





### The **Greg Michie** Team

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**RECORD PHOTO BY LINDSEY ENNS** 

Selkirk RCMP Insp. Allan Hofland carefully lays down a wreath during the Remembrance Day Service at the Selkirk Rec Complex last Sunday morning. This year's Remembrance Day marked the 100th anniversary of the signing of the armistice that ended the First World War. For more coverage, see Pages 11 and 12.

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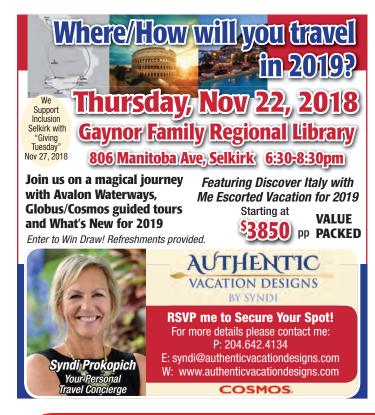
### Flags help honour veterans





**RECORD PHOTOS BY LINDSEY ENNS** 

Several Comp students and staff, local cadets along with members of the Royal Canadian Legion Selkirk Branch 42 and Selkirk Mayor Larry Johannson met at the St. Clements Church cemetery to place Canadian flags at the graves of First World War and Second World War veterans last Friday afternoon. The initiative, which was organized and led by Selkirk resident Zachary Adams, pictured above right, saw 131 Canadian flags placed at veterans grave sites at various cemeteries in Selkirk and area ahead of Remembrance Day last Sunday.







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### Career Cafe helps high school students plan for the future

By Justin Luschinski

Local high school students had a chance to learn more about their career options during the Comp's Career Cafe last Thursday.

Around 27 tables were set up to showcase various career paths including with organization such as the RCMP and Manitoba Hydro.

Carla Mroz, the career and dualcredit co-ordinator at the Comp says it's never too early for students to start planning ahead.

"With the world we live in, with the advancements in technology and the changing career landscape, it's important to give them every opportunity to start thinking of things ahead of time," Mroz said. "A lot of (students) are motivated, maybe they don't have a concrete idea of what they want, but they might lean towards working in medicine, or business, and they're starting to plan on how to get into those fields."

Many of the information booths had some hands-on displays for the students to help draw them in. Sunova Credit Union had "Pepper," a fourfoot tall humanoid robot, which they recently welcomed to their team as a travelling greeter. The robot can tell stories, dance and was on hand to take selfies with students.

Manitoba Corrections had a set of handcuffs on display that students could play with, and SafeWork Manitoba had a HTC VIVE VR setup, which allowed students to play a puzzle game in virtual reality.

The career fair drew a big crowd. Many students enjoyed the activities, such as taking pictures with Pepper robot, but others were looking to find some direction for their future career.

Grade 10 students Leah Prokipchuk and Gillian Cote both have very different ideas for their career. Cote wants to get into marine biology, while Prokipchuk doesn't really know what she wants to do yet.

Prokipchuk said she wants to help



**RECORD PHOTOS BY JUSTIN LUSCHINSKI** 

Students and attendees take pictures with Sunova Credit Union's robot named "Pepper" at the Career Cafe at the Comp last Thursday afternoon.

correct the foster care system in Man-

I want to get involved with the system, and make it better," Prokipchuk said."I don't know what I want to do exactly. There's a lot of choices. But I think I want to be a childcare worker, or work in family services."

Cotes said this career fair helped her figure out how to become a marine bi-

"This is great. (It) shows us that we aren't alone, and they can help guide us. I think a lot of people want to work in something fun, something exciting,"Cotes said.

The Lord Selkirk School Division helps it's students prepare for a career through an in-depth interview

quiz process, and gives the students a blueprint for their future. Mroz said they also inform students of any grants and bursaries they can obtain, which can reduce the financial burden of higher education.





### Historical reenactor brings war memorabilia to local library

By Justin Luschinski

Around 20 community and area members at the Gaynor Family Regional Library last Friday travelled back to 1914, as a historical reenactor in full combat gear held a presentation on the First World War.

Frederick Carsted, a historical reenactor for the First World War, showed off his collection of Canadian soldier gear as part of the Circle of Friends program at the local library. Carsted wore a soldier uniform and used various other props to teach the audience about life in the trenches.

Carsted said that the Great War is more complicated than most people think.

"Before I started, I believed all the myths that most people do. The truth is the Great War was complicated, in the early parts of the war, there were large sweeping assaults, big troop movements, and the trenches were only a part of that," Carsted said. "Nobody anticipated trench warfare, they had to figure it out on the job. Generals had a tactical problem they never faced before, so they kept trying new things. The downside is, lots of people got killed because of it."

Carsted showed off the Canadian uniform, which would drastically change as the war was coming to a

Initially, Canadian soldiers wore cloth or leather helmets, which barely protected them from shrapnel, much less the sniper or machine gun fire



**RECORD PHOTO BY JUSTIN LUSCHINSKI** 

Frederick Carsted, in Canadian First World War fighting gear, holds a rifle during a presentation at the Gaynor Family Regional Library last Friday.

that was common in the trenches. At the end of the war, the Canadians wore metal helmets to deflect some of the shrapnel from artillery fire, and they had pouches hanging in front for gas masks.

Many of the attendees last Friday were also interested in talking about post-traumatic stress disorder (PTSD). A few of them talked about having fathers and grandfathers, who went overseas and came back as changed men.

Irene Foster, one of the attendees, said the horrors of war should not be forgotten.

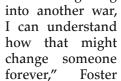
"I have a grandson who served in Afghanistan. We don't ask him questions about (his PTSD), but he's doing fine now. I'm scared of getting

forever,"

said. "It's horrible. We have to negotiate, and not fight. Fighting is not the answer. Everybody is a human being. Once the world accepts that, we'll be a whole lot better off."

The last known Canadian First World War veteran, John Babcock, died in February 2010, at 109 years old.

More than 650,000 men and women from Canada and Newfoundland served during the First World War more than 66,000 gave their lives and more than 172,000 were wounded, according to Veteran Affairs Canada.





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Local man living with intellectual disabilities named Citizen of the Year

#### Submitted

There were many lessons learned during last Wednesday evening's Citizen of the Year Banquet — first and foremost that Bob Hebert is most definitely deserving of the honour.

And beyond that, the man knows how to throw one heck of a party.

Hebert was honoured with a dinner and award ceremony hosted by the Selkirk and District Community Foundation (SDCF) at the Selkirk Golf and Country Club with about 130 of his closest friends. It's true, almost everyone there seemed to know Hebert well - hugs were frequent and laughter came straight from the belly and filled the room.

Hebert lives with intellectual disabilities, and during his acceptance speech, which suitably closed down the evening, he thanked everyone involved, from his friends and family, his nominators, his colleagues at Inclusion Selkirk and the SDCF.

"When I heard I was chosen for this award, I was shocked. I didn't think this would happen to someone like me, someone with an intellectual disability," Hebert said. "But I know that a person with an intellectual disability can do anything they want if they put their mind to it. There's no such word as can't, and don't you forget it."

Gord Henrikson, Chair of SDCF, said telling Hebert he'd been selected as Citizen of the Year was a special oc-



**SUBMITTED PHOTO** 

Citizen of the Year Award winner Bob Hebert, pictured right, celebrates with sister Monique Riley, left, during an awards dinner at the Selkirk Golf and Country Club last Wednesday evening.

casion, and one he'll never forget.

Henrikson, SDCF Executive Director Bev Clegg, and Inclusion Selkirk's Director of Community Development, Cheryle Bacon, were already in on the secret and they'd met with Hebert at the city's Civic Office for the reveal.

"There we were, the four of us. When Bev and I asked 'Bob do you know why you're here'?

Bob said, 'nope'," Henrikson said.

"We wanted to tell him that he'd been nominated and selected as the 2018 Selkirk Citizen of the Year. I wish we had a camera, his reaction was one for the ages and ran a whole range of emotions - joy, wonderment, puzzlement, excitement, joy. He couldn't be-

Selkirk Record publisher Brett Mitchell nominated Hebert for the award after a years long friendship that began when he helped connect Hebert with his Walmart employer.

"When I met Bob, he had a resume we all wish we could have with all his volunteerism, but it was backed up by seeing Bob, justifying this resume, day after day, week after week, year after year," Mitchell said. "I see Bob everywhere. Ubiquitous Bob, he's just everywhere all of the time."

Cheryle Bacon said she was taken aback when Mitchell asked for her help in nominating Hebert, but realized no one was more deserving.

"Bob is one of those silent advocates, yet you do not need to look hard or far to see him, whether it's Breakfast Bob at the school, or front row and centre Bob at local high school musical events where he's leading the standing ovation in support of the students, or the Bob who lends an ear at the local homeless shelter, Bob is a calming presence."

Hebert's sister, Monique Riley, travelled from British Columbia to be with her brother when he received his award. She said it was an overwhelming experience and she was proud to be there to celebrate with him.

She told stories of how Hebert has continually surprised her over the years, taking on the world with a smile and an open heart, and reminding her that she shouldn't sweat the small stuff.

She was impressed with her brother's chosen hometown, and thanked everyone for their support.

Monique told the story of when she, her husband and Bob were living in Calgary. Their mom was in the hospital in palliative care, and they were having a talk with Hebert's support worker, Richard.

Richard was telling them that there was a new building where Hebert could live independently, and she could tell her brother didn't want to hurt her feelings by accepting the opportunity.

"I said, 'Bob, it's your life'," Riley said. "Not even five seconds later, Bob high fives Richard and says, 'I'm in'!"

"No hesitation. Bob has never looked back."

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### MS Society of Canada launches yoga pilot program in Selkirk

#### **By Lindsey Enns**

A new pilot program in Selkirk is helping bring community members living with multiple sclerosis (MS) together for an hour of relaxing yoga.

Yin Yoga for Individuals Living with Multiple Sclerosis takes place on Wednesdays from 1:30 p.m. to 2:30 p.m. until Dec. 12 at The Shack Fitness Studio, also known as The Spin Shack, located at 635 Morris Ave. The cost is \$5 per class and yoga mats and other equipment are provided.

Tara Mamchu said the slow form of yoga is easy on the body and the class is slow and relaxing.

"It's a very soothing space. So if someone wasn't having a great day, they could just come lie on their mat," said the co-ordinator, community connections for the Manitoba division

\*When tinted.

of the MS Society of Canada. "There's many benefits in terms of exercise for people living with MS."

Mamchu said the six-week pilot program, which started on Nov. 7, is all about motivating people to try something new.

"There's a social component in that they'll be connecting with others," she said. "The benefits of yoga span beyond the physical and includes the social."

Mamchu added there is also a MS Peer Support Group in Selkirk for those living with MS or people impacted by the disease. She added the group is very much peer led in Selkirk.

"This is a very active self-sufficient group that's underway in Selkirk," she said."The group is used as a space to



check in and touch base about experiences living with MS and have the

#### PHOTO COURTESY OF METRO **NEWSPAPER SERVICE**

The Shack in Selkirk is hosting Yin Yoga for Individuals Living with Multiple Sclerosis every Wednesday afternoon until Dec.

experience of sharing your story with people who are familiar with what you're going through.

"MS looks very different for everyone so they're able to connect with others living MS."

She added it's important for those living with MS to talk about it when they feel comfortable doing so.

"For many people, their MS diagnosis is invisible to others when in fact there are many health challenges that would not be known," she said.

MS is currently classified as an autoimmune disease of the central nervous system (brain, spinal cord, and optic nerves), according to the MS Society of Canada. MS is unpredictable and can cause symptoms such as extreme fatigue, lack of coordination, weakness, tingling, impaired sensation, vision problems, bladder problems, cognitive impairment and mood changes. Its effects can be both physical and emotional. Currently there is no cure, researchers are learning more about what causes MS and are looking at ways to prevent it.

Canada has one of the highest rates of MS in the world, with an estimated 77,000 Canadians living with the disease. While it is most often diagnosed in young adults aged 15 to 40, younger children and older adults are also diagnosed with the disease.

Mamchuk said individuals from surrounding areas are welcome to take part in MS Society programming in Selkirk. For more information or to register, contact Tara Mamchuk at 204-943-9595 (ext. 4904) or via email at Tara.Mamchuk@mssociety.ca.

### Home hardware building centre





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### **Emergency alert system test** to take place on Nov. 28

By Justin Luschinski

The province is hoping the next emergency alert system test will go off without a hitch.

Manitoba will be testing the Alert Ready system on Wednesday, Nov. 28 at 1:55 p.m. The system aims to push out emergency alerts to Canadians through cable TV, radio, and smartphones.

But during the previous test in May, some phones didn't receive an alert.

Mike Gagne, director of operations for Manitoba's Emergency Measures Organization (EMO, said the differences between each device might have been the issue.

"From our perspective, the test was successful, it went out to people. It might come down to (someone's) phone, and whether or not it's up to date," Gagne said. "Another thing to consider is these wireless service providers partnered with us just six months ago. The fact that the alerts got out to most phones, in such a short amount of time, is huge."

Gagne said that in order for residents to receive an alert, their phone software needs to be up to date, and

they need to be on an LTE connection. The phones need to also be relatively modern, older phones are not compatible.

Manitoba's EMO is also reviewing and implementing new emergency response protocols for each RM, including Selkirk.

Gagne said most of their work is fine tuning policies the RMs already have.

"It's like we're putting old wine into new bottles. Most of the RMs have already been doing what they need to do, we're just looking to help them improve," Gagne said. "We look at their plans, and sometimes they've hit the nail on the head, other times we help them consider other situations."

Gagne said the changes include updating the regulations around large scale emergency response protocols. They're meeting with the RMs, figuring out where the gaps are in their policies, and making sure places like Selkirk have a plan if a large-scale emergency were to occur.

For more information about the Alert Ready system, visit alertready.

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#### **SUBMITTED PHOTO**

Glow Fitness yoga teacher Andrea Gertie demonstrates the "Christmas Tree Pose" for Glow's upcoming Holiday Alley Festive Yoga, a 15-minute festive mini yoga class designed with all ages in mind. The women over at Glow Fitness will be hosting ongoing mini yoga every 20 minutes between 7 p.m. and 10 p.m. on Friday, Nov. 30 and from 1 p.m. to 10 p.m. on Saturday, Dec. 1 during Holiday Alley. For more information about the second annual event, visit holidayalley.ca.



#### Siland Regard



Lana Meier



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### Visitor experiences ice fishing on the Red River

Welcome all.

There was a sense of warmth standing with Mick Walsh and Lawrence Proulx in the center isle of Selkirk Canadian Tire. Giant inflatable Santa's hummed and swayed on shelves high above our heads as Mick, the store manager, offered his stores donation of a portable ice shack and auger to Lawrence the president of the Manitoba Ice Fishing Association for its yearly winter raffle.

Mick, who is a fairly tall, thin chap and sports a short, brown beard under an ever-present cap, is given to speaking quietly with forethought. So it was that as we stood together talking of the stores exceedingly varied stock of outdoor and sporting equipment that I noticed him looking over at the fishing gear with a smile."What?"I asked, picking up on his reflective expression.

"Last winter my dad, Paul, who lives in Newfoundland came for a visit. I wanted to show him how we fish here so one day we loaded up my truck with my fishing gear and headed onto the Red River ice by the "bridge to nowhere."

As Christmas shoppers milled around us, Mick went on describing how as he eased his truck down the river bank ruts, he could feel his dad throwing nervous glances his way. Snow billowed up from the tossing trucks tires splashing and melting on the windshield as Mick urged his trusty truck on, bouncing wildly through some snow bank drifts. Then, before him was a ridge of what appeared to be another snow drift but as they hit it, instantly Mick knew it was a piled up ice ridge. The front wheels crunched into it with a shock that jarred through his arms so forcefully it knocked his hands off the steering wheel. The front truck wheels bounced shaking over the ice. Out of



**RECORD PHOTO BY ARNIE WEIDL** Adam Zacharias of Beausjour with his catch from Netley Creek.

the corner of Mick's eyes, he could see his dads hand slam down on the door handle, throw his shoulder against the door springing it open and jumping out to the safety of the white snowpack on the ice! Mick concerned for his dads wellbeing put the truck in park and got out too. With the truck stopped, idling innocently, Mick and Paul peered at each other through the wide open doors."It's OK dad, the ice here is really thick and baring open water by the pile-ups, if you can find a flat place to cross, it'll hold 10 trucks," Mick reassured his father.

A few minutes later after calming down, they climbed back into the truck and trundled off to the middle of the river where they stopped and set up camp. Soon the inside of their warm portable ice shack, with ice holes drilled and baited hooks in the water, the end of Paul's short rod took a nose dive. The rod shuttered and Paul came alive with excitement. He began reeling in and soon could see the head of a good sized pickerel just

under the holes water. Pointing the end of his rod to the fish to ease the strain on the equipment, he hauled up and the fish popped up from the hole then fell back onto the ice flopping across it. Suddenly, the hook sprang free of the fish's mouth! Paul quickly bent down trying to capture his fish before it slipped back into the water but to no avail! With a flick of its tail it slipped headfirst into the water disappearing with a splash.

"Well, it sure left its tracks," Paul observed looking at the wet ridges in the snow the fish had made with its fins and tail before it vanished back in the water! Thank you Mick and all the gang at Selkirk Canadian Tire for your donations to MIFA! You guys are the best! Mick, that fishing story about you and your dad was wonderful.

A while back I met a grey haired trio, big George Sorokoski, good natured very thin, Ken Koloski and ninty-five year old not-to-tall, rambunctious Peter Maruca who have fished together for years. We got to talking and George remembered being taught to fish at Windego Resort on the south end of Lac du Bonnet by his father. "I'm old enough to remember that place," Peter interjected. "Yeah," Ken replied, "it burned down once." "Yep," George chimed in with a sly look," it burned down again years later real

Sometimes winter ice fishing comes upon us very quickly. It was only days ago that I met Adam Zacharias from Beausejour who showed us the pickerel he caught on Netley Creek while open water fishing and now last Sunday I talked to Jeff Matias of Winnipeg as he sat in his portable ice shack, again, on Netley Creek with four inches of ice and three feet of water under him-catching jackfish!

Till next week, bye for now my

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**CONTACT US** 

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

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**EDITORIAL** 

**Lindsey Enns** 204-485-3337 news@selkirkrecord.ca Twitter: @LindsevEnns

Justin Luschinski 204-226-8268 Justin@selkirkrecord.ca Twitter: @ScholarJ

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

#### TROUBLE WITH PAPER DELIVERY?

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

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### Selkirk woman says she's struggling to find a new doctor

IERHA says it's working 'hard to close that gap'

#### By Justin Luschinski

If you have any issues with your current physician, finding another one might take you a long time.

Maria Turkitch of Selkirk said she was disappointed with the care she was receiving from her current doctor so she decided to find a new one through the province's Family Doctor Finder program.

Turkitch said she's been waiting for a new doctor since December 2017.

"I've been on the list since last December, and so far I've got nothing. I refuse to go back to (my previous doctor), but I don't have much of a choice, there are just so few doctors here," Turkitch said. "If you're not happy with your doctor, why should you have to stay with them?"

Turkitch said she found another doctor that was taking on new patients. But since this new doctor works in the same building as her old one, they refused to see her for ethical reasons. Turkitch added that she might have to find a doctor outside of Selkirk, pos-



PHOTO COURTESY OF METRO NEWSPAPER SERVICE

A Selkirk woman says finding a new doctor within the Interlake-Eastern Regional Health Authority hasn't been an easy task.

sibly in Winnipeg.

Finding and keeping physicians in the Interlake has been a long-standing challenge, with the Interlake-Eastern Region Health Authority (IERHA) launching several initiatives to help combat the problem. The IERHA announced they were bringing in 19 new physicians in early 2018, and continue to incentivise med students to settle down in Selkirk.

IERHA CEO Ron Van Denakker said

while they have a long way to go, they are bringing more physicians to the

"I remember a while ago, we were so desperate that we petitioned our colleagues in other provinces for nine new physicians. We're in a much better position now," Denakker said. "We still have access issues, yes, but we're working very hard to close that gap.

"It's not just about the doctors, the physicians are an important part of your healthcare team."

Denakker said the IERHA has done a lot of research into what makes a doctor choose to live and work in the area. He said typically, doctors are used to being a part of a larger healthcare group, working with a wide range of colleagues who help them be social, and alleviate some of the workload.

For example, if a resident is diabetic, they might not need to see a doctor, they might be better served to see a dietitian, or a chronic disease nurse. But the Interlake has never had a program like that, so one doctor is doing work that would be suited for an entire team.

Turkitch said she doesn't have very many options for her care.

"Thankfully, my previous doctor has agreed to keep seeing me until I find a new one," Turkich said. "But it's not fair. I feel like I shouldn't have to go without a family doctor, or I shouldn't have to go to another town or city if I feel unhappy about my care."

Dennakker said the IERHA has added nine new physicians, on top of the 19 they already announced, to the area. They're also working on establishing a residency program, which will bring medical students to the area, and get them interested in settling down in Selkirk.

### Selkirk Auto Body earns certification through Certified Collision Care

Submitted

Selkirk Auto Body Ltd. has been officially Certified by Certified Collision Care, a non-profit consumer advocacy organization for maintaining the right tools, equipment, training, and facilities necessary to repair the participating Automaker brand vehicles according to the manufacturer's specifications. In achieving their Certification, Selkirk Auto Body Ltd. is now an integral part of the most advanced repair capable and efficient collision repair network in the world. Adding to their credentials, Selkirk Auto Body Ltd. is officially Certified by Certified Collision Care, Fiat Chrysler Automobiles, Ford Certified, Nissan, and Kia.

To become Certified by the various

Automakers, Selkirk Auto Body Ltd. passed the rigorous Certification process essential to help ensure a proper and safe repair of the new generation of advanced vehicles. Less than 5 percent of body shops across the nation are able to meet the stringent requirements to become officially Certified and recognized. The Certified network is made up exclusively of bestin-class collision repair businesses that have met or exceeded the strict requirements of the Certification pro-

According to Selkirk Auto Body Ltd. Owner, Joe Pellaers, "We've worked hard to stay ahead of the curve in the collision repair industry. This official Certification demonstrates that commitment to our customers. We take pride in our highly trained technicians who use the latest tools and equipment to deliver a top quality repair and the best customer service."

The Certification criteria are based upon auto manufacturer requirements. These are critical to ensure the vehicle fit, finish, durability, value and safety following an accident. As new model vehicles are being introduced that use light weight high strength materials and advanced technology, a proper repair according to manufacturer specification is even more important than ever to ensure the passenger safety and proper performance of the vehicle. Auto manufacturers want to ensure that consumers

have the option of Certified Collision Repair wherever they live, work, or travel.

"Consumers need the confidence and peace of mind to know their vehicle is being repaired by a shop that has what it takes to ensure the vehicle safety. Selkirk Auto Body Ltd. is officially a Collision Care Provider," said Scott Biggs, CEO of Assured Performance Collision Care. "They represent the standard by which all other body shops are measured."

Certified Collision Care is the Canadian division of Assured Performance Network, the largest network of OEM Certified repair providers in the world. Visit certified collision care. ca for more information.

### RCMP investigating homicide in Selkirk

The death of a 30-year-old man in Selkirk last Saturday morning is being investigated as a homicide, according to RCMP.

On Nov. 10 at approximately 5 a.m., Selkirk RCMP were dispatched to a call of an injured male. The male vic-

tim was transported to hospital however he succumbed to his injuries and was pronounced deceased at 8 a.m.

RCMP say they were dispatched to Queen Ave. after the victim went to a home there for assistance.

RCMP Major Crimes is investigat-



### Holiday market fun

**RECORD PHOTOS** BY JUSTIN LUSCHINSKI One-year-old Addison Jones of Selkirk checks out one of the drums on display during the Aboriginal Head Start's annual Pie and Holiday Market Craft Show at the Selkirk Friendship Centre on Nov. 3. The market hosted local craft makers and small business owners, selling everything from dreamcatchers, antler accessories, to periogies. The Friendship Centre also sold homemade bannock and other baked goods.







# Sergeant Thomas George "Tommy" Prince 1915-1977 An honoured and decorated First Nations veteran of the Second World War and the Korean War, Jonmy Prince was born in Scanterbury, Manitoba. Decorated twice, he received the Military Medal trom King George VI and the United States Silver Star from General Koening. Prince is also one of only three Canadian soldiers in Will to receive both of these medals. In addition, he received nine service medals for serving in Eurone and Korea. Tommy Prince is buried in Sergent Thomas Sergent Thomas Y = Prince (1915-1977) Soldat membre des fi mondiale et de la filogo foix, il a recu la Midal du general Koening. mondiale is nown town a mondiale is nown town town a mondiale is nown town a mondiale is nown town town town town mondiale is nown town town mondiale is nown town town mondiale is nown town town town mondiale is nown town town town town mondiale is nown town town town town town town mondiale is nown town town town town tow

### Marking Aboriginal Veterans Day

**SUBMITTED PHOTO** 

Selkirk MLA Alan Lagimodiere, pictured right, was joined by Selkirk resident Bill Shead, left, in the Manitoba legislature last Thursday to commemorate Aboriginal Veterans Day. Shead served 36 years in the Regular and Reserve Forces of the Royal Canadian Navy and is currently a volunteer speaker with The Memory Project, who share stories of military service at schools and community events across the country.

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# Holiday Alley kicks off art auction online

Submitted

The bidding has begun on a 16-foot wooden elk that has been an eyestopper on Eveline St. for months. Engineer-turned- artist Majid Kermani has donated it to the Holiday Alley Art Auction and by last Saturday the top bid was already \$1,000.

"While I was making this, so many people stopped and expressed enthusiasm and appreciation. I'm so happy to have created something that everyone in the community enjoys," said Kermani, who created the elk, which he has nicknamed Elkirk. "I am a little sad that it will be gone, but whatever happens to it I'm so happy that I did something that affects people and brings them pleasure."

Kermani, who has lived in Selkirk for six years, is also known in the city for his snow sculptures in the winter and his sand sculptures in the summer. But this is his biggest project so far, having spent almost 70 hours creating this particular piece of art.

"I really like doing these things but I need a reason to do them," said Kermani. "I would like to do this again and again to add art to the community and change the way everyone sees Selkirk."

The sculpture made of driftwood from the banks of the Red River is one of several art pieces that people can bid on in advance of Holiday Alley at the on-line auction at holidayalley.ca.

A second piece, a four-foot wooden flower created by Kermani is also available alongside the two Art on Ice fishing shacks built by Selkirk high school students and painted by Interlake artists.

"We're lucky to have artists in our community who love what they do and who donate time and art to the community," said Shirley Muir, cofounder of Holiday Alley. "We've got some incredible pieces up for auction this year and you can't get more local than art made from Red River driftwood."

The online portion of the art auction will close on Dec. 1 and pick up as a live auction on Manitoba Ave. at 5 p.m. outside of the Gwen Fox Gallery on Holiday Alley.

The proceeds from the art auction will be shared with the Homes for All Fund at the Selkirk and District Community Foundation. Other pieces up for auction during the live portion will include a hand painted cedar chest and a wooden chainsaw sculpture.



### Remembrance Day in WSP

**RECORD PHOTOS BY JUSTIN LUSCHINSKI** 

Dozens of West St. Paul and area community members gathered at the Sunova Centre to honour veterans and pay tribute during a Remembrance Day Service last Sunday afternoon.





### Making a mountain of buns



**SUBMITTED PHOTOS** 

Several volunteers and Lord Selkirk School Division staff helped make 4,704 pyrizhky, also known as Ukrainian cabbage buns, for the English Ukrainian Bilingual Programs at Happy Thought School and East Selkirk Middle School over the weekend.







## Lest we forget







**RECORD PHOTOS BY LINDSEY ENNS** 

Hundreds of Selkirk and area members gathered at the Selkirk Rec Complex for this year's Remembrance Day Service last Sunday morning. The service was sponsored by the City of Selkirk, the Royal Canadian Legion Branch 42 and the Army Navy and Air Force Veterans Unit 151. Following the service, wreaths were laid at the Selkirk War Memorial on Eveline Street and hundreds gathered at the Selkirk Legion. This year's Remembrance Day marked the 100th anniversary of the signing of the armistice that ended the First World War. To help mark the occasion, at sundown last Sunday, several churches in the area did a ringing of the bells, also known as the Bells of Peace. Bells were also rung 100 times at city halls, places of worship, military bases, Naval vessels and ceremonies across Canada last Sunday.









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### IERHA reminds public that flu clinics are open until end of November

The best time for Canadians to get a flu shot is either in October or November, according to a statement from the Public Health Agency of Canada.

You can get your flu shot from many sources - regional flu clinics, your primary health care provider, your public health nurse or many local

pharmacies. It's impossible to predict when flu season will begin, so it's best to protect yourself earlier in the sea-

Melody Hawryluk, public health nurse and immunization co-ordinator for Interlake-Eastern Regional Health Authority, says it's also important to get flu shots early in the season because it takes some time for the vaccine to work.

"It takes approximately two weeks for your body to establish an immune response to the vaccine and make it effective against the flu," says Hawryluk."So the sooner you get it, the more protected you will be in the long-run as the flu season peaks."

And getting vaccinated isn't just about protecting yourself from the flu, it's also an important step for preventing the spread of flu to family and

friends. The flu might not be a severe health risk to everyone but vulnerable groups such as babies, young children, seniors, pregnant women and those with compromised immune systems are particularly at risk.

Flu clinics are taking place throughout the Interlake-Eastern region until the end of November. To find a clinic near you, visit ierha.ca under Care in Your Community / Public Health / Immunization /2018 Flu Clinics - Public.



#### **Submitted**

The Manitoba government is investing nearly \$200,000 to provide support and assistance to the Bear Clan Patrol's community crime prevention and intervention efforts, Justice Minister Cliff Cullen and Municipal Relations Minister Jeff Wharton announced last week.

"We understand how important the Bear Clan Patrol is to our community," said Cullen. "By promoting safety, offering support and providing assistance, the group helps reduce crime

through Manitoba Justice from the Proceeds of Crime Fund toward infrastructure and safety improvements including a 15-passenger van, first aid kits, safety gear and bikes for patrol. The funding will enable the Winnipeg Police Service (WPS) to work in partnership with the Bear Clan Patrol and through information sharing be-

awareness of community situations. Since briefly functioning during the 1990s, the Bear Clan restarted operations again in 2015, and has since be-

tween the WPS and Bear Clan Patrol,

the WPS will benefit from increased

patrols by First Nations groups across Canada.

"Funding is essential at this in stage the game," said James Favel, executive director of the Winnipeg Bear Clan Patrol.





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### Home Real Estate Section

HOUSES APARTMENTS CONDOS COTTAGES RETIREMENT FINANCING IMPROVEMENTS INSURAN



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

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

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

2. Seal Windows and Doors - If not properly sealed, windows and doors can be a major culprit for heat loss.

To keep the warm air inside, inspect the weather-stripping around your home's windows and doors for leaks, rot or decay. Repair or replace structural framing, and caulk inside and out, if necessary.

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

of 16 inches.

4. Backyard Care - Save your property from potential damage by trimming overgrown trees and shrubs to prevent ice-laden branches from thrashing against electrical wires and your home's exterior. Drain/shut off any exterior faucets and sprinkler systems to prevent freezing. Ensure rain or snow drains away from the house to avoid foundation problems.

5. Roof and Gutters - Inspect your roof for shingles that are warped, damaged or even missing to prevent

insulation. Aim for an R-50 or a depth a future leak. Use roofing cement and a caulking gun to seal joints where water could penetrate, such as around the chimney, skylights or vent pipes. Make sure that your gutters and downspouts are securely fastened. Downspouts should extend at least five feet away from the home to prevent flooding.

> When it comes to preventative maintenance, a little time and effort can save thousands in energy costs and repair bills over the lifetime of your home.









### Home Real Estate Section

HOUSES APARTMENTS CONDOS COTTAGES RETIREMENT FINANCING IMPROVEMENTS INSURANCE



### **Home Improvements That Increase Home Value**

When granite countertops or shiny, stainless steel appliances beckon homeowners from the display areas of home improvement stores, it's tempting to gear remodeling

thoughts toward the items that will add flair and decorative appeal to a home. Even though most improvements add some measure of value, deciding which are the best investments can be difficult.

Return on investment, often referred to as "ROI," varies depending on the project. Frequently, the projects that seem like the best investments don't bring the greatest rate of return, while those that seem like smaller projects bring substantial returns. Real estate professionals routinely weigh in with their expert advice, and homeowners

can couple that advice with Remodeling magazine's annual "Cost vs. Value Index" to reap the greatest financial impact from their renovations.

The following were some of the projects that garnered the greatest ROI in

· Open the door to improvement. Region by region across Canada, installation of a new steel door on the front of a home can have a large impact on the resale value of a property. The ROI ranges from 123 percent at the highest, to 86 percent at the lowest - which is still a considerable investment return for such a simple project. Match the door's style with the style of the house for the best value.

·Turn up the kitchen heat. An attractive kitchen can encourage buyers to overlook some of a home's less attractive components. In the kitchen, replacement countertops, wall color changes, new cabinetry and flooring offer the biggest ROI.

· Dreaming of a new bedroom. Remodeling magazine also points to creating an attic bedroom to increase home value. The ROI of an attic remodel that adheres to code can garner an 83 percent ROI.

Home maintenance projects. There's little good to improving the aesthetic appeal and functionality of a home if there are existing structural or maintenance issues, warn experts. Siding replacement, HVAC system repair or replacement, a new roof, and basement dampness prevention solutions can be smarter investments before other flashy remodels. Many buyers have a strict budget for a house, and those buyers may be more likely to buy a house with little or no maintenance issues. Such buyers will then upgrade the kitchen or baths themselves.

Worthy window replacement. Angie's List, a home services review and referral resource, has found that the average ROI of new windows is 77 percent. The cost of installation and energy savings tend to offset at around the 10-year point.

If remodeling is on the horizon, homeowners should give strong consideration to ROI before choosing a project.







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### **Home Real Estate Section**

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### **Tips for first-time** home buyers

Buying a home for the first time is an exciting period in a person's life. Deciding to buy a home often indicates buyers are ready to establish firm roots in a community where they can see themselves living for years to come.

The process of buying a home is rarely easy, and first-time buyers may feel overwhelmed at times. Such feelings are perfectly normal and felt by first-time buyers regardless of their budgets or home preferences. But there are a few ways to make buying a home more enjoyable than it is nervewracking.

Examine your finances. The first step toward buying a home has nothing to do with deciding if you prefer a craftsman- or Tudor-style home. Before you even begin your search for a home, carefully examine your finances to determine how much is coming in and how much is going out of your household each month. Figure out how much debt you are currently carrying, be it student loan, automotive, consumer or any other types of debt. Order a credit report so you can see how prospective lenders are likely to see you, and address any errors you find on the report before meeting with any lenders. Peruse past bank statements to track your spending habits, looking for areas where you might be able to scale back if need be.

· Be prepared when visiting lenders. Prospective borrowers can make the home-buying process go smoothly by having all of the necessary documentation ready when visiting potential lenders. Many mortgage lenders will want to see some recent pay stubs (from both borrowers if buying with a spouse or partner), a couple years' worth of tax returns, as well as your recent bank statements. You can always call ahead and ask lenders what they need to see when applying for a loan. Having these materials ready in advance means you will spend less time at the bank and more time finding the right home for you.

· Secure financing before you begin house hunting. Many first-time home buyers might not realize the benefits of securing financing before they begin looking for a home. Mortgage preapproval lets buyers know how much a bank will loan them, meaning they won't spend time looking at homes they can't afford. In addition, preapproval means buyers won't lose out on their dream homes as they scramble to secure financing after making an offer.

· Work with a local real estate agent. Real estate agents are an invaluable resource to home buyers and are especially valuable to those buyers who have never before purchased a home. Agents can help first-time buyers navigate the often confusing and, at times, disappointing process of buying a home. Choose an agent who is established in the area where you want to buy a home. He or she can provide information about local property taxes and schools as well as a multitude of additional issues that first-time buyers may not think of. Agents also know the lay of the land regarding home prices, which can ease first-time buyers' fears about overpaying for their first homes.

A home is the biggest purchase many people will ever make. First-time buyers may be intimidated as they begin searching for their homes, but there are several ways to make the process go smoothly.



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### Home Real Estate Section

HOUSES APARTMENTS CONDOS COTTAGES RETIREMENT FINANCING IMPROVEMENTS INSURANCE





### Prevent frozen pipes while traveling

During winter, many people plan vacations to warmer climates so they can enjoy a relaxing respite from the snow and ice. While travelers are enjoying the sand and surf, their homes may be in danger from extreme weather conditions.

According to the State Farm Insurance Company, frozen water pipes affect a quarter-million families each winter. Both copper and plastic pipes can freeze. State Farm notes that a single 1/8-inch crack in a pipe can result in up to 250 gallons of water leakage per day. Flood water can contribute to serious structural damage, mold and a host of other

Water expands as it freezes, so pipes can be put under strain if the pressure from expanding water has nowhere to go, offers the American Red Cross. Pipes that tend to freeze most frequently include those exposed to severe cold, such as outdoor hose bibs, swimming pool lines and

water sprinkler systems. However, even pipes inside a home, such as those in unheated areas or those that run against exterior walls, can freeze.

To avoid returning from a relaxing winter escape to find a home in need of repair thanks to frozen pipes, homeowners can take these steps.

- · Add insulation to attics, basements and crawl spaces to help maintain higher temperatures within the areas where some water pipes may run.
- · Pipes themselves can be insulated with special coverings or sleeves. Homeowners also can explore heat tape or wrap pipes in heat cables controlled by their thermostats.
- Disconnect outdoor hoses, and drain water from pipes leading to outdoor faucets. Turn off the indoor valve to shut off the water supply to the outdoors, but leave the outdoor bib in the "open" position to allow water to drip and relieve pressure should some freezing occur.
- ·The same technique can be applied indoors. A trickle of hot and cold water can keep pipes from freezing during extremely cold snaps of weather.
- · Set the thermostat to a consistent temperature, ensuring that the temperature indoors will not drop dramatically overnight. The temperature should be no less than 55 F.
- Open cabinet doors to allow heat to reach under sinks and appliances.
- · Check around the house for drafty areas that can contribute to colder temperatures in garages, basements and crawl spaces.
- Consider relocating pipes that are exposed to the elements to provide increased protection.
- · Ask a neighbor to periodically check on the house to ensure that pipes are in good working order.

Homeowners who know where the main water shut-off valve in their homes is located and who act quickly can prevent serious damage should a pipe burst. In such instances, leaks can be contained and extinguished as quickly as possible.



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### Riverboat restaurant makes environmentally friendly changes

By Justin Luschinski

Selkirk's Riverboat Family Restaurant has gone green.

The local restaurant has replaced their plastic straws for biodegradable ones, and the owners have made a number of changes to reduce their impact on the environment.

Doug Poirier, co-owner of the Riverboat, said they're happy to make more environmentally friendly changes.

"When we moved to our new location ... we wanted to start things off right. We've done everything we can to reduce our impact on the environment," Poirier said. "It's important because we're close to the lake, we understand it. We know what's going down river. For the most part we care about our backyard."

Some of the other changes include getting rid of their styrofoam containers, using organic cleaning products, and finding ways to re-use their glass products. Poirier said they're still making changes, such as making sure new machines for the restaurant are energy efficient.

Many of the new reforms were pushed forward by Doug's wife and the restaurant's co-owner, Janice.

Janice said she's always been a big environmentalist.

"This all started when we brought in fair-trade coffee and got rid of our



**RECORD PHOTO BY JUSTIN LUSCHINSKI** Doug Poirier. co-owner of the Riverboat Fam-Restaurant, pours coffee for a guest last week. The lorestaurant cal has recently replaced their plastic straws for biodegradeable ones.

plastic bottles. I've wanted to make the restaurant environmentally sustainable for a long time," Janice said. "We mostly stay away from processed things in our kitchen. All of our stuff is home made. We know what's going into each meal."

Doug said the biggest barrier for buying sustainable products is the supply. Biodegradable straws are in high demand, and finding a supplier for other environmentally safe products is difficult. They also have to see if it's cost-effective, as many eco-safe products can be costly.

Since the 1950s, 8.3 billion tons of plastic has been generated around

the world and only 23 per cent of those plastics have been recovered or recycled, according to Waste Reduction Week in Canada's website, wrwcanada.com. It is estimated that an additional 12 billion tonnes of plastic will be lost to disposal by 2050.

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LORD SELKIRK REGIONAL

# Former Selkirk resident raising funds for aid in Uganda

By Justin Luschinski

A former Selkirk resident is back in town to raise money for his mission in Uganda.

A fundraising concert took place on Oct. 28 at the Christ Church in Selkirk, to raise money for education in Uganda. The event was put on by Kurt Peterson, who runs Soweto Youth Fellowship, a program that gives youth in Uganda a chance at a better life.

Peterson said his mission has become a beacon of hope for the community.

"These breakthroughs just kept coming. It's exciting to see so many young people flocking to us, receiving all that we have. You see them changing, growing, and some of these kids come from the street. You see them have hope for the future, whereas before, they didn't think they had a future," Peterson said.

Peterson said his community centre, which is now called "The Lighthouse," has a paid Ugandan English teacher, as well as several sewing and craft making classes. The Lighthouse also hosts girl empowerment nights, and

"YOU SEE THEM HAVE HOPE FOR THE FUTURE, WHEREAS BEFORE, THEY DIDN'T THINK THEY HAD A FUTURE."

more and more youths show up at their door every day.

Peterson said they're looking to raise money to help pay for those services, as well as to help get Ugandan children into school.

"We see so many young people come to our doors. I'd say around 100 kids a week walk through our doors, and many of those kids have nothing. They can't go to school, because in Uganda everyone has to pay a school fee to get an education. We want to give them hope," Peterson said.

The Change for Change Musical event in October raised around \$1,200, and more than 100 people from Selkirk and surrounding areas attended. For more information, or to donate

to the cause, visit sowetoyouthfellowship.org.

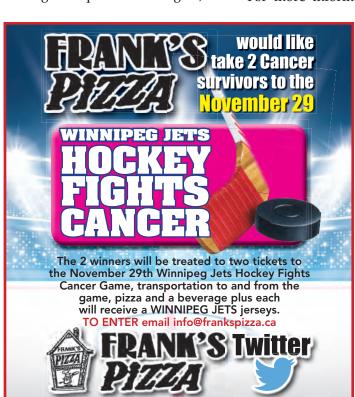
Peterson said all proceeds will go towards funding their programs, as well as paying some school fees, so some youths can get a proper education.

### A touching tribute



**RCMP PHOTO** 

Irene MacPhee, pictured left, spent many quiet nights meticulously crafting this needlepoint, while her husband, Cst. Pat MacPhee, was patrolling the city of Selkirk in the 1960s. Pat passed away earlier this year and last week Irene presented her needlepoint to the Selkirk RCMP in her husband's memory.





#### ENDOW MANITOBA 24-HOUR GIVING CHALLENGE | ONE DAY ONLY! SAT., NOV. 17.



Make a gift to the Selkirk & District Community Foundation — Community Fund on Saturday November 17th during the Endow Manitoba 24 Hour Giving Challenge and your gift will be stretched, with support from The Winnipeg Foundation and the Province of Manitoba.

Please go on-line to www.endowmanitoba.ca and look for SDCF or join your friends at the Gaynor Family Regional Library in Selkirk from 10am-3pm on Saturday November 17th, where the SDCF team will be there to help you make your donation on-line.

# to Larger Service program



**SUBMITTED PHOTO** 

4-H Canada, one of the longest-running youth organizations in Canada, has launched a new video entitled "Creating Lasting Impact" and a new Hands to Larger Service program.

#### Submitted

4-H Canada, one of the longestrunning youth organizations in Canada, is proud to announce the public launch of a new video "Creating Lasting Impact."

The three-minute video shares inspiring stories of Canadian youth making a positive impact in communities across Canada through an initiative called "Hands to Larger Service."

Hands to Larger Service is a new 4-H Canada program, funded through the Canada Service Corps by the Government of Canada and by corporate partner, McDonald's Canada. Its goal is to promote community engagement and volunteerism, and to help create a culture of service for Canadian youth.

This past summer, 24 Youth Service Leaders were matched with 4-H Club to Club Exchange groups and travelled throughout the country to help plan, coordinate, and lead service projects in local communities.

The Hands to Larger Service video highlights two community service projects - one in Manitoba and the other in Nova Scotia – and showcases the collaboration between Youth Service Leaders, local 4-H clubs, volunteers, and community partners.

"We are thrilled to share this inspiring new video celebrating the amazing contributions of Canada's 4-H'ers," said Shannon Benner, 4-H

Canada CEO. "The Hands to Larger Service program aligns perfectly with our new vision statement 'thriving communities in partnership with youth leaders,' and the video truly captures the essence of our mission: to empower youth to be responsible, caring and contributing leaders."

In all, the 2018 Hands to Larger Service program produced 26 hands-on community service projects in communities across Canada.

"4-H Canada has always been committed to developing engaged and confident youth leaders with the passion and skills to create sustainable change," said David Hovell, Chair of the 4-H Canada Board of Directors. "This is something we are proud to continue to deliver through exceptional programs like Hands to Larger Service."

The program has already been renewed for next year. In 2019, 4-H Canada will select and train 30 Youth Service Leaders (ages 18 to 25) to cocreate community-focused service projects across Canada during the summer. Applications to become a Hands to Larger Service Youth Service Leader are now open.

Watch the full video at youtu.be/ Z2rIbrNC6nc.

To learn more about Hands to Larger Service, visit 4-h-canada.ca/handstolargerservice.

### 4-H Canada launches Hands WSP COPP help light up the night on Halloween

#### Submitted

Once again members of the West St. Paul Citizens on Patrol Program (WSP COPP) were blitzing the community on Halloween night, patrolling, and attaching safety flashers, says Detlef Hindemith, WSP COPP's group coordinator.

The Halloween Blitz campaign is a safety initiative to keep children highly visible to motorists on Halloween night. This Halloween marked its seventh consecutive year and it's growing in popularity as residents keep an eye out for them in their neighbourhood.

This endeavor has received much appreciation from parents, and is eagerly looked forward to by trick-ortreaters.

"When we enter an area, we watch for silhouettes of trick-or-treaters moving between the homes. After we've blitzed an area, the children's costumes are lit up with red blinking lights, they are very visible," says Hin-

Keep an eye out for COPP members patrolling in your neighbourhood; you can't miss them in their highly reflective yellow COPP vests and blue/ white decals on their vehicles.

For more information about the program, or on becoming a member of the West St. Paul Citizens on Patrol Program, please contact: Detlef Hindemith via email at wspcopp@gmail. com or by calling 204-612-3465.



The Red River Basin Commission and their Partners are holding Public Open House Presentations on



#### **Restoring the Netley-Libau Marsh** by Dredging the Red River

• Wednesday, **November 21**, 6:00 pm -8:30 pm at the East Selkirk Hall in East Selkirk

- Thursday, November 29, 6:00 pm -8:30 pm at the Gaynor Family Regional Library in **Selkirk**
- \*A brief presentation by Dr. Gordon Goldsborough will be given at 7:00 pm at both sessions

**Come and learn about the Netley Marsh** and what's being done to save it!

# > MEAL IDEAS



- pound ground lamb
- tablespoon Carapelli Unfiltered Extra Virgin Olive Oil
- cup panko breadcrumbs 1/3
- tablespoons pine nuts 3
- 2 tablespoons golden raisins
- large egg, lightly beaten 1
- 3/4 teaspoon kosher salt
- 1/2 teaspoon ground black pepper Feta-Olive Oil Sauce:
- pound feta cheese, crumbled
- tablespoons Carapelli Unfil-

tered Extra Virgin Olive Oil



Why is it that some people succumb to the current cold or flu virus, while others seem escape? It is not simply a matter of who is exposed, as not every child in the class will become sick, nor will every member of the family always come down with the same symptoms.

At the simplest level it may have to do with basic precautions, such as scrupulously washing hands. The most important factor, however, is the strength of our immune system. A weakened immune system simply does not have the ability to defend the body from either external or internal threats to health.

Some individuals seem blessed with a naturally strong immune system, but there are many things we can do to strengthen our own. Good nutrition, plenty of rest, and exercise are key components. Avoiding products devoid of nutrition or those containing elements that are harmful, such as white flour, sugar, excess fat, and various additives makes for a healthier system. It goes without saying that avoiding nicotine, and using alcohol in moderation are

#### **Emotional Stress is Most Harmful to People**

wise choices.

Another element that is toxic to our immune system is stress. There are many kinds of stress, and all, over time, will wear us down. The most harmful form of stress is emotional stress. We can handle a lot of the ordinary stress of living- keeping the children organized, getting reports done on time- if we are happy with our lives.

Happiness is a buffer for stress, and positive experiences have been shown to strengthen the immune system. However, if we are continually sad, feeling isolated, in conflict, or walking on eggshells, our immune systems will be compromised. Perhaps it is no coincidence that in our language, we speak in terms of being 'sick' of ongoing, difficult situations.

With medical researchers describing 'super-bugs' and antibiotic-resistant bacteria, we would all be wise to 'upgrade' our immune systems, and for many, that might mean a major lifestyle change. That is a good thing, and may protect us from more than just viruses!

Gwen Randall-Young is an author and award-winning Psychotherapist. For permission to reprint this article, or to obtain books, cds or MP3's, visit www.gwen.ca. Follow Gwen on FaceBook for daily inspi-



Prep time: 10 minutes Cook time: 30 minutes

Servings: 4

Roasted Mushrooms:

- 2 pounds Portobello mushrooms
- 1/2 cup Carapelli Organic Extra Virgin Olive Oil
- 2 teaspoons fresh sage, minced
- 2 teaspoons fresh rosemary, minced kosher salt, to taste

freshly ground black pepper, to taste Agrodolce:

- 1/2 cup red wine vinegar
- 2 tablespoons honey

Carapelli Organic Extra Virgin Olive

To make Roasted Mushrooms: Clean and destem mushrooms, cutting large mushroom caps in half.

#### **Marinated Roasted Portobello Mushrooms** with Olive Oil Agrodolce

Sicilian Lamb

**Meatballs:** 

375 F. Line large rimmed baking sheet

panko bread crumbs, pine nuts, raisins,

egg, salt and pepper. Use hands to mix

Roll mixture into approximately 36

Bake 15 minutes until sizzling and

processor, blend feta cheese, olive oil

Oil Sauce for dipping or scooping.

and yogurt 30-45 seconds until creamy.

Serve Lamb Meatballs with Feta-Olive

meatballs about 1 inch in diameter and

To make Feta-Olive Oil Spread: In food

In large bowl, mix lamb, olive oil,

with parchment paper.

all ingredients together.

place on baking sheet.

golden brown.

To make Lamb Meatballs: Heat oven to

tablespoons plain Greek yogurt

In large bowl, toss mushrooms with olive oil, fresh sage and fresh rosemary. Let mushrooms marinate 1 hour, tossing occasionally to absorb oil.

Heat oven to 400 F. Line two large baking sheets with parchment paper.

Spread marinated mushrooms on baking sheets, making sure mushrooms are in single layer and not crowded. Sprinkle lightly with salt and pepper.

Roast 30 minutes until mushrooms are crisped and golden brown at edges.

To make Agrodulce: In small saucepan over medium-low heat, bring vinegar and honey to simmer, stirring occasionally until honey dissolves.

Continue simmering 15-20 minutes until vinegar is reduced by half and is thick and syrupy.

To serve, place roasted mushrooms on platter and drizzle generously with Agrodolce and olive oil. Serve with choice of side

#### **Rustic Tuscan Potato Leek Soup with Olive Oil Pesto**

Prep time: 15 minutes Cook time: 50 minutes

Servings: 6 Potato Leek Soup:

3 medium-large leeks

- 2 tablespoons Carapelli Unfiltered Extra Virgin Olive Oil
- 1 large garlic clove, coarsely chopped 1/2 teaspoon kosher salt, plus additional, to taste (optional)
- 2 pounds Yukon gold potatoes, peeled and diced into 2-inch cubes
- 6 cups chicken or vegetable broth Pesto:
- 1 packed cup fresh basil
- 1 packed cup flat-leaf parsley
- 1 medium-large garlic clove, roughly chopped
- 3 tablespoons pine nuts or 1/4 cup
- 1/2 teaspoon kosher salt
- 1/4 cup Carapelli Unfiltered Extra

Virgin Olive Oil

To make Potato Leek Soup: Trim bulb ends and tough, dark green stems off leeks. Slice tender white and light green stems in half lengthwise then soak in cold water 10-15 minutes to remove dirt. Drain leeks, rinse well and slice into thick half-moons.

In large Dutch oven or stockpot over medium-low heat, heat olive oil. Add leeks, garlic and salt. Cook, stirring occasionally, until leeks are soft, about 10

Add potatoes and broth. Cover and increase heat to medium. Bring soup to simmer then uncover and continue cooking 30 minutes.

Using immersion blender, puree soup until smooth, or carefully ladle into standing blender to puree in batches. Taste and add more salt, if desired.

To make Pesto: In food processor, pulse basil, parsley, garlic, pine nuts, salt and olive oil to make chunky herb sauce.

To serve, ladle soup into bowls and spoon Pesto on top of each serving.







at 7:00 pm Regular Bingo

at 7:30





### Special memorial helps honour First World War veteran

First World War veteran Lt. Alan Arnett McLeod V.C. was remembered during a memorial service marking the 100th anniversary of the death of one of Manitoba's heroes of the Great War in Winnipeg earlier this month.

In remembrance of Lt. McLeod, who was born in Stonewall, a crowd gathered at Kildonan Community Church

George Fraser, executive director of the Historic Kildonan Church and Cemetery welcomed guests while Rev. Ron Fischer said the opening prayer before Irwin Kumka, president of the Historic Kildonan Church and Cemetery told the story of the hero.

Lt. McLeod was one of only 17 Manitobans who earned the Victoria Cross medal. His efforts earned him the honour after his plane was shot down and he helped save the life of a fellow

Lt. McLeod's short life was marked by both heroism and tragedy. He was known as a modest man despite earning the Commonwealth's highest honour for his service as a pilot in the First World War.

Lt. McLeod was flying near Albert, France, on March 27, 1918, when several German planes confronted his

While flying with his observer Lt. A. W. Hammond, M.C., they were attacked by hostile formations by bombs and machine-gun fire. They were assailed at a height of 5,000 feet by eight enemy tri-planes, which dived at them from all directions, firing from their front guns. By skilful manoeuvring Lt. McLeod enabled Lt. Hammond to fire bursts at each ma-



Lt. Alan Arnett McLeod

chine in turn, shooting three of them down out of control.

Lt. McLeod had received five wounds, and continued the engagement when a bullet penetrated his petrol tank and set the machine on fire. He then climbed out on to the left bottom wing, controlling his machine from the side of the fuselage, and by side slipping steeply, kept the flames to one side, enabling Lt. Hammond to continue firing until the ground was reached.

Lt. Hammond had been wounded six times when the plane crashed and Lt. McLeod, notwithstanding his own wounds, dragged him away from the burning wreckage at great personal risk from heavy machine-gun fire from the enemy's lines.

Lt. McLeod was again wounded by a bomb while engaged in the act of rescue, but he persevered until he had



**RECORD PHOTO BY DAWNE GRENKOW** 

Leanne Stewart, owner of The McLeod House Tearoom and Giftshop, formerly the home of Lt. Alan Arnett McLeod, was honoured to place a poppy on his grave at a special service held on Nov. 6.

placed Lt. Hammond in safety, before falling himself from exhaustion and loss of blood.

McLeod and Hammond were forced to lay for eight to nine hours before Allies could come in under nightfall to rescue them.

Once McLeod was well enough to travel, he returned to Stonewall to be cared for by his father, a doctor. The doctor's office, was also the family home and today is operated as the McLeod House Tearoom and Giftshop, owned by Leanne Stewart.

Tragically, McLeod contracted the Spanish flu at 19 and just five days shy of seeing the Great War end, he died on Nov. 6, 1918. McLeod is buried with his parents Dr. Alexander Neil McLeod and Margaret Arnett McLeod at the Kildonan Community Church Cemetery.

#### New highway signage coming to First Nations communities

The governments of Canada and Manitoba have entered into an agreement to purchase and install directional highway and community boundary signage for Manitoba First Nations.

The federal and provincial governments will provide \$200,000 each for a total project cost of \$400,000.

"This project will upgrade or replace

highway signs for First Nations communities located on Manitoba's allweather highway network," said Infrastructure Minister Ron Schuler.

A community review to determine sign type and locations will be conducted over the next year. Sign installation will begin following the review and will be completed over the next three years.



**SUBMITTED PHOTO** 

Seven-year-old Ben Patterson of East St. Paul is proud to be a part of Operation Legacy, in which members of The War Amps Child Amputee (CHAMP) Program help pass on the Remembrance message to the younger generation. Although he has not experienced war himself, Ben knows what it's like to live without a limb - a bond he shares with war amputee veterans. Ben and his teacher from Bird's Hill School held a remembrance ceremony at the local cemetery, where students placed a candle and paused for a moment of silence last Friday.



# SDOPTS&recreation INSIDE > OUTSIDE > UPSIDE DOWN

### Oxer coaches Canada at powerlifting championship

#### By Brian Bowman

While most of us here in Manitoba were trying to keep warm, Mark Oxer was enjoying the tropical temperatures in San Jose, Costa Rica last month.

Oxer was the head coach for Team Canada at the North American Powerlifting Federation's seventh-annual Bench Press Championship.

"We did really well," said Oxer earlier this month. "We had a small team of two girls and five guys and even with those few people that we had, we did really well.

"I was really impressed with how the team did."

The NAPF consists of athletes competing from the regions of North America, Central America and South America.

All seven Canadian athletes lifted in Classic bench and two of them also lifted in Equipped.

None of the lifters were from Manitoba although Oxer grew up in Selkirk and now lives in St. Andrews.

"There was an application call for an international event so I put in an application for this specific team and I was accepted as the head coach," said

Oxer, also the head coach with Starke Strength & Conditioning. "I have actually spent more time in the sport as a coach compared to a lifter. I really enjoy it from a coaching perspective."

Back in September, Oxer was the head coach for Team Manitoba at the Western Canadian Championships held in Edmonton.

Oxer really enjoyed representing Canada at an international event.

"It was great to how how the athletes were able to be successful and how I was able to help them be successful," he said. "It shows what we're doing here is working well compared to how things are going with other countries."

Oxer will be headed to Ottawa for the nationals in March as a coach with some Manitoba lifters.

San Jose, Costa Rica will be hosting the 17th NAPF North American Regional Powerlifting (all three lifts - squat, bench, deadlift) Championships in July, 2019.

Oxer hopes to be able to go back to that event next year.

He will have a much shorter trip in 2020 when Winnipeg hosts the national powerlifting championship.



**RECORD PHOTOS SUBMITTED** 

Mark Oxer, middle, who grew up in Selkirk and now lives in St. Andrews, coached Canada at the North American Powerlifting Federation's Bench Press Championship in Costa Rica.

NAPF Recap:

Team Canada Awards:

3rd place Men's Open Classic 3rd place Women's Open Equipped

3rd place Women's Open Classic Men's Classic Best Junior lifter Individual Awards 7 Gold, 4 Silver, 1 Bronze medalists

1 World Record

2 Commonwealth records

2 NAPF records5 Pan American records

2 National records 4 Provincial records

### Keystone Junior Hockey League taking CRJHL to court

#### **Bv Brian Bomwan**

For years, Keystone Junior Hockey League teams have battled on the ice. But this time, the KJHL is taking its battle to the courtroom.

Peguis First Nation Chief Glenn Hudson held a press conference last Friday where he spoke to the media.

Peguis is among five Manitoba First Nations that have launched a lawsuit and are asking for an injunction to block the newly-formed Capital Region Junior Hockey League from continuing its first-ever season.

The five communities behind the lawsuit are Peguis First Nation, Norway House Cree Nation, Opaskwayak Cree Nation, Fisher River Cree Nation and Cross Lake First Nation.

The KJHL is now a four-team league this season which includes the Peguis Juniors, OCN Storm, Cross Lake Islanders, and Norway House North Stars.

Peguis is a three-time defending league champion.

The Fisher River Hawks took a one year leave of absence from the league this season.

The CRJHL, which began play last month, was created in May when the Arborg Ice Dawgs, Lundar Falcons, Selkirk Fishermen, St. Malo Warriors, and the North Winnipeg Satelites withdrew from the KJHL, which also included five First Nation teams last season.

Hockey Manitoba certified the new league in September.

Hudson believes race was an issue for teams leaving the KJHL

"Just look at the composition of the league. It's all non-First Nations and the north is all First Nations. Why is it separated that way?" he asked at the press conference Friday.

"We have to eliminate race-based decision making at all levels, especially in sport. That's the basis of why we want to look at challenging that new league.

"We want to be able to have hockey in our communities...lines were crossed and this needs to be changed," he added.

The communities filed a statement of claim with Court of Queen's Bench on Oct. 31 against the new league, the Manitoba Amateur Hockey Association, and Hockey Manitoba.

"Junior hockey is an integral part of our northern First Nation communities, and we will do whatever it takes to hold Hockey Manitoba and the Capital Junior Hockey League accountable for their actions," said Hudson in a media release.

None of the allegations in the statement of claim have been proven in court and no statements of defence had been filed as of last Friday.

Hockey Manitoba executive director Peter Woods has told media he won't comment on the case while it's before the courts

No one from the CRJHL will go on record pertaining to the lawsuit.

A court date for the case is scheduled for Dec.19.

"Nobody's particularly happy or thrilled to be involved in litigation related to Junior B hockey," said Jamie Kagan, a lawyer representing the First Nations, at the press conference.

"This is something that's important to rural Manitoba and is being done by these teams and these First Nations as a last resort to preserve a big part of their culture and heritage."



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### Fishermen in first place in CRJHL standings

#### By Brian Bowman

The Selkirk Fishermen are now in first place in the Capital Region Junior Hockey League.

Selkirk won both of its games last week while outscoring the opposition by a 10-1 margin.

The Fishermen wrapped up play Friday with an impressive 5-0 home win over the Arborg Ice Dawgs.

Braden Paterson scored a first-period goal and then added his second of the game in the middle frame.

Selkirk then added third-period goals by Jordan Donald, Saige Guimond and Thomas Mironuk.

Dawson Courchene had four assists while Travis Paradoski added a pair of

Austin DeBoer made 30 saves for the

shutout. He now has an impressive 5-1 record with a 2.17 goals-against average and .935 save percentage.

On Nov. 6, the Fishermen defeated the North Winnipeg Satelites 5-1 at the Billy Mosienko Arena.

North Winnipeg's Miguel Valente scored a first-period goal but Selkirk replied with five goals in the second.

Reece Tessier and Couchene each scored twice while Donald also tal-

Travis Spratt and Damien Catcheway both had two assists in the game.

DeBoer made 22 saves for the win. Selkirk, now 5-2-1 and with 18 points, will host the Lundar Falcons Friday and the St. Malo Warriors on Sunday.

Both game start at 7:30 p.m. at the Selkirk Rec Complex.



RECORD PHOTO BY BRETT MITCHELL

Dawson Courchene had four assists to lead the Selkirk Fishermen to a 5-0 home win over the Arborg Ice Dawgs last Friday.

### **Steelers host Memorial Game**



PHOTO CREDIT LEAH MAFFIOLA-ROTHWELL

Brian Wilson, the past president of the Manitoba Northwestern Ontario Command of the Royal Canadian Legion, had the honour of dropping the ceremonial puck prior to the Selkirk Steelers' Memorial Game versus the Winnipeg Blues on Nov. 6. Also pictured are Lee-Anne Simpson, Steelers' forward Ryan Sokoloski, and Winnipeg's Dylan Cassie.

#### **Thrashers crush Central Plains Capitals**

Staff

The Winnipeg Thrashers have been red-hot in recent Manitoba AAA Midget Hockey League games, compiling a 7-2 record.

Winnipeg's latest victory was a convincing 7-3 win over the Central Plains Capitals in Portage la Prairie last Sunday.

Conner Roulette led the Thrashers with three goals and two assists while Chase Sobey, St. Andrews' Nate Goodbrandson, East St. Paul's Andrew Hopko, and West St. Paul's Griffin Asham-Moroz also tallied.

East St. Paul's Jordan MacFarlane and Jack Stewart each finished the game with two assists.

Selkirk's Cole Plowman made 30 saves for the win.

On Saturday, Winnipeg was

blanked 3-0 by the Brandon Wheat Kings at Gateway Arena.

Other local players on the Thrashers' roster this season include East St. Paul's Lucas Brenton and Mathieu Moreira, West St. Paul's Jaden Shumilak, and St. Andrews' Ryland

The Thrashers are currently in second place in the 13-team league with a 11-3-0-2-1 record and 25 points.

They were just a single point behind the Winnipeg Wild (13-1-0-0-0) heading into this week's slate of games.

The Thrashers are back in action Friday at home against the Wild and then will play the Interlake Lightning on Saturday in Arborg.

Both games start at 7:30 p.m.

#### **Next Home Games**

Fri. Nov. 16 7:30pm vs Lundar Falcons

Sun. Nov. 18 7:30pm vs St. Malo Warriors

#### **Next Away Game**

vs Arborg Ice Dawgs -Sat., Nov. 24 - 7:30pm Arborg Arena



#7 Juliano Garcea, Forward

### Steelers busy with three weekend games

The Selkirk Steelers had a rough time in OCN last weekend.

Selkirk managed to earn just one out of a possible four points against the Blizzard.

OCN defeated Selkirk, which was playing its third game in three nights, 5-2 on Sunday evening.

Tanner Brewster, Talon Thomas, Tony Apetagon, Nolan Dawson and Jaden Pashe scored for OCN.

Colby Jaquet and Ryan Piwniuk replied with second-period goals for

Zach Bennett made 31 saves in the loss.

#### **Shootout loss**

On Saturday, Selkirk lost 3-2 to OCN in a shootout.

Pashe was the lone player to score in the six rounds of the shootout.

Apetagon gave OCN a 1-0 lead just 2:46 into the game, beating Steelers' netminder Levi Mitchell.

Selkirk's Nate Halvorsen tied the score late in the second and then OCN's Kobe Campbell and the Steelers' Brett Namaka traded goals in the third.

#### **Slipping past Swan**

Selkirk started the three-game weekend road trip with a 4-3 win over the Swan Valley Stampeders.

Willi Middleton, Noah Basarab and Josiah Vanderhooft scored for the Steelers in the opening frame.

Ryan Sokoloski put the visitors up 4-0 just 17 seconds into the middle frame before Swan Valley's Jakob Besnilian replied 1:56 later and then the Stampeders made things interesting with goals by Alexander Uryga and Tanner Mackechnie.

Bennett stopped 36 Stampeders' shots for the win.

#### **Bouncing the Blues**

On Nov. 6, the Steelers slipped past the Winnipeg Blues 3-2 at the Rec Complex.

Basarab scored the game-winning goal at 16:04 of the third period.

After a scoreless first period, the Blues took a 2-0 lead with a powerplay goal from Nathan Hillis and a short-handed marker by Nathan

But Selkirk replied with power-play goals from Sokoloski and Connor Barley just 1:40 apart late in the second.



RECORD PHOTO BY BRETT MITCHELL

Steelers' forward Brett Namaka had an assist in Selkirk's 3-2 win over the Winnipeg Blues. He also added a goal against OCN last weekend.

Bennett was in goal for the Steelers, making 28 saves in his first start since being injured several weeks ago.

Selkirk, now 11-7-0-2 and in a threeway tie for fifth place with 24 points, will host the first-place Portage Terriers on Wednesday (7:30 p.m.).

The Steelers will then visit the Neepawa Natives on Saturday and Winnipeg next Tuesday.

### Mercs off to a great start this season

The Warren Mercs are off to a great start in the South Eastern Manitoba Hockey League.

Warren improved its record to 3-0 after a 3-2 win over the Notre Dame Hawks on Saturday evening in St. Claude.

The Mercs' Mitch Hansen scored the eventual game-winning goal midway in the third period.

Darrin Husak gave Warren a 1-0 lead

6:17 into the game and then Notre Dame's Dan Lesage and the Mercs' Landon Gray traded goals late in the opening period.

Lesage then scored the lone goal in the second period.

Hayden Dola made 28 saves for the win. Dola is now 3-0 with a 1.95 goalsagainst average and .930 save percent-

Warren won its second straight game over Morden last Thursday, defeating the Redskins 4-3 in a shootout.

Johnny Lazo and Reid MacLeod scored for Warren in the shootout while Mike Rey replied for Morden.

The Mercs' Cole Murdock tied the score at 3-3 at 16:15 of the third period. Jay Fehr gave Morden a 3-2 lead with a power-play goal at 5:27 of the third.

Warren took an early 2-0 first-period lead on goals by Lazo and Hansen but Morden answered with goals from Tyler Peers and Rey to deadlock the

score at 2-2 after 20 minutes.

Dola made 36 saves for the win.

Warren (3-0) will be back in action this Saturday (7:30 p.m.) when they visit the Carman Beavers (1-1).

The Mercs will then be in Portage to take on the Islanders (4-0) on Nov. 21.

Warren's next home game is Nov. 24 when it hosts Notre Dame.





Wed., Nov 21st 7:30 pm

**VS Winnipeg Blues Steinbach Pistons** Tues., Nov 27th 7:30 pm

> ■ VS Neepawa Natives Sat., Nov 17th 7:30 pm

**■ VS Winnipeg Blues** Tues., Nov 20th 7:00 pm

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# Royals winning on the ice

**Bv Brian Bowman** 

The Selkirk Royals boys' hockey team is on a two-game winning streak.

Selkirk hosted Sanford on Monday and shut out the Sabres 2-0 in Winnipeg High School Hockey League Platinum Promotions Division action at the Rec Complex.

Zach Parkinson and Grafton Hopkins scored for Selkirk. James Kulyk earned the shutout in goal.

Last Thursday, Selkirk skated to a 4-3 overtime victory over College Jeanne

Cale Jonski scored the game winner in overtime.

Parkinson scored a first-period goal for Selkirk and then Jordan Simko added power-play goals in the second and third periods.

All three of Jeanne Sauve's goals came via the power play. Julien Chenier potted a pair in the first period and then Evan Phillipe tallied in the third.

Parkinson, Brandon Kipling and Hopkins each finished the game with two points.

Jack Jehle earned the win in goal.

On Nov. 6, the Royals were doubled 4-2 by the Dakota Lancers at the Rec Complex.

After a scoreless first period, Selkirk's Austin Wasnie and Dakota's Rhys Malmas traded power-play goals in the second.

Simko scored for the Royals in the third while Malmas, Ben Zander and Jalen Pritchard replied for the Lanc-

Kulyk was in goal for Selkirk.

The Royals will play the Westwood Warriors on Monday (4 p.m.) at the Keith Bodley Arena and then will host the Sturgeon Heights Huskies Tuesday (4 p.m.) at the Rec Complex.

Selkirk will continue its busy week with a game Nov. 23 against the Oak Park Raiders at Eric Coy Arena. Puck drop is 3:45 p.m.

#### **Royals topple Trojans**

In Winnipeg Women's Hockey League action Nov. 7, the Royals defeated Winnipeg's Vincent Massey Trojans 4-3.

Cienna Palmer led Selkirk with two goals and an assist while Rayley Goetz and Jana King also tallied.

Jodi Clifton earned the win in goal. Selkirk hosted the Kelvin Clippers this past Tuesday but no score was

available at press time.

The Royals will play the Trojans again Friday (4:15 p.m.) at Century Arena and then will battle the College Jeanne Sauve Olympiens next Tuesday (4 p.m.) at the Dakota Community Centre.



Royals' goalie James Kulyk shows good concentration as he follows the puck during WHSHL action Nov. 6 in Selkirk. Selkirk lost the game 4-2.

# RECORD PHOTOS BY BRETT MITCHELL

**Spiking the competition** 

#### RECORD PHOTO BY BRETT MITCHELL

The Selkirk Royals junior varsity girls' volleyball team defeated Miles Mac 3-1 by scores of 25-8, 14-25, 25-19 and 25-11 in the first round of the KPAC playoffs last Thursday and then played at MBCI in the semifinals on Tuesday (no score was available at press time). Selkirk's varsity boys, meanwhile, defeated River East on Monday at the Comp. Playoff action for all four Royals' volleyball teams will continue this week with semifinal and final games.



The Royals' Cienna Palmer scored twice and added an assist in Selkirk's 4-3 win over Winnipeg's Vincent Massey Trojans during WWHSHL action last week at the Rec Complex.

### Sports&recreation INSIDE > OUTSIDE > UPSIDE DOWN

# Thunder wins RMFL championship

By Brian Bowman

There was no question as to who the best team was in the Rural Manitoba Football League this season.

The Interlake Thunder capped off a perfect season with a convincing 42-20 win over Swan Valley in Stonewall on Saturday to win the Doug Steeves Trophy

"As cold of a day that it was, no one was complaining about the weather when it was over," said Thunder head coach Mitch Obach. "There was all smiles and hugs on the field, that's for sure. They were pretty overjoyed and you could make the argument that we were the top team and there was more pressure. It was a lot of work to keep it going week after week and pulling it out week after week.

"It was a relief when they reached that big goal that they had."

After Swan Valley took a 1-0 lead on a missed field goal, Interlake answered with 12 points to go up 12-1 after the first quarter.

The Thunder led 12-8 at the half and then exploded for 21 points in the third quarter.

Interlake has dominated teams in the second half all season.

"It was a close game at halftime," Obach said. "It was back and forth and it felt like it could go either way. In the third, it was gut check time and the guys came out and that third quarter was probably the best football that they've played all year on either side of the ball."

Colton Nedotiafko had another outstanding game running the football. He had 38 carries for 287 yards and two touchdowns.

"He's just an unbelievable workhorse," Obach said. "I don't recall playing or coaching against a running back that can carry that kind of workload. Our team isn't a big-play offence. We just grind it out with a really strong offensive line."

Graeme Perrie also had a strong game with 19 rushes for 59 yards and a touchdown. He also caught two passes for 47 yards and a TD

Thunder quarterback Josh Charison also had a running major.

On defence, Colton Meisner had a fantastic game with 13 tackles, a sack, and an interception that he returned for a touchdown.

Brandyn Linklater was also very good with 10 tackles, a sack, and an interception.



RECORD PHOTOS BY LANA MEIER AND JO-ANNE PROCTER

The Interlake Thunder won the Rural Manitoba Football League banner and Doug Steeves Trophy after defeating Swan Valley 42-20 last Saturday.

"They both had monster games," Obach said. "Swan is the strongest passing team, for sure, but with the weather they came with a pretty balanced attack which allowed those interior linebackers to be everywhere and both Colton and Brandyn had those types of games. We also had a great game from our defensive line which helps a lot.

"It was a great all-around effort from that defence, particularly in the second half."

Other key defensive players for the Thunder were Eric Zotter (four tackles and an interception), Ben Olafson four tackles and a fumble recovery) and James Crate (four tackles, fumble recovery).

Interlake should be in great shape next year as they lose just five players after graduation. Those five players, though, Meisner, Nedotiafko, Gabe Simard, Tanner McCallen, and Corey Procter were a real talented bunch.

"They're all great guys and have been with the program for years," Obach noted. "Some of them are fiveyear guys and it feels great to see them go out on top. They stuck with football because they loved it, win or lose, all of those years."

With this impressive championship season, interest in the Thunder's program should increase. That bodes well for this team to recruit talented athletes in the future.

"Players are the best ambassadors for recruitment," Obach said. "Winning makes it easier to get people interested. People notice success and



The Thunder's Eric Zotter (7), Dylin Naherney (12) and Andrew Perrie (21) bring down a Swan Valley player.



The Doug Steeves Trophy

they want to be part of it. I'm optimistic that it will help build the program and make it more stable at this level."



Thunder quarterback Josh Charison hands off the ball to Colton Nedotiafko.

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2006 Ford Explorer, Eddie Bauer, (black) 4x4 SUV. Saftied, exec. condition, fully loaded, sunroof and winter tires. A must see. Ph. 204-482-7769.

#### **METAL RECYCLING**

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

**NEWS TIPS** Call 785-1618

#### SCRAP METAL

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

#### STEEL BUILDINGS

Steel Building Clearance ... "Fall super savings event - all models priced to clear!" 20x23 \$5,974. 25x25 \$6,629. 28x29 \$7,775. 30x33 \$9,125. 32x31 \$9,680. End wall included. Pioneer Steel 1-855-212-7036 www.pioneersteel.ca

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sublet Selkirk, То bright, large Bachelor Suite, 2nd floor, \$830/ month. Ph. 204-785-

#### Selkirk Record

Call 785-1618

#### APARTMENT FOR RENT

Upstairs apartment Spacious 1 rental. bedroom/1 bath. Rent \$1,000/mo. Utilities extra (hydro, water, phone, cable). Included parking, security system, appliances (fridge, self-cleaning (fridge, self-cleaning oven 30 inch stove, dishwasher, AC, washer and dryer) & blinds on windows. Laminate hardwood floors. Kitchen, living room open area concept. 1 year lease, no pets, non-smoking, adults only. Damage deposit \$500, 204 Clandebove Ave. Selkirk, Ph. 204-785-3097.

#### CONDO FOR RENT

Lockport River Creek Estates, 2 bedrooms, 2 bath, in-suite laundry, 5th floor view of Gunn's Creek. No smoking/pets, \$1500/ mo, includes heat. water, electricity and indoor heated parking. Ph. 204-785-2899.

#### OFFICE SPACE **FOR RENT**

Office space for rent, 700 sq. ft. Main St. location Selkirk, next to mall. \$1,000/mo. all inclusive. Nov 15 possession. Call 204-785-0105.

#### **FIREWOOD**

It's getting colder! Cut and split seasoned firewood for sale. Ash \$280/cord, Birch \$300/ cord, Poplar \$175/ cord, Tamarack \$280/ cord also 8 ft. Tamarack \$180/cord. Delivery available. Call for pricing 204-785-0641.

#### Selkirk Record

Call 785-1618

#### HELP WANTED

Roxis Uptown Café at 219 Manitoba Ave. in Selkirk is seeking a happy energetic, fun loving bilingual server (fluent in French & English) for a very busy restaurant. Must be 18 years or older. Please email resume to roxisuptowncafe@ gmail.com

> SHOP LOCAL SUPPORT LOCAL BUSINESSES

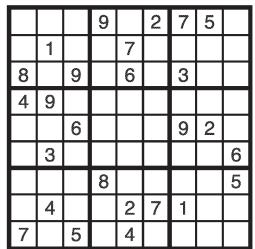
#### HELP WANTED

The Selkirk Record is looking for collators to help with inserting flyers into the newspapers. Must be willing to stand for long periods of time and to carry 20-40 lbs. Manual dexterity is an asset. Shifts are Tuesdays and Wednesdays in Winnipeg, close to Inkster Park. Please drop off resumes to the Selkirk Record office, 217 Clandeboye Ave., Selkirk.

#### **News Tips? Story Ideas?**

call the Record 204-785-1618

### take a break > GAMES

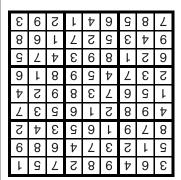


#### Fun By The Numbers

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

#### Here's How It Works:

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







**Crossword Answer** 

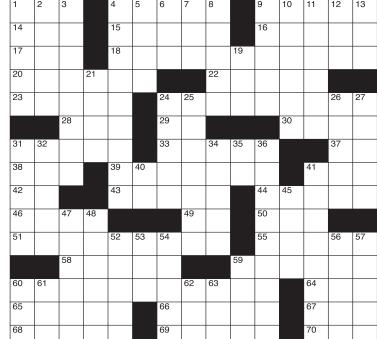
### CROSSWORD

#### **CLUES ACROSS**

- 1. Taxi
- 4. Long periods of time
- 9. Boiled cow or sheep
- 14. Ottoman military commander
- 15. Pia
- 16. Don't go near
- 17. Benin inhabitants
- 18. Pop star
- 20. Removes
- 22. Your sibling's daughter
- 23. Trade
- 24. Dabbled
- 28. Tax collector
- 29. Atomic number 73
- 30. Russian emperor
- 31. Broad-winged bird of prey
- 33. Pale brownish yellow
- 37. A type of bill
- 38. One or a sum of things
- 39. Stiff, untanned leather
- 41. Naturally occurring solid material
- 42. Promotional material
- 43. Beer mug
- 44. Nostrils
- 46. Very rich
- 49. Atomic number 10
- 50. Not even
- 51. Pulls apart
- 55. City in western Finland
- 58. Wing shaped
- 59. Paddling
- 60. Player
- 64. Japanese classical theater
- 65. S-shaped lines
- 66. Coined for one occasion
- 67. Pitching stat
- 68. "M" actor
- 69. Some are noble
- 70. Lair

#### **CLUES DOWN**

- 1. Places to eat
- 2. Marketplace



- 3. Unoriginality
- 4. Administrative officials
- 5. Female sheep and a loch in Scotland
- 6. Something to drill for
- 7. Midway between north and northeast
- 8. Cassia tree
- 9. Founder of medical pathology
- 10. Long-legged wading bird
- 11. and goers
- 12. Go quickly
- 13. Used to cut and shape wood
- 19. Small island (British)
- 21. Dry or withered
- 24. "Last of the Mohicans" actress
- 25. Manufacturers need one
- 26. Tidal bore
- 27. Makes free of moisture
- 31. Semitic titles
- 32. Inappropriate

- 34. Gregory \_\_\_, US dancer
- 35. -\_\_\_, denotes past 36. Makes nicer
- 40. Indicates position
- 41. Made a priest
- 45. Sixth month of Jewish calendar
- 47. One who refrains
- 48. Type of top
- 52. Pay increase
- 53. Curved shape
- 54. Keeping down
- 56. Sleep sound
- 57. Tiny Iranian village 59. Only one time
- 60. Elected official
- 61. Before the present
- 62. Genus of grasses
- 63. Autonomic nervous system



#### NOTICE OF PUBLIC AUCTION SALE OF LANDS FOR ARREARS OF TAXES RURAL MUNICIPALITY OF ST. ANDREWS

Pursuant to subsection 367(7) of The Municipal Act, notice is hereby given that unless the tax arrears for the designated year and costs in respect of the hereinafter described properties are paid in full to the Municipality prior to the commencement of the auction, the Municipality will on the 13th day of December, 2018, at the hour of 2:00 PM, at Rural Municipality of St. Andrews, 500 Railway Ave., Clandeboye Manitoba, proceed to sell by public auction the following described properties:

Roll Number	Description	Assessed Value	Amount of Arrears & Costs for Which Property May be Offered for Sale
39200	LOT 28 BLOCK 5 PLAN 1966 WLTO IN LOTS 63 TO 66, 64 'A' TO 66 'A' PARISH OF SAINT ANDREWS - 23 ST. ANDREWS ROAD	L -\$126,200 B -\$153,700	\$11,887.66
202700	FIRSTLY: ALL THAT PORTION OF LOT 13 BLOCK 1 PLAN 1838 WLTO WHICH LIES EAST OF A LINE DRAWN EQUIDISTANT THROUGHOUT FROM THE WESTERN AND EASTERN LIMITS OF SAID LOT 13 IN RL 75 TO 78 PARISH OF ST ANDREWS SECONDLY: ALL THAT PORTION OF SAID LOT 13 WHICH LIES WEST OF A LINE DRAWN EQUIDISTANT THROUGHOUT BETWEEN THE EASTERN AND WESTERN LIMITS OF SAID LOT EXC OUT OF SAID SECONDLY, ALL MINES AND MINERALS VESTED IN THE CROWN (MANITOBA) BY THE REAL PROPERTY ACT - 111 GOLDSTONE ROAD	L -\$107,400 B -\$91,200	\$13,904.29
221700	LOT 21 BLOCK 2 PLAN 1489 WLTO EXC FIRSTLY: WLY 67 FEET AND SECONDLY: ALL MINES AND MINERALS VESTED IN THE CROWN (MANITOBA) BY THE REAL PROPERTY ACT IN RL 100 PARISH OF ST ANDREWS - 38 STEVENS AVENUE E	L -\$68,100 B -\$46,100	\$7,521.07
234828	LOT 4 BLOCK 2 PLAN 40491 WLTO EXC ALL MINES AND MINERALS AND OTHER MATTERS AS SET FORTH IN THE CROWN LANDS ACT IN RL 121 TO 130 PARISH OF ST ANDREWS - 4 SUSSEX DRIVE	L -\$85,300 B -\$444,500	\$31,808.95
353700	ALL THAT PORTION OF SW 1/4 OF 15-14-4 EPM WHICH LIES TO THE EAST OF A LINE DRAWN PARALLEL WITH THE EASTERN LIMIT OF SAID QUARTER SECTION FROM A POINT IN THE SOUTHERN LIMIT OF SAID QUARTER SECTION DISTANT WLY THEREON 412.5 FEET FROM SAID EASTERN LIMIT EXC RIGHT OF WAY OR STATION GROUNDS OF THE CANADIAN PACIFIC RAILWAY	L -\$68,000	\$3,438.13
404900	RL 72 PARISH OF ST PETER EXC FIRSTLY: THE WLY 1926.54 FEET AND SECONDLY: THE MAIN HIGHWAY PLAN 3098 WLTO AND THIRDLY: ALL THAT PORTION WHICH LIES TO THE EAST OF THE EASTERN LIMIT OF THE SAID MAIN HIGHWAY - 1357 BREEZY POINT ROAD	L -\$70,000 B -\$74,200	\$8,776.66
420300	SLY 400 FEET OF ELY 550 FEET OF S 1/2 OF NE 1/4 21-14-4 EPM - 1056 BRACKEN ROAD	L -\$54,500 B -\$142,400	\$7,673.32
420310	S 1/2 OF NE 1/4 21-14-4 EPM EXC OUT OF SAID S 1/2 OF SAID NE 1/4 THE SLY 400 FEET OF ELY 550 FEET - 1064 BRACKEN ROAD	L -\$145,700 B -\$262,500	\$20,145.18
420500	N 1/2 OF N 1/2 OF SE 1/4 OF 21-14-4 EPM EXC OUT OF SAID S 1/2 OF SAID NE 1/4 THE SLY 400 FEET OF ELY 550 FEET	L -\$59,400	\$2,848.11
420625	FIRSTLY: S 1/2 OF SE 1/4 OF 21-14-4 EPM EXC, NLY 726 FEET PERP OF SLY 906 FEET PERP OF ELY 600 FEET PERP SECONDLY: S 1/2 OF N 1/2 OF SE 1/4 OF 21-14-4 EPM	L -\$171,100	\$5,362.75
425700	NW 1/4 29-14-4 EPM SUBJECT TO THE RESERVATIONS AND PROVISOES CONTAINED IN THE GRANT FROM THE CROWN	L -\$207,000	\$5,829.63
618200	LOT 3 BLOCK 1 PLAN 2615 WLTO SUBJECT TO THE RESERVATIONS AND PROVISOES AND OTHER MATTERS MORE FULLY SET FORTH IN AN INSTRUMENT REGISTERED IN THE SAID OFFICE UNDER THE OLD SYSTEM AS NO. 148470 IN NE 1/4 3-17-4 EPM - 46 MATLOCK ROAD	L -\$17,700 B -\$63,300	\$5,573.73

#### The tax sale is subject to the following terms and conditions with respect to each property:

- The purchaser of the property will be responsible for any property taxes not yet due.
- The Municipality may exercise its right to set a reserve bid in the amount of the arrears and costs.
- If the purchaser intends to bid by proxy, a letter of authorization form must be presented prior to the start of the auction.
- The Municipality makes no representations or warranties whatsoever concerning the properties being sold.
- The successful purchaser must, at the time of the sale, make payment in cash, certified cheque or bank draft to the Rural Municipality of St. Andrews as follows:
  - The full purchase price if it is \$10,000 or less; OR
  - If the purchase price is greater than \$10,000, the purchaser must provide a non-refundable deposit in the amount of \$10,000 and the balance of the purchase price must be paid within 20 days of the sale.
- The risk for the property lies with the purchaser immediately following the auction.
- The purchaser is responsible for obtaining vacant possession.
- If the property is non-residential property, the purchaser must pay GST to the Municipality or, if a GST registrant, provide a GST Declaration.
- The purchaser will be responsible for registering the transfer of title in the land titles office, including the registration costs.

Dated this 9th day of November, 2018.

Managed by:



Andrew Weremy Chief Administrative Officer Rural Municipality of St. Andrews Phone: 204-738-2264 Fax: 204-738-2500

### Classifieds

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Treadmill for sale, motorized, good condition. Call 204-485-

150,000 BTU gas furnace \$95, 1 white electric stove \$95, & 1 white fridge \$120. Pls. call 204-482-7297.

#### CARE PLUS CLINIC

Dr. Benshaban **Requires a Part-Time** MEDICAL RECEPTIONIST

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Drop off resume to: 373 Main St., Selkirk, Manitoba or email to lamin.benshaban@gmail.com



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#### We are training and hiring **Spare School Bus Drivers Right Now!**

Let us help you get your Class 2 driver's licence. We are planning a training session in December.

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Sales - financing leasing of trucks, trailers, truckbeds. full repair, safeties & Autopac trailer repair. Kaldeck Truck Trailer Inc., Hwy #1 MacGregor, MB. 1-888-685-3127 www. kaldecktrailers.com

1998 Aeromax Semi: 3406 Cat Eaton 13 SP. Platinum engine overhaul Touromont Wpg. New front power divider. \$39,900 firm. Call 204-825-7903.

### Selkirk Record

Call 785-1618



Workplace Education Manitoba (WEM) is seeking individuals to facilitate and instruct **Essential Skills in our Selkirk WEST Centre and** potential workplaces in the Interlake region. The successful candidate will help learners connect the skills they are learning to practical application in the workplace.

#### We are looking for multiple CONTRACT INSTRUCTORS Desired experience includes:

- Essential Skills instruction (with a reading and writing focus)
- Strong computer skills

register for this event.

- Adult learning facilitation, assessment and recording
- Experience in working with multi-skill, multi-level groups.
- Experience customizing and building lesson plans with a workplace goal

Our WEST Centres are based on adult learning principles – for those that understand and relate to this instruction and facilitation - this work is for you We will be having an information evening on Wednesday November 28th at 6:30pm. At 511 Robinson Avenue in Selkirk. If you are interested in learning more about WEM and these opportunities, please email irc@wem.mb.ca to

For additional information please visit our website at www.wem.mb.ca

Deadline is November 28, 2018

#### **JEWELLERY REPAIRS**

Watch batteries \$9.97. chain repair soldering \$14.97, and Jewellery Arts. 365-A Eveline St. Ph. 204-345-9451.

#### **UPCOMING EVENTS**

Ziia International presents a Lifestyle and Wellness Event, Sat., Nov 17/18, 11 a.m. - 3 p.m. at Smitty's Banquet Room, Main St. Selkirk. Free admission. Ph. for info. 1-204-781-8605.

#### HEALTH

Are you suffering from joint or arthritic pain? If so, you owe it to yourself to try elk velvet antler capsules. Hundreds have found relief. Benefits humans and pets. EVA is composed of proteins. amino acids, minerals, lipids and water. Key compounds that work to stimulate red blood cell production & cartilage cell regeneration & development. Stonewall Elk Ranch Ltd., 204-467-8884 or e-mail stonewood elkranch@mymts.net

Small square flax and wheat straw bales. Ph. 204-482-5101, leave message.

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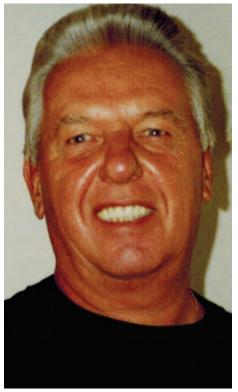
Paid training Referral program

Derek (204) 793-7465

REMEMBER YOUR LOVED ONES WITH A **MESSAGE IN** THE RECORD

#### ANNOUNCEMENT

#### IN MEMORIAM



Eugene (Stoogie) Laye August 27, 1935 - November 14, 2015 In Loving Memory of my wonderful husband I'm sending a dove to Heaven, With a parcel on its wings; Be careful when you open it, It's full of beautiful things. Inside are a million kisses, Wrapped up in a million hugs; To say how much I miss you, And to send you all my love. I hold you close within my heart, And there you will remain; To walk with me throughout my life, Until we meet again.

> -Miss you and love you, your loving wife, Marion xoxo

# Classifieds Selkink Announcements

Book Your Classified Ad Today - Call 785-1618 or Email lucy@selkirkrecord.ca

#### **ANNOUNCEMENT**

#### IN MEMORIAM

In Loving Memory of Stella Wilsher 1915 - November 18, 1984 Tom Wilsher 1911 - November 19, 2007

When thoughts go back as they so often do, We treasure the memories we have of you. These days are remembered and quietly kept, No words are needed, we shall never forget.

-Lovingly remembered by Cecilia, Patsy, and families

#### ANNOUNCEMENT

#### **CARD OF THANKS**

I would like to thank Tim Ducharme from TJD Diesel for his professionalism, honesty and mechanical work well done for repairs to my vehicle. His company was a pleasure to deal with!

-Shirley

#### Trouble Walking?

#### Hip or Knee Replacement?

Restrictions in daily activities? \$2.500

Tax Credit \$40,000 refund cheque/ rebates

Disability Tax

204-453-5372

#### 12 Patterson Dr. Stonewall, MB

McSherry Auction

#### Estate & Moving Sat Nov 24 @ 10:00 AM Estate & Moving Sat Dec 1 @ 10:00 AM

Yard \* Recreation \* Tools Antiques \* Furniture \* Misc \* Household '

Consignment Sale Sat Dec 8 @10:00 AM (204) 467-1858 or

(204) 886-7027

#### **OBITUARY**

#### George Albert Law

Peacefully, at his residence in Winnipeg, MB, George Law, aged 72 years, formerly of Selkirk, MB, beloved husband of the late Susan, passed away. Full obituary to follow.

Gilbart Funeral Home, Selkirk in care of arrangements.



#### **OBITUARY**

#### **Adrien Henry**

Peacefully, on Thursday, November 8, 2018, Adrien Henry, aged 92 years, beloved husband of Ann, passed away.

In keeping with his wishes cremation has taken place and no formal service will be held. Condolences, pictures and videos may be left on his tribute wall at www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



#### **OBITUARY**

#### **Shane Flett**

Peacefully, on Monday, November 5, 2018, at the Health Sciences Center, with his family by his side, Shane Flett, aged 26 years, of Scanterbury, MB, passed away.

Wake began on Tuesday, November 13, 2018 in the Private Tom Chief Memorial Hall at 3:00 p.m. Funeral service took place on Wednesday, November 14, 2018 also in the hall at 2:00 p.m. Condolences, pictures and videos can be left on his tribute wall at www.gilbartfuneralhome.com.

Gilbart Funeral Home, Selkirk in care of arrangements.



#### **BOOK YOUR ANNOUNCEMENT TODAY**



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### **Fun and Games**

Give your kids a chance to keep learning during the next inservice day! Children aged 6-10 are invited to join students from Red River College's Educational Assistant program for a morning of games and activities that will strengthen their math, reading and writing skills.

DATE: Friday, Nov. 23

TIME: 10am - 1pm

**LOCATION: Selkirk Gaynor Family** Library Lecture Hall, 806 Manitoba Ave. Registration closes at 4pm on Tuesday, Nov. 20

To register, email interlake@rrc.ca, call 204.785.5328 or text 204.724.6448.



rrc.ca/interlake



### Make a Difference

Health Care Aide certificate program. In just five months, you'll gain the skills and knowledge to assist hospital patients, home care clients and personal care home residents, through a mix of classroom and lab time, and industry job placements.

START DATES: Arborg: Feb. 4, 2019 | Stonewall: Feb. 5, 2019 | Selkirk: March 4, 2019



To learn more, call 1.866.946.3241 or visit rrc.ca/interlake

### nnouncements

### Sellank/Regard

Book Your Classified Ad Today - Call 785-1618 or Email lucy@selkirkrecord.ca

#### Wesley Kenneth (Ken) Watson

Peacefully on November 7, 2018, Ken went to his eternal sleep following a courageous battle with cancer.

Ken was born September 25, 1943 in Selkirk, MB. to Joseph and Kay Watson. He is survived by his loving wife Maxine "his rock"; stepdaughters: Jolene (David) Gitz of Shevlin, MN., Jenell (Edward) Pemble of Apache Junction, AZ., and stepson Brian Stranger also of Apache Junction, AZ. He is also survived by his sister Donna (Richard) Kurbis of Selkirk, MB.; his brothers: Larry (Tracey) of Petersfield, MB., Keith (Carol) of Winnipeg, MB., and Tom (Darcie) of Lockport, MB. as well as several grandchildren, great-grandchildren, nieces, nephews and cousins. Ken will also be greatly missed by the "Special" loves of his life, his three poodles: Ivory, Lady and Tia.

As per Ken's wishes, cremation has taken place with burial in Minnesota at a later date. A memorial luncheon will be served at the Royal Canadian Legion, 403 Eveline Street, Selkirk, MB. on Friday, November 16, 2018 from 1:00 p.m. to 3:00 p.m.

In lieu of flowers, donations may be made to Pawed Pals Rescue Inc. 511 Robinson Avenue, Selkirk, MB. R1A 1E.

Thank you to all the staff in the Palliative Care Unit at the Selkirk Regional Health Centre for your professional concern and gentle care and to the doctors involved with Ken on this journey. A special thanks to family, some of whom travelled from the States to be with Ken. To all of Ken's golfing buddies and neighbours who saw that Maxine had a ride to the hospital each day, sometimes twice a day; 'Thank You" from the bottom of our hearts. Your kindness will never be forgotten.

-The Watson family



#### Stuart A. Cotton (1931 - 2018)

Peacefully, on Tuesday, November 6, 2018 at the Selkirk Regional Health Centre, Stuart Cotton passed away at the age of 87 after a lengthy battle with cancer.

Stuart was predeceased by his grandson Jeffery, and his sonin-law Neil. Stuart is survived by Marion, his wife of 66 years, and their children Andrew (Trish), Carol, Diane (Craig), Bruce (Dawn) and Ann Marie (Phil), 10 grandchildren and 12 great-grandchil-

Stuart was born in Cornwall, England. He sailed to Canada in 1951 to follow his dream of owning his own farm. Stuart was later joined by his fiancée, Marion Chapman, and they married on May

The Cotton family eventually settled in Clandeboye, Manitoba, where Stuart owned a dairy farm. Stuart was an active member of

his community, he was also a 4-H leader, and was involved in the Interlake District Milk Producers Association and the Selkirk Veterinary Board.

After his retirement Stuart enjoyed gardening and traveling, he learned how to use a computer and wrote a book about his life

A celebration of Stuart's life was held on Saturday, November 10, 2018 at 2:00 p.m. in the Clandeboye United Church.

In lieu of flowers, donations can be made to the Clandeboye United Church Memorial Fund. Condolences and pictures may be left on his tribute wall at www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.

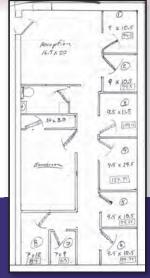


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