Selkirk's Drayton Mendrun scored a first-period goal and then Milan Horanski, a very good player for the Selkirk Royals last season, made it 2-0 midway in the second.

Spencer Kilbrei cut the Fishermen's lead in half with a power-play goal but Jeremy Thomas regained the Fishermen's two-goal lead late in the period. Thomas then added an insurance

marker in the third.

Michael Smiley assisted on that goal and finished the game with two helpers. Selkirk outshot Arborg 33-25. Jordan Liske earned the win.

The Fishermen hosted the Fisher River Hawks this past Tuesday but no score was available at press time. The Norway House North Stars will visit Selkirk on Saturday. Game time is 7:30



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Don't forget to send your special wishes to your friends and family with a message in the Record

UPCOMING **EVENTS**

Separated - Widowed - Divorced - Beginning Experience (BE) is a non-profit, peer support grief resolution program single-again helpina persons deal with the natural grief process and offers an opportunity for turning pain from loss into an experience of positive growth. We offer 2 week-end retreats per year. Our next week-end retreat will be held Oct 30th -Nov. 1st. 2015. We also offer a 10 week program 3 times per year. The next 10 week session starts Jan. 13th, 2016. For more information please call 204-275-3090 or visitwww. beginningexperiencewinnipeg.ca

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ROCKIN' RICHARD'S RECORD & SALE. Victoria 1808 Wellington Ave. Wpg. Sunday, October 18/15, 10 a.m. - 4 p.m., 80 plus tables. Records, CD's, DVD's music collectibles. Admission \$5. Info 204-338-3655

Metaphysical Encounters will be held on Sunday, October 25th, 2015 from 10:30 a.m. -1:30 p.m. This is a fundraiser for our Church. Each reading is \$10.00. Coffee/tea and a dainty are available. Location: Sunova Centre/West St. Paul Rec. Centre, 48 Holland Road, on the North Perimeter, Call The Spiritualist Church of The Light at 204-390-6609 for more information. Hope to see you there!

UPCOMING EVENTS

Books make such Christmas special gifts! Get a personalized copy of Displaced Person and meet the author. Helen Kish Hastman, at Gaynor Family Regional Library on Sunday, October 17th. Presentation commences at 2 pm. Through her voung voice. Helen takes the reader along a momentous journey from post-war Austria, through a displaced persons' camp, to the delightful adventures of growing up on a primitive Saskatchewan farm. Visit www. kishhastman.com

NOTICE TO CREDITORS

In the matter of the Estate of DARLENE DAN-IELS, late of Selkirk, Manitoba, Deceased. All claims against the above estate, supported by Statutory Declaration must be sent to the attention of: Marlene Klimchuk, Estates Administration, at 155 Carlton St. Suite 500. Winnipeg MB, R3C 5R9 on or before the 17th day of November, 2015. Dated at Winnipeg, Manitoba, this 6th day of October, 2015. DOUGLAS R. BROWN,

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CARD OF THANKS

I want to thank everyone for coming to my fundraiser for Marilyn Loutit on October 3, 2015 at the Selkirk Legion. I also want to thank all the people who gave me monetary gifts, people who donated auction prizes and the donations on "Go Fund me on Face Book". A big thank you to the Selkirk Legion for the facility and the awesome food and band for donating their time and everyone who has contributed in some way to make my dream possible. I thank my daughter Shannen for working so hard and everyone else to make this happen. I'll never forget it and it will be forever in my memory. Thank you again and God Bless you All.

-Marilyn Loutit

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