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# The Selkirk Record

THURSDAY, NOVEMBER 12, 2015

VOLUME 6 EDITION 46

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## From candidate to cabinet

## Report prompts gov't to launch fisheries review

By Brandon Logan

The province is launching a comprehensive review of Manitoba's three largest fisheries.

The announcement came the same day SeaChoice, Canada's most comprehensive sustainable seafood program, said Lake Winnipeg, Lake Winnipegosis and Lake Manitoba needs improving and advised consumers to avoid purchasing fish from Manitoba's three largest producing lakes.

"We welcome today's report from SeaChoice and its call for more action for our major lakes," Conservation and Water Stewardship Minister Tom Nevakshonoff said during a press conference in Winnipeg on Monday. "Today we are announcing that we are doubling down in our efforts and we will work even harder to ensure that Manitoba's fish stocks are well managed to assure the long-term sustainability of the resources."

The review, Nevakshonoff added, will begin soon with meetings scheduled for the end of the month and will wrap up sometime in September 2016 with a final report.

Continued on page 2

PHOTO SUPPLIED BY SGT. RONALD DUCHESENE, RIDEAU HALL © OSGG, 2015

Kildonan-St. Paul MP MaryAnn Mihychuk, pictured left, gets sworn in as Minister of Employment, Workforce Development and Labour while Prime Minister Justin Trudeau, pictured centre, looks on during Trudeau's swearing-in ceremony at Rideau Hall in Ottawa, Ont. last Wednesday. For a full story, see page 4.

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## > WESTDAL TO ASSIST WITH REVIEW, FROM PG. 1

Assisting with the review is economist Harold Westdal. He's been the minister's advisor.

"I look forward to bringing fishers, local communities, aboriginal people and other levels of government together to discuss these important issues for Manitoba's fisheries. Working together with our scientific community, we will work to provide the best advice to support sustainable fisheries for years to come," Westdal said in a release.

According to the province, Westdal will work with commercial fisher representatives, First Nations and others throughout the review process.

His job, Nevakshonoff said, "is to establish a committee and the development of an action plan for productive fisheries and the ecosystems that sustain them, in line with the recommendations from SeaChoice."

Nevakshonoff said the independently led review will include additional focus on traditional knowledge, improved and more collaborative research, sustainable growth and jobs that are mainly centred in rural and northern areas, as well as regular assessments of ecosystem health and the long-term connections to healthy fish populations.

The province is also hoping to get a number of bodies of water eco-certified. To date, Manitoba has invested \$480,000 to support eco-certification.

In 2014, Waterhen Lake was the first freshwater lake in the Western Hemisphere and second in the world to get its eco-certification from the Marine Stewardship Council.

"We have also gained fisher approval to work towards the certification of 19 additional commercially fished lakes in the west and northwest regions of our province," Nevakshonoff said.

Ron Thiessen, Manitoba chapter executive director of Canadian Parks and Wilderness Society, said he's happy with the action the government is taking.

"Today's assessment has highlighted major sustainability problems with fisheries taking place in Manitoba's three largest lakes. We appreciate the government of Manitoba's quick response to the report and the commitment to addressing the issues with these fisheries," Thiessen said. "This will enable a robust assessment of the fisheries, ensuring their long-term sustainability and the health of the lake ecosystems. We look forward to seeing the resulting comprehensive management action plan."



RECORD PHOTO BY BRANDON LOGAN

Manitoba Conservation and Water Stewardship Minister Tom Nevakshonoff, along with Skownan First Nation Chief Cameron Catcheway, announces the province is undergoing a comprehensive review of the three largest fisheries in Manitoba including Lake Winnipeg, Lake Winnipegosis and Lake Manitoba at the Manitoba legislature on Monday.

The overall goal for the review, Nevakshonoff said, it to make sure commercial fishers have access to global markets and maintain competitive prices while keeping Manitoba's lakes in good, healthy shape.

Manitoba's commercial fisheries are estimated to generate more than \$50 million of economic growth and provide more than 3,000 jobs annually in communities across the province, Nevakshonoff added.

# Health authority partners up with MMF to fill vacancies

By Lindsey Enns

A renewed partnership between the Interlake-Eastern Regional Health Authority and the Manitoba Métis Federation aims to fill vacancies across the region with more Aboriginal Peoples.

"Among the Métis population there's

so much heart disease, diabetes, cancer or arthritis it's unfortunately very staggering numbers," MMF Minister of Métis Employment and Training John Fleury said after signing a memorandum of understanding regarding a representational aboriginal workforce at the Selkirk and District

Hospital last Friday. "We find that our people respond best to their own people and this is a great step towards achieving that.

"Once they walk in and see the health care aide ... is an aboriginal woman or man they just feel a sense of peace, they're at home, they're

more comfortable."

Since they signed their original MOU in 2010, the health region's self-declared Métis workers have increased from 4.5 per cent to eight per cent, Interlake-Eastern Regional Health Authority CEO Ron Van Denakker said.

"This is incredibly important," Van Denakker said regarding renewing the MOU. "This helps us fill very, very important positions."

Currently roughly eight per cent of the health region's workforce is self-declared Métis, he said, adding residents in First Nations make up approximately 25 per cent of the region's population.

"We're actually doing really well in terms of our representative workforce," he said. "Having said that, the sky's the limit."

Currently there is a six per cent vacancy rate across the Interlake-Eastern region, he added.

"If there were opportunities for Métis and First Nation and Inuit people to fill those vacancies that would be amazing," he said. "Working together with the communities we serve makes for a helpful and healthy environment."

Continued on page 9

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# Suspected gun leads to 'high-risk takedown' on Main St.

RCMP say passenger was acting out rap lyrics, no gun found

By Lindsey Enns

RCMP confirm a "high-risk takedown" along Main Street in Selkirk on Sunday was due to a complaint a passenger in a red van was waving what appeared to be a gun.

Further investigation revealed the occupants were listening to a rap song and the passenger had his hand shaped like a gun out the window while there were gunshots in the song.

"All involved were warned about the dangers of acting out the lyrics of rap songs, and sent on their way," RCMP Sgt. Bert Paquet told the *Record* via email on Monday.

At around 2:20 p.m. on Sunday, Selkirk RCMP received a report of a van travelling northeast on Main Street. The complainant reported there were several occupants in the vehicle and one of them was waving what appeared to be a gun outside the passenger window.

Offices later located and stopped the vehicle along Main Street near Taylor Avenue.

"Officers located the vehicle, and based on the specifics of the complaint, conducted a high-risk takedown in order to ensure both public and officers safety," Paquet said.

Paquet added no gun was located on any of the five passengers in the vehicle including the 38-year-old male driver from Winnipeg and four male passengers aged 14 to 17.

Several community members gathered Sunday to watch as RCMP officers pointed their rifles towards the van and asked occupants one by one to step out with their hands in the air.

After searching and questioning each occupant for about half an hour or so, officers with rifle in hand, also



**RECORD PHOTOS BY LINDSEY ENNS**  
**ABOVE LEFT:** RCMP officers question the driver of a red van along Main Street after receiving a complaint one of the passengers was waving what appeared to be a gun on Sunday. No gun was found and all five occupants of the vehicle were free to go. **ABOVE RIGHT:** RCMP members, with rifles in hand, search the red van they pulled over along Main Street near Taylor Avenue on Sunday. **BELOW:** An officer gets ready to put his rifle away following a traffic stop last Sunday.



searched the contents of the van.

Once their investigation was complete, the five occupants were free to go.



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# BIG DOLLAR



# Kildonan-St. Paul MP reflects on cabinet appointment

By Brandon Logan

It was just 18 months ago MaryAnn Mihychuk started going door-to-door in the Kildonan-St. Paul riding, hoping to turn a historically Tory riding Liberal red.

Now Mihychuk is not only an MP, but also the Minister of Employment, Workforce Development and Labour for a majority Liberal federal government.

"It was months of knocking on doors and visiting voters, and then in one short night my life transformed," she said during a phone interview from Ottawa last Friday. "Kildonan-St. Paul was such a challenge that I was pushing it working hard.

"Becoming a minister is similar."

A few days after her election win, the process to becoming minister started with some security checks followed by an interview.

Then six days before the swearing in ceremony, Mihychuk met with newly minted Prime Minister Justin Trudeau

**"THIS IS THE ONE TIME IN MY LIFE WHERE BEING A FEMALE WAS, PERHAPS, AN ADVANTAGE ..."**

for a meeting that would change her political career.

"He said, 'I would like you to take over the Ministry of Employment, Workforce and Labour,'" she recalled. "It was a rush. It was like, 'oh my God, this is a dream come true.'"

Mihychuk and Jim Carr, Minister of Natural Resources, were the only two Winnipeg MPs to be named to Trudeau's cabinet.

While many pundits expected to see Mihychuk on the prime minister's cabinet regardless, there was a debate raging on regarding Trudeau's promise to have a gender-balanced cabinet.

"This is the one time in my life where being a female was, perhaps, an advantage, but I'd say my own credentials are such that I can stand up to an other person, male or female," Mihychuk said of the discussion. "There's a lot of people with skills that Prime Minister Trudeau had the ability to select, so I don't think it was difficult.

"What was difficult was the huge number of qualified people that aren't in, including other women."

Swearing in day was a particularly special one for Mihychuk. Born in Vita, Man. she said her ascent to minister is a truly Canadian story.

"My mom came to Ottawa and she's 99 years old, so it was nice having family there," she said. "She kept on saying, 'I can't believe my little girl from Vita is a minister.'"

"You think about the journey and it's just something about Canada coming from a poor family to be here," Mihychuk added. "It's really quite an adventure."

Following the ceremony last Wednesday, she said the ministers went for a brief lunch before Trudeau sent them to work.

With employment always being an important topic, especially during a time where a recession is being brought up often, Mihychuk said she understands the challenges that are ahead of her.

"It's obviously working with the department to find new ways to engage people so that we can get to the goal of as close to full employment as we can," she said. "It's all about having a workplace that meets the needs of Canadians and finding more opportunities."

"That's going to be what I'm going to focus on and what I'm working on now."

Trudeau's 30 newly appointed ministers will officially get back to work on Dec. 3, when Parliament is to be recalled. Trudeau is also set to deliver a Speech from the Throne the following day, on Dec. 4.

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## Lining up for Reggie Leach



RECORD PHOTO BY LINDSEY ENNS

Dozens lined up to get a copy of NHL legend Reggie Leach's book, "The Riverton Rifle: Straight Shooting on Hockey and on Life" signed by Leach himself at the South Beach Casino and Resort on Sunday. Leach said he wrote the book in hopes of encouraging youth to follow their dreams.

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# Recent murders highlight need for CELL program

By Austin Grabish

The recent murders of two Winnipeg women have highlighted the need for a provincial program that gives cell-phones to domestic violence victims fearing for their lives.

But critics say changes are needed to the province's Cellphone Emergency Limited Link-up (CELL) program, which can serve as a lifeline for people at risk of violence.

Camille Runke and Selena Rose Keeper were both murdered in Winnipeg last month.

Runke, 40, was gunned down in St. Boniface, allegedly by her estranged husband Kevin, who later shot himself to death after police tried to pull him over in rural Manitoba.

Rose Keeper, 20, was found badly beaten outside a North End home and died shortly after in hospital. Her ex-boyfriend Ray William Everett, 20, has been charged in connection with her death. He is presumed innocent.

Nova House executive director Anna



RECORD PHOTO BY AUSTIN GRABISH

Critics say changes are needed to the province's Cellphone Emergency Limited Link-up program, which can be a lifeline for those at risk of violence.

Pazdzierski said the two deaths highlight the need for the CELL program.

She said too few know about it, and she wondered if either of the slain women had access to the program.

"Somebody needs to make sure that women who need them know where to go to get them," Pazdzierski said.

The province has 55 phones in the CELL program, and recently announced it was adding five speciality

phones to the fleet that connect to 911 regardless of what button is pressed.

But Sheila Hillier, executive director of the Interlake Women's Resource Centre, wonders how those five phones will be given out since there are thousands of domestic violence victims in the province.

"Every woman who qualifies for an emergency cellphone would qualify for one of those, so how are they go-

ing to decide," she said.

Government spokeswoman Rachel Morgan said the province doesn't get many requests for the phones, and has an adequate supply to meet the demand of the CELL program.

She said the program is meant for low-income individuals, who can't afford cellphones, because people who already have phones can have them turned into emergency devices.

"This is to fill a gap," she said. "We would increase the number of phones if there were more people who didn't have their own phones."

But in order to have a phone hooked onto the province's emergency network, which gives police case information when a 911 call is made, a police report has to be filed.

Hillier said shelters and women's resource centre's across the province can help victims do this.

"There is a process to it as far as making application, but they can receive them if they them."

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# Cupcake sales help local woman raise funds for veterans

By Brandon Logan

Candice Jennifer Wratten has spent hours upon hours perfecting the art of making poppy cupcakes.

The Selkirk resident has been making the Remembrance Day creations for months and has been selling them to raise money for the local legion.

While Wratten understands the importance of Remembrance Day, the mother of two wants to make sure everyone takes a moment to think about Canada's veterans each day of the year.

She said the inspiration for the

cupcakes came from her long line of relatives who have served Canada both past and present.

"I figured because my husband, Joe, is in the military and my grandfather and his grandfather were in the military,



RECORD PHOTO BY BRANDON LOGAN AND SUBMITTED

Candice Jennifer Wratten, pictured right, shows off one of her freshly made poppy cupcakes, pictured left. Wratten has been baking and selling the cupcakes, and donating all the money earned to the Selkirk Legion.



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I thought that it would be really nice to create something specifically for them," she said. "Especially at this time of the year."

For every highly detailed cupcake sold, Wratten is donating \$1 to the Royal Canadian Legion Selkirk Branch. To date, she said she's

raised well over \$400 and hopes that number will only grow larger as Nov. 11 nears.

"I thought it would be a nice gesture to do this and see if we could do more for our veterans," Wratten said, adding she got an order for around 200 cupcakes for a legion in Winnipeg late in the week.

With a rich background in baking and design, the process to create the poppies is not an easy one. In fact, it takes many hours to do a batch of the flowers, which look extremely realistic.

"It's all done by hand," Wratten said. "They're all made out of fondant and

cut and shaped and dried by myself. It's a long process."

But it's a process that she's more than willing to do over and over again to raise awareness and money for Canada's veterans.

"For all of us to say thank you (on Remembrance Day) for everything they've done, it's just not enough," she said. "This is how I can show my appreciation. It's the least I can do for them."

To purchase Wratten's cupcakes or help donate to the local legion, you can send her a message on Facebook by searching "Candice Jennifer."

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A sincere THANK YOU to our sponsors, our dedicated and hard working volunteers and all the festival attendees. Your support over the past twenty years has been greatly appreciated.

- Karen & Ron



# Dennis Hull serves up laughs at Hockey Night in Selkirk

By Brandon Logan

It was a belly-busting evening for those in attendance at the 18th annual Hockey Night in Selkirk fundraising dinner last Thursday night.

Former NHL player Dennis Hull, who, besides hockey, is also known for his hilarious public speaking, headlined the sold out event for a second time in 10 years. And if the laughter throughout the room was any indication, the wait was well worth it.

"You know, it's been 10 years (since I've been in Selkirk) and I remember being here and I remember all the wonderful people from 10 years ago," Hull said before taking the stage during the event held at the Selkirk Recreation Complex Hall. "And the buzz in here tonight is just like it was 10 years ago, so it's a real thrill to come into the country and meet some great hockey fans."

Selkirk Steelers general manager David Obirek said 340 community members attended and they were really pleased with the amount of support they received.

"It's putting on events like this that really bring the community and team



RECORD PHOTO BY LINDSEY ENNS

Former NHL player Dennis Hull speaks during the 18th annual Hockey Night in Selkirk fundraising dinner last Thursday night at the Selkirk Recreation Complex.

together to reinforce the long history and pride that we share together here in Selkirk and in the surrounding communities," Obirek said adding they are still tallying up how much this year's fundraiser brought in. "Bringing Dennis Hull back to Selkirk

is something that our Club has spoken about for awhile now."

Initially, when the Selkirk Steelers approached Hull to speak at their annual dinner, Hull was taken back because he had already been here before.

"When they called to have me come out, I said 'I've already been there,' and they said, 'Well, they want you again,'" Hull recalled. "It's such a thrill that the people are still interested in me."

Spending 13 of his 14 NHL seasons with the Chicago Blackhawks and playing in the 1972 Summit Series, Hull poked fun at himself for being "the third best Hull" in the family, noting brother Bobby and nephew Brett all get the attention.

His interaction with the crowd, particularly taking some fun shots at Selkirk Mayor Larry Johannson, had the entire crowd cracking up.

On a more serious note, Hull said the best part about speaking at these rural dinners is meeting the strong hockey community.

"I just sat down with some wonderful people here and talked to them about hockey and their grandkids playing," he said. "That's the best part about Canada ... hockey is king here."

The Selkirk Steelers will back on the ice this Saturday, as they host the Waywayseecappo Wolverines.

# Winnipeg set to host Skills Canada competition in 2017

Staff

Skills Canada has selected Winnipeg to host the 2017 national Skills Canada competition.

"Some of our province's most talented and hard-working young people are teaming up to show the rest of the country the skills they have trained diligently to develop," Jobs and the Economy Minister Kevin Chief stated in a release last Wednesday. "They are amazing role models in their hometowns and neighbourhoods, and they make Manitoba proud."

The event is scheduled to take place from May 31 to June 3, 2017, at the RBC Convention Centre in downtown Winnipeg.

The Manitoba government is providing \$100,000 to the competition as a lead sponsor of the event.

The competition is anticipated to attract more than 18,000 visitors and

more than 500 youth who will compete in various areas, Minister Chief said. Participants in the competition are youth and apprentices enrolled in trades training programs in colleges and high schools across Canada.

"In collaboration with Skills Canada Manitoba, Red River College has been the host site for the Annual Skills Canada Manitoba competition and we are very excited to be part of the 2017 Skills Canada National Competition coming to Winnipeg," said Paul Vogt, president and CEO, Red River College. "We applaud the government of Manitoba on making skilled trades and technology a priority and their investment

in our new state-of-the-art Skilled Trades and Technology Centre currently under con-

struction at the Notre Dame campus."

The competition brings together students and apprentices to promote the skilled trades and to reinforce their importance in building a strong provincial economy, the minister noted.

"Skills/Compétences Canada is thrilled to see the 2017 Skills Canada National Competition coming to Winnipeg in 2017," said

Shaun Thorson, chief executive officer, Skills/Compétences Canada. "The event will provide tremendous opportunities for students."

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**Deadline for nomination submissions is December 15, 2015**

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# The Selkirk Record



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## A fishing tale of men's aftershave lotion

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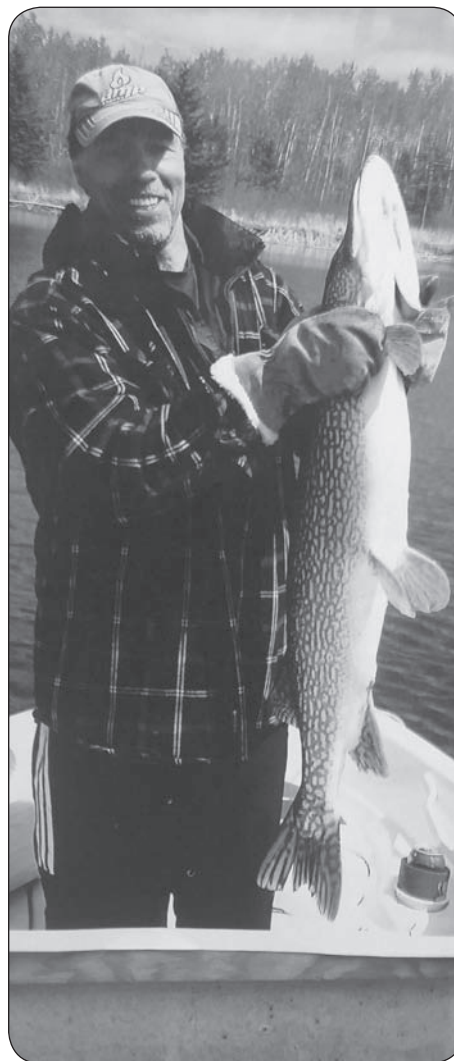
Off and on for the last week I have had to run into Selkirk on errands for the Manitoba Ice Fishing Associations' start up activities, which also meant I had a perfect chance to get over to the pier to see what all our angler friends were doing. I strolled up and down the pier striking up conversations with everyone. Occasionally I stopped to catch a story offered by one of our fellow fishers.

Even in the cold windy overcast weather, folks were in a fine mood like one averaged sized local chap who had the face of a man who liked to be outside all the time. His name was Wade Cochrane and as we got to know each other, he remembered a funny thing that happened with him and his wife.

Years ago they were fishing in a creek by Wetaskiwin south of Edmonton. They were using spoon lures with fair success when a fellow Wade knew, happened along, wanting to fish with them. They moved apart letting his friend fish between the two of them. Even though the friend used exactly the same spoon as Wade and his wife, he never got a single bite as they continued to reel them in.

Eventually, as the frustrated friend started to leave, Wade mischievously remarked that he always rubbed his hooks down with men's aftershave lotion. Weeks later, Wade met his friend in Edmonton who lost no time in telling him he had absolutely no success with the aftershave trick. Wade innocently looked him straight in the face exclaiming, "buddy, you didn't try that did you, I was just kidding."

Right next to Wade on the pier Bill Dunbar from Winnipeg joined us saying he noticed Selkirk had no bathrooms along the harbor and with so many anglers he wondered where folks went when nature called. Maybe the town can do something about that



**SUBMITTED PHOTO**  
Dan Burbanae of Winnipeg with his giant jackfish caught in Margaret Lake

for next summer.

During the weekend I came across Bob Davie from Winnipeg Beach who loves to fish Willow Creek in north Sandy Hook. He says you can catch every kind of fish there and he also learned something very valuable when angling there not long ago.

He had cast out and secured his rod but a fish took his hook pulling his

rod out into the water. The fish got away but to Bobs' astonishment the rod floated. He got another rod from his car and retrieved his first rod then found out later that a cherry wood rod with a cork handle will float.

A little while ago I managed to get over to Otter Falls. I always look forward to driving up there. The drive along the narrow twisting and turning road rises and dips finding its way through the large rocks bordered by pine, poplar and birch trees is such a pleasure. Some trees had lost their many colored leaves as I pulled up to David Verebs' Otter Falls store and cabin settlement. As I made for the door in the warm still hazy afternoon the pungent odor of dead fall leaves filled me with a feeling of calm only autumn can give. Inside the store, its walls and shelves were covered with everything imaginable having anything to do with fishing. What a great place. Abruptly Dave came through the door behind the counter all smiles and with a big handshake began filling me in on the past summers' fishing. He said the sturgeon, bass and jackfish catches had been very good in Margaret Lake with daily gold-eye limits being achieved very easily on both sides of the falls. Dave has a large board by the door where local summer anglers post pictures of their catches. One picture stood out. It was of Dan Burbanae of Winnipeg with a giant jackfish he caught in Margaret Lake. The size of the jack was so spectacular I took a picture of Dans' picture for you to admire. I hope you like it.

So friends, there goes another week of fun in our sport. I wonder what next week will bring? So-long for now.



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# Transport Canada suspends Keystone Air Service

> 'IT'S A VERY DIVERSE FIELD,' FROM PG. 2



PHOTO COURTESY OF THE TRANSPORTATION SAFETY BOARD

Eight people managed to escape serious injury after a Keystone Air Service flight crashed near Thompson airport on Sept. 15. Transport Canada has suspended Keystone Air Service, based in St. Andrews, until it can demonstrate it is in full compliance with aviation safety regulations.

### Staff

Transport Canada has suspended Keystone Air Service's operating certificate.

According to several media reports Monday, Transport Canada suspended the air service, based in St. Andrews, on Oct. 9, prohibiting the company from providing commercial air service.

"This is a severe action that the department only takes when we identify serious safety deficiencies and must act to protect the public's safety," Transport Canada stated in a release.

Keystone Air, which has been operating since 1985, can not resume commercial air service until it demonstrates to Transport Canada that it is in full compliance with aviation safety regulations.

The suspension comes after six pas-

sengers and two pilots managed to escape serious injury when a Keystone Air flight crashed into trees near Thompson airport on Sept. 15. The crash was caused by the wrong fuel being put in the plane, the air service later confirmed.

According to a Transport Canada incident report, the pilot had radioed in shortly after takeoff about an electrical problem and said he would be returning to Thompson. The flight was destined for Winnipeg and all six passengers were provincial employees.

In January 2012, a Keystone Air plane crashed near a remote Northern Ontario community killing four people after it departed from Winnipeg.

In 2002, a Keystone Air flight crash landed on a Winnipeg street after it ran out of fuel and one person died from their injuries.



RECORD PHOTO BY LINDSEY ENNS

Interlake-Eastern Regional Health Authority CEO Ron Van Denakker and Manitoba Métis Federation Minister of Métis Employment and Training John Fleury sign a memorandum of understanding regarding a representational aboriginal workforce inside the Selkirk and District Hospital's multi-purpose room last Friday morning. Their original MOU was signed in 2010.

Fleury said over the years hospitals across the province have become more inclusive when it comes to hiring practices.

"It's a very diverse field and I think the quality of care today is leaps and bounds beyond what it was in the 60s," he said.

The MMF has previously sponsored health care related courses in a number of fields in an effort to enhance training of prospective health care workers including nursing assistants, physiotherapists, paramedics, support workers, dietary aides and orthopedic support staff among others. The MMF has also sponsored three activity assistants for summer employment in Eriksdale, Pine Falls and Fisher Branch.

"This is just a really important time to reflect on the success of our partnership," Van Denakker said. "This is the only way we're really going to be able to accomplish our goals."

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# Brokenhead clinic, pharmacy to open in January

By Lindsey Enns

A new grocery store, medical clinic and pharmacy being built in Brokenhead Ojibway Nation will officially be open for business sometime in early January 2016, according to Brokenhead Chief Jim Bear.

"There's definitely a lot of excitement," Bear said. "We're very pleased to be able to provide that much needed service for our people."

The building, which will house all three businesses, is being built across from South Beach Casino and Resort.

Construction is expected to be completed in late December but a grand opening will be held in early January, said Frank Suraci, CEO of Bond Development Corp.

Originally the building was to be fully operational by October but was delayed after they decided to expand the health clinic by nearly 3,000 square feet, Suraci said.

"We had to make it bigger," he said, adding the project's budget has increased from \$2 million to roughly \$2.7 million. "It took us almost a month to get the drawings done and an additional month to get it to where it is today."

Now that the building is up, crews are working on the interior and job



RECORD PHOTO BY LINDSEY ENNS

Brokenhead Ojibway Nation Chief Jim Bear checks out the construction site of a new grocery store, medical clinic and pharmacy being built in Brokenhead last Sunday afternoon. The building is expected to be completed sometime December and they plan to have a grand opening in early January.

interviews are ongoing to fill roughly 14 positions that will be dispersed throughout the facility, Suraci said.

He added due to the amount of interest, they could be looking at expanding the facility earlier than expected.

"The interesting thing is the amount of interest we're getting from the non-First Nations people that are asking us questions and want to come to the medical clinic for their health care and want to come to the pharmacy," he said. "We welcome everybody."

"It just shows there's more elderly people in the area that want to have closer services to them."

Currently the closest medical clinic and pharmacy to Brokenhead is in Selkirk, which can be tough to get to for those who are ill or without transportation.

Brokenhead's clinic will offer both western and traditional medical practices, making it a unique centre to this part of Manitoba.

The University of Manitoba is partnering with Brokenhead on the medical clinic and students from U of M will be able to receive training there once it opens while offering health and clinical services.

Following a sod turning for the project in early July, Bear said this is a "tremendous opportunity" for their community.

The facility will also serve the seven southeastern tribal councils in the area along with surrounding communities.

# Province calling it a 'record year' for highway construction

Staff

With construction season nearing an end in Manitoba, the province is calling it a "record year" for highway construction.

"This year's investment of \$585 million in major projects involved significant upgrading of provincial highways in every part of the province including new roads connecting First Nations communities along the east side of Lake Manitoba," Infrastructure and Transportation Minister Steve Ashton said in a press release last Thursday. "When we invest in highways and bridges, we're investing in good jobs and a stronger economy for all Manitobans."

According to data released by the government, in 2015-16 an estimated 6,650 jobs were created, which gave an estimated \$678.6-million boost to the province's economy.

Ashton said work involved more than 2,700 kilometres of highway projects, 1.4 million tonnes of asphalt, roughly two million tonnes of gravel, more than 900-km of surface treatments and 65 structures have been worked on or will commence this year.

Ashton went on to add that with \$535-million in major projects last season, along with an investment of \$585-million this season, means total work on highway and bridges comes out to more than \$1-billion in the 2014


and 2015 construction seasons.

"These record investments in our highways and jobs across the province are made possible through Manitoba's \$5.5-billion commitment to rebuilding our core infrastructure," Ashton stated in the release. "Independent analysis of our five-year plan estimates our investments will create 58,900 jobs and that each \$1 invested in the plan will boost Manitoba's economy by \$1.16."


One of the province's major investments in the Interlake region is the new intersection at Highway 59 and the Perimeter Highway.

"Investments in major improvements to Manitoba's highway system,

such as the new intersection at PTH 59 and the Perimeter Highway, are welcome news to truckers who cover thousands of kilometres every year," said Terry Shaw, executive director of the Manitoba Trucking Association. "But equally important are the smaller investments in roads and bridges across the province that enhances the web of commercial routes that allow businesses across the province to engage in critical economic activity. It's also important to note that these improvements allow the general motorist to enjoy increased connectivity on higher quality pathways."

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# City hosts recreation master plan open house

By Brandon Logan

Selkirk and area residents got an up close look at the city's recreation master plan survey results during an open house last Tuesday.

Along with city officials, members of landscape architecture firm Scatliff+Miller+Murray were on-hand to present the results from an online survey from earlier in the fall.

"We are here presenting to the City of Selkirk the results from our explorations in the city so far," Vanessa Jukes, landscape architect with Scatliff+Miller+Murray, said during Tuesday's open house. "What you're seeing today is a summary of the results from the online community survey which was launched in September and closed in October.

"We're giving an overview of the results from that survey and then as well what we observed from the city itself, visiting all the recreation and cultural facilities."

The recreation master plan is a 25-year plan projecting what recreation and cultural facilities are in the city today, and what people want to see a quarter century from now, she added.

When it came to the results from the online community survey, Jukes said he feedback was generally positive



RECORD PHOTO BY BRANDON LOGAN

Selkirk and area residents were invited to a public open house last Tuesday night, as the City of Selkirk and representatives from Scatliff+Miller+Murray provided updates on the city's Recreation Master Plan.

from residents.

"There was a very positive response from the quality of life in Selkirk," she said.

In terms of recreational activities, residents identified walking, running and swimming as the top ones they participate in. They also suggested

some facilities they'd like to see in Selkirk in the future.

"Taking top rank among the survey was an indoor soccer facility," Jukes said, noting there's a strong interest in swimming too. "Also access to the community pool as well."

While engaging the public through

a survey was important, Jukes said it was even more important to present those results to residents and hear from even more voices.

"The success of these kind of endeavours are rooted in the public, so having people that are vested in recreation and culture in this city it's very important to have their voices heard," she added. "The only way the plan is going to be successful is if the community is engaged and on-board."

During the evening, members of the public were able to further prioritize their wish lists of facilities and give feedback to Scatliff+Miller+Murray on the progress of the plan.

Going forward, Jukes said they're going to focus on the open house feedback and add it into the on-going plan.

"After tonight we're going to take the feedback and observations heard here today and we'll take that involved and we'll compare it to what we saw on the community survey," she said. "We'll also have an understanding of who attended this event, because people can identify on a map where they live and work. That helps us get an understanding of where people are coming from."

## Province chips in additional \$800K to complete Trans Canada Trail

Staff

The province has announced it will invest \$800,000 to help complete the remaining section of the Trans Canada Trail through Manitoba.

"The Trans Canada Trail unifies all Canadians while at the same time making Manitoba's parks, lakes and wildlife more accessible to tourists from around the world," Premier Greg Selinger stated in a release last Tuesday. "Whether it's in our rural or urban communities, the completion

of this trail will preserve green space and promote conservation, create jobs by stimulating tourism, and inspire healthy and active living."

The trail project started in 1992 as a way to celebrate Canada's 125th birthday. When the Trans Canada Trail is officially completed, it will connect Canada's three coasts, stretching nearly 24,000 kilometres, according to the release.

It will pass through every province and territory in the country and will

be the longest network of multi-use recreational trails on the globe.

In terms of the Manitoba section of the trail, Selinger said it's 92 per cent finished and expected to be 1,400-km in length. Nationally, the project is roughly 80 per cent complete.

Regionally, the trail goes through Winnipeg and north on Highway 59 before turning west on Highway 202 into Lockport. From there it runs north to Lower Fort Garry into the City of Selkirk before heading back

across the Red River into East Selkirk.

Hartley Richardson, co-chair of the Trans Canada Trail Foundation, said this is a step in the right direction and will help the project come to a conclusion by 2017, which is Canada's 150th birthday.

The trail is expected to be completed in 2017. Once finished, sections are owned, operated and maintained by local organizations, provincial authorities, national agencies and municipalities across the country.

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— Sean Cornborough —

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## Thanks Big Chad



The Glorious Sons recently made their third stop at "The MERCH" in Selkirk. Just over 100 people were treated to Canada's biggest up and coming bands as they blew the roof (and the walls) off Selkirk's increasingly busy live music venue. The Kingston Ontario band are winners of the 2013 HTZ-FM Rocksearch and "Group and Rock Artist of the Year" at the 2015 SiriusXM Indie Awards. Introduced as "this country's hardest working band", there was no arguments when they burst onto the small stage of the cozy bar room. Brought to the Selkirk Stage again by "Big Chad" Gaborieau to both to give back to his home town by bringing in some of Canada's best entertainment. All in attendance were certainly appreciated the opportunity to witness this level of entertainment close up. As in previous shows Big Chad will again be making generous donation to Selkirk's "Our Daily Bread Soup Kitchen".



# Letters

## St. Clements needs solution for stray cats

I am writing this letter to create fresh dialogue regarding the concerns residents of St. Clements still have with the many feral, stray and breeding cats.

Located just north of Highway 4 on Highway 59, we have been a dumping ground for many a cat six months to a year, not neutered or sprayed, bearing gifts. Some owners were found, but most as undesirables.

The cats also carry baggage such as ear mites, worms, malnutrition and could bring with them viruses, feline leukemia or feline aids.

Since June, I have dealt with a one-year-old female cat and two six month old kittens, all starving, needing ear mite and worm treatments before any of them could go to new homes.

Knowing that their stray resource

connections are nonexistent, the RM still had me chasing my own call, calling the overloaded rescues, shelters and vet clinics.

The municipality needs to take some ownership and deal with this problem. Surely by now the RM must have an action plan, especially since this topic has been broached on more than one occasion.

The female cat was placed on a waiting list and the Humane Society came through. She was spayed, received shots, a tattoo, and at the age of one year she had two broken teeth removed, all at an affordable cost. She is now litter box trained, settling down and almost ready for a new home as an indoor cat.

These stray cats are not our problem or responsibility. We are just humane people wishing to give them a chance. It is not the cats fault that some irresponsible people just do not care.

There are many residents of St. Clements that take on these neglected creatures. They treat them, foster them, get them neutered or spayed, often at their own expense. Then find

decent homes for them.

Come on, St. Clements, lets play ball.

*Leslie Crouch  
East Selkirk,  
Man.*

## Personal care home training to focus on transferring patients

### Staff

In hopes of improving personal care home resident living and reducing workplace injuries, the province has introduced a new training program.

According to Health Minister Sharon Blady, the new program will focus on personal home care staff learning how to lift and transfer residents in a way that's safe for both parties.

"The Safe Resident Handling Program supports the implementation of safe lift and transfer training and polices to help protect residents and workers from injuries that can happen when lifting and transferring residents," Blady said in a press release. "This funding will be used to develop province-wide training to prevent injuries, as well as monitoring and reporting processes to better track information from personal care homes across Manitoba."

According to the Oct. 30 release, the safe resident program was created in hopes of reducing the number of lift

and transfer-related injuries to personal care workers.

The Winnipeg Regional Health Authority developed the program in partnership with all other regional RHAs.

"The health and safety of the region's staff is a priority," Shaun Haas, regional director of occupational and environmental safety and health at the Winnipeg RHA, said in a release. "We are in full support of any improvements that will provide greater safety, health and wellness for our greatest resource: our people."

In total, the Manitoba government is investing \$300,000 into the program.

"This initiative provides a safer work environment for nurses, health care aides and other health care workers," Immigration Minister Erna Braun said in a release. "By offering standard training programs across the province, we can better reduce workplace injuries and help front-line staff stay on the job."

## St. Andrews to host open house for wastewater sewer project

### Staff

The RM of St. Andrews is hosting two public open houses at the St. Andrews Community Club regarding the wastewater sewer project.

Scheduled for Wednesday, Nov. 18 and Thursday, Nov. 19, both from 5 p.m. to 7 p.m., the intent of the open house are to "update the residents and potential taxpayers on the prog-

ress of the wastewater sewer project to date," according a release.

There will be representatives from the municipality on hand both evenings as well as Stantec Consulting Ltd. and the Manitoba Water Services Board, who will oversee and fund part of the project.

The project, which will take place in three separate phases, has had Phase One and Phase Two approved for funding by both the provincial and federal governments.

According to the RM, phase one of the project will be the connection of the force main line within the RM of West St. Paul to the installation of a lift station in the vicinity of Parkdale Road in St. Andrews.

In phase two, the force main would continue from Parkdale Road north to Liss Road and all lateral streets and home connections between the two locations.

And lastly, in phase three, the force main would continue from Liss Road north to the south boundary of Lower Fort Garry.

Those unable to attend either of the open houses are being asked to contact the St. Andrews Municipal Office for more information by calling 204-738-2264 or emailing cao@rmofst-andrews.com.

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**Interlake-Eastern  
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# Manitoba bans e-cigarettes in public spaces

## Local vape shop manager welcomes new legislation

By Lindsey Enns

The manager of a local vape shop is welcoming the passing of legislation in Manitoba which bans the use of e-cigarettes inside public spaces.

"We're in favour of it," Selkirk's Fat Panda location manager, Phil Bouchard said. "We're fortunate that they're taking the steps to get people informed instead of just immediately saying 'this isn't good for you.'"

The province officially passed legislation banning the use of e-cigarettes inside public spaces such as bars and casinos last Thursday. However, the electronic devices can still be used in vape shops selling e-cigarettes and where smoking is allowed.

"Not being able to would really impede on not being able to try certain flavours so I think this rule is written fairly for everyone," Bouchard said,

adding since they've opened in Selkirk they've made sure not to advertise or sell to minors.

Vaping has become a popular method among those trying to quit smoking and up until last Thursday, you could vape anywhere.

But the Manitoba Lung Association continues to have concerns regarding the growing use of e-cigarettes and the potential health risks they present.

"It is of special concern there is not enough evidence to show that e-cigarettes are a safe alternative to the use of cigarettes and other tobacco/nicotine products," a release from the association stated last Friday. "As such, the Manitoba Lung Association recommends more studies be conducted on the content and emissions of these products, as well as on the short-term and long-term health effects before the Manitoba Lung Association can support their use."

The association added they also encourage the federal government to regulate the contents of e-cigarettes.



**RECORD FILE PHOTO BY AUSTIN GRABISH**  
Fat Panda manager Phil Bouchard uses his vaporizer inside the local vape shop in June. Bouchard says he welcomes new legislation in Manitoba which bans the use of e-cigarettes in public spaces.

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# Black Friday returns to Selkirk, area Nov. 27-29

By Lindsey Enns

For the fourth year in a row, Black Friday is returning to Selkirk and area.

This year's Selkirk Biz Black Friday weekend will take place on Nov. 27, 28 and 29 and will include businesses in Selkirk, St. Andrews, St. Clements, and West St. Paul.

"We hope that a lot of businesses, whether they buy into this promotion or not, will do something on their own anyways," Selkirk Biz executive director Sheri Skalesky said. "They can certainly tag-a-long with all the hype that we're creating and traffic we're bringing into the area."

"It's seen as a great weekend for retail and people want to attach themselves to it."

Skalesky said last year nearly 50 businesses took part in the event and they are hoping to increase that this year.

Those interested in registering their business can do so by contacting Sheri Skalesky directly by calling 204-482-

7176 or via email at [sheri@selkirkbiz.ca](mailto:sheri@selkirkbiz.ca).

With the Grey Cup taking place the same weekend, Skalesky said accommodations in Selkirk are filling up fast.

"We're going to see an influx of new customers that we didn't really anticipate," she said, adding the current Canadian and U.S. exchange rate might also make people think twice before heading down south for better deals. "That's definitely going to have an advantage here," she said. "I think people will think long and hard before travelling anywhere."

Along with local businesses offering great deals throughout the event, Skalesky said they've also increased their number of contest winners.

"This year we've decided to spread out that grand prize package and have three winners."

For more information about Selkirk Biz's fourth annual Black Friday event, visit [itsallrighthere.com](http://itsallrighthere.com).



**RECORD FILE PHOTO**  
Marlene Wright stuffed her shopping cart with two TV's at Selkirk's Walmart during Black Friday weekend in November 2013. The fourth annual Selkirk Biz Black Friday returns on Nov. 27, 28 and 29 at businesses in Selkirk, St. Andrews, St. Clements and West St. Paul.

## Online hunting licences could impact business, owner says

By Patricia Barrett

The province plans to implement an online hunting licence portal sometime in the new year to replace its current paper system.

But the proposal has some hunting lodges and the association that represents them concerned about how it may affect business.

"It would be beneficial," said Blair Olafson, owner of the Narrows West Lodge, one of the biggest outfitters in the province. "People can walk in and get a licence – if it works."

Based on his experience this fall with a federal online portal that dispenses licences for migratory bird hunting, Olafson's unsure whether the province's proposed portal will provide hassle-free service.

"I had people come in from Minnesota who said, 'this is our 13th stop and we can't get a migratory stamp,'" said Olafson, whose lodge is located about 12 kilometres west of Oakview on Hwy. 68. "I could not access the site to get anything."

To shoot migratory game birds,

hunters are required to purchase a federal hunting permit.

"They were very frustrated," said Olafson, "and I was too."

He said he couldn't get permits through the local post office (which is authorized to sell them) because it was closed.

"They walked out," he said.

He's not opposed to the idea of online licensing, he said, but he expects it would need "streamlining."

Olafson built his lodge in 2001 on the shore of The Narrows, so named

up-and-running system to one that's already operational (federal). Nevertheless, it doesn't engender much confidence in Olafson.






"I'm not in favour based on the way it [the federal site] worked this fall."

Hunting and fishing revenues contribute to the province's economy and help sustain rural economies.

In 2010 hunters and anglers generated \$312 million for Manitoba's GDP and 7,499 jobs. Lodges and outfitters generated \$25 million and 674 jobs, according to a 2012 report titled Economic Evaluation of Manitoba's Hunting and Fishing Industry.

The Manitoba Lodges and Outfitters Association, which represents the industry's interests, is concerned about the potential costs associated with new technology for online permits.

As it now stands, vendors receive \$1 commission for every licence sold. If a hunter pays by credit card, the vendor pays about a 2.5 per cent handling charge.

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<p><b>BLOOD DONOR OF THE MONTH</b></p> <p>Meet our blood donor of the month George Hacking. George is a realtor with Century 21 Jefferson &amp; Associates specializing in development and commercial properties. Always looking for a way to give back, George has donated blood 62 times since 1982. This cause is so important to George that he is the Donut &amp; Drink Sponsor at the Selkirk Blood Clinic. Thank you George for all that you do! Approximately every minute of every day, someone in Canada needs blood. Visit <a href="http://www.blood.ca">www.blood.ca</a> to learn about the donation process.</p> <p><b>YOU CAN HELP!</b></p> <p><b>Do something amazing on:</b> <b>November 17, 2015 2:00pm – 7:00pm</b> Selkirk Recreation Complex, Main Floor Hall, 180 Easton Drive, Selkirk</p> <div style="text-align: right;"> <p><b>George Hacking</b></p>  </div>	
<p><b>The Pharmacist</b> at Walmart </p> <p><i>Just ask</i></p> <p>Hwy 9 &amp; Manitoba Ave. Selkirk</p>	<p><b>SR SUPER THRIFTY</b></p> <p>LOCALLY OWNED WE CARE... Your Family Drug Store</p> <p>362 Eveline St, Selkirk • (204) 482-3641</p>

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# Stonewall senior urges others to get a Lifeline

By Jennifer McFee

When 80-year-old Gailya Brown signed up for the Victoria Lifeline service, she had no idea it would save her life — the very next day.

Living alone with her cat Smokey in the Wheel City Trailer Court, Brown suddenly felt an urgent need for the Lifeline service. She called up Seniors Resource, who completed the installation on Thursday, Oct. 8.

Brown donned the help button around her neck, feeling an added sense of security since emergency response services were now only a click away.

The next day, Brown went about her usual activities. She returned home tired after having her hair done, ready to sit down in her armchair and enjoy her dinner delivered by Meals on Wheels.

Before she took her first bite, she walked down her long hallway to use the bathroom at the opposite end of the trailer.

"That's the story of my supper because I didn't eat it," Brown recalled. "When I got up off the toilet, I realized I was going to faint. I thought 'You'd better sit down before you fall down,' so I did."

Sure enough, Brown passed out, wedged in the narrow space between



RECORD PHOTO BY JENNIFER MCFEE

Gailya Brown proudly wears the Victoria Lifeline that saved her life earlier this month while Darcy Freudenberg of Seniors Resource showcases pamphlets on the life-saving device.

the toilet and the bathtub. To make matters worse, her arm got caught in the assistance bar on the outside of her bathtub when she fainted.

"My arm was stuck and I didn't know it until I woke up. Here I was, bleeding fairly well but not bleeding to death," she said.

"And I thought 'I can't get up.' I tried I don't know how many times and I couldn't do it."

Continuing with her internal dialogue, Brown asked herself what's the point of having the Lifeline if she wasn't going to use it.

"So I pressed my Lifeline and I heard a male voice saying 'Mrs. Brown, where are you?' I said, 'I'm in the bathroom and I can't get up.' They said, 'We're right with you.' And within minutes the paramedics were here — two good-looking fellows. I'm glad

I had my hair done," she joked.

"They had quite a time getting me out of the bathroom. They brought me out and set me down and kept checking me. My heart was very out of whack. It wasn't working properly at all. They took me to the hospital very quickly."

At the Stonewall hospital, they determined that Brown would need to be transported to St. Boniface Hospital in Winnipeg. She was transported by ambulance with sirens blaring, accompanied by a nurse and a doctor.

Two days later, Brown underwent surgery to have a pacemaker installed. She stayed in St. Boniface Hospital for a couple days to recuperate and was then transferred back to Stonewall hospital, where she remained until Oct. 19.

Although Brown had experienced a minor heart attack eight years earlier, she wasn't aware of it until her doctor told her about it at the time.

"I urge people to get a Lifeline and to use it if the need it. I'd be dead if I didn't have it," she said.

Now it's back to life as usual for Brown, a mother of two and grandmother of two. She proudly wears her Victoria Lifeline and enthusiastically endorses the service to anyone who might need it.



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511 Robinson Ave



# East St. Paul kicks off centennial celebrations

By Brandon Logan

It was a birthday bash for the ages. East St. Paul's mayor, council and residents celebrated the rural municipality's centennial council meeting last Tuesday night.

The evening was just a kickoff of a year's worth of events that are planned well into 2016.

"Today East St. Paul turns 100 years old, so it befits a community to have a decent birthday party and today was that opportunity to not only celebrate the community, but share with the community what the plans are and some events we are looking at over the next year," East St. Paul Mayor Shelley Hart said following the night's events.

One of the big announcements during the evening was the unveiling of a plaza that will be built beside the RM's main office.

The plaza, as Hart calls it, will be a multi-use complex that can host live music in the summer and be used as a mini skating rink in the winter among other things.

"It's like a mini-Forks right here in East St. Paul; it's extremely exciting," Hart said. "We sit on a decent size property, so we thought what better way than to connect it to the municipal offices."

"We have a lot of infrastructure right in this building that facilitates having events right outside our doors."

Hart added that the planned park setting would make the location somewhat of a destination to see and be at in the community.

"Instead of coming to the RM to pay your bills, maybe the RM becomes a destination of your daily route to stop off and enjoy," she said. "It's going to be a little bit of a park-like setting and we'll have some really cool pieces worked into it, so we really hope it becomes a real special place for East St. Paul."



RECORD PHOTOS BRANDON LOGAN

ABOVE LEFT: East St. Paul Mayor Shelley Hart, surrounded by the RM's four councillors, signs a proclamation to officially kick off the centennial year celebration at the RM's headquarters last Tuesday. ABOVE RIGHT: Grace and Ian Wilmer provided music for East St. Paul's centennial celebration last Tuesday.

**"IT'S LIKE A MINI-FORKS RIGHT HERE IN EAST ST. PAUL, IT'S EXTREMELY EXCITING."**

Another part of the centennial is a new East St. Paul book that looks back at the history of the municipality from its beginning in 1916.

Bits and pieces of the book, which will be available on Dec. 1, were revealed to the audience on-hand for the birthday bash at the RM's head office.

Unlike the municipality's books for its 50th and 75th anniversaries, Hart

said this is one that everyone in the community can enjoy.

"It's really a spectacular book. I've seen the other books and they're more like an encyclopedia and a great history of the community," she said. "This one is a really fun book that captures the history and captures the people who built this community."

One of the stories from the book was of Anna 'Grace' Balderstone. Balderstone was born just after the West St. Paul split when East St. Paul was created.

As a young child, she came up with a creative idea to earn money.

"She was 10 years old when she was making pocket money by shuttling people from East to West St. Paul across the river," Hart said. "That is such a great story and it's stories like

that that are really captivating and capture peoples interest."

Along with those announcements, mayor and council signed a proclamation kicking off the centennial year and a local quilting group unveiled their centennial knitted quilt.

While Tuesday night was a celebration that won't be forgotten, Hart is quick to remind that it was only the start of what is to be a busy year.

"The momentums been growing and today is the kick off and obviously today is the big deal, the big birthday," Hart said. "And now it's the events that follow that really recognize and celebrate the community's past, present and future."

To learn more about East St. Paul's centennial celebration, you can visit [esp100.ca](http://esp100.ca).

## St. Andrews church to host Old Fashioned Christmas

Staff

For the first time, the Old St. Andrews Church will hosted an Old Fashioned Christmas.

The event is set to take place Saturday, Dec. 12 from 12:30 p.m. to 4 p.m. and will include horse drawn carriage ride by Equine Elegance.

Since seating on the carriage is limited, tickets must be purchased ahead of time to ensure a spot.

Between 12:30 p.m. and 1:30 p.m. those in attendance can enter the church and take in entertainment by the group Chance and By Golly who will perform music from the 18th and 19th century, dressed in period costumes. There will also be crafts for the children, refreshments, a silent auction, bake sale and cake walk and Christmas music throughout the afternoon.

Those interested in trying out their snowshoeing skills can do so across the road at the St. Andrews Rectory and can roast marshmallows over an open fire and have some hot chocolate.

For more information contact the Old St. Andrews Church by calling 204-334-5700 or Barbara at 204-338-7483 or visit [standrewsonthered.ca](http://standrewsonthered.ca) for updates.

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# Remembering the First World War through soldier's letters

Archives of Manitoba launches blog showcasing wartime records

## Staff

The Archives of Manitoba is commemorating the 100th anniversary of the First World War and Remembrance Day with a public reading of letters written by Manitoban soldiers who served in the First World War.

"As we approach Remembrance Day, it's important to find ways to remember the soldiers from past wars," Tourism, Culture, Heritage, Sport and Consumer Protection Minister Ron Lemieux stated in a release on Monday. "The archives event is a wonderful example of remembrance that gives Manitobans the opportunity to honour these soldiers and reflect on the words they wrote during the war."

During the war, letters were the main form of communication between soldiers and their family and friends back home. Soldiers wrote letters from the trenches, from hospital beds and from training barracks. They wrote to family, friends and sweethearts. Many collections of letters from the First World War have been donated to the Archives of Manitoba. These letters are a powerful record of individual soldiers' thoughts and feelings, the minister said.

The initiative includes a weekly blog on the Archives of Manitoba website highlighting wartime records and a display of soldiers' letters in the building foyer. The display is open to the public and on Tuesday evening in the Archives of Manitoba Research Room, selected letters were read aloud.

"I cannot think of anything to write about that does not in one way or another swing round to the great sorrowful war. There is not a gleam of hope in sight but perhaps we have walked so long in darkness that we have ceased to look for the dawn." - Frank Leathers, Nov. 29, 1917.



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# Interlake diabetes program strives to empower patients

By Natasha Tersingi

With November marked as Diabetes Awareness Month by the Canadian Diabetes Association (CDA), along with the World Diabetes Day being held on Nov.14, the CDA is putting a spotlight on the work that is being done in communities to help prevent and manage diabetes.

The diabetes education team at the Interlake-Eastern Regional Health Authority (RHA), compiled of registered nurses, dietitians, fitness experts and wellness facilitators, is a grassroots team that helps patients with all aspects of their diabetes care.

The cutting edge program strives to empower the patient to take control over their own health and diabetes by giving them the tools and knowledge to succeed.

"In the diabetes education program we teach people what they need to know about how diabetes is working in their bodies and how to prevent any further problems from it. Diabetes is a silent disease, there are so many people with diabetes and so many more that don't even know they have it. A lot of times people come in for something completely different, a urinary tract infection or mood changes, and it may have to do with their blood sugars," Sandy Koropas who is registered nurse and Certified Diabetes Educator (CDE) with the education team.

Koropas has been working with the program for 14 years and has seen the struggle that patients often face when they are first diagnosed with pre-diabetes, type 1 or type 2 diabetes. By of-

fering a welcoming environment and not judging people the teams is able to teach patients critical information they need to know in order to take control of their disease.

"In our program we don't label people. One of my pet peeves is to hear about people being compliant and non-compliant. You cannot be compliant in something you don't know how to do. To say you are non-compliant because your blood sugars are not coming down, that is not fair. If you don't know how diabetes works in your body how can you be compliant," said Koropas.

"I have people every single day that come in who are testing their blood sugar three to five times a day, they are watching everything they eat and their blood sugars are still too high.

Gimli resident Don Emes knows first hand how the education program can benefit patients. When Emes was first diagnosed with type 2 diabetes he was referred to diabetes program. By working with Koropas, Emes was able to learn the tools he needed to manage his condition and maintain his blood sugars levels at good, healthy level.

"The program educated me about diabetes because you want to know what your dealing with so it makes it easier to treat it. At the end of the day it is up to the individual. You either have to accept it and get the knowledge you need in order to deal with it and carry on from there or you don't. The program is there and it helps you, but you either have to partake in it and take the advice or you're the author of your own demise," said Emes who added he never had to change his active outdoor lifestyle even after his diagnosis.

"Having diabetes is like anything else, you can use it as an excuse or you can deal with. It does not control my life; I carry on with the same activities I did before."

The Interlake- Eastern diabetes education program is open to anyone and you do not need a doctor's referral. For more information on the Interlake-Eastern RHA Community Wellness and Chronic Disease Prevention programs call 1-877-979-WELL (9355).

They are the worst critics of themselves, they think they are doing something wrong, usually they are doing nothing wrong. They are just not on the right medications and their pancreas is not functioning properly. You can't make something work that is not able to work."

## Christmas at The Rec Complex

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## Kiwanis Club hosts charter night



SUBMITTED PHOTO

The Kiwanis Club of Selkirk and District held its charter night on Sept. 14. Pictured above, the club's president Don Tole receives charter from Sam Sekhon, Western Canada District of Kiwanis International governor. The group meets every second and fourth Monday of the month at Selkirk United Church.



# Fitting in some fall fishing



RECORD PHOTOS BY LINDSEY ENNS

Anglers cast their lines along the Selkirk Waterfront into the Red River on a sunny afternoon last Sunday. Temperatures reached the double digits over the weekend and many community members made the most of it by heading outdoors.

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> MEAL IDEAS

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## Simple slow-cooked lasagna



8 oz (227 g) extra lean ground beef  
1 onion, finely chopped  
3 cloves garlic, minced  
2 tsp (10 mL) dried oregano  
1/4 tsp (1 mL) hot pepper flakes  
1 jar (3 cups/700 mL) tomato passata  
1 cup (250 mL) water  
10 whole wheat lasagna noodles  
1 tub (1 lb/475 g) light ricotta cheese  
1 pkg (5 oz/142 g) baby spinach, chopped  
1/4 cup (60 mL) chopped fresh basil or parsley  
2 tbsp (25 mL) grated Parmesan cheese  
1/2 cup (125 mL) shredded part skim mozzarella  
Directions  
Lightly spray inside of slow cooker with cooking spray.

In a large nonstick skillet, brown beef breaking up with spoon. Scrape out beef into a colander and let drain. Wipe out skillet and return to medium heat; cook beef, onion, garlic, oregano and hot pepper flakes for 5 minutes or until softened. Add passata and water and remove from heat.

In a bowl, stir together ricotta cheese, spinach, basil and Parmesan cheese.

Spread some of the meat sauce over bottom of slow cooker. Lay lasagna noodles in a single layer, breaking as necessary to fit. Top with one quarter of the sauce and one third of the cheese mixture. Repeat layers twice ending with meat sauce on top. Cover and cook on Low for 6 to 8 hours or on High for 3 to 4 hours. About 15 minutes before serving lasagna, sprinkle mozzarella over top, cover and let cook on Low until melted.

### Tips:

Run out of fresh basil or parsley? For the fresh basil, sub in 1 tbsp (15 mL) dried basil and for the fresh parsley sub in 2 tbsp (25 mL) dried parsley.

Swap in lean ground turkey for the ground beef.

Leftovers make lunch a snap. Add a green salad to round out your meal.

## Grilled Chipotle Caesar Salad Wedges Paired with Moscato



Ingredients  
3 cups 1/2-inch cubes of cornbread  
1 1/2 tablespoons olive oil  
1/2 cup good quality Caesar salad dressing  
1 tablespoon Moscato  
1 tablespoon fresh lime juice  
1 teaspoon minced chipotle peppers in adobo sauce

1 large head romaine lettuce, cut into 4 wedges  
1/2 cup diced tomato  
1/2 cup crumbled Cotija cheese  
Fresh cilantro leaves (optional)  
Preparation

Preheat oven to 375°F. Place cornbread cubes on baking sheet and drizzle with olive oil; toss lightly to coat. Bake for 25 to 30 minutes or until golden brown, stirring once or twice. Stir together Caesar dressing, Moscato, lime juice and chipotle peppers in small bowl; cover and refrigerate until ready to serve. Preheat grill to high, adding wood chips if desired. Brush small amount of dressing mixture on cut sides of romaine. Place romaine, cut side down on grill. Cook for 3 to 5 minutes or until lightly charred. Place on 4 salad plates and drizzle with remaining dressing. Sprinkle with tomato,

cheese, cilantro and cornbread croutons.

Preparation Time 15 minutes

Cook Time about 30 minutes

Serves 4 servings

Notes, Tips & Suggestions

Puree the whole can of chipotle peppers. Freeze in ice cube trays for future recipes.

Try cooking romaine on a very smoky grill for a little extra flavor.

No grill? No worries. This salad is great without the grilling step.

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## Hummus Garlic Bread



Ingredients  
1 loaf French bread, about 12-14 inches long  
1 container Sabra Roasted Garlic Hummus  
1 - 2 tablespoons chopped garlic  
1/2 cup grated parmesan cheese  
Preparation  
Preheat broiler. Slice French bread in half length-wise. Set aside.  
Mix Sabra Roasted Garlic Hummus and garlic together in small mixing bowl. Spread

hummus mixture on French bread halves. Place bread on baking sheet. Sprinkle with parmesan cheese.

Broil bread on wire baking rack located in the middle of the oven, not too close to the broiler. Broil 2-5 minutes or until edges are crispy and cheese is browning. Watch bread closely as broilers vary greatly in their timing.

Cut each half of bread into quarters. Serve warm.

Serves Servings: 4

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# War vet shares stories with East Selkirk students



RECORD PHOTO BY BRANDON LOGAN

Mae Gulewich, while holding a picture of her father John V. Sinclair, talks to East Selkirk Middle School students about her dad's participation in the Second World War during an assembly at the school last Friday.

By Brandon Logan

East Selkirk Middle School students didn't wait until Remembrance Day to honour Canada's veterans.

The school welcomed Second World War veteran Bob Oddleifson of Selkirk to speak to students, along with family members from some of the local Dufferin Gang veterans last Friday.

One of the Dufferin Gang veterans honoured at the assembly was John V. Sinclair. Sinclair's daughter, Mae Gulewich, held a picture of him while telling students about his involvement in the war.

"Well, he lied to get in because all of his pals were all 18 and he was only 17 years old," Gulewich said.

Once in France, Sinclair's war experience was a short and damaging one.

"He got shot shortly after when he got to Frances, twice in one leg," she said. "If it wasn't for a lot of his partners (he could have died). One of the guys recognized him laying down and threw him up on a tank and brought him home."

Afterwards, Oddleifson told the students about his time spent out at sea during the war. He served just over a year in the North Atlantic.

Both Gulewich and Oddleifson said it's important for them to visit schools like East Selkirk Middle School so they can remind students about the sacrifice of Canada's soldiers.

"It's important to let them know what happened and pass down the stories," Gulewich said. "Dad was full of them; he had a lot of stories."

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# Your FARM



## Caution remains the key to keeping PEDv out

By Harry Siemens

Winter is just around the corner and the hog industry needs to pick up its diligence to make sure the nation's biosecurity system once again holds off the PED virus.

Mark Fynn, the manager of animal health and welfare programs with Manitoba Pork, says attention to transportation biosecurity will be key to keeping Porcine Epidemic Diarrhea off Manitoba hog farms as the weather turns colder.

The hog industry in Manitoba and across Canada has worked hard at containing, eradicating, and now keeping it out.

Under Manitoba's PED surveillance program, they're collecting 100 samples each week from high traffic areas including provincial abattoirs, federal packing plants, truck washes, and assembly yards.

"The good news is that we're not seeing any positive results for PED at the federal packing plants," Fynn says. "Those are a really good in-

dicator of whether we have on farm cases that we're unaware of, so it leads us to believe that we're not dealing with any on farm cases at the moment.

"We still see some positive results from time to time at the other high traffic facilities that have frequent U.S. contact and we're relying on good biosecurity when we visit those sites to prevent bringing it back to the farm."

The PED virus survives well in cold temperatures and it's easier to move around when things are wet and slushy, so the risk of transmission is much higher in the winter than the summer, Fynn says.

"In the U.S., who we use as indicators of viral movement and survivability, we expect to see more cases there," he says. "We hope in Manitoba that our biosecurity practices manage to keep it off farm and we don't see any cases over the winter, but there's always the possibility and that's why we encourage producers to really focus on biosecurity and make sure it's not their farm that's getting affected."

Fynn says the recommendations still focus on the farm gate—making sure producers have good entry protocols to their barn so they don't bring anything in—as well as focussing on transport biosecurity, such as cleaning and disinfecting trailers.

One of the casualties of PED was a protein feed ingredient: blood plasma made from dead pigs.

Dr. Frank Marshall, a swine veterinarian from Alberta, advised pork producers who use blood plasma products in feed to take steps to ensure those products do not contain porcine plasma.

As the result of concerns over the risks associated with the potential spread of PED, there are certified bovine origin PED tested blood plasma products becoming available for use.

"From the veterinary community the use of swine origin blood products is still not to be recommended," Marshall says. "The HACCP certified plasma processing that goes on if properly done ... should have killed any infectious risk. However, the suppliers have never come forward with how it was that a plasma product arrived in Canada with infectious virus."

Groups like the OIE-World Organisation for Animal Health have put forward many very confusing comments regarding the safety of products like blood plasma, claiming that the Canadians were out to lunch in terms of how this entered the hog industry here.

"But I'll tell you it is very clear to the vet community involved in the initial 17 sow herds that broke in Ontario there's no question how this came," says Marshall. "It sounds like we're flogging a dead horse here, but it's been exasperating to still see comments coming out of news agencies around the world that Canada couldn't prove the feed source and such, but, nevertheless, we all know the story."

Marshall stresses producers need to ask about the origin of these bovine blood plasma products and the plants they come from to ensure that they're only bovine origin and not mixed with porcine.

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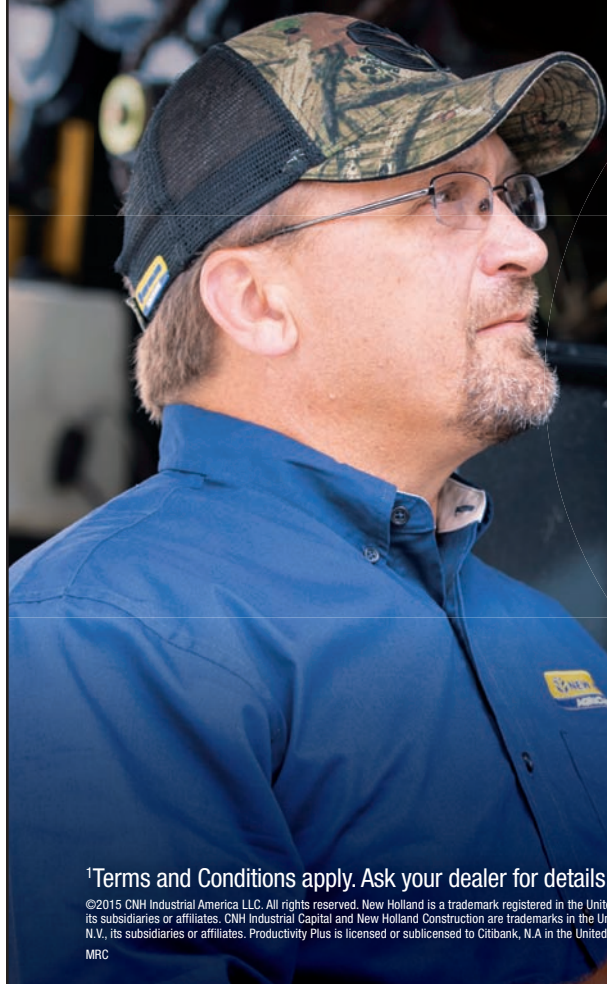


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# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Arnt awesome in cross-country running

By Brian Bowman

There was a time, Taylor Arnt admits, when she didn't like to run.

But after a friend from her soccer team convinced her to come out to run track, she has been hooked on the sport ever since.

And she also has been excelling in it.

Arnt was simply outstanding – finishing first in the Youth Women 3 km event with an impressive time of 12:02 – at the Chris McCubbins Age Group Cross Country Championship, which was a club track meet held at Kilcona Park, on Oct. 31.

Arnt edged out Stonewall's Amber Schneider – another talented, young runner – by a single second.

"It was actually a surprising race because I started out second behind Sarah Millns, who came in fourth," Arnt, 17, recalled. "So, I was behind her for the first two laps and then I was passed by the girls who finished second and third.

"I was in fourth for a little while and they had run, or sprinted, faster up the hill than I had but I had more energy as we were coming downhill."

When Arnt found herself situated in fourth spot, she admitted her goal was to place second. But her talent – and determination – allowed her to pass that group of very good runners.

Winning that race against a talented field of runners felt pretty good for Arnt.

"It was amazing," she beamed. "It was such a good end to the season. It was nice to see an improvement from last year when I finished second."

Arnt admitted she doesn't usually compete in races with club runners.

"I usually don't do club meets because I'm not actually in a track club, but this one I did it last year and then again this year," Arnt explained last



RECORD PHOTO SUBMITTED

Taylor Arnt enjoyed a tremendous season for the Royals in cross country and recently finished first at a club event at Kilcona Park.

weekend. "My coach (Scott Gurney) signed me up for this one."

Arnt enjoyed running on the Kilcona course. Despite the cold – and extremely windy – conditions, which Arnt felt negatively impacted her

time.

"It's a really good course," she said. "It's one of my favourites in cross country. I thought I could have run a better time but cross country is not necessarily about time. It's about improving myself as a runner."

Arnt has definitely been improving as she is now among the top cross-country runners in the province. She won a Red Run 5K in Selkirk a few weeks ago, competing against older, more experienced runners.

"That felt amazing as well (to win it) because I had never run an official 5k," she noted. "Part of my offseason training is running 5k loops around my neighbourhood but I've never actu-

ally had an official time.

"It was nice to have one and especially one that I could feel good about. I was fairly close to one of the guys (Jordy Longbottom) on my high school team. There's usually a huge difference between male and female runners, so it was nice to be close to him.

"I felt really confident about that."

Arnt should be extremely confident about her running abilities. She also placed sixth – with a time of 13:14 – at the MHSAA provincials at Spruce Grove Provincial Park last month.

She was just three seconds behind the fifth-place runner.

"Looking back, I'm happy with (the placing)," she said. "I really wanted fifth place because top-five sounds a lot better to say and that was my goal at the start of the season."

Arnt did a lot of hill training in preparation for running the Spruce Grove course, which has swallowed up several good runners in years past.

"It's probably the toughest place that I have ever run," Arnt said. "There are a lot of hills and it's different in lengths and steepness. There's a lot of different terrains and there's mud and there's grass and gravel – everything that could be thrown at you.

"And the hardest part, I think, is at the end where there are a few hills."

Arnt said she really got into running this past summer in preparation for her final year at the Comp. The Grade 12 student-athlete really pushed herself to be better this season and it certainly paid off as she finished first at all four KPAC divisional meets this season.

"I never really actually enjoyed running until this summer when I got back into it and realized that, 'Hey, this could be my last season,'" she said, noting she also plays soccer and runs indoor and outdoor track with the Royals.

"I was going to go out there and love it. I really enjoy the feeling of pushing my limits and knowing that I'm better. If I look back at my progress, I know I never could have done this last year.

"It's not about the competitiveness of other people, but the competitive of my myself."

### Next Home Game

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Sunday, Nov. 22<sup>nd</sup> 7:30 pm

 Peguis Juniors vs

Tuesday, Nov. 24<sup>th</sup> 7:30 pm

at the Selkirk Rec Centre



Meet the Fishermen

#16 Connor Spratt  
Forward





# Ekosky wins bronze at Ontario Open tournament

By Brian Bowman

The Selkirk Judo Club's Damien Ekosky won a bronze medal at the Ontario Open Judo Tournament in Toronto last weekend.

Ekosky, 16, a brown belt, finished with two wins and a loss in the U18 Men under-73 kg division.

There were approximately a dozen fighters in his division. Ekosky's lone loss was in the semifinal to eventual silver medalist, Alexandre Arençibia, from Quebec.

"Having just moved up to the under-73 kg division from under 66, Damien has done very well in his first two major tournaments of the season," said Brian Jones, one of the club's coaches, in a media release.

Ekosky also competed in the Senior Men under-73 kg division, finishing with a 2-2 record. He finished out of the medals.

The Ontario Open is one of the largest judo tournaments in Canada with around 500 entries this year.

Late last month, Ekosky joined the Manitoba provincial team at the 2015 Quebec Open in Montreal.

The Quebec Open was his first big test in his new U18 weight division. And he was outstand-

ing.

Ekosky battled his way to an impressive 4-1 record in Montreal. His only loss was to Ottawa's Ben Kendrick in the semifinals.

Ekosky also competed in the Senior Men division, finishing out of medal contention.

Meanwhile, 19 Selkirk Judo Club athletes competed at the Brandon Open on Oct. 24.

Nine of those athletes competed in the U14 and older age divisions, winning three gold, two silver and three bronze medals.

Winning gold were Damien Ekosky (U18 Men under 73 kg), Justin Ekosky (U16 Men under 66 kg) and Joey Kuch (Senior Men over 90 kg).

Silver medals went to Bailey Malinowski (U16 Men under 66 kg) and Riley Malinowski (U21 Men under 73 kg).

Winning bronze were Aaron Haak (U18 Men under 66 kg), Schaelyce Kopp (U18 Women under 57 kg) and Tanner Onagi (U21 Men under 66 kg).

Ten Selkirk members competed in the U10 and U12 age divisions, in which ranking is not determined.

The Selkirk Judo Club's next competition will be at the St. Boniface Open this Saturday.



RECORD PHOTO SUBMITTED

The Selkirk Judo Club's Damien Ekosky, far right, won the bronze medal at the Ontario Open last weekend.

## Dear leads Bisons to pair of wins



Devren Dear

By Brian Bowman

The No. 4 - ranked University of Manitoba Bisons swept a pair of home matches against the No. 5 Mount Royal Cougars last weekend.

On Saturday, Manitoba won the match 3-0 by scores of 25-21, 25-19 and 25-20.

St. Andrews' Devren Dear played very well in the win with nine kills, a game-high five blocks, six digs, and an ace.

Friday's match saw the Bisons win 3-0 (25-22, 25-23 and 25-23).

Dear led both teams with an impressive 15 kills. The talented 6-foot-6 right side also had five digs and two assists.

With the two wins last weekend, the Bisons are now a perfect 7-0 this season. Manitoba will play next against the University of Alberta on Nov. 20.

## Locals lead Manitoba to silver at U18 nationals

By Brian Bowman

Manitoba lost 2-1 in overtime to Ontario Red in the gold-medal game Sunday at the 2015 National Women's Under-18 Championship in Huntsville, Ont.

Oakville's Lindsay Agnew scored 18:10 into overtime to clinch the gold medal for Ontario Red, banging a loose rebound into an open net.

Ontario Red took a 1-0 first-period lead on a rebound goal by Sarah Verbeek. But Manitoba's Jaeden Cooke of Souris tied the score at 1-1 at 7:15 of the third.

East St. Paul's Tory Micklash played well in goal, making 31 saves in the loss.

Manitoba's silver medal equals its best finish ever at the National Women's Under-18 Championship. Ontario Red, meanwhile, has now won nine of the 10 gold medals awarded in the event's history.

Manitoba advanced to the final after defeating Ontario Blue 3-1 in comeback fashion last Saturday.

With 6:34 remaining in regulation, Ontario Blue's Emily Reid used her speed to get past two Manitoba defenders and send herself on a breakaway from centre ice before scoring shorthanded on goalie Kerigan Dowhy to make it 1-0.

Dowhy, originally from The Pas, now lives in Stonewall while attending Shaftesbury.

But this game was far from over.

Just 15 seconds after Reid's goal, Manitoba's Savannah Rennie of East St. Paul, deflected the puck from the side of the net to tie the score at 1-1.

About three minutes later, Manitoba's Sheridan Oswald of MacGregor – the top scorer of the 2015 National Women's Under-18 Championship – deflected in a point shot by Brandon's Jalyn Elmes for the eventual game winner.

Rennie then iced the win with an empty-net goal with 33 seconds left in the third period.

Dowhy made 21 saves for the victory.

Manitoba began tournament action with a 2-1 shootout win over Saskatchewan on Nov. 4.

Oswald and Ryleigh Houston scored for Manitoba in the shootout.

Oswald also scored at 11:26 of the third period to tie the score at 1-1. Sophie Shirley had scored on the power play for Saskatchewan just 58 seconds earlier.

Micklash made 16 saves for the win.

The next day, Manitoba won its second consecutive game in a shootout as it edged Quebec 3-2.

Houston scored the lone goal in the shootout.

In regulation time, Quebec grabbed a 2-0 first-period lead on goals by Camille Fleury and Deziray De Sousa, on the power play.

Winnipeg's Kayla Friesen cut the lead in half and then Jenai Buchanan of Crystal City tied the score at 2-2 at 11:21 of the third period.

Dowhy made 18 saves for the win. Manitoba outshot Quebec 34-20, including 17-3 in the third period.

Manitoba then closed out the preliminary portion of the tournament with a tough 5-4 loss to Ontario Red last Friday.

Manitoba led 4-1 midway in the third period when the wheels suddenly fell off. Agnew, Annie Berg and Daryl Watts score for Ontario Red in the third period to tie the score at 4-4 and then Saroya Tinker tallied 3:54 into overtime for the game winner.

Friesen opened the game's scoring early in the first period for Manitoba and then Houston, Oswald and Hannah Fouillard of St. Lazare each scored power-play goals in the second period.

Jaime Bourbonnais replied with an even-strength goal for Ontario Blue in the middle frame.

Micklash made 26 saves in the loss. She finished the tournament with a 1-2 record, a 2.21 goals-against average, and a .901 save percentage.



# Hopkins excelling in figure skating

By Brian Bowman

Our province's new High Performance Figure Skating Team was identified at the 2016 Skate Canada Manitoba Sectional Championship in Morris last weekend.

Manitoba's top skaters were vying for a spot to compete at the 2016 Skate Canada Challenge Competition in Edmonton.

One of those skaters that was identified was Lindsey Hopkins of the Selkirk Skating Club. She was one of five skaters named to the Novice Women team.

In Edmonton, Manitoba's skaters will compete against the rest of the country's best skaters at the 2016 Skate Canada Challenge from Dec. 2-6.

The competition will feature Pre-Novice, Novice, Junior and Senior level skaters in Men's, Women's, Pairs and Ice Dance. Approximately 500 skaters from across the country will compete at this flagship event.

This is the only opportunity for Novice, Junior and Senior skaters to qualify for the 2016 Canadian Tire Figure Skating Championships in Halifax from Jan. 22-24.

The following skaters are now members of the 2015-16 Skate Canada Manitoba Team TOBA High Performance Team and will be representing our province this season:

#### Senior Women

Deidre Russell - Skate Winnipeg

#### Junior Women

Madison McCallum - Skate Brandon

Tori Thiessen - Skate Brandon

Kirsten Gutenberg - Skate Brandon

#### Novice Women

Casey Bertholet - Hartney Figure Skating Club

Dominique Bergeron - Portage Skating Club

Danae Russell - Skate Winnipeg

Nicole Nordal - Skate Winnipeg

#### Pre-Novice Women

Andrea Laskovic - Skate Winnipeg

Emma King - Skate Winnipeg  
Julia Patenaude - Holland Figure Skating Club

Chanel Cabak - Portage Skating Club

Marijka Popadynetz - Skate Brandon

Meanwhile, Manitoba's up-and-coming skaters competed in Pre-Juvenile and Juvenile figure skating events and the top placements were:

#### Pre-Juvenile Women U11

Olivia Sawatzky - Morden Figure Skating Club

Lilly MacInnis - Skate Brandon

Breken Brezden - Skate Dauphin

#### Pre-Juvenile Women U13

Caitlyn Stevenson - Skate Brandon

Dana Hynes - Morden Figure Skating Club

Chloe Howell - Arborg Skating Club

#### Pre-Juvenile Men U13

Jonathan Scherr - Morden Figure Skating Club

#### Juvenile Men U12

Yohnatan Elizarov - Skate Winnipeg



Lindsey Hopkins

#### Juvenile Women U12

Megan Szabo - Skate Thompson

Robyn Ward - Century Skating Club

Kylie Holmstrom - Skate Virden

#### Juvenile Women U14

Olivia Orbanski - Arborg Skating Club

Morgan Haerer - Hartney Figure Skating Club

Charlotte Kowall - Skate Winnipeg

#### Juvenile Dance

Ranae Cabak/Mason Panko - Portage Skating Club

# Selkirk Royals rolling in high school hockey action

By Brian Bowman

The red-hot Selkirk Royals chalked up another pair of wins in Winnipeg Women's High School Hockey League action last week.

Selkirk edged the CSHC Huskies 4-3 on Nov. 3 and then crushed the West Kildonan Wolverines 10-2 last Friday at Seven Oaks Arena in Winnipeg.

In the lopsided win over West Kildonan, Courtney Sorokopud-Jones led Selkirk with four goals and an assist while Jenna Truthwaite had two goals and an assist.

The Royals' Lilly Hoydalo also scored twice and Cassidy Ilchena had a goal and two assists.

Mary Ryder scored the Royals' other goal. Kaitlyn Seed had two assists.

Shaye Pellaers scored a first-period power-play goal for the Wolverines and then Alyssa Kostek tallied in the

third.

Selkirk outshot West Kildonan 28-10. Emma Gillespie earned the win in goal.

On Nov. 3, the Royals had an impressive comeback win over the Huskies in East Selkirk.

Mckenzie Pelletier scored the game winner with 57 seconds remaining in the game.

Trailing 3-0 late in the second period, Hoydalo started Selkirk's comeback with a goal and then the Royals scored three unanswered goals in the third.

Kyla Delaronde tallied midway in the period and then Sorokopud-Jones struck on the power play with 7:11 remaining.

Annaliese Meier had a goal and an assist for the Huskies while Chelsea Hobson and Jamie Pischke also tallied.

Gillespie made 21 saves for the win.

Selkirk, which now leads the Winnipeg Free Press Division with an 8-1 record, played at the SJR Eagles this past Tuesday but no score was available. The Royals will then host the Miles Mac Buckeyes on Tuesday in East Selkirk. Game time is 4 p.m.

In Winnipeg High School Hockey League play, the Royals doubled the Stonewall Collegiate Rams 4-2 on Nov. 4.

Travis Spratt scored to give Selkirk a 1-0 first-period lead and then Tristen Ostrowski made it 2-0 in the second.

Stonewall's Logan Furkalo cut the lead in half later in the period but Selkirk's Harley Hoydalo, on the power play, and Chad King scored early in the third period to put the Royals up 4-1.

The Rams' Ethan McMahon closed

out the scoring with a power-play goal with 12:37 remaining in the third.

Brad Hrymak earned the win in goal while Curtis Beck took the loss.

On Nov. 3, the Royals smoked the SJR Eagles 6-2 in St. Andrews.

Auzzie Loewen was phenomenal for Selkirk, scoring twice to go along with four assists.

Spratt chipped in with a goal and two assists while Hoydalo, Rhett Schrofel, and Brandon Thomas each had a goal and an assist. Vic Wang and Evan Grierson replied for the Eagles.

Austin DeBoer posted the win in goal.

The first-place Royals (6-0) hosted the Oak Park Raiders this past Tuesday but no score was available. Selkirk will then play Vincent Massey this coming Tuesday at Silverstone Arena in Winnipeg. Game time is 4:15 p.m.



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# Steelers win two of three last week in MJHL

By Brian Bowman

The Selkirk Steelers had three tough tests last week against two very good teams.

Selkirk passed with flying colours in two of those games and failed in their final one on Sunday.

After posting two solid wins last week, the Steelers failed to make it three victories in a row after a 7-3 road loss to the Flyers in Winkler on Sunday evening.

In the Winkler loss, the Flyers led 3-2 after 40 minutes and then broke the game wide open with four third-period goals.

Cam Whyte led Winkler with two goals and two assists while Tristan Keck and Jordan Williamson also scored twice. Coltyn Bates scored Winkler's other goal.

Tyler Edwards, Ty Kraus, and Brady Castellano replied for Selkirk.

Last Friday, the Steelers pulled out a 4-3 comeback win over the Steinbach Pistons at the Selkirk Rec Complex.

Trailing 3-2 late in the contest, Bradley Reichardt scored a power-play goal at 14:03 of the third. Riley Derlago then scored the game winner just 2:23 later.

Selkirk's Shanan McFadden and Steinbach's Hayden Goderis traded goals early in the first period and then the Steelers' Cole McCartan and the Pistons' Jordan Bochinski scored goals in the second.

Goderis potted his second goal of the game at 2:59 of the third to give Steinbach a 3-2 lead.

Evan Robert made 24 saves for the win.

On Nov. 3, the Steelers had another strong third period – scoring three goals – in a much-needed 5-3 home win over Winkler.

Selkirk trailed 3-2 early in the third when Dexter Kuczek started the comeback. McCartan gave the Steelers the lead for good at 14:51 and then he iced the win with an empty-net goal with 24 seconds remaining.

The Steelers took a 2-1 first-period lead on goals by Dale Goodbrandson and Connor Barley while



RECORD PHOTO BY BRETT MITCHELL

The Steelers' Dale Goodbrandson (11), Victor Knaub, middle, and Nathan Halvorsen, far right, battle for the puck in front of the net against Winkler on Nov. 3.

Bates replied for Winkler.

Whyte and Nico Labossiere then tallied just over five minutes apart midway in the second period to give the Flyers the 3-2 lead.

In trade news, the Steelers acquired the CJHL playing rights of 20-year-old defenseman Austin Douglas last week from the Kindersley Klippers of the Saskatchewan Junior Hockey League for future considerations.

Douglas, a Winnipeg native, had two assists and 56 penalty minutes in 13 games with Kindersley

this season. The 6-foot-6, 216-pounder previously played in the Western Hockey League with the Seattle Thunderbirds and Kamloops Blazers.

Douglas has been well travelled, playing Junior "A" hockey with the Virden Oil Capitals, Winkler Flyers, Spruce Grove Saints and the Nipawin Hawks.

Selkirk played at the Virden Oil Capitals this past Tuesday but no score was available at press time.

The Steelers will host the Waywayseecappo Wolverines on Saturday (7:30 p.m.) and then visit the first-place Portage Terriers Sunday (6:30 p.m.).

# Fishermen shoot down Satelites

By Brian Bowman

The Selkirk Fishermen played just one Keystone Junior Hockey League game last week.

But they sure made it count.

Selkirk was outstanding in its lone game of the week, defeating the North Winnipeg Satelites 9-1 on Saturday evening at the Selkirk Rec Complex.

After Glen Paupanekis gave North Winnipeg a 1-0 lead just 20 seconds into the game, it was all Selkirk after that.

Jeremy Pachkowsky tied the score at 1-1 with his first of three goals in the game and then Drayton Mendrun, Pachkowsky, and Jay Muller tallied to give the home side a 4-1 lead after 20 minutes.

Michael Smiley, on the power play, and Brayden Kowalchuk then scored in the second

period to put Selkirk up 6-1.

Pachkowsky, Kale Ilchena, and Tyndall Fontaine each tallied in the third.

Karl Fey had four assists while Kowalchuk, Smiley, Fontaine and Dylan Painchaud-Niemi each finished the game with two points.

Riley Bannerman made 29 saves for the win. Selkirk outshot North Winnipeg 40-35.

With the lopsided win, the Fishermen improved their record to 7-2 and they continue to lead the South Division standings with 14 points.

Selkirk hosted the St. Malo Warriors this past Tuesday but no score was available at press time.

The Fishermen will then head north this weekend to play the Norway House North Stars on Saturday (8 p.m.) and the Cross Lake Islanders on Sunday (1:30 p.m.).

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Sunday, December 13th	12:00 pm - 1:30 pm

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\* The age category for volleyball at the Manitoba Games is 14 and under (born in 2002 or later). The Manitoba Games take place in August 2016 in Steinbach, Manitoba. Tryouts and final team selection will occur in the spring of 2016.



# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Thunder strikes at Midget Bowl All-Star Game

By Austin Grabish

Interlake Thunder players say the Midget Bowl All-Star Game was all about having fun on Sunday, but the day was bittersweet for some as they said goodbye to the Midget Football League of Manitoba.

The province's top high school football stars highlighted their talents, and were divided onto two teams for the annual game.

Over 80 players packed the East Side Eagles Field for the game Sunday afternoon in Winnipeg.

Team Green managed to defeat rival Team Silver in the fourth quarter finishing with 27-19.

The win wasn't a complete scoop though. Leading up to the fourth quarter, both teams were neck-and-neck with each other.

Team Silver defensive back Carter Safiniuk recognized that means there's improvement to be had on the field.

"We could have cut down on the turnovers," Safiniuk said.

And although his team went home with a loss, the game went well overall, he said.

But the score was the last thing on players' minds after the game ended

Sunday.

For some like Thunder quarterback Declan Kubel, it was their last.

"I mean we lost, but I had fun," said Kubel, who was praised for being on fire for much of Sunday's game.

Kubel said the game gave players like him that are aging out of the league a chance to get together one last time on the field.

Kubel has been playing football for seven years, and Sunday's game was his last.

"I gotta get a job and move on with things," he said.

And the game "couldn't have been better," he said.

"I was looking forward to it. I knew it was going to be so much fun."

Team Green offensive co-ordinator Jamie Ybarra Jr., praised players for having strong performance despite only having a few days notice on who'd they be playing with.

"All these players really picked up all the plays and concepts really fast, and were able to not only understand them, but run them exceptionally well," Ybarra said.

"The talent was fantastic."

"It exceeded my expectations 100 per cent."



RECORD PHOTO BY KIM DELAROQUE

Interlake Thunder players taking part in the Midget Bowl All-Star game in Winnipeg last Sunday, back row, left to right; Colin Howe, Mike Tillet, Alex France, Austin deLaroque, Dakota Holden, Kurtis Janzen, Matt Dahl; front row Driano Silvani, Josh Shellekens, Joe Rosser, Carter Safiniuk, and Declan Kubel.

Driano Silvani and Carter Safiniuk were named to the Midget Football 2015 All-Rookie Team while Thomas Dunlop, Austin deLaroque, Mike Tillet and Alex France were chosen for the Midget Football League of Manitoba All-Stars.

## Interlake U16A ringette wins Dakota tournament

By Brian Bowman

The Interlake Ignite U16A ringette team won gold at the Dakota Ringette Pre-season tournament, which took place from Oct. 21-25 in Winnipeg.

Interlake defeated Dakota 6-5 in the gold-medal game. The Ignite led 5-3 at the half.

"This core Ignite team has repeatedly won this tournament in past years and it is a good start to the season," said Ignite manager Karen McCowan in an email. "This team is strong and the start of the season could be an indication of how dominant this team will be this year."

The Ignite lost their tournament opener to host Dakota U16A by a 7-5 score but quickly rebounded with an 8-0 shutout win over Kirkfield-Westwood and a 9-1 triumph over South Winnipeg.

Those two wins put the Ignite in

second place after round-robin play, advancing them to the final against Dakota.

Interlake and Dakota met again in Winnipeg Ringette League regular-season play on Nov. 1. Interlake won the game 5-2. The two teams will meet again at Dakota on Nov. 14.

The Ignite, comprised this year of players from Selkirk, Stonewall, Warren, River East and St. James associations, will host eight games during the regular season.

The first four games will be played at the VMSC in Stonewall.

Interlake will also be traveling to Souris the weekend of Nov. 20 to play exhibition games against the Regina Cyclone U16A team.

The Ignite will officially meet Regina at the Voyageur Ringette Tournament in Winnipeg in January.



RECORD PHOTO BY ABE BUHLER

Pictured back row, left to right : Rebecca Fox (assistant coach), Taylor Clegg (assistant coach), Renee Partyka, Hanna Marshall, Reese Chop, Lauren Senden, Delta Hannah, Breanne Wiens, Jessica Buhler, Samantha Sampano (coach), Phil Sampano (assistant coach); second row, Miya Saj, Samantha Melsted, Fallon Furkalo, Julia Ignagni, Charlotte Wilmott, Olivia McCowan, Keely Soloway, Jada King and Shelby Mitchell (goalie).



# Interlake Thunder Football Club season full of firsts

By Stefanie Lasuik

Football is the Interlake's newest craze. Now in its fifth year, the Interlake Football Club celebrated the close of another season with a record number of participants and teams, who packed the Teulon Rockwood Centennial Hall with their families and friends on Saturday night.

Mitch Obach, president of the Interlake Football Club, said the purpose of the evening is to recognize the hard work of not only the young footballers, but the volunteers who run the organization, from board members to team trainers. He explained that the banquet also gives the young footballers and their families the opportunity to end the season positively, regardless of the outcome of the teams' final games.

Darcy Gascoigne, head coach of the Atoms, announced that the nine- and 10-year-olds finished with the best record a Thunder team has ever had (7-1), which was also good enough to lead the league after the regular season.

Head coach Matt Kiteley recognized the seven- and eight-year-old players on the Crunchers for their individual contributions to the team.

Offensive Player of the Year, Defensive Player of the Year, Impact Player of the Year, and Lineman of the Year were named for each of the Atom, PeeWee, Bantam, Midget and Girls teams.

Midget head coach Kris Johnston also recognized Rory Doak as the team's best rookie, Carson Argan, as the most outstanding special teams player, and Austin DeLaroque as Interlake Midget's most valuable player.

The organization created a new award this year in honour of the late Charlie Cooke, who officiated for the game and showed tremendous support for local sports. The Charlie Cooke Leadership Award for the player who showed the greatest level of leadership and community impact went to Matt Thoresby.

An evening of firsts included recognition of the new Interlake Thunder Girls team. The 10-girl team, which played in the spring, finished the season with a 3-1 record.

Former Winnipeg Blue Bomber cornerback Rod Hill spoke to the attendees about the importance of the football field, which he said was the greatest place to learn how to compete. He also encouraged the young players to keep up with their education.

"If you can read, write and comprehend, you can do anything," Hill said.



Former Winnipeg Blue Bomber cornerback Rod Hill spoke to the young local players.



RECORD PHOTOS BY STEFANIE LASUIK  
The Interlake Thunder Crunchers celebrated a season of learning with individual awards.



The Interlake Thunder Midget award winners took home shining silver plaques. Back row, from left to right: Carson Argan, Matt Thoresby, Kyle Reynolds, Alex France and Mike Tillett. Front row, from left to right: Thomas Dunlop, Austin deLaroque and Rory Doak.



The Interlake Thunder Football Club welcomed a new team to its organization this year. The girls' team went 3-1 on the season and will look to build on that success next season.



The Bantam award winners were Colton Nedotiafko, Offensive Most Outstanding; Tanner McCallen, Defensive Most Outstanding; Connor Meisner, Impact Player award; and Miguel Larabie, Most Outstanding Lineman.



Left to right: Mitch Obach, Rebecca Cooke, Bernadette Cooke presented Matt Thoresby with the Charlie Cooke Leadership Award.



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 <b>EXECUTIVE HOME WITH MORTGAGE HELPER SUITE 114 Oliver Avenue Riverfront \$740,000</b> The George Hacking Team Judy/Rich Moyer	 <b>333 Eveline St. \$219,900</b> Judy/Rich Moyer	 <b>498 Cloverdale Road \$219,900</b> The George Hacking Team	 <b>664 Donald Road \$329,900</b> The George Hacking Team	 <b>ADJACENT LOT AVAIL. SPECTACULAR VIEW 7 McIvor Lane S \$439,500</b> The George Hacking Team	 <b>60E Rougeau Ave. \$229,000</b> Rich/Judy Moyer
 <b>415 Stanley Ave \$292,000</b> The George Hacking Team	 <b>425 Dufferin Ave 99'x116' Lot \$199,500</b> Judy/Rich Moyer	 <b>26 Delta Cres. \$144,900</b> Judy/Rich Moyer	 <b>33125A Rd 85N \$384,900</b> Judy/Rich Moyer	 <b>153 Lily Ave Zoned M1 \$110,000</b> The George Hacking Team <b>129 Lily Ave \$129,000</b> The George Hacking Team <b>Reward Auto 633 Main Established Selkirk Business and Property for sale \$299,900</b> The George Hacking Team <b>502 Greenwood RENOVATED BUILDING 3.14 Acre Waterfront, Selkirk \$449,000</b> The George Hacking Team <b>1753 Fairway Road Netley Creek Golf Course \$2,999,000</b> The George Hacking Team	 <b>37 Pawley Place Creekside \$79,000</b> The George Hacking Team <b>1367 PR 320 Road \$79,900</b> The George Hacking Team <b>35 Pawley Place Creekside \$81,000</b> The George Hacking Team <b>1468 PR 320 - 7 Acres \$84,900</b> The George Hacking Team <b>8 Pearson Pkwy Creekside Building Lot \$87,500</b> The George Hacking Team <b>595 Cil Road - 4 Acres PRICE REDUCED \$92,400</b> The George Hacking Team <b>31 Pawley Place Creekside \$95,000</b> The George Hacking Team <b>81 Colony Rd - 2.76 Acres \$95,000</b> The George Hacking Team <b>Lot 1 Stonechurch Rd - 4 Acres \$99,900</b> Judy/Rich Moyer <b>Lot 2 Stonechurch Rd - 4 Acres \$99,900</b> Judy/Rich Moyer <b>Nanton Road - 2.09 Acres \$109,900</b> Rich/Judy Moyer <b>Lot 2 Jacobs Lane \$110,000</b> The George Hacking Team <b>0 Fleming - 4 Acres \$115,000</b> The George Hacking Team <b>4748 Henderson Highway \$115,000</b> The George Hacking Team <b>384 Flemming Drive \$117,500</b> The George Hacking Team <b>77 Vincent Road - Stony Mountain \$119,900</b> The George Hacking Team <b>Lot 4 Two Mile Rd. - 6 Acres \$119,900</b> Judy/Rich Moyer <b>1498 PR 320 - 17 Acres \$125,000</b> The George Hacking Team <b>68 Cowan Place \$125,000</b> The George Hacking Team <b>1488 PR 320 - 25 Acres \$135,000</b> The George Hacking Team <b>0 Colony Road - 97.59 Acres -Excellent Farmland \$175,000</b> The George Hacking Team <b>0 Colony Road - \$175,000</b> The George Hacking Team <b>Petersfield 4 lot subdivision &amp; cottage 237 Tom Prince Road 88N - 332 Acres Native Pasture \$195,000</b> The George Hacking Team <b>665 Colville Rd Creekside 7.5 Acres \$200,000</b> Judy/Rich Moyer <b>0 Floodway Drive, 309.9 Acres \$280,000</b> Rich/Judy Moyer <b>0 Petersfield Pits, 120.6 Acres \$325,000</b> The George Hacking Team <b>72101 Pine Road S. Prime Development \$340,000</b> The George Hacking Team <b>605 Cil Road - 65.62 Acres DEVELOPMENT OPPORTUNITY \$445,000</b> The George Hacking Team <b>605 Cil Road - 65.62 Acres DEVELOPMENT OPPORTUNITY \$492,000</b> The George Hacking Team
 <b>310 Sinclair \$239,000</b> The George Hacking Team	 <b>109 Edstan Place \$509,000</b> The George Hacking Team	 <b>408 Phelan Rd - 60 acres, 4 BR \$365,000</b> The George Hacking Team	 <b>145 Laurel Ave Wpg Beach \$79,900</b> Judy/Rich Moyer <b>More Air Miles® Reward Miles? Buy a home, get 2x the Miles</b>	 <b>Mars Sand Hills 1.3-1.6 Acres \$25,000-\$40,000</b> Judy/Rich Moyer	 <b>18 Creekside To be built - Last walkout lot in Selkirk \$387,000</b> The George Hacking Team
 <b>18 Creekside To be built - Last walkout lot in Selkirk \$387,000</b> The George Hacking Team	 <b>12 Pearson Parkway \$345,000</b> The George Hacking Team	 <b>95082 RD 37E Patricia Beach \$334,900</b> Rich/Judy Moyer	 <b>1015 Frank Street \$282,900</b> The George Hacking Team	 <b>60E Rougeau Ave. \$229,000</b> Rich/Judy Moyer	 <b>430 Ash Ave Winnipeg Beach \$149,900</b> Judy/Rich Moyer



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**ANNOUNCEMENTS**

**BIRTHDAY**



**Victoria Strauss**  
Happy Birthday

to mom, grandma and great-grandma  
Wishing you all the joy and peace you want  
out of life  
as you celebrate your 90th birthday  
-With love from,  
your family

**ANNOUNCEMENTS**

**CARD OF THANKS**

Settee – The family of the late Dale Settee wish to express their deep appreciation to those who have offered such kindness, support and messages of sympathy and comfort with their phone calls, cards, flowers and food donations during our time of bereavement. We especially wish to thank Rev. Brad Elliott for officiating the service, Rob Laycock of Gilberts Funeral Home, Devin Morin for delivering the eulogy, the Masons for their Masonic service, Darrall Sinclair and Faye Drummond for all the work they did for the luncheon and all who donated in Dad's memory to the Paw's Pal Animal Rescue.

-The family of Dale Settee

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# Announcements

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**ANNOUNCEMENTS**

**IN MEMORIAM**



**Myron Martinuk**

Our lives are like quilts. We are pieced together by the kind thoughts of family, friends and co-workers. Your ways were quiet, but people thought highly of you.

We light a candle today in honour of you; remembering your life, your devotion to family, your hard working hands. Death leaves a heartache no one can heal; love leaves a memory no one can steal. In our hearts you are remembered every day.  
- Janet

Remembering Myron in one of his happy places; reclining in the comfort of his stress-less chair captivated by 1, 2 or 3 sports events on the big screen.  
-Marlene

Myron was intelligent, analytical, resourceful and practical and he used these along with common sense to solve any problems that arose. A Ford man to the end who put his family first. - Guy and Alice

I could always rely on Myron to explain difficult concepts in terms I could understand. He had an unwavering love for his wife, son and daughter. - Lane

My memory of Myron was that he was a strong willed person, highly respected in the long term resource planning community. - Karl

Myron had a kind heart under his sometimes feisty exterior. He called me "the kid" and was never too busy to show me the ropes. I often marvelled at his intelligence and his grasp of the Manitoba Hydro Power system. His spread sheet skills were amazing; Myron I miss you and wish you were back.  
- John

There is rarely a working day that goes by where I don't hear Myron's "words of wisdom" in my subconscious. Myron's spirit lives on. - Judy

The first day I started working with Myron in 1985, he impressed me as one of the most intelligent people I had ever met, hard-working, strong-headed but generous; confirmed that every day from that time on. -Ed

It was mid-June, 1968 when Myron and I had a couple of days off before our final Civil Technology exams at M.I.T. We "studied" while fishing on the banks of the Red River at the Martinuk farm. Deep conversations about our past and future while eating kubasa, rye bread and sharing a mickey of rye. Three weeks later I was introduced to the oil patch in Northern Alberta and Myron was working for Hydro in Northern Manitoba. -Lifelong friends, Bill and Marianne Kuchma, Edmonton Alberta

Uncle Myron, whenever I hear "NHL" I remember a great fan who took us kids to our very first big hockey game in the city. Whenever I visited as an adult I would brush up on all current events in advance, including world politics, the oil crisis vs. world currencies and TV. I enjoyed those chats with Uncle Myron. - Niece Terry Jan

Myron was the youngest of my eight uncles, only ten years older than myself. Before he became a good husband and dad, he liked to spend time at the old Lockport Pool Hall. I have fond memories of Myron taking me with him and teaching me how to shoot pool. A skill that would come in handy in the years to come. Of course there are many other memories, of the young uncle, I miss. - David Martiniuk

I have several wonderful memories of my husband, but two really stand out. While I was doing the dishes one day, he was reading the paper, watching a game on T.V. and listening to a game on the radio- knowing very well as to what was happening on all three medias. While he still had some strength left, he had the neighbors boy come over and he showed him how to use a riding lawnmower. When he outgrew the job, his sister Hannah, took over. I commented to Caleb how well she was doing. He was taken back a bit and commented, "Hannah, do you know the Myron rules of cutting grass?" He recited them, and once in a while I break one of those rules. When I want your attention, I let some grass blow onto the driveway. - My rule to stop and talk to you!

Thank you Dad for being someone I could always look up to sharing the outdoors with me, intellectually challenging and supporting me and always being there ...even now.

**ANNOUNCEMENTS**

**IN MEMORIAM**



**In Loving Memory of Debra Calder**  
October 20, 1953 - November 9, 2012

God saw her getting tired,  
So He whispered "Come with Me"  
Have you ever had a daughter who  
Meant so much to you,  
One you loved so very much and  
Miss her like we do?  
I hope you ever had a heartache or  
Felt some awful pain,  
Or shed those bitter tears that  
Drop like falling rain?  
If you've never felt this feeling,  
I hope you never do,  
For when you lose your child,  
You lose a part of you.

-Lovingly remembered by  
Mom Thelma, Jan, Gary and Brad

**ANNOUNCEMENTS**

**IN MEMORIAM**



**Jane Still**  
March 1955 - November 10, 1999  
16 years - Still missed  
and not forgotten, and loved

-Paul, Ryan and Kenton

**ANNOUNCEMENTS**

**IN MEMORIAM**



**Horvath**

**In loving memory  
of my husband Ted**

**who passed away on November 14, 2008**

There isn't a day that goes by that  
I don't wish you were beside me.  
My days are filled with loving memories of you,  
No matter where I am or what I do.  
But I know as time goes on that we'll be  
Together again, hand in hand, side by side,  
Walking on the streets of gold in Heaven.

-Lovingly remembered by your wife,  
Doris of 46 years

**ANNOUNCEMENTS**

**IN MEMORIAM**



**In Loving Memory  
Danielle Nicole (Frost) Lupel**  
December 2, 1987 - November 16, 2014

I think of you every day.  
Love you and miss you.

-Love your Dad, Greg Frost

**OBITUARY**

**ROBERT (BOB) ANTHONY JOHNSON**

Peacefully, on Monday, November 9, 2015 at the Selkirk General Hospital, Bob Johnson, aged 70 years of Selkirk, MB., beloved husband of Lucy; father of Michelle and Regan; and grandfather of Daniel, Dillon, Dustin and Ashley passed away. Services will be held at a later date.

Gilbart Funeral Home, Selkirk in care of arrangements.  
[www.gilbartfuneralhome.com](http://www.gilbartfuneralhome.com)



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# Announcements

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## OBITUARY



### Hazel J. Rudolph (Anderson)

**October 4, 1931 - November 3, 2015**

Suddenly, with family by her side, mom went to be with her Lord and Savior.

She is survived by her children, Don (June), Barbara (Mike), Sandra (Derence), Linda (Clark) and Keith (Darlene); she is also survived by her sister Shirley and brother Bill (Ileen); 14 grandchildren and 15 great-grandchildren.

She was born in Cabot, MB. and because her dad worked as a foreman for CNR, they moved around a lot, settling in Grand Marais where she met and married Don, who predeceased her on December 18, 2010.

She spent many months/years working with her mother and sisters, Verna and Doris at Anderson store, she also ran Doris's grocery alongside with dad for 15 years. Mom spent many mornings enjoying coffee time with Shirley.

The family would like to thank the staff at Devonshire House as well as a huge special thank you to all her homecare staff.

There will be a graveside service on November 22 at 2:00 p.m. in the Balsam Bay Cemetery, all are welcome.

In lieu of flowers, donations may be made in Hazel's memory to The Heart and Stroke Foundation or charity of one's choice.

Gilbart Funeral Home, Selkirk in care of arrangements.  
[www.gilbartfuneralhome.com](http://www.gilbartfuneralhome.com)



## OBITUARY



### Gerald (Big Bird) Massey

The world is a little less bright with the passing of Gerald Massey. He is survived and loved by his children Savannah (Shawn), Natassia, Jerrod (Tina), Tiffany, Brigitte and their mother Claudia; grandchildren Tre, Damon, Jaymz, Dannika, Logan, Aiden and Taylor Anne; his siblings Doug (Lucy), Barbara -Jean (Kevin), Cameron (Linda), Stewart (Sherrie), Colleen; nieces and nephews. He is also missed by his cats.

Everyone is welcome to the Army and Navy in Selkirk on Friday, November 13 to have a drink and share a story anytime after 3 pm.

Donations can be made in his memory to Winnipeg Pet Rescue Shelter on 3062 Portage Ave.

Gilbart Funeral Home, Selkirk in care of arrangements.  
[www.gilbartfuneralhome.com](http://www.gilbartfuneralhome.com)



## OBITUARY



### Holly Marie Frantz (nee Boudreau)

Peacefully, Holly Frantz passed away from cancer on November 7, 2015, at the Gimli Community Health Center, with her boys around her.

She was predeceased by her father Jim Boudreau. Left to mourn her passing is her husband of 34 years, Larry; sons Karl and Eric; her mom Lillian Boudreau; brothers Guy (Sonja), Mark (Rose); sister Kallie Boudreau; mother and father-in-law Marie and Vern Frantz; sisters-in-law Susan (Mark Woodruff) and Sharon (Gord) McMaster; brother-in-law Don (James) Frantz and many aunts, uncles, nieces, nephews, cousins and friends.

Holly was born on July 16, 1955 in Fort Frances, Ontario. The family moved to Winnipeg in 1961 and she finished her schooling at Kildonan East Collegiate. Holly had a varied career and finished her working years with the CRA.

She met her husband Larry in late 1978 and they were married in February of 1981. Their first son Karl was born in October 1983 and Eric completed their family in March of 1985. They spent the first years of their marriage in Winnipeg but soon moved to the country where Holly was able to pursue her love of gardening.

While the boys were growing up the family had many great adventures, traveling to both coasts of Canada and spending summers at Rugby Lake. When Holly and Larry retired, they moved to Gimli to enjoy the summers where they both took up golfing and Holly even managed to beat Larry on several occasions. For Holly to avoid the cold Manitoba winters which she detested, they began exploring the world, visiting New Zealand, Fiji, Portugal, Spain, The Canary Islands, Egypt, Texas, Mardi Gras in New Orleans, Barbados, Sturgis Bike Week and Mexico.

Holly was well known for her caring heart, positive attitude, hosting guests and endless optimism. She will always be loved and missed by all who knew her.

The family would like to thank the staff at the Gimli Hospital for their care and compassion.

A memorial service will be held Saturday, November 14, 2015, in the Gilbart Funeral Chapel, Selkirk, MB at 1:00 p.m.

In lieu of flowers, donations can be made to the Gimli Community Health Center - Northeast Palliative Care Unit.

Gilbart Funeral Home, Selkirk in care of arrangements.  
[www.gilbartfuneralhome.com](http://www.gilbartfuneralhome.com)



## OBITUARY



### Kathleen Agnes Foster (nee Conger)

On Friday, November 6, 2015, after a battle with cancer, Kathleen left this world for an eternity in heaven.

Born on Pearl Harbour Day December 7, 1941, Kathleen was raised and schooled in Brooklands. At just 16 she met the love of her life just across the road and in 1960 they were joined in marriage and raised four beautiful children.

Survived by her best friend and love Bill; children Cyndi (Sangeeta), Douglas (Jean), Joanne (Roger) and Maureen (Mike). Kathleen loved and cherished her eight grandchildren whom she never failed to tell "Gramma loves you": Matthew, Julie, Amber, Jared, Ethan, Raegan, Keira and Mikayla.

A devoted member of St. Anne's in Petersfield, Kathleen was a sister in the C.W.L. at St. Peters and Notre Dame for 40 years. Eldest child of Robert and Anne Conger (deceased); Kathleen will be forever missed by her siblings Joanne (Dave), Robert (Alice, deceased) and Valerie, many nieces, nephews and friends.

Kathleen thanks all her care givers, prayer partners, and many priests who have kept her in their thoughts and prayers.

God bless you all.

Prayers will be held on Thursday, November 12 at 7:00 p.m. in the St. Anne's Roman Catholic Church. in Petersfield, MB. Funeral Mass will be celebrated on Friday, November 13 at 10:30 a.m. also in the Church.

In lieu of flowers, donations may be made to CancerCare Manitoba.

"A Mum's hug lasts long after she lets go"

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