

Ice fishing derby helps raise over \$2K for injured pelicans

By Justin Luschinski

A frigid cold snap that gripped much of Manitoba last week didn't stop more than 100 anglers from taking part in an ice fishing derby in Lockport.

Wildlife Haven Rehabilitation Centre held their first ever Pelican Ice Fishing Derby last Saturday. The tournament raised more than \$2,000 to help heal and house two sick pelicans at the centre's animal hospital.

Judi Grout, a Wildlife Haven Rehabilitation Centre volunteer, said she was extremely happy with the turnout last Saturday.

"I thought the cold weather would have scared them off, but we've had so many people show up," Grout said. "It's great to share what we do with all these people. We threw this together in a few months, and the response has been fantastic."

The derby featured prizes for biggest and smallest fish. Prizes included fishing tents, lawn chairs, and various fishing gear and tackles. Organizers also served up some hot chili around lunch time, and had a separate tent



RECORD PHOTOS BY JUSTIN LUSCHINSKI

More than 100 anglers braved the cold to take part in the Wildlife Haven Rehabilitation Centre's Pelican Ice Derby in Lockport last Saturday. The event helped raise more than \$2,000 to help two injured pelicans.

filled with snacks, coffee, and other goodies.

Zoé Nakata, executive director for the Wildlife Haven Rehabilitation Centre, said that rescuing pelicans takes a lot of money and effort.

"For pelicans, they eat a lot of fish, around four pounds of fish a day. That's just short of \$3,000 of fish, per pelican, for the whole winter," Nakata

said. "That's a lot of fish to buy, and they need a lot of care and attention."

Nakata said funds raised during the ice fishing derby will help two pelicans. One was found on the Red River with an injured wing while the other was a baby pelican who got hurt and missed their flock's migration.

Nakata said pelicans are a flock bird, meaning they need to be around oth-

er pelicans, otherwise they become agitated or depressed. The two pelicans they rescued are living together, which is the ideal scenario for the centre.

For more information about the Wildlife Haven Rehabilitation Centre, visit wildlifehaven.ca.

Commission to guide comprehensive review of K-12 education system

Staff

The province has established a new commission to undertake a comprehensive review of Manitoba's kindergarten to Grade 12 education system.

"This is a long-overdue opportunity to build on strengths and identify challenges to create a better education system with high standards for educators, high expectations for

student achievement, relevant curriculum, governance excellence and a sustainable fiscal framework," said Education and Training Minister Kelvin Goertzen in a release last week. "Manitoba's education system covers a vast geographical area and serves a wide range of communities, and we have selected a commission that reflects that reality."

The minister noted the process will include extensive consultation across Manitoba and consider a wide range of topics such as student learning, teaching, accountability for student learning, governance and funding.

The Manitoba government is also looking at reducing or even eliminating elected school boards as part of the review. Part of the focus will also

be on improving literacy and graduation rates and boosting math and science scores. Another part of the group's mandate will be to consider reducing the number of school divisions across the province.

Manitoba's Commission on Kindergarten to Grade 12 Education includes Ian Wishart, legislative assistant to the minister of education and training, who will lead public consultation and engagement. The eight other commissioners are: Dr. Janice MacKinnon (co-chair); Clayton Manness (co-chair); Terry Brown; Mark Frison; John Daniel (JD) Lees; Jill Quilty; Laurel Repski; and Denis Robert.

"The commission will serve in the best educational interest of all students, regardless of their abilities, personal or family circumstances, or where they live," said MacKinnon.

Continued on page 8

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'It feels like coming home'

Rediscovering their roots helps two local women cope with mental health issues

By Justin Luschinski

Carla Cook was taken from her family and placed in Child and Family Services (CFS) when she was just four years old.

The Selkirk resident says she endured terrible abuse, which greatly damaged her mental health, and she's still dealing with the trauma she experienced, even at 40 years old.

"It's difficult to deal with all the effects of what I went through. I have PTSD (post-traumatic stress disorder), anxiety is a big one, still deal with that day to day. I have a hard time being out in public, being around lots of people," Cook said. "But I've started to understand myself, I know what triggers (the PTSD and anxiety), what I can do to settle myself down. It's something I share with my kids, this is what's happening to me now, here's how I'm feeling ... I'm trying to teach my kids, it's hard, but it's doable."

Wednesday, Jan. 30 was Bell Let's Talk Day, an annual mental health advocacy day organized by Bell Canada. On Bell Let's Talk Day, Bell donates five cents for every text, call, tweet, social media video view and use of their Facebook frame or Snapchat filter towards mental health initiatives in Canada. On this day each year many Canadians take to social media to talk about their own struggles with mental health. Cook said she wanted to

share her story to shed some light on the mental health issues some Indigenous people face, which aren't often talked about.

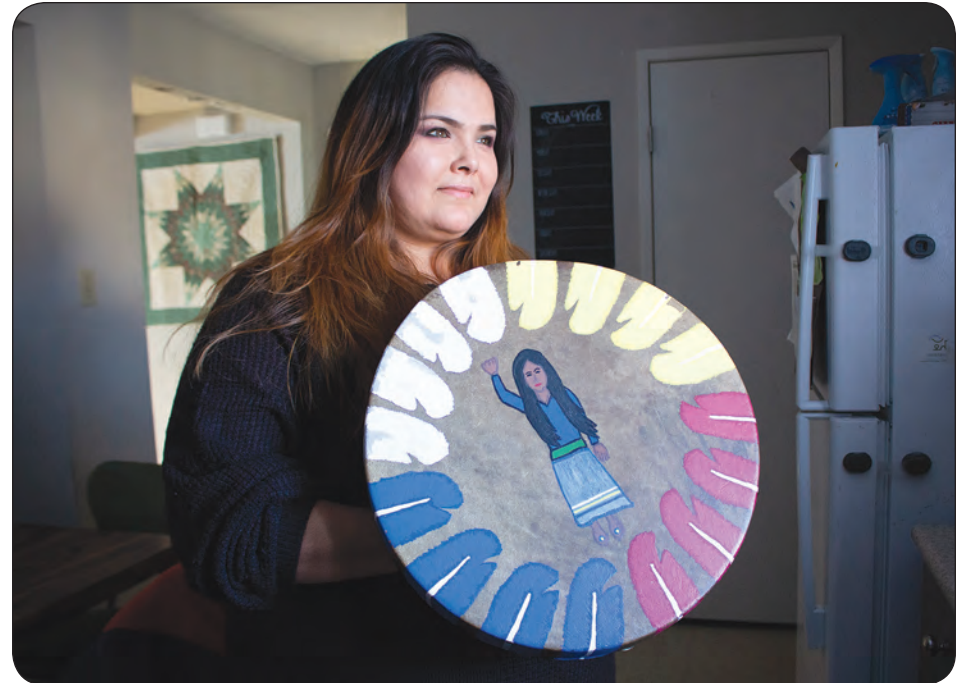
As a child, Cook stayed in a number of foster homes, where she said she was "physically, sexually, mentally and verbally abused." Even when she got out of those situations, the damage was done, and it caused her life to take a turn for the worse.

In order to overcome her social anxiety and PTSD, she knew she needed to face her problems head-on. She said rediscovering her Indigenous roots helped her heal.

"When I reconnected with (Indigenous spirituality), I could feel myself healing. I felt good. I got my spirit name, I got my clan and colours, it was an amazing feeling," Cook said. "I was starting to put the puzzle together. It's been really good for my self-identity."

Cook is now a member of the Fireheart Women's Drum Group in Selkirk. She says the group helps her get out of the house, and it gave her a huge support network of friends, where she was free from judgement, and where she could talk about her feelings with more honesty. Drumming also provides an outlet for her anger and frustration.

Some Indigenous community members also turn to medicine and spirituality to cope with their mental health



RECORD PHOTOS BY JUSTIN LUSCHINSKI

Carla Cook holds her drum inside her Selkirk home last week. Cook has had to deal with years of abuse, and hopes her story can help other Indigenous people start their path towards healing.



issues.

Jeannie Red Eagle of Selkirk acts as a counsellor for a few of the residents in her community. She also serves as a conduit, connecting people with the resources they may need, such as guidance from an Elder or access to a sweat lodge. She also grows and maintains various traditional Indigenous herbs, which she says helps with

mental health recovery.

"Mental health affects us all. It affects the rich, the poor, whether your Indigenous or not. For Indigenous people, many of them feel like they've lost a connection to something important, and when they start to rediscover their culture, it feels like coming home," Red Eagle said.

Continued on page 4

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Curling club hosts Bonspa



RECORD PHOTOS BY JUSTIN LUSCHINSKI

The Selkirk Curling Club played hosts to the seventh annual Selkirk Women's Bonspa last weekend. The fun three-day event is geared towards women's health and wellness with some competitive curling mixed in.

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> REDISCOVERING THEIR ROOTS, FROM PG. 3

"I would say to a person whose struggling to never give up. I would encourage them to keep reaching out because there's always a way to make things better and it's never too late to start the journey of 'mino-bimaadiziwin'"

"Mino-bimaadiziwin" is an Anishinabe phrase, which means to "live the good life." It's a philosophy that encourages Indigenous people to maintain a connection with the land and their heritage.

Red Eagle, who also went through the CFS system and is rediscovering her culture many years later, says there are a lot of parallels to modern psychology concepts, and how Indigenous people have been helping each other cope for many years.

If someone were to come to Red Eagle, looking

for some relief from depression or anxiety, she would first sit down and talk with them, trying to understand their issues. She would try to offer advice, and sometimes she'll take them out for a walk, which allows them to "connect with the land."

Red Eagle may bring someone to the back of her house to smudge, the act of burning various herbs and throwing the smoke on your body to achieve various benefits.

Cook said she wants to help her kids become stronger, so they can overcome any mental health issues they may experience.

"I'm very open with my kids about (mental health). People say you shouldn't share so much with your kids, but actually it's the complete opposite," Cook said. "If we can't teach them how

to deal with their emotions, how are they going to cope if they get anxiety? I want to teach my kids 'it's hard, but it's doable.' I'm here because I didn't let the system beat me down."



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'A pure health angle': dietitian embraces Canada's food guide facelift

By Lindsey Enns

Be mindful of your eating habits, cook more often and eat more meals with others are just some of the tips you'll find in Canada's new food guide.

Health Canada unveiled some major changes to its food guide, the first in 12 years, last Tuesday. The guide is aimed at promoting healthier eating and lifestyle choices while doing away with portion sizes and the four food groups. Instead, the new guide encourages Canadians to eat plenty of vegetables and fruits, protein-rich foods and whole grains while making water your drink of choice.

Jay Adam, a dietitian based in Teulon with the Interlake-Eastern Regional Health Authority (IERHA), is a big fan of the new guide, which he says comes from "a pure health angle."

"Medical professionals who work in obesity, to nutrition scientists, to dietitians who I have been in touch with ... just absolutely love it," Adam said while sitting inside the Selkirk Community Health Office last Thursday. "One of the best things about this guide is it prioritizes food as part of the person."

When it comes to those struggling with weight or cholesterol problems or diabetes, Adam says this new food guide "tackles their issues head on."

"With previous guides there was an ability to make unhealthy food fit the guide in a way and it was done far too often," he said. "This new food guide takes true healthy eating very seriously and it does it in a way that's good for Canadians ... it's also good for the planet."

Adam said if you're trying to eat



RECORD PHOTOS BY LINDSEY ENNS AND SUBMITTED Jay Adam, a dietitian with the Interlake-Eastern Regional Health Authority, pictured above, shares his thoughts on Canada's new food guide last Thursday. Adam says the cover of the new guide, pictured right, which features plenty of vegetables and fruits, is meant to help inspire Canadians and shouldn't be used as a guideline.

healthier, it's important to stay away from liquid calories, cook more often at home, take time out of your day to enjoy your food and eat your meals with others. He also recommends either turning your phone off or putting it out of sight during family dinners.

"We get so lost in other things that we don't spend time together as a family and that isn't good for anybody," he said. "Spending time together as a family, with food, are sort of the heart and soul of a family."

While cooking at home has obvious health benefits, it can also help you save money in the long run, Adam



says.

"It can look expensive at first, it can be a challenge ... but there are many

opportunities to make your food dollars go farther in many of these foods," Adam said while looking at the cover of the new food guide.

Cooking a meatless meal a couple times per week as well as purchasing seasonal or canned vegetables and fruits can help you stretch your dollars, he said.

The IERHA also hosts a variety of workshops throughout the region on topics such as how to change your relationship with food, diabetes self-management and eating for health.

For a schedule of classes and events, visit ierha.ca and select the "Community Wellness Team & Newsletter sign-up" tab.

The food guide also recommends Canadians use food labels, limit foods high in sodium, sugars or saturated fat and to be aware of food marketing.

To learn more about Canada's new food guide, visit food-guide.canada.ca. The website features information on food choices, eating habits, recipes, tips and resources.

When it comes to interacting with the new guide, Adam suggests taking the time to explore it for ideas "and see what resonates with your life."

"If I had one suggestion it would be cook with your family and love your food."

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Get your lines up quick or you could lose them

Welcome my friends.

An interesting thing has begun to happen in the world of ice fishing in Manitoba. Some folks thought that with the coming of portable ice shacks, hard wall shacks would fade into history but as it turns out many anglers want both! Today we see hundreds of anglers putting their hard wall shacks on ice close to where they live, and then using portables when they want to venture further for a change.

So it was last week that as I cruised up and down the Red River by Selkirk and later around the centre of the big lakes, there were mostly "hard-wallers." Come the weekend portable shacks blossomed on the ice everywhere. Back on the Red, I stopped at a very well built shack with light colored metal siding. A tall young guy with a short, dark, curly beard opened the high quality house door to me as I approached, and once inside was further impressed by the custom wood stove, interior paneling and house grade flooring. "Wow," I said, "You really know how to build a top end shack. Can I ask your name?" "I'm Paul Hradowy from Inwood. Yeah, I and my family are into building," he responded.

We got to talking about fishing and he pulled out his phone to show me a picture of a jackfish he caught saying, "When it hit I knew it was big. Some friends began yelling excitedly instead of getting their lines out of the water because one by one their rods started being pulled into the water of their ice holes. When I got the jacks head out of the water of my hole it was all tangled in my buddies lines. Then I lost my grip on the fish. It dropped back into the water and took off. My line screamed from my spool as my friends tried to hang onto their escaping rods. Suddenly the fish stopped running so I reeled in. Again, when I had it at the hole it took off twice more



RECORD PHOTO BY ARNIE WEIDL
Dino Annuik of Matlock with his huge jackfish.

gathering more of my friends lines each time. Finally I got it up the hole enough to grab it by the gills. Its head was imprisoned in a mess of fish lines. I had enough! I took out my knife and cut everyone's lines off my fish!"

Experience helped Dino Annuik of Matlock who has his shack on the ice along the west side of Lake Winnipeg's south basin, avoid Paul's predicament. I was talking to him a few days ago and said he caught a huge jackfish as Paul did. Dino's hard wall shack is comfortable, made so by yearly improvements. Naturally his angler friends like to fish in his shack. Some of those friends were with him when this large jack took Dino's hook. He shouted, "You guys get your lines out of the water quick or you'll lose them!" Unlike Paul, he knew that jackfish when caught; thrash about violently racing back and forth. Dino's fishing experience instinctively told him this

fish was a good size, but also was a vicious fighter. He didn't want his line breaking so he took his time not hauling in hard but reeled in easy when the fish rested. In time he played it out and landed it in good order.

Remember a couple of weeks ago I shared a story about the Stonewall boys Dave Kernot, Rick Miller, Larry Brown and Jerry McLean and their good natured antics in Larry's shack on the Red? I had so much fun describing their trash talking and kidding with each other that I ran out of room to tell a funny story about Rick and his dad Ken, so here it is now!

Years ago Rick was boat fishing on a warm, windy day with his dad on Shoal Lake, Ontario. Ken had bought a very expensive lure and was anxious to try it out. Commercial boats pulling log rafts to lumber mills were navigating all around them. As Ken cast out the wind caught his lure and got stuck on one of the logs. Ken started yelling and frantically waving his arms as his line screamed, paying out. They turned the boat around and started chasing the logger's boat to get the captains attention. Not knowing what the trouble was, the boat captain simply smiled brightly and waved back at the "crazy anglers".

After a shouting match ensued they were able to make the captain understand Kens' problem who let him come along side the logs and rescue his lure. Relieved, our happy anglers continued fishing and just as they passed the mouth of a small bay, young Rick felt a hard pull on his line. "Stop the boat, I've got a bite," he yelled. He reeled in until dismayed; a fishermen's net broke the surface caught on his lure! He turned to his dad and with a helpless smile said, "That's two things we didn't need to catch today, and I wonder what the third thing will be!"

So long for now.

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LSSD won't see provincial education funding increase again this year

By Lindsey Enns

Provincial education funding may be increasing this year, but that doesn't mean the Lord Selkirk School Division (LSSD) will be seeing any extra dollars.

LSSD Supt. Michele Polinuk says they won't be seeing an increase this year. Instead, funding for the school division was reduced by two per cent for a third year in a row. This is a reduction of \$513,277. The last time the school division saw a funding increase was in 2011-12, Polinuk added.

"That's a long time," Polinuk said. "With costs going up, 80 per cent of our budget is our staff, our personnel, so it just makes it difficult."

"Classrooms just continue to become more complex. We're trying to help so many kids, and parents and families so we've put counsellors in schools and we keep trying to help but it's difficult to maintain that."

The province announced last Thursday that provincial funding for public elementary and secondary education will increase by \$6.6 million for the 2019-20 school year to a total in excess of \$1.329 billion.

"This is the highest level of funding in Manitoba history that shows our commitment to Manitoba students despite our current economic realities," Education and Training Minister Kelvin Goertzen stated in a release last week. "Since 2016, our government has increased funding to school divisions by more than \$26 million."

However, a total of 21 school divisions, including the LSSD, won't be seeing an increase this year, Polinuk said.

School funding in Manitoba is calculated using the Funding of Schools Program formula. Funding increases or decreases are based on several factors that include a change in enrolment numbers, capital costs, equalization payments and the phase-out of the Tax Incentive Grant.

Since the LSSD has been struggling with a declining enrolment for several years, they haven't been seeing any

"CLASSROOMS JUST CONTINUE TO BECOME MORE COMPLEX."

increases, Polinuk said. She added the division has been forced to cut positions in the past and may have to do so again.

"Each and every year ... we assess every part of the school division in every department to see where things are at, where our priorities are, and where we need to put our money towards to ensure we're using our existing resources the best we can," she said.

Polinuk said school board members are currently working on their budget, which they hope to have finalized by March 5.

"We still don't have enough information to tackle some aspects of it."

Late last year, the LSSD posted an online survey regarding their upcoming budget on their website. Polinuk said they received a total of 611 anonymous responses. They plan to post the survey results on their website by mid-February, she added.

School divisions receive funding from the province as well as through locally collected school board property taxes. The province is once again directing divisions to cap increases to their local education property tax at two per cent for the 2019-20 school year and will ask divisions to continue to reduce administrative costs.

Polinuk said it's still too early to tell if they will be able to stay within that cap.

"We appreciate school divisions' efforts to help control costs and create efficiency in the public education system," Goertzen said. "As divisions create their budgets for the year ahead, we hope they make decisions that consider both students' needs and the impact on taxpayers."

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SwimAbility looks to expand its Selkirk program

By Lindsey Enns

A popular swim program across Manitoba is looking to add more volunteers to help expand its program in Selkirk.

Manitoba SwimAbility president Cam Krisko said they are always looking for more volunteers to help accommodate more swimmers. Krisko added it's a great way to give back to children living in your community.

Manitoba SwimAbility is a non-profit organization that provides affordable and accessible one-on-one swimming instruction to children between the ages of three and 18 with a range of disabilities.

The instructors and pool supervisors are all volunteers, and most are high school and university students who aim to provide the children with a personalized and safe learning environment.

SwimAbility set up shop in Selkirk in the fall of 2017 and runs out of the Selkirk Community Pool located inside the Comp. The organization currently offers programming to 18 kids with six volunteers. They are hoping to expand the program to more than 25 children within Selkirk and surrounding areas over the next year.

"Things have been really good,



RECORD FILE PHOTO BY JUSTIN LUSCHINSKI

Manitoba SwimAbility says it hopes to expand its Selkirk program, which runs out of the Selkirk Community Pool, over the next year.

"We've gotten a lot of positive feedback from our families in Selkirk," Krisko said. "We've also been able to reach a little more north of Selkirk with kids coming from Gimli and the Interlake."

Swimming lessons in Selkirk run from 3 p.m. to 4:30 p.m. in the fall and winter.

To keep the cost of their lessons low, SwimAbility hosts two major fundraising events each year. The upcoming sixth annual Manitoba SwimAbility Gala, which raises funds for their programming across Manitoba, is set

to take place on Saturday, April 6 at Breezy Bend Country Club located in Headingley, Man. For more information, visit manitoba.swimability.org.

In under eight years, Manitoba SwimAbility has grown from 10 swimmers and 10 volunteer instructors to 375 swimmers and 150 volunteers. They currently offer lessons at four pools in Winnipeg as well as in eight rural communities, including Selkirk.

For more information about lessons in Selkirk, email selkirk@swimability.org.

Province recruiting candidates for new Leaders in Training Program

Staff

The Manitoba government is recruiting candidates for its new Leaders in Training Program, a two-year paid internship for those seeking a career in the public service.

"This program is a fantastic opportunity for the province to find and train people who will take a guiding role in building a stronger public service," Finance Minister Scott Fielding, minister responsible for the civil service, stated in a release last week. "This new program provides a range of experience within the Manitoba government and helps interns build a professional network with exciting opportunities in our dynamic organization."

With multiple opportunities beginning in spring 2019, the Leaders in Training Program is designed to provide training and development for people interested in a career with the public service who have the potential to progress into future leadership positions.

"We are looking for analytical thinkers, innovators, savvy communicators and those who are motivated to be part of the progressive transformation of Manitoba's public service," said Fielding. "The program will help us find strong candidates and support them in developing the skills they need to take on important leadership roles in the future."

Successful candidates will have an opportunity to gain a whole-of-government perspective through participation in a series of work placements in multiples areas of the organization. Interns will get to take part in exciting projects, policy and program development, research and financial operations to prepare them for a successful career in Manitoba's public service.

To learn more and apply for the Leaders in Training Program, visit manitoba.ca/ltp. Applications will be accepted until Feb. 8.

Fielding noted that like other organizations, the Manitoba government needs to ensure a skilled workforce to provide quality services.

"Our vision for the future is a public service that embraces challenges and places innovation at the centre of their work to deliver the best possible programs and services for Manitobans," Fielding said.

> COMMISSION TO GUIDE COMPREHENSIVE REVIEW, FROM PG. 2

The commission will soon commence public consultation and seek input from students, parents, educators, school boards, academics, Indigenous organizations, la francophonie, municipal councils, professional organizations, the business community and all Manitobans.

"Our focus will be on student outcomes, long-term sustainability and enhanced public confidence, and we will consider the continuum of early learning, post-secondary education and labour market needs," added Manness.

The minister expects the commis-

sion to submit a report with key findings and recommendations by February 2020.

Information about the kindergarten to Grade 12 review will be posted throughout the year online at edu.gov.mb.ca/educationreview/.

Goertzen also announced the publication of information meant to help inform the commission and public. As previously committed, the province has released a preliminary report on consultations with Manitobans on literacy and numeracy held in January 2018. The report will help provide context to the commission and pub-

lic and is available online at edu.gov.mb.ca/educationreview/publications.html.

The minister also announced the release of high school graduation rates, continuing a commitment to restore the practice of sharing school-division level educational results. The department has posted school division level rates from June 2013 to June 2017 using an improved student-tracked method, with plans to post 2018 rates later this year.

The information is available at edu.gov.mb.ca/k12/grad_rates/index.html.

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• J & J Fraserwood Store	• Matlock Store	• Lockport Grocery
• Fry Days (Teulon)	• Petersfield Hotel	• Wavers (Scantbury)
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For Info Call: 204-641-6110 or 204-641-2210

Royal Canadian Legion Branch 42

403 Eveline Street, Selkirk
Office: 482-4319 Bar: 482-6015 www.selkirklegion.org

February Events Calendar

Feb 1 - Topline Band 8pm	<p>CHASE THE ACE</p> <p>\$27,480+</p> <p>As of January 25/19 <small>ONLY 16 CARDS REMAINING!</small></p>
Feb 3 - Super Bowl Watch Party 4pm	
Feb 8 - 2Man Band 8pm	
Feb 15 - Valentine's Dance - You Had it Comin' Band 8pm	
Feb 17 - J Bird Darts Tournament 10am	
Feb 22 - Karaoke with Wayne 8pm	
Feb 27 - General Meeting	

Open Sundays 12 noon - 7pm

<p>Mondays</p> <p>Afternoon crib 1:00 pm</p>	<p>Tuesdays</p> <p>All Day Member Specials Darts Oct-Apr., 7 pm</p>	<p>Thursdays</p> <p>Texas Hold'em's Poker, 7 pm</p>	<p>Fridays</p> <p>Meat draw & Chase the Ace sales start at 4:30 pm</p>
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Everyone Welcome! Daily Member Specials!

Trying to embrace winter



RECORD PHOTO BY JUSTIN LUSCHINSKI

Fisher, a Portuguese water-dog, walks along the river in Lockport last Saturday. A cold snap continues to grip much of Manitoba this week, but some relief is on its way this weekend, according to Environment Canada.

Co-op accepting applications for community funding program

Submitted

At first glance, there isn't much in common between a garden outside the downtown Victoria library, a multi-use trail network near a Manitoba national park and a long abandoned railroad bed that's being turned into a park in Hafford, Sask. But these projects actually have one thing in common. They are among the 88 community-led projects funded by the Co-op Community Spaces Program.

Entering its fifth year, the program is dedicating \$2 million in funding and is accepting applications for capital projects that will bring Western Canadian communities together.

"There's no end to the great things that are being done across Western Canada to keep communities vibrant and growing," said Vic Huard, Executive Vice-President of Strategy at Federated Co-operatives Limited (FCL). "Co-op Community Spaces is another way for Co-ops to encourage this

growth, give back and invest in places that bring us all together."

Capital funding between \$25,000 and \$150,000 is available per project. Co-op invites registered nonprofit organizations, registered charities or community service co-operatives to apply online between Feb. 1 and March 1, 2019. Program funding categories include recreation, environmental conservation and urban agriculture.

The program was launched in 2015 to help protect, beautify and improve places for everyone. Since then, it has provided \$6.5 million to 88 projects, including parks, greenhouses and sports fields. FCL administers the giving program on behalf of more than 170 independent local co-ops across Western Canada that form the Co-operative Retailing System.

To learn more about Co-op Community Spaces or apply for funding, visit communityspaces.ca.

Hosting international students a rewarding experience, local family says

By Justin Luschinski

The Lord Selkirk School Division's International Student Program is looking for local and area families to host an international student for the upcoming fall and winter semester.

The program, which was started in 2001, brings students from countries such as Brazil, Germany, and Hong Kong, to study and experience Selkirk, while also enriching the families they stay with.

Students come for three months (one semester), or they can come for the whole school year. Because the program is based out of the Comp, staff are able to keep a pulse on how things are going with each student.

Krystal Wilkinson, the International Student Program's director, says hosting a student can be a very rewarding experience.

"A lot of them come from big cities, and they find out that small town life is very different. A lot of them adapt, and they like the charm of living in (Selkirk)," Wilkinson said. "It's really good for our community. I think a lot of people are interested in other cultures, but maybe they can't travel themselves. It's a chance to experience a different culture while remaining in Selkirk."

Wilkinson said this school year, they're hosting 28 students, from eight different countries. She added that homestay students should feel like they're part of the family, so if a son or daughter has to do the dishes three times a week, the student should help out with chores as well.

Some of the families who have already hosted students say it's a wonderful and life changing experience.

Kevin and Lorelei Lamoureux of Selkirk have been hosting students for about five years. They said watching the students get excited over snow falling helps them appreciate their city that much more.

"For me, it really helps bring our family together. (The international students) have such a joy for Canadian life," Lorelei said. "It helps us appreciate the cold and snow, seeing it through their eyes."

"We take a lot of stuff for granted. When (an international student) sees the snow come down, they have tears in their eyes. They've just never seen something like that before, and they're so excited. It's almost mind blowing, it's very interesting that we get to share that," Kevin added.

"It makes the game we like to call 'shoveling' much more fun," Lorelei said with laugh.

The Lamoureux's said hosting international students has challenged their family in a good way. They consider all of their students part of their family, and they've even hosted some of their parents in Selkirk for a visit. They also credit the international students with helping their son and daughter grow and become more outgoing.

For more information about the The Lord Selkirk School Division's International Student Program, visit isp.lssd.ca or call 204-482-6926 ext. 3251 and 3274.

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Brothers hope to bring indoor shooting range to Selkirk

By Lindsey Enns

Two local brothers are setting their sights on building a state-of-the-art indoor shooting range and firearm training facility in Selkirk.

Andrew Lachapelle of Selkirk and his brother Dave Lachapelle of Clandeboye have been working behind the scenes for nearly one year to turn their dream of opening a year round indoor shooting range and pro shop in Selkirk into a reality.

"We've never tried to do something like this before," Andrew said. "We are kind of firearms fanatics. We both shoot non-professionally."

Andrew, who is a member of the Selkirk Game and Fish Association based in East Selkirk, has been shooting competitively for around six years, while Dave has been an avid hunter for more than 15 years.

Although they admit they are still in the early planning stages, they say the range they envision building would be a first of its kind in Manitoba.

"We will be the next generation range," said Andrew, who currently works at the Selkirk steel mill. "It will be something that not only we can bring people into and teach them safety and education ... it will also be set up and built in a manor that our law enforcement, our military, our border crossing (agents) ... will be able to use it for training as well."

The range would also promote firearm safety and education.



RECORD PHOTO BY LINDSEY ENNS

Local brothers Andrew Lachapelle of Selkirk, pictured left, and Dave Lachapelle of Clandeboye, right, are hoping to build a state of the art indoor shooting range in Selkirk with a focus on safety and education.

"Safety is something that we want to push and show people and bring to Selkirk and the Interlake," Andrew said. "I think a big reason why guns are so frowned upon and a lot of people get afraid is because there is no education anymore."

"We want to really educate the public as well and show them that under the proper circumstances, proper use, and safe use, it's a sport."

They have already named their range IronCity Action and have started posting about their progress online

both on Instagram, "@ironcity_action" and on their Facebook page, "Ironcity Action." Andrew said their online presence is helping them get the word out.

"Everyone we've talked to has been pretty positive about the whole thing," he added.

They also recently attended a range building conference in the U.S. and say they're excited to bring what they learned to Selkirk.

Along with having a place to shoot different firearms, they are also look-

ing at bringing a firearm simulator to the range.

"You'd be able to come in as a person that's never fired a firearm in your life ... and we could put you in an environment where you would have all the feel of a firearm ... except there's no ammunition, no bullets, you'd be shooting a screen," said Dave, who currently works at Black Cat Wear Parts. "It's a really accurate system."

The brothers say they are currently finalizing their business plan and will be seeking funding from interested parties in the near future. Dave says their biggest challenge will be getting enough cash flow to get the state of the art equipment they want to have.

"We don't want to cheap out on anything. We don't want to be just another indoor range. We want to be the range that everyone wants to go," Dave said. "The equipment we're looking at doesn't come cheap but it will be like nothing else around here."

They have also been in talks with the City of Selkirk and are interested in possible purchasing a piece of land in the city's industrial park. If everything goes as planned, they are hoping to open before the year 2022.

"This is huge for the both of us," Andrew said. "This is what we want to be doing ... and it's something we're both invested in and passionate about. If we can pull it off, we know it will survive. We will make it work."

For more information, contact the brothers directly via email at ironcity-action@icloud.com.

Province to unveil budget on March 7

Staff

Manitoba's 2019 budget will be presented on Thursday, March 7 after the provincial legislature resumes sitting.

"Three years ago, we made a promise to Manitobans to fix the finances, repair services and rebuild the provincial economy," Finance Minister Scott Fielding stated in a release last week. "I look forward to updating Manitobans on the significant progress we have made and the next steps we will take to make Manitoba the most improved province in Canada."

The minister noted the government remains committed to returning the budget to balance in its second term and reducing the PST to seven per cent by 2020.

For more Manitoba government news, visit news.gov.mb.ca/news/index.html.

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Canada Post to bring new mail system to Dunnottar after general store closes

By Justin Luschinski

The Village of Dunnottar is now looking into bringing a new mail system to their community after a local general store suddenly closed its doors last week.

The Matlock General Store, which also housed the community's Canada Post office, closed its doors last Friday. The closure was sudden, with village administration only discovering it through social media. The closure left some residents with no way to pay bills or send or receive mail until Canada Post intervened.

Dunnottar Mayor Rick Gamble said it was a bit of a scare, since most residents rely on mail delivery to send payments or documents.

"A lot of residents are retired, they don't really use electronic services. They mostly use personal mail. It becomes a pretty huge issue, for a small community like ours," Gamble said. "(Canada Post) was pretty quick to respond, they've made arrangements with another post office, and they're going to set up a new mail system here."

Gamble said Canada Post arranged a back up plan for the lake side community until they can set up a new mail system in the area. Residents can go to the Canada Post in Winnipeg Beach, which is located at 27 Centre Ave.

Gamble said they don't know why the general store suddenly closed down. The store's owners couldn't be reached before press deadline last week.

"Nobody seems to know why the store closed, not even Canada Post. Nobody's been able to get a hold of (the owners) as far as I know," Gamble said. "Basically, most of our conversations have been with Canada Post. Hopefully, we can get this all sorted

out, because we need a mail service out here."

Gamble says Canada Post is sending someone to the village soon to assess the situation, and look into installing a new mail system in Dunnottar.

Currently, they're looking to install a mailbox system, the large mail boxes you'd see at the end of the street in

places such as West St. Paul and St. Andrews. Gamble said it's just a matter of finding the most convenient locations for residents and postal workers.

To view the latest information on the postal service in the village, visit dunnottar.ca.

Local birdwatchers club hosts annual Christmas Bird Count

Submitted by Gerald Machnee

The Selkirk Birdwatchers Club held their Annual Christmas Bird Count on Dec. 21, 2018.

Bird watchers from Selkirk and area were joined by participants travelling from Winnipeg and Gimli. After completing their assigned areas the group gathered at the Gordon Howard Centre to have lunch, compile the totals and share their adventures and sightings.

The weather conditions were near seasonal normals causing no problems for the observers. The total number of birds counted was a little above the long term average with 2,394 individual birds counted. The total includes birds counted by feeder watchers at home as well. This year 28 species were observed on the count day with another five species reported during count week, which is three days before and three days after the count day.

While a few species that are usually seen did not show up, some unusual species turned up to make up the difference.

Species that are usually south were American Robin, White-throated Sparrow, Dark-eyed Junco, Red-winged Blackbird and Mourning Dove. Some of the more rare species counted were Merlin, Gyrfalcon and Northern Cardinal. The Great Horned Owl was not seen but the Bald Eagle is becoming an almost regular sighting.

The count area is a 15 mile diameter circle centred east of Selkirk and it includes the City of Selkirk and most of Birds Hill Provincial Park.

The results are transmitted to Bird Studies Canada and the National Audubon Society where data for sites from around the world is stored. It is then available for these and other interested agencies for analysis and research.

Auto credit designs to fit you

A new business opened in Selkirk on November 1st. Overdrive Auto Sales and Finance is a trusted company that has been around since 2001 and has opened a location here in Selkirk. Overdrive Credit makes deals that work mostly backwards and saves time and frustration. Overdrive professionals spend time discovering exactly what the customer's financial place is then looks at the need to make sure the payment will work. Brand new or preowned, they will get you into your new vehicle.



All levels of finance are available from bankruptcy to 0% prime financing. They are the best vehicle locators around. Includes all makes, all models, new, used, and all manufacturer financing powered by 62 dealerships for whatever the best options are tailored to you. The Overdrive professionals are able to guarantee approvals with minimum 30 days on the job. The staff are happy to provide honest and free credit consultations. Credit rebuilding programs have helped thou-

sands of families get back on track. Overdrive has been a part of the positive effect on people. Overdrive Selkirk has over 60 years combined financial experience and provides free delivery to your door. Overdrive also offers a referral incentive of \$300, tell a friend about Overdrive and if they make a purchase you put \$300 cash in your pocket. Overdrive's professional staff are waiting to greet you in the tall house on the corner of Main Street at Eaton Avenue in Selkirk.

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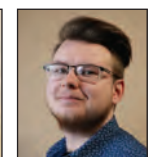
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Manitoba RCMP launch eagle feather initiative

By Justin Luschinski

The smell of smudging smoke wafts through the air as Dakota elder Wanbdi Wakita from Sioux Valley First Nation sings an eagle song, hoping the eagle spirit can guide the RCMP and Indigenous people to live in harmony. Wakita's wife moves the smoke over more than 80 eagle feathers, cleansing them, so they can be used in speaking the truth.

The Manitoba RCMP held a ceremony at their "D" division headquarters in Winnipeg last Tuesday afternoon to launch the eagle feather initiative. This initiative will see eagle feathers distributed to all detachments throughout the province and will provide victims, witnesses, suspects and police officers the option to swear legal oaths on an eagle feather.

Now, sworn statements can be made on a Bible, an affirmation, or an eagle feather. Statements sworn in by the feather are considered admissible evidence, and officers can use it to swear information before the courts. The eagle feather may also be offered as a comfort for anyone who wishes when they are at the detachment.

"For some, the eagle feather provides comfort and strength. By holding the eagle feather, they find the strength to talk, and are empowered



WANBDI WAKITA

"FOR SOME, THE EAGLE FEATHER PROVIDES COMFORT AND STRENGTH."

to speak their truth," said Assistant Commissioner Scott Kolody, Commanding Officer of Manitoba RCMP. "This is what inspired us to bring the eagle feather into our day-to-day policing operations."

According to Wakita, the eagle feather is a prominent symbol in various Indigenous cultures. He said eagles are considered "the closest animal to the creator," because they fly extremely high, and their feathers are a symbol of honor, truth and strength. Lying while holding an eagle feather is considered a grave injustice.

Tara Campbell, one of the organizers behind the Selkirk Bear Clan chapter, said she believes "this has been a long time coming."

"I know how valuable the Bible is, how important it is to swear your truth on it. For



RECORD PHOTOS BY JUSTIN LUSCHINSKI

The Manitoba RCMP launch their eagle feather initiative during a ceremony at their "D" division headquarters in Winnipeg last Tuesday. This initiative will see eagle feathers distributed to all detachments throughout Manitoba and will provide victims, witnesses, suspects and police officers the option to swear legal oaths on an eagle feather.



many people, the eagle feather is just as important," Campbell said. "I hope this brings more understanding of Indigenous culture to the RCMP, and any step towards that is positive."

Kolody said this is a "positive step" when it comes to reconciliation.

"It's important that we gain the trust and respect (of Indigenous people), and we feel that this is really important stuff for us to bring that into our day-to-day operations as we move forward."

Eagle feathers will be distributed

to more than 80 RCMP detachments across Manitoba. The feathers have a strict protocol around their maintenance and transportation, and they will also be offered to provide comfort in day-to-day operations at the station.

Manitoba is the second province to incorporate eagle feathers into their operations. Nova Scotia was the first province to adopt the eagle feather, and Manitoba RCMP consulted with their officers to help build this initiative.



Whoos Got The Greatest Love Story of All Time? CONTEST

Valentine's Day is a time to show your loved one how much they mean to you. We want to hear why your love story is the greatest all of time, whether you have been together 80 years or 8 months

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*stories may be edited for length

Share your story with us and you could set your Valentine up for a special surprise.

In a few paragraphs tell us how you met and how you knew it was true love, or just tell us why your Valentine makes your heart skip a beat.

Lower Fort Garry management plan tabled in Parliament

Submitted

The management plan for Lower Fort Garry National Historic Site was recently tabled in Parliament.

Reviewed every 10 years, management plans are a legislative requirement of the Canada National Parks Act and guide the management of Parks Canada places.

"Canada's national parks and national historic sites belong to all Canadians and offer truly Canadian experiences," said Catherine McKenna, Minister of Environment and Climate Change and Minister responsible for Parks Canada. "I would like to thank everyone who contributed to the management plan. As the Minister responsible for Parks Canada, I applaud this collaborative effort and I am pleased to approve this management plan for Lower Fort Garry National Historic Site."

The new plan for Lower Fort Garry outlines the following key objectives:

- Collaboration and expanded presentation of First Nation and Métis culture on site;
- A renewed visitor experience is offered at Lower Fort Garry National Historic Site;

- The condition of assets and cultural resources is maintained or improved.

The plan was developed through public consultation and based on input from local residents and organizations, visitors, partners, and Indigenous communities in southern Manitoba.

Since 2018, the Government of Canada is celebrating families with free admission to all Parks Canada's places for youth 17 and under. Parks Canada's national heritage places are a great way for Canadians to experience the outdoors and learn more about our environment and heritage.

The Lower Fort Garry Management Plan is available on the Parks Canada website at: <https://www.pc.gc.ca/en/lhn-nhs/mb/fortgarry/info/gestion-management-2018>.

Lower Fort Garry was designated a national historic site in 1950.

The historic site has a modest but steady annual visitation averaging approximately 30,000 visitors, and contributes to the regional tourism community as the only historical site in the area that offers a permanent, authentic Indigenous tourism offer.

Asia Avenue grand reopening



RECORD PHOTO BY BRETT MITCHELL

Asia Avenue, located inside the newly renovated Selkirk Town Plaza, held their grand reopening and ribbon cutting last Friday afternoon. The restaurant was closed for several months due to renovations relating to a fire. Owner De Hui Li was excited to see a large crowd last Friday to enjoy his reopening Chinese buffet special, which continues until the end of February. Pictured from left to right: Asia Avenue server Debbie Gowryluk, restaurant owner De Hui Li, Deputy Mayor Darlene Swiderski and server Dawn Gowryluk.

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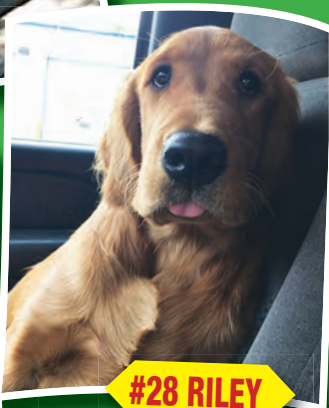
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Mercedes-Benz rolls into Gimli for AMG Driving Academy

By Ty Dilello

You may have noticed some high-end Mercedes-Benz vehicles out on Lake Winnipeg the past few weeks. That's because Mercedes-Benz and the AMG Driving Academy of Canada is here and running their program in Gimli for the third consecutive year under the leadership of former race-car driver Danny Kok.

Danny and his crew travelled and looked through all sorts of different communities to suit their academy's needs. The town of Gimli won out in category.

"We're just super happy to be here and we want to make this our permanent winter home," Kok says.

A great program for anyone wanting to learn a little more about cars, the AMG Driving Academy teaches drivers how to safely steer, brake and slide on icy terrain. These techniques can also be applied to slick pavement and can do wonders in improving one's overall driving abilities.

Most of Kok's team is based in Vancouver with some members in Toronto. They travel around North America all year doing various driving programs.

"This is our winter home," says Kok.



EXPRESS PHOTO BY TY DILELLO
Chief Driving Instructor Danny Kok and Gimli Mayor Lynn Greenberg pause for a quick photo at the Mercedes-Benz AMG Driving Academy on Lake Winnipeg on Jan. 24.

"I got to Gimli mid-January and we're here till the first week of March so it's about six weeks in total. People from

all over the world come out and take part. Some are celebrities but most people are driving enthusiasts that just want to drive on the ice."

The AMG Driving Academy is essentially all-inclusive. All you need to do is get yourself to the Winnipeg airport and then a shuttle picks you up and brings you to the Lakeview Gimli Resort. From there, everything is included from your time on the ice, hotel, meals and drinks, etc.

"What's so great about it in Gimli is the community is so supportive. The ice fishermen know we were going to be here so they moved their shacks out of the way so that we could build our tracks. We go to the gas station and fuel up our cars and people see us coming and wait and let us fuel our cars before they go in. Little things like that just make such a difference and it's a very nice feeling to come to a small community where people still care about each other. Most of the time my programs are in larger cities and you don't get that anymore, so I always really look forward coming to Gimli every year."

During a four-day program, one can expect to spend twenty hours in the cars and upwards of six hours of driving time on the ice in one day alone. The AMG Driving Academy does well in maximizing one's time as it's the most driving time of any ice program in the world and the only other place you can do this program is in Sweden.

The easiest way for people to sign up for the academy is to visit the Mer-

"WE'RE JUST SUPER HAPPY TO BE HERE AND WE WANT TO MAKE THIS OUR PERMANENT WINTER HOME."

cedes-Benz Canada website and from there it will link you to the AMG Driving Academy. Courses range from \$2900-\$7900 depending on how long you stay.

"We jump in the cars with the people and show them the ropes. We have customers at different experience levels, but they're out on their own plenty," says Kok. "There's no speed limits here, people drive at whatever they're comfortable with as we have multiple tracks for them to drift around at excess speeds."

Getting the tracks all set up on the lake and keeping them in top shape for the drivers is quite the process, but one that Kok and his workers thrive at. What's kind of cool is that when they link all of the tracks together, it's the longest racetrack in North America.

"We have machines operating 20 hours a day. They started building the tracks in mid-December. Basically, as soon as we get to about sixteen inches of ice, they can get the machines out and start plowing and grating. You have to get the snow off because the ice doesn't really freeze under the snow, so we have to keep clearing snow as it falls. When the machines arrived, we cleared the snow and let the ice build and do so repetitively. Finally, once the ice is thick enough we start sculpting the tracks."

This *Express* reporter and his two buddies had perhaps the most exhilarating ten minutes of our lives when Kok took us out in one of the high-end Mercedes Benz cars around the tracks. Driving around the ice at high speeds and drifting around the corners, the key to it all Kok relayed is, "to keep the car sideways the entire time." That should be a pretty good indicator to say that the drive was really quite the life experience to say the least. So much so that even though my friend was close to throwing up his breakfast by the end of the ride from all the spinning and drifts, he said it was the most fun he's had in years!

FOUNDATION FEATURE



Selkirk & District Community Foundation Is Accepting Grant Applications For the Western Canada Games Legacy Fund

- The Legacy Fund provides opportunities for promotion and enhancement of leadership and/or sport development with the Selkirk, Stonewall, Beausejour and Gimli area and within the Lord Selkirk School Division boundaries.
- For projects and/or programs from the 18 sports in the 2003 WCSG.

For the Community Grant Program

- Applicants must be a registered charity with Canada Revenue Agency, located and providing services within the City of Selkirk, or the R.M.s of St. Andrews or St. Clements that supports local needs and interests, which include, but not limited to, the arts, cultural activities, heritage programs, health, education, senior services, social programs and youth activities.
- Grant submissions should reflect projects and/or programs that will occur between the months of April to September.

Grant Application Procedure

- **GRANT GUIDELINES AND APPLICATIONS MAY BE OBTAINED FROM:**
Foundation Office: 204-785-9755 Or 200 Eaton Ave in Selkirk
Or email: selkirkfoundation@shaw.ca Or www.sdcf.ca
- **APPLICATION DEADLINE:** Thursday February 28, 2019

COMMUNITY ROOTS
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Municipalities, Indigenous communities look to improve recycling rates

Submitted

With 86 per cent of all garbage in the METRO Region going to the landfill and an ever-increasing cost to manage it, efforts are underway across the Winnipeg METRO Region to create better waste management solutions that include the potential to improve the rate of recycling.

"We know from other jurisdictions that when other options are offered such as curb-side pick-up, recycling rates can double," said Colleen Sklar, Executive Director of the METRO Region. "We are happy to launch Quadrant Working Groups, comprised of municipalities and Indigenous communities around Winnipeg, to strategically tackle the issue and explore the best collective ways to contain costs and lessen the burden on landfills."

The day-long session, hosted earlier this month by the METRO Region in partnership with the Centre for Indigenous Environmental Resources, the Southern Chiefs' Organization and Indigenous Services Canada, was the first opportunity for the Quadrants to discuss how they can immediately address plastic waste, achieve no burn of woody waste, and improve public outreach to maximize both local and regional goals.

"As part of our government's ongoing

commitment to becoming Canada's cleanest, greenest and most climate resilient province, we commend the Winnipeg METRO Region and neighbouring Indigenous communities and municipalities for collaborating to address issues of environmental and economic concern," said Sustainable Development Minister, Rochelle Squires, during her opening remarks. "In working together, I am certain you will provide leadership and innovative approaches to others as we strive toward the common goals of waste reduction and enhanced rates of recycling."

Speaking on behalf of the Southern Chiefs' Organization, Grand Chief Jerry Daniels said, "Building partnerships like this is really the best path forward. In fact, it is what I like to refer to as reconciliation in

action through joint community projects that have the potential to benefit us all."

Merrell-Ann Phare of the Centre of Indigenous Environment Resources (CIER) added that, "We need to start thinking differently about foundations of our common economy. If we all work together, regionally, we can

build a circular, efficient and productive economy where we eliminate waste by treating it as an asset for our mutual economic development. It's exciting."

The Winnipeg Metropolitan Region (WMR) is comprised of 18 municipalities that include and surround Winnipeg.

Food Development Centre celebrates 40th anniversary

Staff

The Food Development Centre is being recognized for assisting Manitoba's agri-food industry in the development and commercialization of food products for 40 years.

"For 40 years, the Food Development Centre has helped Manitoba's food and beverage industry grow, and be competitive on the international stage," Agriculture Minister Ralph Eichler stated in a release last week. "Manitoba has an exciting future in this field and we're fortunate to have a facility like the Food Development Centre to work with industry to develop new and innovative products."

The Food Development Centre (FDC) was established in 1978 as a joint venture of the federal and provincial governments, and in 1999, became a Special Operating Agency under the Department of Manitoba Agriculture.

The centre works with food companies of all sizes from start up entrepreneurs to multinational corporations. During its 40-year tenure, the Food Development Centre has helped thousands of businesses develop new products to give them a competitive edge and to access new markets.

The FDC is an important link in the public and private research infrastructure supporting economic development in Manitoba. The facility is a focal point for food industry research, professional services and technology, both provincially and globally.

For more information on the Food Development Centre, visit gov.mb.ca/agriculture/food-and-ag-processing/food-commercialization/food-development-centre/index.html.

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> MEAL IDEAS



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Z'paghetti Marinara with Shrimp

center of the foil and top with shrimp. Sprinkle with seasonings. Top with marinara sauce and Parmesan.

4. Cover with another large piece of foil. Fold together and seal all four edges of the foil pieces, forming a well-sealed packet.

5. Bake for 25 minutes, or until zucchini noodles have softened and shrimp are fully cooked.

6. Cut packet to release hot steam before opening entirely.

7. Transfer packet contents to a large bowl, and toss to mix.

Clean & Hungry Marinara Sauce
Makes 6 servings

3 cups canned crushed tomatoes
1/4 cup tomato paste

1 tablespoon white wine vinegar

2 teaspoons Italian seasoning

1/2 teaspoon garlic powder

1/2 teaspoon onion powder

1/4 teaspoon salt

1/8 teaspoon black pepper

1. Combine ingredients in a large sealable container. Mix until uniform.

2. Seal, and refrigerate until ready to use.

Makes 2 servings

28 ounces (about 4 medium) zucchini
8 ounces (about 16) raw large shrimp, peeled, tails removed and deveined

1/4 teaspoon Italian seasoning

1/4 teaspoon garlic powder

1/8 teaspoon black pepper

1 cup Clean & Hungry

Marinara Sauce (see below)

2 tablespoons grated Parmesan cheese

1. Preheat the oven to 375 F. Lay a large piece of heavy-duty foil on a baking sheet and spray with nonstick spray.

2. Using a spiral vegetable slicer, cut zucchini into spaghetti-like noodles. (If you don't have a spiral veggie slicer, peel zucchini into super-thin strips, rotating the zucchini after each strip.) Roughly chop for shorter noodles.

3. Place zucchini noodles in the

CROSSWORD

CLUES ACROSS

1. Sheep sounds

5. Turn up

11. Statements of support

14. Spells

15. Evildoer

18. One-time baseball stadium staple

19. Activities

21. WWII-era US President

23. Soft, flexible leather

24. Proverb

28. Wish (Hindu)

29. Injury treatment

30. Red Sox ace

32. "Deadliest Catch" captain

33. Baseball stat

35. Where marine life lives

36. Heartbeat test

39. Signs on the dotted line

41. Atomic #24

42. Bind securely

44. Swiss Nobel Peace Prize winner

46. Fragrant brown balsam

47. Where you were born

49. Sells a ticket for more than its price

52. Where goods are presented

56. Jewish salutation

58. Fruits

60. Poorly educated

62. Microorganism

63. Depicted

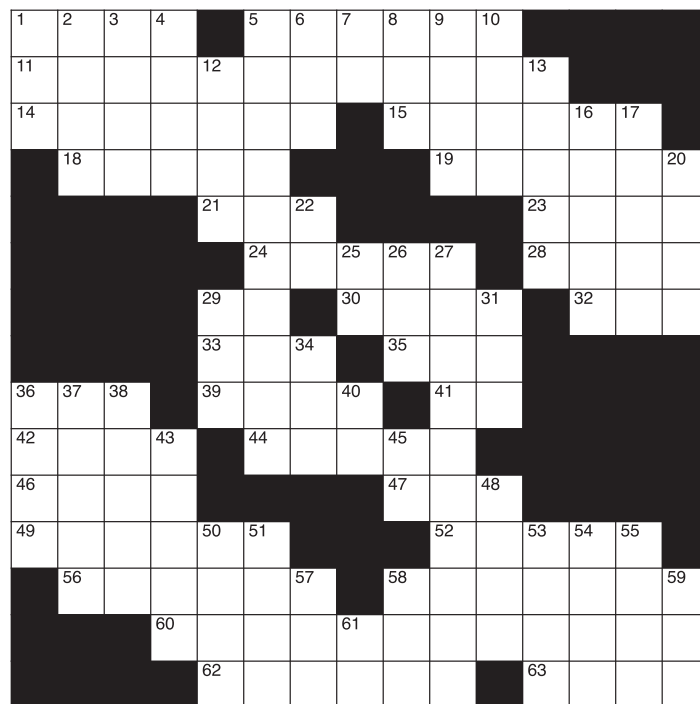
CLUES DOWN

1. Ballplayer's tool

2. Hairdo

3. From a distance

4. Belt one out



5. Revising a text

6. More (Spanish)

7. Beloved Spielberg alien

8. BBQ dish

9. Provoke

10. Within

12. Canadian flyers

13. Smugly smile

16. Buffalo

17. Lake in the Kalahari Desert

20. Grab

22. Rural delivery

25. Equally

26. It's sometimes passed

27. Citizens who are qualified to vote

29. Greek letter

31. Body part

34. Boxing result

36. Newts

37. Predatory semiaquatic reptiles

38. Cockatoo

40. The NFL's big game (abbr.)

43. Leguminous east Indian tree

45. News reporting organization

48. A nemesis of Batman

50. Legal term

51. Not all

53. A way to greet

54. Knot in a tree

55. Satisfy

57. Russian space station

58. A baby's mealtime accessory

59. Stitch together

61. ___ and behold

Please see classified section for Answers

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INSIDE > OUTSIDE > UPSIDE DOWN

Fleury rallies to defeat Einarson in Scotties final

By Ty Dilello

A packed Gimli crowd saw a fantastic Manitoba Scotties final on Sunday afternoon as East St. Paul's Tracy Fleury fought from behind to defeat top seeded Kerri Einarson of Gimli by a 13-7 scoreline and punch her ticket to the Canadian championship next month in Sydney, Nova Scotia. Overcoming an early five-ender in the second end, Fleury outscored Einarson 12-2 over the last seven ends to take home her first Manitoba crown.

The silver lining for Gimli's Kerri Einarson is that despite the loss, her squad featuring Val Sweeting, Shannon Birchard and Briane Meilleur will still be headed to the Scotties to play in the wildcard game based on their high CTRS ranking that they've accumulated throughout the year.

The Interlake was well represented at the 2019 Scotties Tournament of Hearts at the Gimli Rec Centre. Einarson curls out of the Gimli Curling Club while Rebecca Lamb's team is from Stonewall. The Oliver sisters (Sara and Brandi) off of Team Ackland come from the small hamlet of Marquette, and Arborg's Vanessa Foster throws second stones for Darcy Robertson.

Stonewall's Rebecca Lamb had a tough week. After dropping their first couple of games, they just couldn't seem to get anything going and finished with a 1-6 record. Darcy Robertson's



RECORD PHOTOS BY LANA MEIER

The Interlake was well represented at the 2019 Scotties Tournament of Hearts semifinals in Gimli last Saturday. Left to right, Sara Oliver (lead with Team Ackland), Vanessa Foster (second with Team Robertson) and skip Kerri Einarson.

son's squad featuring Vanessa Foster of Arborg had a strong start to the event going 7-0 in the round robin, but losses in the 1v2 game to Tracy Fleury and Sunday morning's semifinal to Kerri Einarson forced them to settle for a third-place finish.

The big surprise of the week was Team Abby Ackland's performance as the Assiniboine Memorial rink stunned a lot of people by advancing to the playoffs before eventually succumbing to Kerri Einarson in the 3v4 game. Sara Oliver of Marquette plays

lead for Ackland and her sister Brandi was the team's alternate.

It was an interesting run to say the least as Team Ackland was performing quite the juggling act throughout the week. A few weeks before the Scotties took place, skip Abby Ackland received a call that she'd been accepted to become a Winnipeg paramedic. Unfortunately, it meant she would have to miss the majority of the round robin because her paramedic training was happening at the same time as her games during the week.

Sara's sister, Brandi Forrest, filled in at skip for Ackland and seemed to fit in like a glove as they were 2-2 at the halfway point of the event, which was highlighted by a big win over fourth seed Allison Flaxey. Due to work commitments on the Friday, Brandi was unable to play so the team picked up Meghan Walter from the spare pool and she skipped the team to another win. Ackland finally returned to the team after that and led them to wins in their last two round robin games to put them at a 5-2 record.

Ackland's 5-2 record was good enough to force a tiebreaker with clubmate Beth Peterson on Saturday afternoon. After escaping with an 8-7 win in the tiebreaker, Ackland went up against Kerri Einarson in the 3v4 game of the page playoff and put up a valiant effort, but with the Einarson rink holding the coveted last stone in a tied-up game coming home, Einarson removed an Ackland counter to advance to the semi-final.

Over 200 volunteers helped make the 2019 Manitoba Scotties Tournament of Hearts one of the best events the province has put on in recent memory.

Kristin MacCuish, lead for Team Fleury, remarked, "I think that they've done a really good job with the event. This is the third time that they've hosted something so they certainly know what they're doing and what

Selkirk boasts young curling talent



RECORD PHOTOS BY BRETT MITCHELL

The Selkirk Curling Club has two youngsters, Hannah Honke (6-8 year old age category) and Kaimen Doyle (11-13 age category), advancing to the Brier for the Hit Tap Draw competition in Brandon. The pair qualified at an East Regions competition in Beausejour.

Continued on page 20

The meteoric rise of Team Robertson and Foster

By Ty Dilello

One of the most fascinating stories going on in Manitoba curling is how Arborg's Vanessa Foster and her teammates on Team Darcy Robertson have come out of the shadows of relative anonymity over the past few years to become one of the top women's curling teams in the world.

Currently ranked seventh in Canada on the CTRS standings, the squad that has become a regular fixture at Grand Slam events features skip Darcy Robertson, third Karen Klein, second Vanessa Foster, and lead Theresa Cannon. It's an unheralded rink that doesn't really do anything too flashy out on the ice. They just quietly go about their business and win a lot of curling games in doing so.

"I think some of the success we've seen is from the work we've put in," said Foster. "We've tried really hard to put in extra time both on the ice and off the ice to put us in a position to be successful. We've come up with a formula that seems to work for our team, so we do our best to try and stick with it in hopes of being as consistent as possible."

Last week's Scotties marked the third consecutive year where the Robertson foursome reached at least the semi-finals of the Manitoba Scotties, losing both the 2017 and 2018 finals to Michelle Englot and Jennifer Jones respectively. After losing the provincial final the past two years, Robertson was looking for their breakthrough in Gimli. They burst out of the gates firing, going undefeated in the round-robin with a 7-0 record. A tight last-rock loss to Tracy Fleury in the 1v2 game placed them in the semi-final against Kerri Einarson, but it just wasn't meant to be as they fell 11-4.

"Obviously the start of our event was great. We pulled out some fantastic wins and ended the round robin in first place, which is where you want to be. We had a good game against Fleury in the 1-2 game, but couldn't quite pull it out," said Foster, "and unfortunately we came out pretty flat in the semi-final. So, a disappointing end to our week for sure. After



RECORD PHOTO BY LANA MEIER

Team Robertson

losing the final two years in a row we sure hoped this would be our year."

A half-hour drive is all that separates Arborg from Gimli which was an added bonus of this year's Scotties for Foster.

"It was great playing close to home. Often the Scotties (or any event) is far from home, so being able to see family and friends throughout the week means a lot. It's a grind of an event so support in the stands helps make the week a little easier."

Team Robertson's meteoric rise in the curling world has been culminated by an invitation to compete as Team Canada at the Curling World Cup in Jonkoping, Sweden starting on Jan. 30.

"You play for years in hopes of winning the buffalo, so when the chance to wear the maple leaf came our way we had to say yes," Foster said. "It feels like a dream come true, so in spite of being pretty tired from our week at the Scotties we can't wait for our adventure in Sweden to begin. We want to have a ton of fun, embrace the opportunity, and give it our best out on the ice."

The Curling World Cup pits Robertson (Team Canada) in a pool with the host Anna Hasselborg (Team Sweden), Yilun Jiang (Team China) and Anna Sidorova (Team Russia). There are two pools and at the conclusion of a double round robin, the top team in each pool advances to play in the World Cup final.

Team Robertson has no signs of slowing down and are looking to continue their growth as a team as they keep climbing the world rankings.

"For the rest of the year we are just focusing on Sweden for now and potentially another grand slam, but no plans beyond that. With full-time jobs and Darcy and Karen having families, we usually take things one step at a time."

> SCOTTIES, FROM PG. 19

they could improve on from the event's prior that they've hosted so I definitely think they did a great job. It seems like the town is full of volunteers, there's tons of them and they're all very willing to help you out which has been super nice."

MacCuish knows all about the fan support of the Interlake because prior to this season she had spent the past four years curling with Gimli's Kerri Einarson. "The fans definitely are very supportive and with Einarson being from here they're always supportive of good shot making."

Before the playoffs started, the All-Star team for the event was announced as selected by the members of the Manitoba Curling Media Association. The 2019 Manitoba Scotties All-Stars were as follows: Lead - Kristin MacCuish (Team Fleury), Second - Shannon Birchard (Team Einarson), Third - Hailey Ryan (Team Ackland), Skip - Darcy Robertson (Team Robertson).

Team Tracy Fleury will now represent Manitoba at the 2019 Scotties Tournament of Hearts in Sydney, Nova Scotia from Feb 16-24.

Argyle curling club senior bonspiel winners



RECORD PHOTOS BY TOM WOODWARD

The Argyle Curling Club held a senior bonspiel Jan. 22-24 with 10 teams participating, including three from Selkirk. The first-event final featured two Selkirk rinks, with the winners being Linda Bumstead, Dennis Johnson, Ken Bumstead and skip Ron Lemay. They defeated Peter Helash (skip), Enzo, Greg Shettler and Gord Kazina. The second event was won by a local rink skipped by John Melnichuk and supported by Ed Cherniak, Lyle Appleyard, and Therese Dandeneau. The runner-ups were Wally Janzen (skip), Paul Hnatiuk, Christian Jones, and Don Briscoe of Selkirk. The third-event winners were Darlene Grandmont, Marilyn Miller, Bill Rossington, and Ed Rootsart (skip). They beat Fred Shipley (skip), Neil Stewart, John Shipley, Irene Dare and Tom Woodward. Both rinks curl out of Argyle.

This first-time event was a great success and the senior curlers are now looking forward to their next bonspiel in Selkirk on Feb. 12-13.



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Fishermen looking to keep flying this month

By Brian Bowman

With just a month left in the Capital Region Junior Hockey League regular season, the Selkirk Fishermen are exactly where they want to be.

After 24 games, Selkirk sits comfortably in first place in the five-team league with 51 points, well ahead of the rest of the pack.

"You have to be pleased when you're in first place with less than 10 games left to play," said Fishermen head coach Chris Poponick. "We're in good position to wrap up first overall in the next two or three games. It's really nice to be in that spot and getting healthy again. I'm getting all of my guys back and that has a lot to do with it."

But as good as Selkirk has been this season, February will be a very important month as the Fishermen hope to get even better before, what they hope, is a lengthy playoff push.

"January is kind of a blah month at times," Poponick said. "It's bloody cold and we're kind of lucky the way our schedule is right now because we only had one game this weekend and one game Tuesday. Then the next two weekends we only have one game, which is a good thing, because it gives us a chance to heal and then we finish off February

with a bit of a flurry so we can get that momentum climbing.

"You want to peak by the end of February and start playing your best hockey of the season."

Last Friday, the Fishermen defeated the Warriors 6-5 in St. Malo. It was a real nice road win by Selkirk.

"It's a tough rink to play in," Poponick admitted. "It's a lot smaller than the Rec Complex, so it's a little bit different game that you have to play. The boards are lively - there's definitely some home-rink advantage for St. Malo."

Juliano Garcea led Selkirk with two goals and an assist while Travis Spratt and Reece Tessier each had a goal and three helpers.

Kobe Campbell and Ben Kelly also scored for Selkirk.

Alex Murray led St. Malo with three goals (two coming on the power play) and two assists. Tyler Cormier and Camden Cline scored the Warriors' other goals.

Riley Bannerman made 36 saves for the win.

Selkirk visited the North Winnipeg Satelites this past Tuesday but no score was available at press time. The Fishermen are back in St. Malo again Friday for an 8 p.m. matchup.



PHOTO CREDIT BY BRETT MITCHELL

Nico Morrow-Litke and the Selkirk Fishermen have a comfortable lead in the race for top spot in the Capital Region Junior Hockey League.

Varsity girls ready for busy start to February

By Brian Bowman

The Selkirk Royals varsity girls' basketball team could not have gotten off to a worse start in their KPAC Tier 1 game against the River East Kodiaks on Jan. 21.

River East shocked Selkirk with a quick 17-0 run to start the game in a 62-55 victory.

"River East came to play," said Royals' head coach Sue Gilmour. "They got a 17-0 lead on us in the first two-and-a-half minutes. We kind of panicked and our inexperience came out."

During that run, River East hit a pair of three pointers while Selkirk turned the ball over a couple of times.

Despite that extremely poor start, the Royals played much, much better in the final three quarters. To their credit, this team didn't just roll over after trailing by 17.

"We inched our way back in and we made a game of it," Gilmour said. "Just down the stretch, we missed a few (easy shots), but it was a good finish."

The Royals did a really good job with their press break, said Gilmour, which denied River East the chance to get easy opportunities via their press.

Selkirk also transitioned the ball much better and shot the ball well from outside as the game wore on.

With the loss, Selkirk is now 0-4 in league play. It has been a slow start for a very inexperienced Royals' team.

"I think the girls understand that we're really young," Gilmour stressed. "I have one returning player from last year so we're very inexperienced. The little mistakes that they could make at JV, they can't make at varsity because you are going up against teams that are more experienced and they are going to take advantage of that."

Gilmour said the Royals are continually getting better and are really close to starting to turn those losses into victories.

"We just have to execute better with the smaller things," Gilmour said.

Selkirk has four more league games this season, beginning with a match-up next Monday against the Garden City Fighting Gophers.

Every team makes the playoffs, which can be won by any team in the league this season, according to Gilmour.

"In KPAC this year, the playoffs

could go any way," she insisted. "There isn't a team that is clearly so far ahead of everybody else. I think the KPAC playoffs are going to be very interesting this year."

"Any KPAC team can win on any given night."

The Royals will be really busy in the next two weeks with three league games and two tournaments.

"This is the calm before the real storm sets in because once Feb. 4 hits, it's pedal to the metal," Gilmour said. "We're going hard."

Selkirk will be headed to Brandon on Feb. 7-9 for a tournament there. The Royals will then compete at the Hus-

kies Invitational tournament, which has attracted several top "AAAA" teams in the province, from Feb. 14-16.

"That will be a really good tournament for us to see if we can crack that top-10," Gilmour said.

In varsity boys' action, Selkirk was defeated 74-69 by the MBCI Hawks in KPAC action on Jan. 21.

The loss dropped Selkirk's league record to 3-3 this season.

The Royals will host the Selkirk Invitational this Friday and Saturday.

Selkirk will then resume league play Feb. 11 when they play the West Kildonan Wolverines.

Next Home Games

Fri. Feb. 15 7:30pm
vs Arborg Ice Dawgs

Sun. Feb. 17 3:30pm
vs Lundar Falcons

Next Away Games

vs St.. Malo Warriors
Fri., Feb 1 - 8:00pm St. Malo

vs Lundar Falcons
Sat., Feb 9 - 8:00pm Lundar



Meet the Fishermen



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INSIDE > OUTSIDE > UPSIDE DOWN

Lord Selkirk 10A1 Fishermen win Minnesota tournament

By Brian Bowman

Heading down to the U.S. for a week-end hockey tournament is always a great time.

It's even better when a team comes home with a tournament title.

The Lord Selkirk 10A1 Fishermen capped off a tremendous weekend by winning the 2019 Tater Tot Squirt B championship in Moorhead, Minn.

Selkirk defeated the Farmington Tigers 6-3 in the final. The Fishermen led 4-3 in the third period before scoring the game's final two goals.

"Our team from 8A1 and 9A1 hasn't had a lot of success and last year we went to that tournament and we lost all four games," said Fishermen manager Chad Krut. "They totally played like a team this weekend. They skated really hard and did a lot of the little

things, the backchecking and they had really good passing throughout the whole tournament

"They really played well, probably the best hockey that we have seen them play in three, four years."

The Fishermen finished first in their pool of four teams with two wins and a tie.

Selkirk defeated Moorhead White 9-0 and Tartan 6-0 before tying Sartell 3-3.

The Fishermen played great defensive hockey, allowing just six goals in four games.

"We didn't give up many opportunities in the first couple of games and then our goalie made some saves in the tied game and the fourth game," Krut said.



RECORD PHOTO SUBMITTED

The Lord Selkirk Fishermen 10 A1 hockey team had a tremendous performance at the Tater Tot Classic hockey tournament last weekend in Moorhead, Minn. Pictured, front row, left to right, Delainey Kiteley, Saman Khodayary, Mathew Michaleski, Dallas Radcliffe Jr., Nolan Edmonds, and Dylan Line.

Back row, left to right, Dan Dear (coach) Davis Krut, Chad Krut (manager) Nolan Dear, Hudson Gregorash, Dave Michaleski (coach), Aliyah Teixeira, Mateo Malbasa, and Curtis Line (coach).

Slow starts costing Royals' boys' hockey team

By Brian Bowman

The Selkirk Royals have been getting off to slow starts in recent Winnipeg High School Hockey League games.

And that has to stop happening.

Selkirk surrendered four goals in a seven-minute span in the first period, resulting in a 6-2 loss to the St. Paul's Crusaders last Friday at the Bell MTS Iceplex.

"All of our games went the same way this week," said Royals' head coach Michael Buffie. "We fell behind early...and that's something that we have talked about. Come playoff time, you can't start like that because if you fall behind the 8-ball, it's really, really hard to claw back into the game.

"We have to start competing right out of the gates and that's going to be our focus in the next couple of weeks."

Brayden Cador and Jordan Simko scored Selkirk's goals. Carter Haugen (two), Mathew Duncan, Jack Kaiser, Adam Christie-Stewart, and Liam McCulloch replied for St. Paul's.

Last Thursday, the Royals erased a 7-2 deficit to lose 8-7 in overtime to the Vincent Massey Trojans at the Rec Complex.

Breydon Stubbs scored the game-

winning goal in OT.

"The thing that we have been talking about and working on all year is that we're going to come out and (play well) in the third period," Buffie said. "Down 7-2, a lot of teams would have just rolled over and kind of given up but we kept fighting. When we scored the third one and the fourth (goal), we felt like we were going to get back into that game. We were in their zone putting a lot of pressure on them and we battled back to tie it up."

After Vincent Massey's Darien Medwick scored a shorthanded goal just 26 seconds into the third period to put his club up 7-2, it looked like it was lights out for the Royals.

But that certainly wasn't the case.

Grafton Hopkins, on the power play, and Brandon Balmer scored 23 seconds apart less than a minute after Medwick's marker.

Easton Donohoe tallied at 7:32 of the third and then Simko scored a pair to miraculously pull Selkirk into a 7-7 tie.

Simko's second goal came with 2:16 remaining in regulation time. The talented forward finished the game with five points.

Donohoe also scored in the first period while the Royals' Zach Parkinson tallied late in the middle frame.

Stubbs had a hat trick while Medwick and Nick McFaddin each tallied twice.

On Jan. 23, the Royals were edged 3-2 by the River East Kodiaks at the Rec Complex.

Selkirk competed well against River East after getting blown out by them at a recent tournament.

Carson Woytowich gave River East a 1-0 lead with a power-play in the first period and then Ashton Elias and Woytowich made it 3-0 in the second.

Simko cut into that lead before the period ended and then Austin Wasnie made it a one-goal game late in the third.

The Royals will host the Oak Park Raiders in a key matchup Wednesday at 4 p.m. at the Rec Complex.

Selkirk will then play Vincent Massey Thursday (4:15 p.m.) at Silverstone Arena.

The Royals wrap up their regular season next Tuesday when they host the Kelvin Clippers at the Rec Complex. Game time is 3:30 p.m.

Goetz nets a hat trick

In Winnipeg Women's Hockey League action, the Selkirk Royals skated past the Oak Park Raiders 3-1 on Jan. 22.

Rayley Goetz scored a goal in each period for the hat trick. Two of those goals came on the power play.

Goetz currently leads the league in goals scored (26) and points (39) through 20 games.

Kyleigh Johnson scored Oak Park's lone goal in the second period, beating Royals' goaltender Jodi Clifton. Clifton made 25 saves for her league-leading 16th win of the season.

The first-place Royals will host the second-place St. Mary's Academy Flames on Wednesday (4 p.m.) in East Selkirk.

Selkirk is also hosting a tournament this weekend in St. Andrews. The Royals will play Kelvin at noon and PCI at 5:15 p.m. on Friday. On Saturday, Selkirk will battle Miles Macdonell at 9 a.m. and the Steinbach Sabres at 6:30 p.m.

The Royals will then wrap up their regular season with a road game against Vincent Massey next Tuesday at Century Arena in Winnipeg.

Game time is 4:15 p.m.

Royals performing well in indoor track and field

By Brian Bowman

The numbers have been real good for the Selkirk Royals this indoor track and field season.

And the results have been equally impressive.

Selkirk's contingent of "just short of 50 athletes" has done really well at the first two High School Series meets in January.

"This is a good year," said coach Scott Gurney. "We have a nice, new group of Grade 10s that have come in and we have our veterans back in Grades 11 and 12. It's been a smaller group the past couple of years but we have a good number of Grade 10s that are really keen."

"That has added a lot of energy to the program."

Selkirk usually starts off with about 40 athletes coming out for indoor track and field. That number usually dwindles to around 30 as some athletes choose to leave the program for various reasons.

The Royals, so far, have seen several top-10 finishes at the first two meets of the season.

"That's the thing with the indoor series, there are a lot smaller number of

events so it's not unusual to see 50 or 60 kids in an event," Gurney noted. "If you're putting yourself in the top 10, that's pretty good company."

The Royals have been extremely pleased with the performance of Brooke Sumka. The East Selkirk product has already placed first in junior varsity girls' long jump, second in the triple jump, second in the 50-metre, and fifth in the 200m.

"Brooke has been outstanding," Gurney praised. "We knew she would be good coming in. We heard lots of really good things and we knew we were getting something special with her."

"She's great and really done well."

Sumka has made the transition from junior high to high school with ease. That's not always the case with young athletes.

"You go from a school division with four schools and, all of a sudden, you're in high school and you're competing against 20 or 30 schools," Gurney said. "That can be a real eye opener for some kids and they kind of get discouraged by it."

The Royals will have a pair of High School Series meets on Feb. 6 and



RECORD PHOTOS BY MATT PEARSON
Heath Kurys continues to run well for the Royals during the indoor season.

Feb. 15, which will be followed by the Boeing Indoor (March 1-2), the High School Series Championship (March 13), and the KPAC Championship (March 20).



The Selkirk Royals' Brooke Sumka has had some very good results in the two indoor track and field meets this season. She has finished first in the long jump, second in the triple jump and 60-metre race, and fifth in the 200m.

Steelers earn five out of a possible eight points last week

By Brian Bowman

The Selkirk Steelers were a very busy hockey team last week.

And the week was a pretty successful one for the local club.

Playing four Manitoba Junior Hockey League home games in just five nights, Selkirk earned five out of a possible eight points after a 3-2 shootout loss to the OCN Blizzard Saturday evening.

Sequoia Swan scored the lone goal in the shootout, which went four rounds.

Selkirk trailed 2-0 late in the third period but tied the score with goals from Noah Basarab and Nate Halvorsen. Halvorsen's team-leading 29th goal of

the season came at 16:16 of the third.

Nolan Dawson scored a first-period goal for OCN and then Swan tallied early in the third.

Levi Mitchell made 37 saves in the loss.

Last Friday, the Steelers skated to a 5-2 win over OCN.

Selkirk, which held period leads of 2-0 and 3-1, received goals from Will Middleton, Brett Namaka, Basarab, Nolan Ferguson, and Connor Barley.

Ryan Bartley and Dustin Mozdzen replied for the Blizzard.

Selkirk outshot OCN 55-26 as Zach Bennett posted the win in goal.

Terriers topped Steelers

Selkirk was stopped 4-1 by the first-place Portage Terriers on Jan. 23.

Portage's Sheldin Howard netted a first-period power-play goal before Halvorsen tied the score at 9:43 of the second.

The Terriers' Braden Billarney and Jay Bucholz scored in the middle frame and then Kolton Shindle added an empty-net goal in the game's final minute.

Knocking off Neepawa

Selkirk started the week with a solid 6-1 victory over the last-place Neepawa Natives on Jan. 22.

Halvorsen and Basarab each scored twice for Selkirk while Eric Krywy

and Colby Dudek also tallied.

Four of those goals came via the power play in eight opportunities.

Cam Olstad scored to give Neepawa a 1-0 lead just 57 seconds into the game.

Bennett made 25 saves for the win.

The Steelers now have a 26-16-1-3 record and 56 points to sit in fifth place in the 11-team league. Selkirk, which is one point behind the Virden Oil Capitals with a game in hand, will visit the Steinbach Pistons on Wednesday at 7:30 p.m. Selkirk will then host the Waywayseecappo Wolverines on Friday (7:30 p.m.) and the Dauphin Kings Saturday (7 p.m.).



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■ **VS Winkler Flyers**
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■ **VS Neepawa Natives**
Fri., Feb 8th 7:30pm

■ **VS Portage Terriers**
Sat., Feb 9th 7:30pm

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CONDO FOR RENT

2 bdrm., 2 bath, 3rd floor, enclosed balcony, gym, indoor heated parking and outside plug parking. River Creek Estates Lockport, \$1,590/mo. All utilities included. Ph. 204-757-7105.

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Round-Tuit Cleaning Services has a permanent part time janitorial position available. Up to 15 hours per week, various days. Applicant must have drivers license and own vehicle as well as provide a clear criminal background check. Call 204-785-3257 for application information.

INTERESTED IN A CAREER CHANGE? Visit www.century21.ca/careers/take-the-test and discover if a career in Real Estate may be for you? For more information, contact Reg Black, 204-268-2011/1-800-854-4184.

VOLUNTEERS WANTED

The Canadian Cancer Society is currently looking for volunteers in the role of Wheels of Hope Volunteer Driver. These volunteers provide transportation to and from health appointments. Interested applicants can email Vanessa at volunteer@mb.cancer.ca for more details.

ADULT EDUCATION

Adults Only - Reading, Writing and Math upgrading classes. Free! Free! Free! Afternoons and evenings. Selkirk Adult Learning Program, call Adele at 204-482-7525 or email aplettbartel@lssd.ca

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RURAL MUNICIPALITY OF WEST ST. PAUL

PUBLIC NOTICE

REGARDING LOCAL IMPROVEMENT PLAN BY-LAW NO. 2019-01 IN THE AREA KNOWN AS ROSSMORE & ADDIS AVENUES

PUBLIC NOTICE is hereby given pursuant to Section 318(1) of The Municipal Act that the Council of the Rural Municipality of West St. Paul has scheduled a **public hearing at the Sunova Centre located at 48 Holland Road, in the RM of West St. Paul on the 11th day of February, 2019 at 6:00 p.m.** Council will hear any person who wishes to make representation, ask questions, or register an objection to the following Local Improvement Plan No. 2019-01.

Installation of Wastewater Sewer Pipes including surface restoration

The area proposed to be serviced includes the area known as Rossmore & Addis Avenues.

The cost of the project is \$4,127,010.75. The Municipality has secured funding from the Manitoba Water Services Board in the amount of \$2,076,250.00.

Council is proposing that the Municipal Costs of \$2,120,600.00 will be funded by borrowing. The terms are 20 years at an estimated interest rate of 6.25% with an annual payment of \$188,653.39. The annual payment is to be recovered by a local improvement tax based on a special per parcel rate on each benefiting property. On the basis of the necessary contribution and the estimated rate of interest, the annual charge for each parcel of land is as follows:

- Finance option of \$1,763.12 per parcel to be levied annually for 20 years.
- OR
- Cash option of \$19,818.69 per parcel

A written objection may be filed with the Chief Administrative Officer of the Rural Municipality of West St. Paul, 3550 Main Street, West St. Paul, Manitoba, R4A 5A3 prior to the commencement of the hearing on February 11, 2019. Council will hear any potential taxpayer who wishes to make a presentation, ask questions or register an objection to the local improvement plan.

All objections, written or verbal, must be filed prior to the adjournment of the hearing and must include the name and address of the person filing the objection, identify the property in respect of which the objection is filed and state the grounds of their objection.

Additional copies of Local Improvement Plan No. 2019-01 are available at the municipal office at 3550 Main Street, West St. Paul, Manitoba and on the municipal website at: www.weststpaul.com.

Dated at the Rural Municipality of West St. Paul this 31st day of January A.D. 2019, and issued pursuant to Section 318 of The Municipal Act.

Brent T. Olynyk, MPA, ISM
Chief Administrative Officer
RM of West St. Paul 204-338-0306

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Written Offers to Purchase will be received by the undersigned for the above described lands up to 4:00 pm, February 14, 2019.

When submitting an offer, please note:

1. Your offer and any conditions must be clearly stated.
2. Parcels may be sold together, separately or any combination thereof.
3. The highest or any offer will not necessarily be accepted.
4. You must provide a certified cheque or bankdraft for 5% of the price being offered payable to Pitblado LLP.
5. You must rely on your own research of the property to determine acreage, condition, improvements and assessment.
6. Title excludes mines and minerals.
7. Vendor responsible for taxes on the property to December 31, 2018.
8. Title to land shall be transferred free and clear of all encumbrances.
9. For general inquiries please call (306) 530-6341.

Submit offers and inquiries to:

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NOTICE TO CREDITORS

IN THE MATTER OF:
The Estate of Marie Marguerite Jeanne Slater, late of the City of Selkirk, in Manitoba, deceased.
All claims against the above estate, duly verified by Statutory Declaration, must be filed with the undersigned at their office, P.O. Box 1400, Stonewall, Manitoba, R0C 2Z0 on or before the 4th day of March, 2019.
DATED at Stonewall, Manitoba this 23rd day of January, 2019.
GRANTHAM LAW OFFICES
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Request for Quotation No. RFQ-2019-01 Hire of Privately Owned Equipment Hourly Rates

2019 / 20 EQUIPMENT RATES

The Rural Municipality of St. Clements is seeking quotations from qualified bidders for hourly rates for Privately Owned Equipment for the 2019 / 2020 season.

Request for Quotation packages, including specifications and submission documents are available at the Public Works office, 155 CIL Road, or from the RM of St. Clements website, www.rmofstclements.com.

Sealed submissions clearly marked "Hourly Equipment Quotation, No. RFQ-2019-01" will be received at RM of St. Clements Administration Office, located at 1043 Kittson Road, East Selkirk, MB, up until **2:00 PM, Local Time on Tuesday, February 12, 2019.**

All inquiries related to the Request for Quotation should be directed to Mr. Greg Elson at 204-482-3300.

The lowest or any hourly rate bid not necessarily accepted.

Greg Elson, CET
Public Works Manager
155 CIL Road
Box 2, Grp 35, RR 1
East Selkirk, Manitoba, R0E 0M0
Fax: (204) 482-3660
pwmanger@rmofclements.com



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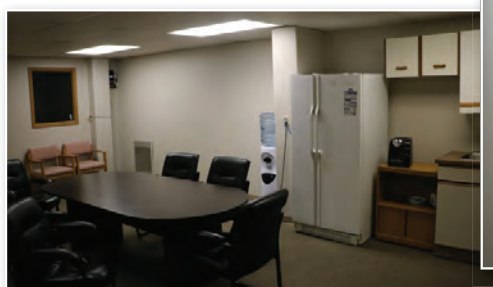
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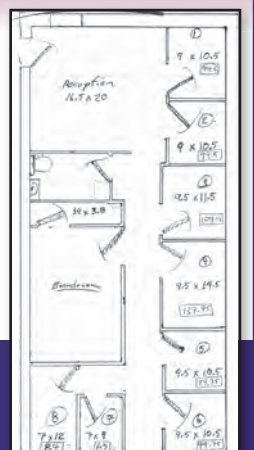
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For information please contact:
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ANNOUNCEMENT

IN MEMORIAM



Isabel Praznik
March 24, 1931 – February 1, 2014
You are the heart of our family
And family will always be the greatest gift.
Love you... Miss you

ANNOUNCEMENT

IN MEMORIAM



Hunter Lee Ronald Scott
August 23, 2008 – February 3, 2010
Nine years have passed since that sad day,
When one we loved was called away.
God took him home - it was His will,
Within our hearts he liveth still.
-Love Mommy, Smerchie, Kyla, Ashlyn,
Emily, Parker, Mark, Nana, Mushum,
Uncle Devin, Aunt Krissy, Leam, Eden,
Uncle Steven, Aunt Chenise, Layla and Malik

OBITUARY



Laura Lyn Fox
(nee King)

It is with deep sorrow that we announce the passing of Laura Fox on Tuesday, January 22nd, 2019 at the Selkirk Regional Health Centre, surrounded by family at the age of 50.

Laura is survived by her devoted husband John Laudinsky; parents Peter and Veronica King; sons Cody and Carson Fox; brother Bryan King; and her loving pet Abbey.

Growing up in East Selkirk, Laura was actively involved in the community through the East Selkirk Hall. Her early years of volunteering with Bingo through her teens and most recently of organizing the reservations for various events.

Laura will always be fondly remembered by everyone. She loved Christmas, decorating, organizing, serving dinner, having friends and family over to enjoy backyard gatherings, playing cards or just visiting. Gardening and yard work were her passion taking pride in making her yard look like a park. She loved to travel visiting locations all across Canada, US and Europe. Most recently she had the opportunity to travel to Alaska and the Caribbean. Enjoying the beautiful scenery, taking lots of pictures, sampling local food and drink while bargaining with local vendors.

The family wishes to thank everyone for their prayers and a special thank you to Dr. Krahn, Dr. McKay, Dr. Gingerich, Dr. Anderson, the staff at St Boniface, Health Sciences Center, Selkirk Regional Health Centre and the home care team for all their assistance, care, expertise, compassion and love.

A Celebration of her life was held in the Gilbert Funeral Chapel in Selkirk at 10:00 a.m. on Saturday, January 26th, followed by lunch at the East Selkirk Hall.

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

Condolences, photos and videos may be left on Laura's tribute wall at www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



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