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# The **Selkirk Record**

VOLUME 7

THURSDAY, FEBRUARY 4, 2016

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## Making their mark

RECORD PHOTO BY DAVE BAXTER

Lockport School student Autumn Hardwick, pictured left, holds a paddle in place while student Will Miller, pictured right, draws an outline of a bison on his handmade paddle. A project at the local school is combining paddle-making with photography as a way of connecting students with their indigenous culture. For a story, see page 7.

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# Keeping history alive

## Selkirk hospital archives reminder of grim past, strides made in mental health

By Austin Grabish

Few may know it, but more than a hundred years of history is being preserved at the Selkirk Mental Health Centre.

Tucked away in the basement of the hospital's administrative building are three rooms, which together make up the institution's archives.

Step inside the three crowded rooms and you'll find countless items that serve as a reminder of the centre's past.

Dozens of scrapbooks, old phones, countless keys and a straitjacket are among the archives.

Isabel Geard and Eve Francis are two volunteers on a hospital history committee that's making sure the site's past isn't forgotten.

Both women started working at the hospital as nurses in the late 1950's and have countless memories of the institution as well as the strides made in mental health over the course of their careers.

Both worked during an era when

medications for mental health diseases weren't yet available.

"We did the best we could with what we had," Francis said.

"Unfortunately you have to have a baseline of the past to know how far you've come ahead," Geard added.

Built in 1886, the former Manitoba Asylum used to house as many as 1,300 patients.

The asylum, which would later be renamed the Selkirk Insane Hospital before becoming the Selkirk Hospital for Mental Diseases, represented a start to milestones in mental health treatment.

Before the hospital was built, mentally ill patients were housed in a warehouse in Lower Fort Garry and Stony Mountain Penitentiary.

Much of Geard and Francis's memories lie at the hospital's former main building. The building housed some of the hospital's most aggressive and violent patients.

It was torn down in 1978.

"You didn't go in alone," Geard said.



RECORD PHOTOS BY AUSTIN GRABISH

ABOVE: Volunteers Isabel Geard, pictured left, and Eve Francis are working to preserve history at the Selkirk Mental Health Centre. Both were former nurses in the late 1950's and have countless memories of the institution. BELOW: Items like this log book are on display in the hospital's archives. BOTTOM: A straitjacket along with other archives are stored behind glass at the centre. The jacket, now decried by the medical community as inhumane, was used to restrain patients before being outlawed.

To this day, Geard believes many patients were hospitalized for the wrong reasons.

"It turned out that some of those patients were really not ill they were just fighting for survival," she said. "When I ran into one of the ladies years after, she had a head position at Eaton's."

"She was one of the ones that was a fighter."

Francis agreed, but said society's attitude towards mental health could have been a factor.

"Mental illness had a stigma ... like we had mothers come in here probably postpartum that never went home because no one took them home," she said.

But she said as medical advancements were made and medication for diseases like schizophrenia were created, the number of patients at the hospital decreased.



Today the hospital has 252 patients. Those interested in checking out the archives can call the Selkirk Mental Health Centre at 204-482-3810.



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CREDIT UNION



# PCs drop David Horbas as Selkirk candidate

## Committee claims the businessman's candidacy could be 'problematic'

By Dave Baxter

The PC Party of Manitoba says David Horbas was dropped as their Selkirk candidate because his candidacy was and would have continued to be "seriously problematic."

In a letter released on Jan. 31, the PC Candidate Selection Committee said that in accordance with their "discretionary powers" they have dropped Horbas as their candidate in Selkirk.

Horbas, a businessman from St. Clements, won the nomination at a meeting in Selkirk on Nov. 6, 2014, beating out veterinarian and entrepreneur Alan Lagimodiere in a two-man race.

"On the basis of it's review of demonstrated and ongoing shortcomings with regards to Mr. Horbas' participation in the Party's election preparedness program and campaign planning efforts, and his overall performance as a candidate since his original nomination in Nov. 2014, the Candidate Selection Committee is satisfied that this candidacy has become- and would continue to be- seriously problematic and not in the best interests of the Party," the Candidate Selection Committee said in the letter.

PC candidate spokesperson Michael Richards said the party would not

expand on the reasons Horbas was dumped as their candidate. Richards added "it had to do with election preparedness issues, and it's really laid out in the letter."

"I'm not going to pile on Mr. Horbas at all," Richards said. "He came forward and wanted to run under our banner and we appreciate that, but sometimes we have to make some difficult judgement calls."

"It's all laid out in the party constitution, so that committee is specifically powered and has the right to exercise that authority."

Richards said a candidate's meeting was scheduled for Tuesday, Feb. 2 in Selkirk to choose a new candidate.

Lagimodiere was expected to be contending for the candidacy on Tuesday.

Richards would not confirm who would be vying for the position, only saying one of the candidates from the meeting in Nov. of 2014 would be "very much part of the process."

The nomination meeting took place after the *Selkirk Record's* press deadline on Monday.

Attempts made by the *Selkirk Record* to reach Horbas for comment were unsuccessful.



TWITTER PHOTO

PC Party of Manitoba leader Brian Pallister is seen congratulating David Horbas after Horbas won the party's nomination for Selkirk in 2014.

Horbas was dropped as the Selkirk candidate on Jan. 31.

## RCMP arrest Selkirk man with machete

Staff

A local man seen walking about with a machete near Selkirk Town Plaza last week is now facing multiple charges.

The 24-year-old man from Selkirk was seen just before 12 p.m. last Wednesday walking around with a machete near Selkirk Town Plaza.

RCMP spokesperson Sgt. Bert Paquet said the

man was known to police and was arrested without incident in the early morning hours on Saturday.

"He faces weapon related charges as well as failure to comply with a probation order," Paquet said. "Our investigation has confirmed that no one was injured during the incident."

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# BIG DOLLAR



# Selkirk Transit adds new bus to aging fleet

## City says ridership is on the rise

By Lindsey Enns

As their ridership continues to rise, Selkirk Transit is adding a new bus to its aging fleet.

From 2011 to 2015, Selkirk Transit's ridership grew from 13,502 to 30,692, or more than 50 per cent, according to the City of Selkirk.

"I think people underestimate the power of transit," Mayor Larry Johannson said. "When we're talking to investors and developers ... a real important factor that comes out of our talks with people is 'do you have transit service?'"

Chris Carruthers, the city's director of culture, recreation and green transportation, said the new full-sized bus comes with a \$360,000 price tag and will be officially unveiled and added to the city's fleet sometime this week.

Once the new bus is added, Selkirk Transit will be running four in total.

"We have been operating used buses since our inception and with the rising costs of maintenance to an aging fleet, combined with our growing ridership numbers, it was the right time to begin investing in our infrastructure for the future," Carruthers told the *Selkirk Record* via email.

Johannson said a grant from the province combined with funds set



RECORD PHOTO BY BRETT MITCHELL

With their ridership on the rise, Selkirk Transit is adding a new bus to its aging fleet. The new full-sized bus is scheduled to hit the streets sometime this week.

**"I THINK PEOPLE UNDERESTIMATE THE POWER OF TRANSIT."**

aside from the city's 2016 budget will help cover the cost of the new bus.

"As with every asset that we have it

was time for replacement," Johannson said. "We have a reserve set aside and when it was time to purchase a new one we were able to put it in our budget and we were able to purchase it to keep the fleet up and to keep providing a good safe service to the citizens of Selkirk."

Johannson said he credits administration and council for making transit in Selkirk "a true success story."

"I think people are seeing this is a very viable service and it's very easy to use," he said. "A lot of thought went into the stra-

### Ridership on the rise

Over the past five years, Selkirk Transit's ridership numbers have been on the rise.

From 2011 to 2015, ridership grew by more than 50 per cent. Below is the number of riders per year from 2011 to 2015, according to the City of Selkirk.

- 2011 — 13,502
- 2012 — 20,054
- 2013 — 27,780
- 2014 — 30,810
- 2015 — 30,692

tegic positioning of the bus stops, and they're well looked after."

Johannson said some community members shy away from the service if drivers are late or if bus stops are difficult to get to. He added in Selkirk, that's not the case.

"For the most part our drivers are on time," he said. "We also provide charter services to Winnipeg for Jets games, Bomber games.

"It's a well run service."

The City of Selkirk is served by a fixed-route public transit system.

Selkirk Transit is operated by the Selkirk Transit Authority, a non-profit community organization created to deliver transit services to the community.

Selkirk Transit operates Monday through Friday from 6 a.m. to 6 p.m., on Saturdays from 8 a.m. to 6 p.m. and isn't in service on Sundays and certain holidays.

For a full route schedule, visit [myselkirk.ca](http://myselkirk.ca).

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## West St. Paul

# Hundreds mourn father, son killed in snowmobile crash

By Bartley Kives

A father and son killed in a head-on snowmobile collision lay in caskets inside a Perimeter Highway gymnasium while hundreds of friends and family members paid their final respects last Friday.

Gary Schellenberg, 49, and his 14-year-old son, Evan, died on Jan. 24 following a crash on the frozen surface of eastern Manitoba's English Lake, mere kilometres from a cabin purchased by the family three years ago.

Last Friday afternoon, the West St. Paul father and his high-school-student son were aligned head-to-toe on the west side of the Sunova Centre, their caskets adorned with flowers, as approximately 375 people were told of their love for fishing, camping and the outdoors, as well as their faith and their commitment to their families, during an emotional hour-long service.

"If Gary and Evan could have chosen a place to leave the Earth, I'm sure it would have been the cabin at English Lake," Gary's brother Wayne Schellenberg said in a eulogy before an audience in a mix of dress shirts and Christian motorcycle vests.

Inside the Sunova Centre, Gary and Evan Schellenberg's caskets sat beneath bright gymnasium lights, with a Canadian flag and a basketball net serving as a backdrop.

Speaking softly but in a steady voice, Wayne Schellenberg spoke of the wide sphere of influence of his departed brother, whom he described as a man whose generosity with his services as a mechanic was exceeded only by a desire to finish his work week promptly on Friday afternoons and go to the lake.

Wayne said Gary acquired his love of the outdoors at a young age during family outings on south-central



PHOTO COURTESY OF GOFUNDME.COM

The Schellenberg family is seen in this 2012 photo. A funeral was held for Gary Schellenberg and his son Evan last Friday at the Sunova Center in West St. Paul. The father and son died on Jan. 24 when their snowmobiles collided near English Lake, northeast of Manigotagan.

Manitoba's Rock Lake. Family friend Peter Thiessen then recalled how Schellenberg fell in love with the cabin at English Lake, which drains into the Wanipigow River northeast of Manigotagan, when he first saw the property in 2012.

"He said, 'I'd be crazy not to buy this place.' So he did," said Thiessen, flanked by his three sons. Thiessen also spoke of Gary Schellenberg's growing faith in recent years and described a cold-weather river baptism. Thiessen then removed his dress shirt to display a T-shirt, noting his friend was no fan of formality or authority.

Evan Schellenberg was eulogized by his aunt Karen Schellenberg, who described her nephew as a cute little kid who grew into a mischievous, fun-

loving teen. She also read letters from his friends.

"We will miss you, our sweet boy, Evan. Goodbye for now," she said.

The other Schellenberg children, Jesse, Russell and Robyn, also spoke softly as they described their father as a hero and their youngest brother as a kid who loved to tease. The father and son are also survived by Linda Schellenberg, Gary's wife and Evan's mother.

Thiessen made a point of thanking the RCMP for the manner in which they responded to the collision, which occurred at a location with no road access.

- Republished with permission from the Winnipeg Free Press

## Local family receives support after tragedy

By Dave Baxter

A GoFundMe page that was set up to help a grieving West St. Paul family has surpassed its goal and the person who created the page said the family is grateful for the support.

Gary Schellenberg, 49, and his son Evan, 14, both of West St. Paul were killed in a snowmobile collision on English Lake on Jan. 24.

Left to mourn are Gary's wife Linda, his three kids, and two foster children.

A GoFundMe page was set up by Linda's sister Karen Schellenberg one day after the tragedy with the goal of raising \$20,000 for funeral costs and other expenses and the page reached that goal in two days.

"The goal of \$20,000 has been surpassed. Incredible," Karen wrote on the page. "I spoke to Linda this afternoon. I asked what she wanted me to say to you all. She said words failed her at this time. She and her family are immeasurably grateful."

As of Monday the amount raised for the family sat at more than \$30,000.

"We have been so moved by your many comments of what Gary meant to you. We have always thought he was an amazing guy, but did not realize the positive impact he had on so many of you," Karen wrote.

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# Brokenhead Grocery Pharmacy, Medical Clinic to open Feb. 9

By Dave Baxter

A new facility that will provide food, medicine and health care to Brokenhead Ojibway Nation and surrounding area is getting ready to swing open its doors.

Brokenhead Chief Jim Bear said the community expects to hold a grand opening for the Brokenhead Grocery Pharmacy and Medical Clinic on Feb. 9.

The facility sits across from the South Beach Casino and Resort and adjacent to Wavers of Brokenhead convenience store along Hwy 59.

Bear said the grocery store is not being set up to compete with other businesses currently running in the community, but to add to what those businesses already offer.

"Right now we have two convenience stores and they will continue to operate and it's not intended to compete," Bear said. "You can't do that."

Bear added because the grocery

store will offer things like fresh produce, he hopes it will allow community members to eat healthier foods.

"The whole concept is to have people eating healthier," he said. "If healthy foods are available and convenient that can only help people to eat better, and it can lead to an overall healthier community."

The facility will also house a pharmacy and medical clinic, and Bear said having health care services right in the community will be huge for residents.

"Right now you are going into Selkirk or Pine Falls and that costs a lot of money and takes up a lot of travel time, and a lot of the people here don't have vehicles," Bear said. "There is a tremendous amount of excitement."

"People have gone to see the site and they are overwhelmed. Things have come on track and we are quite excited."

The facility will house what Bear



RECORD PHOTO BY DAVE BAXTER

Brokenhead Ojibway Nation is expected to hold a grand opening for their new Brokenhead Grocery Pharmacy and Medical Clinic on Feb. 9.

called a "major grocery store" as well as a clinic, a pharmacy and boardrooms.

Bear also said the facility will have an area for "traditional healing and treatment."

"It's so important we offer traditional healing in the community," Bear said.

The project has dealt with delays, as the building was originally expected to be fully operational by October of 2015, but was delayed after a decision was made to expand the health clinic by nearly 3,000 square feet.

The budget for the project sits at roughly \$2.7 million.

## Bell Let's Talk breaks records, raises \$6.2M for mental health

By Lindsey Enns

Bell Let's Talk Day took social media by storm last week and now the Canadian Mental Health Association wants to keep the conversation going about mental health.

"Bell Let's Talk Day this year was incredibly successful nationally but it was also really successful for us as an organization," CMHA spokesperson Tyler Pearce said. "We even had a few people make some donations to our

organization."

Bell says they received 125,915,295 calls, texts, tweets and shares last Wednesday and raised a record-breaking \$6,295,764 for mental health initiatives across Canada.

To encourage Canadians to break down barriers surrounding mental health and raise awareness, on Jan. 27 for every text message, wireless and long distance call made, Bell Canada and Bell Alliant donated five cents to mental health programs.

Bell also donated five cents for every tweet using the hashtag #BellLetsTalk.

The #BellLetsTalk hashtag was used nearly seven million times and #stopthestigma, #endthestigma and #sicknotweak were also trending throughout the day.

Pearce said CMHA's Facebook page was viewed more than 18,000 times last week, an all-time high for the organization.

"You could see the spike," she said. "Our highest before was just below

2,000."

She added the Bell Let's Talk Canada website, [letstalk.bell.ca](http://letstalk.bell.ca), also has some great resources available to those seeking more information.

"They have videos and materials that we are ourselves don't necessarily have the capacity to make," she said.

Pearce said CMHA has recently brought the Bounce Back: Reclaim Your Health program to Manitoba for the first time.

The evidence-based program is designed to help adults experiencing symptoms of mild to moderate depression, low mood, or stress, with or without anxiety.

"Right now in our health care system, there's not a lot of options for people who are at that level," she said. "They can function, but they're just having a little bit of difficulty."

Pearce added it's more of a preventative program that was started in B.C. in 2008. For more information, call 1-866-639-0522 or visit [cmha.ca](http://cmha.ca).



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# Paddle project making waves at Lockport School

Program combines paddle-making, photography

By Dave Baxter

A single project is combining paddle-making and photography as a way of connecting students with their culture at Lockport School.

Eight teens from the local school who identify as First Nations or Métis are taking part in what is a joint effort between Tillikum Lens and the Canadian Canoe Museum.

The students spent four evenings last week building handmade canoe paddles that they will keep and use on a canoe trip this spring.

Each student was also lent a Sony camera through the Tillikum Lens program to document a week in their lives. Students could document whatever they chose, including the time they spent building paddles.

Grade 9 student Will Miller is one of the students taking part in the project and believes it's important for a number of reasons.

"I am from a Métis background and I wanted to be part of this project from the start," Miller said. "I thought it was a good opportunity to learn about making paddles, but also to learn about aboriginal culture."

"I feel it is something my ancestors did and now I'm doing it, so it puts me back in time into their world and it makes me feel proud of myself and where I come from."

The students have been invited to the upcoming Silver Canoe Dinner in Winnipeg on Feb. 19 during Festival du Voyager, where each of their paddles and one of their pictures will be displayed. Miller has been asked to speak to the crowd at the event.

"I feel a bit nervous, but I mostly feel proud I'll be able to speak on behalf of everyone in this group," Miller said.

Mark Blieske, a retired teacher who taught in the Lord Selkirk School Division for 36 years, has spent years teaching students how to build canoe paddles and has taken them on countless canoe trips.

Blieske was personally asked to run the project at Lockport School and likes how the paddle building and photography are being blended together.

"They are given a good lesson in using the camera and then they take them home for the week and do a photo journal of a week in their life, and a lot of them are documenting their paddle building, so they work well together," Blieske said. "It's great



RECORD PHOTOS BY DAVE BAXTER

ABOVE LEFT: Lockport School students Taylor Stewart and Hunter Gamache work on sanding a handmade paddle at Lockport School last Thursday. The project is combining paddle-making with photography as a way of connecting students with their indigenous culture. ABOVE RIGHT: Will Miller works on his handmade paddle at Lockport School last Thursday. RIGHT: Mark Blieske works with student Autumn Hardwick as she builds her paddle.

"IT MAKES ME FEEL PROUD OF MYSELF AND WHERE I COME FROM."

because they can document their lives and it's a really great way for them to learn to express themselves and what their interests are."

The project has been done in other provinces, but Blieske said this is the first time it has been done in central Canada.

Students from a wide range of socioeconomic and cultural backgrounds are taking part and Blieske wants them to get in touch with the past.

"More and more people are losing that identity and we want to bring that back, so that's huge for these kids."

Blieske said at first he wasn't sure how the students would embrace the project, but they are now fully into it.

"They have the paddles and they are waiting here at the door at 3:30 p.m., often with paddle in one hand and camera in the other."

## COMMUNITY CENTS

### Cheaper Oil, Weaker Dollar – Threat or Opportunity?

(Submitted by Dan Bush) Increased production and drilling coupled with new efficiency measures, stockpiles of unused oil and weakening global demand have driven the cost of oil down significantly. The weakness in oil prices has also weakened the Canadian dollar because, as a significant supplier, our dollar is closely connected to the price of oil.

With oil down and the loonie down plus other current economic ups and downs you may be concerned about your portfolio and its performance. The question is: Are cheaper oil and a weaker dollar a threat to your portfolio or an opportunity? And the answer is: It depends on your reaction to them.

If you react by jumping in and out of the market, trying to dump losers and find winners; if you react by selling out at big losses and sitting on the cash; if you react by chasing other forms of 'investment' like coins and gold that are generally not considered to be sources of a stable retirement income; if you react in any of these ways, that's the threat to your portfolio.

It's called emotional investing and that 'strategy' doesn't pay, it costs. The market does what it does – sometimes it's up, sometimes it's down and often it's volatile.

That's one face of creating investment opportunity. Two others are effective asset allocation through a carefully selected and properly diversified mix of assets and dollar cost averaging, the strategy of buying a stock or fund on a regular basis, regardless of the stock or fund price – the price of your stock or fund averages out over time and you are always participating in the market so you will never miss out on periods of strong returns.

There are many other proven 'opportunities' for growing your wealth and funding a comfortable retirement – and they should all be wrapped into a comprehensive financial plan tailored precisely to your unique needs. Talk to your professional advisor about best financial strategies for you.

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# getfishing

RED RIVER > CHALET BEACH > LAKE WINNIPEG

> ARNIE WEIDL

## Tales from out on the open water

Hi friends, how was your week?

As a change of pace, I have a great open water story from Russ Rempel of Matlock.

He and his cousin Dave Prestige have fished Big Clearwater Lake for years. One hazy, windy weekend the fishing was as exciting as it gets with big hooked bass "coming out of the water on their tails". Then on one cast, Dave's rod doubled over with something big. Russ got out the net but when he bent over the side of the boat to bring the fish in he froze for a second, then straightened up and looking at his cousin said, "I think we're going to need a bigger net."

There rolling angrily alongside was a jackfish half the length of their craft. Russ like Dave, being in his 40's, optimistic, and well built, got his arms around their catch and with some difficulty hauled it onboard. That was a mistake. Its' gaping mouth exposed huge needle like teeth and that along with its' thrashing tail the monster proceeded to knock over their tackle boxes, their lunch and everything else within reach. The guys frankly scared, carefully measured the beast as best they could at 54 1/2" then wrestled the gunwale back into the water. As a parting shot, while they stared fascinated at the frightful creature, it snapped its' tail splashing water all over them.

That evening with the monster still on their minds, instead of going for a swim before supper the men just went to the edge of the shore and had a quick wash. After supper Dave had a ritual. For years he and his dad had come to love fishing here. When his dad died Dave kept a promise and buried his ashes by the lake. So, in the cool, quiet cover of night, Russ just nodded in silence when Dave, a drink in hand, would say, "I'll be back"; then faded into the darkness.

Russ knew Dave was going to sit by his dad, have a drink and just talk for a while.



**RECORD PHOTO BY ARNIE WEIDL**

Allen Young and Chris Clarke of Winnipeg with a pickerel Allen caught at Breezy Point.

Now back to ice fishing. Last week at Breezy Point I met long time pals Allen Young and Chris Clarke from Winnipeg. It was toasty warm inside their newly built shack because of a propane powered "sun flower heater," which my friends, is the source of our next funny story.

Allen has the most perfect almost full white Santa Claus-like beard. A few days ago it was a lot fuller. You see on their first day out here last week he was trying to adjust the heater. He bent way over and his beautiful beard dropped into the glowing heater mesh singeing a good six inches off. The smell of burnt hair in the shack for the next few days tested Allen and Chris' "buddy ship" but they persevered and their pickerel is their reward for hanging.

The Beaujour bunch, Larry Enns, Leon Desjardins, Garry and Logan Schoenberger and Loren Banochke are finally back fishing on Gull Lake, thanks to the cooperative efforts of the RM of St. Clements, the RM of Alexander and the Game and Fish

organization of Brokenhead. According to Larry no one was going to be able to go through the gated pier onto the ice, which is jointly owned by the RMs until an outstanding issue about zebra mussels was resolved. However, those well meaning folks have found a solution so ice anglers can once again go after all the great perch in the lake.

Larry being the good natured guy he is would not let me get away without giving us at least one funny fishing story. A friend of his, Peter Orlick from Selkirk was ice fishing and caught a perch. He hauled it out of the hole and as he was taking it off the hook he heard a flicking and water sloshing sound. He looked over, following the noise and there was a jack that had followed the perch up the hole but was stuck. Peter went over and grabbed the jack getting two fish for the effort of one.

Well, happy fishing folks, see you later.



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## Canadian Human Rights Tribunal

# Ruling shows feds discriminated against First Nations children

By Dave Baxter

A recent ruling which determined the federal government discriminated against First Nations' children has a local chief hopeful indigenous communities can now take another step towards healing and reconciliation.

The Canadian Human Rights Tribunal ruled on Jan. 26 that the government discriminated against indigenous children by providing less money for welfare services on reserves when compared to other communities across Canada.

The ruling came almost nine years after the Assembly of First Nations and the First Nations Child and Family Caring Society launched a complaint.

Federal documents show under-funding for welfare on reserves sitting between 22 and 34 per cent when compared with provincial rates.

"I think it's a fantastic victory for the children and for the families," Brokenhead Ojibway Nation (BON) Chief Jim Bear said. "It's a long time coming."

"Rectifying these double standards is long overdue. It's hard because you can't change the past, but you always have to look forward."

Prime Minister Justin Trudeau has already promised to implement all of the commission's 94 recommendations, including having all levels of government reduce the number of indigenous kids in care by providing resources that could keep more kids in the family home.

"We're not expecting an over-flux of finances, but certainly enough that we can work on prevention and programming," Bear said. "It's not complicated. They just need to look at our population and give the necessary financial resources based on that."

Bear said a high number of children born in BON and in many First Nations communities are currently in the care of Child and Family Services and that is directly related to a lack of resources and access to resources when compared to non-First Nations communities.

"These are the kinds of things we need to be able to keep our children at home. We need adequate resources but we also need to place more of these services right in the community," Bear said. "We need AA programs and we need drug programs, but more importantly we need a better attitude mentally, physically and spiritually."

A National Household Survey from 2011 showed 48 per cent of the approximately 30,000 children and youth in foster care in Canada were of an indigenous background, despite the fact indigenous people make up about 4.3 per cent of Canada's population.

"The number of kids in care is very high," Bear said. "You would think past government policies were really assimilation policies."

Bear said discrimination in the child welfare system as well as the on-going damage caused by the residential school system are just some of the reasons First Nations communities need more and better resources to help people.

"We need traditional healing," Bear said. "We need healing circles and talking circles because we are still battling with the impacts and the pain of the residential schools as well as the child adoptions."



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# Country legends to come alive at Grand Ole Opry event

By Dave Baxter

The Gordon Howard Centre is bringing classic country music and style to Selkirk with hopes that people of all ages will come out for the party.

The second annual Grand Ole Opry event at the Gordon Howard Active Living Centre will see two shows of performances from artists covering country legends such as Dolly Parton, Johnny Cash, Patsy Cline, Minnie Pearl, Tammy Wynette and more.

Elin MacLeod, the centre's program co-ordinator, said most performers will dress and act like the artists they are portraying during both shows so those who come to the party will feel like they are hanging out with real country legends.

"Last year we made 320 people so happy," MacLeod said. "So I know this year it will be the same."

The centre caters its programming to seniors, but MacLeod wants Selkirk residents to stop believing they can't come down to events going on there if they aren't over 55.

"We do the afternoon and the evening show and it brings a lot of new and younger people out, and that's the good thing about it because a lot of people don't know about the Gordon Howard Centre," MacLeod said. "So for the Grand Ole Opry we expect the afternoon crowd to be more of the people 60 and over, but the evening crowd to be in the 30 to 60 range."

The event may welcome all ages, but MacLeod definitely loves giving local seniors a chance to get out and have a good time.

"We stagger the tables in a way you can get up right next to your table and dance," MacLeod said. "And people



RECORD PHOTO BY DAVE BAXTER

Janice Smith, seen here dressed as Minnie Pearl, and Elin MacLeod of the Gordon Howard Centre are bringing classic country to Selkirk with a Grand Ole Opry event on Saturday, Feb. 13 with a show at 3 p.m. and 8 p.m.

can sing, or they can even just bang on the table. We even see them banging their canes and walkers.

"That's what it's all about. Don't sit at home and be bored and stare at your TV. I will keep you busy."

Local performer Janice Smith will play the role of both Dolly Parton and Minnie Pearl during the event. Last year her band made a very special contribution by donating the money

they were paid to play back to the centre.

"The band is made up of friends and family and we just want to have a good time, so we paid our money back last year," Smith said.

MacLeod said the donation plus donations from other bands last year had her "crying out in the lobby."

Smith said that while playing her characters she will sing, tell jokes, jig

and interact with the crowd.

Snacks will be served and the event will have a cash bar.

The centre, located at 384 Eveline St. in Selkirk, will host the Grand Ole Opry event with a show at 3 p.m. and a second at 8 p.m. on Feb. 13.

For information on tickets call 204-785-2092.

## Byfuglien takes flight with Prairie Pilots



SUBMITTED PHOTO

Dustin Byfuglien of the Winnipeg Jets, pictured centre, took flight with Derek Longley of Prairie Helicopters last Wednesday for a tour of the Interlake. Longley said they took the NHL defenseman out for a ride around the area and he stopped to do some ice fishing in Winnipeg Beach ahead of the NHL All-Star game in Nashville on Sunday.

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West St. Paul

# CodeRED system will keep community safe: Mayor

By Dave Baxter

West St. Paul residents can now be instantly notified when a disaster or life-threatening situation strikes in their community.

The municipality has announced they have now implemented a CodeRED system, a high-speed emergency notification service provided by the Emergency Communications Network.

"The CodeRED system will serve as the backbone of the municipality's emergency communication strategy to reach out to both citizens and RM personnel by using the system capabilities to send telephone calls, text messages and emails, in an effort to

effectively inform residents to protect life and property," the municipality said on their website.

The municipality has already provided the CodeRED system with a database of residential and business telephone numbers, but said all residents are encouraged to give additional contact information including cellphone numbers and email addresses.

Residents can also download a CodeRED app.

"It will give us the opportunity to notify people in the community when public safety is a concern and it's in real-time so that's the beauty of it," West St. Paul Mayor Bruce Henley

said. "People will be notified by text, email, phone or cell."

Henley said the system can notify community members of things like floods, fires, accidents, road closures, missing persons and burning bans, but they will be careful to only use it when it is needed.

"We don't want to spam up people's devices and make it an annoyance. We want to use it when it is needed to get important information out to the community," he said. "For example in West St. Paul we had a young man go missing last year. Well now we have a tool to instantly notify the whole community."

"And last year we had a grass fire

that quickly extended to a number of properties and that's an example of something where we can instantly send out a message and let people know of imminent danger."

The new systems will ultimately make West St. Paul a safer community, Henley said.

"If we can notify 5,000 residents in less than five minutes of a situation, than that is using technology to our advantage."

To supply contact information to the West St. Paul CodeRED system go to weststpaul.com and click on 'West St. Paul to use CodeRED for emergency updates' which can be found under local notices.

## Flooded RMs 'bullied' into untendered contracts: Pallister

Staff

Manitoba's Opposition Tories are claiming the province pressured several rural municipalities into hiring one security firm without first going to tender during the 2011 flood.

Opposition Leader Brian Pallister told reporters last Friday more than \$16 million in untendered contracts were given to Impact Security during the flood.

The cash came from the rural municipalities of Woodlands, Coldwell, and St. Laurent after provincial officials pressured the local governments

into hiring Impact, Pallister alleged.

Pallister said the information came to light through freedom of information requests filed by the Tories.

"Our team has uncovered dozens of untendered and undisclosed contracts with the province and municipalities totaling more than \$16 million, all directed to one provider," Pallister said in a release.

But Impact Security and Infrastructure and Transportation Minister Steve Ashton both dispute the Tories' claims.

Officials with Impact told the CBC



BRIAN PALLISTER

the process.

But Pallister insisted the province "bullied" the municipalities into hiring Impact and threatened to cut flood funding in half if the company wasn't hired.

"This situation illustrates very clearly the lack of respect of this government for duly elected local officials," he said.

On Monday a provincial spokeswoman fired back at Pallister.

Rachel Morgan said Pallister has failed to back up last Friday's claims.

"We aren't surprised that Brian Pallister would stoop to this level. By using flooded communities as a political prop for his baseless allegations he is disrespecting flood victims," Morgan wrote in an email. "All of the people that the Conservatives have presented as neutral are directly tied to his Interlake Conservative candidate or the PC party. This will remind Manitobans of their history in the Interlake, including the biggest vote rigging scandal in Manitoba's history."

the Tories' \$16 million dollar figure is 'totally inaccurate' and added the company did not have dozens of contracts like the PCs alleged.

Officials also said one of the security contracts only lasted a few days and was for work done in St. Clements.

Ashton said it was up to individual municipalities to hire security firms and the province didn't interfere with

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# Clandeboyne Fire Department donates nearly \$3K to local charities



RECORD PHOTO  
BY BRETT MITCHELL

The Clandeboyne Fire Deptment recently wrote three big cheques to benefit their local community. Melanie Bernas, pictured far left, represented the Interlake-Eastern Regional Health Authority to receive \$1,200 for Palliative Care, Mary Alice Gressick, pictured front row, fourth from the left, president of the Children's Hospital Guild Foundation received \$1,200, and \$500 was given to the Clandeboyne Skating Rink. Through their local fundraising initiatives, the Clandeboyne firefighters have worked to raise more than \$100,000 for local charities over the years.

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# Valentine's Day dance to benefit soup kitchen, shelter

By Dave Baxter

An upcoming event is a chance for community members to get up and dance with their sweetheart, while also helping an organization that works to help those in need.

A Valentine's Day dance at Selkirk's Memorial Hall on Feb. 12 will support Our Daily Bread Soup Kitchen and the St. Francis Place homeless shelter, which are both run by René Gauthier and a group of volunteers.

Gauthier wants people of all ages to come to the party and hopes couples will come out and have a good time together to celebrate Valentine's Day.

He said any money that can be raised for the soup kitchen and the homeless shelter can make a big difference.

"In the end it's money we didn't have before," Gauthier said. "So we cover our costs and everything else is profit, and every penny helps."

The local soup kitchen provides warm meals as well as clothing and other items to those in need in Selkirk while the St. Francis Place shelter provides a bed and a place to sleep overnight for those who have nowhere



RECORD PHOTO BY DAVE BAXTER

Lloyd Thomas and his band Old Tyme Friends will perform at the Valentine's Day Dance in Selkirk on Feb. 12 at Memorial Hall.

else to stay.

Local band Old Tyme Friends will provide entertainment at the Valentine's Day Dance and band member Lloyd Thomas said he plans to donate

his portion of what he is paid to play back to the shelter.

"I'm happy to help him out because Rene is a friend, but also because he's a good guy doing such good work,"

Thomas said.

He said the band will play things like waltzes, pattern dances and step dances, and it will be music that will get people on the dance floor.

The dance is also a chance to give young people a chance to perform, as the band will invite some youth onto the stage to play.

"Some of the people in the band are music instructors," Gauthier said. "So they invite some young people to come up and last year there was a 12-year-old girl and she just played beautifully."

"It's a chance for these young people to be in the public and play for an audience, so it's great for their confidence."

The Valentine's Day Dance will take place on Friday, Feb. 12 at Memorial Hall in Selkirk from 7 p.m. to 10:30 p.m., and tickets are \$15 for adults and \$5 for kids under 12.

Snacks like hot dogs, chips and drinks will be sold.

Tickets are available by contacting René Gauthier at 204-482-6448, and will also be available at the door.

# Zentangle colouring book features Lake Francis artist

By Jennifer McFee

An Interlake artist never imagined

her doodles would draw so much attention.

Lake Francis resident Candice Ferguson is tickled pink that her drawing got the green light to appear in a Zentangle colouring book.

For Ferguson, it all began as a way to brighten up the long, dark winter days.

"A few years

"IT'S AMAZING THAT THIS WENT FROM JUST A LITTLE HOBBY, DOODLING ON MY COUCH, AND NOW IT'S A WORLDWIDE BOOK."

ago, during that really cold winter, I was doing a lot of really intricate illustration drawings. I ended up joining this Facebook group hosted by Ben Kwok, who is an amazing artist out of Los Angeles," she said. "He started doing these templates that are sort of like a colouring book outline and he challenged people to do

some illustrating in these templates, so this group of us all did some different drawings. I loaded mine onto the page and he asked me if he could include my drawing in his first book that was getting published — so I said yes, of course."

Her dragonfly design is now published in the TangleEasy colouring book called Wildlife Designs. For anyone looking to see a copy, it is stocked at The Grande Bazaar in Stonewall, where Ferguson is a partner in the business.

Zentangle is a trademarked drawing method that involves creating images from structured patterns. It is said to increase focus and creativity while creating a sense of relaxation.

"It's amazing that this went from just a little hobby, doodling on my couch, and now it's a worldwide book," said Ferguson, who also enjoys crocheting, beading, painting and illustrating.

"I've actually been featured in some of Ben Kwok's upcoming books, too, and those are coming out soon. It's pretty exciting stuff. The publisher has also got me colouring for other artists, so it's kind of opened up a whole new avenue for me."

Ferguson is also willing to share her expertise with anyone interested in the art of Zentangle.

"I'm open to that," she said. "It's a lot of fun."

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# Bezan blasts Liberals' 'incoherent' message on ISIS

## MP says Canada's reputation is taking a beating

By Dave Baxter

James Bezan says Prime Minister Justin Trudeau's "incoherent" message when it comes to combating the threat of ISIS is destroying Canada's international reputation.

Bezan says he doesn't want other nations forced to take responsibility for the safety of Canadians.

The Selkirk-Interlake-Eastman MP did not mince words when questioning the Liberal government during a recent question period in Parliament.

"The Liberals incoherent and indecisive messaging has diminished Canada's reputation on the world stage," Bezan said during question period. "When will the prime minister provide Canadians and our allies with a detailed strategy to defeat ISIS? And will he leave our CF-18's in the fight?"

While speaking to the *Selkirk Record*, Bezan said Trudeau's promise to pull Canada's CF-18s out of the fight against ISIS is a mistake and he needs to come forward with a strategy to combat the terrorist group.

"All we know from the Liberals going back to a campaign promise made six months ago is they are going to bring home the CF-18's," Bezan said. "They have never explained to Canadians or to our allies why that is a good thing."

"And they have never explained to our allies what they are going to do differently to assure we are standing shoulder-to-shoulder."

Bezan said a recent report that appeared in *The Globe and Mail* states the Liberals are considering five different options for combating ISIS, but he doesn't have any idea when a strategy

could be brought forward.

"What a difference six months makes," Bezan said. "In July, Canada was hosting an anti-ISIS meeting in Quebec City, and now we weren't even invited to an anti-ISIS meeting in Paris."

"Not being invited to Paris was a snub."

Bezan said Canada's plans to pull fighters out of the fight is not sitting well with some in the international community.

"What I am hearing from the U.S. State Department, as well as from other countries is they are incredibly disappointed that Canada is reducing its air combat mission."

Bezan said he blames the lack of a strategy on the man now leading the country.

"I believe the prime minister is very weak and has very little understanding on foreign policy," Bezan said.

Canada can't let other nations take on the responsibility of keeping Canadians safe from the threat of terrorism, Bezan said.

"At the end of the day you don't walk out when the bill comes for supper, and you pick up your part of the tab. We're prepared to outsource our own security, and that's not the way you do business on an international scale," he said. "This is a war against an enemy that has declared war on Canada and hates our shared values as Canadians. They have named Canada specifically."

He also worries about Canada's reputation becoming more damaged over time.

"You have to think bigger than your own needs and budgets, and it's very important Canada keeps its role in this. We have always gone to battle in coalitions and cooperative measures," he said. "We want to always be a trusted ally."



RECORD FILE PHOTO BY AUSTIN GRABISH  
Selkirk-Interlake-Eastman MP James Bezan says the Liberal government has no plan or strategy for combating ISIS.

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# Women's Bon Spa rocks Selkirk Curling Club

## Ladies from Fort Rouge come out on top

By Dave Baxter

The president of Selkirk's Curling Club says a recent event for women was a huge success and she hopes it helps get more local ladies interested in the sport.

The Women's Bon Spa in Selkirk took place Jan. 22 to 24 and saw 22 teams take part.

It combined the types of things people would typically expect at a curling bonspiel, with a health and wellness theme.

A curling tournament was the main event, but the Bon Spa also saw a massage therapist giving free massages, a zumba class, vendors selling health and wellness products and a Saturday night party.

"The event was a great success," said Selkirk Curling Club president Kathleen McCallum. "The women were all talking about how much fun it was."

McCallum said some of the extras that came along with the Bon Spa made it feel like a "weekend getaway."

"We had a warm up session with a zumba instructor and the registered massage therapist was quite busy," McCallum said. "We promote a lot of

This year's winners of the Women's curling Bon Spa held on Jan. 22 to 24 at the Selkirk Curling Club were as follows:

"A" event: Tracy Andries Team out of Fort Rouge

Skip: Tracy Andries,  
Third: Crystal Kennedy  
Second: Diane Christensen  
Lead: April Klassen

"B" event: Deb Popovic Team (members from various communities)

Skip: Deb Popovic  
Third: Anne Mushumanski  
Second: Janice Boettcher  
Lead: Darlene Maywood

"C" event: Diana Burzuik Team out of Selkirk

Skip: Diana Burzuik  
Third: Joanne Matheson  
Second: Marilyn McNeil  
Lead: Leona Vopni

fun, so it's not just about curling.

"It's giving people a getaway where they laugh and make new friends and think it's something they want to do again next year."



SUBMITTED PHOTO

The Tracy Andries Team out of Fort Rouge consisting of Tracy Andries, Crystal Kennedy, Diane Christensen and April Klassen were the "A" event winners at this year's Women's Bon Spa in Selkirk.

McCallum wants events like the Bon Spa to get more women coming out to try curling.

"We are hoping next year to start 'learn to curl' clinics just to get people in the door and understanding what it's all about and improving their skills, and we always encourage new

curlers."

McCallum said anyone that is interested in trying curling but is unsure about how to get started can call her at 204-757-4704, and people can also call her to register a team for the 2017 Bon Spa.

## 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: 785-9755 Or 200 Eaton Ave in Selkirk  
Or email: selkirkfoundation@shaw.ca Or www.sdcf.ca
- **APPLICATION DEADLINE:** Monday, February 29, 2016

## The Street Names of Selkirk

**Pawley Place** - This street was named to honour Howard Pawley who was Premier of Manitoba.

Born in Brampton, Ontario he attended the Manitoba Provincial Normal School and taught for a short time. He soon returned to University to study law. After running unsuccessfully, first for the CCF Party and later for the NDP, his fourth attempt in 1969 proved successful. He was elected M.L.A. for Selkirk and he served in various portfolios in the government of Premier Ed Schreyer. Mr. Schreyer resigned as party leader in order to accept the invitation to become the Governor General of Canada on January 22. In 1979 Mr. Pawley was elected leader of the NDP. After the general election of 1981 he became Premier and served in that capacity until March 1988.

Mr. Pawley had an active retirement, returning to academia where he was a respected lecturer at the University of Windsor. He also earned the respect of his peers; among the many other honours that he received, he was made a member of the Order of Manitoba and an Officer of the Order of Canada.



The Selkirk Heritage Corner, brought to you by the Selkirk Municipal Heritage Advisory Committee & The Selkirk Record

COMMUNITY ROOTS  
MANITOBA'S  
COMMUNITY FOUNDATIONS





# Annual Ride for Rehab to benefit children in need

By Lindsey Enns

This year's Ride for Rehab will guide snowmobile enthusiasts through trails in Riding Mountain National Park while raising funds for the Children's Rehabilitation Foundation.

Jason Sargent of Steeltown Ford in Selkirk, his son Owen and a group of nearly 40 riders will take to the trails next month in memory of his brother, Scott who died in a snowmobile accident in 2004.

"It's been 11 years but it feels like it happened just a couple years ago, it's still just so vivid," Sargent said, adding Scott was an avid snowmobiler. "He loved it and we did a lot of snowmobiling together. It was a family sport we grew up snowmobiling and I am still very involved in the sport."

The 13th annual Ride for Rehab will take place on Feb. 18 to 21 at the Elkhorn Resort Spa and Conference Centre in Clear Lake.

Riders will make their way through trails in Riding Mountain National Park for two full days.

To register for the ride, contact the foundation's fund development and event co-ordinator Adell Gauthier at [adell@crf.mb.ca](mailto:adell@crf.mb.ca) or 204-477-4587.



SUBMITTED PHOTO

Snowmobilers take to the trails during last year's Ride for Rehab. This year's ride will take place on Feb. 18 to 21 in Clear Lake. All funds raised will go to the Children's Rehabilitation Foundation.

Sargent said his team will be raising funds in memory of his brother Scott. He said they hope to raise more than \$20,000 this year.

"We're just going to donate all of this

money back to the children," he said. "All of the money that I raise and my team raises goes to children in this area that need help.

"It was something that my brother

wanted and to just keep his memory alive. There's a lot of children in the area that benefit from it."

To make a donation to Sargent's team, visit [steeltownford.com](http://steeltownford.com) and click on the "Children's Rehabilitation Foundation" link at the bottom of the home page. Donations can be made online, mailed or dropped off in person at Steeltown Ford in Selkirk until the end of February.

The Children's Rehabilitation Foundation is a Manitoba charity dedicated to helping children with disabilities and special needs be as independent as possible.

Since its inception, the Ride for Rehab has raised more than \$780,000. Each year \$30,000 from the ride goes towards the foundation's bike clinic where bicycles are modified so children can be out riding with friends and siblings. Funds are also used to purchase individualized equipment for children on the foundation's waitlist, such as iPads, laptops, specialty software and communication and speaking devices, specialized bikes, sporting equipment and mobility equipment such as walkers and wheelchairs.

## Leaders explore waste management alternatives in Manitoba

Staff

Leaders from across Manitoba were given a lesson in waste management from experts hailing from the Netherlands during a three-day workshop last week.

As part of the Capital Region leaders' efforts to develop a Regional Growth Strategy (RGS) – a long-term regional vision and action plan – the Partnership of the Manitoba Capital Region (PMCR) invited delegates and global leaders in waste management from the Netherlands to Winnipeg for a three-day event to talk with knowledge institutions, local government, business and industry experts.

The objective was to form an integrated regional approach for managing waste, protecting our environment and to develop opportunities

to transform our waste to wealth, according to a release.

"From Waste to Resource: An Integrated Approach" was a full day workshop held on Jan. 28 at Winnipeg's Metropolitan Entertainment Centre that saw more than 100 participants from across waste management sectors in the Manitoba region.

Over the three-day visit with the delegation from the Netherlands, experts in soil, water and waste management along with government officials such as Ruud Cino from the Ministry of Infrastructure and the Environment, had the opportunity to review the Manitoba context, discuss mechanisms for better collaboration be-

tween knowledge institutions, local government, business and industry and introduce new and innovative practices being undertaken globally. Integrated process have been introduced and adopted successfully across the globe, many introduced by experts from the Netherlands, according to the release.

The Consul General of the Netherlands, Mr. Anne van Leeuwen will attend the conference in Winnipeg. "There are great opportunities for cooperation between the Netherlands and Manitoba in the field of waste

management," he said.

Although the climate and population density differ between Manitoba and the Netherlands, the conference allowed experts from all areas to develop suggestions while exploring innovative solutions that are relevant to Manitoba.

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# Study links suicidal thoughts with mood disorders

## 1 in 5 indigenous adults living off reserve have contemplated suicide: StatsCan

By Dave Baxter

Jim Bear believes it's up to First Nations communities to help their people deal with mental illness and thoughts of suicide.

The chief of Brokenhead Ojibway Nation said many residents in First Nations communities and ones who leave those communities struggle to deal with what they have gone through in the past, and that can lead to mood disorders, mental illness and thoughts of suicide.

"A lot of it stems from the residential schools and from government policies that have taught us to be dependent," Bear said. "We need both traditional and mainstream counselling."

Earlier this month Statistics Canada released a new study that shows more than one in five indigenous adults living off-reserve say they've contemplated suicide at some point in their lives.

Suicidal thoughts were higher among First Nations people living off-reserve and among Métis and Inuit adults, than among non-indigenous

adults.

The study linked suicidal thoughts with the prevalence of mood disorders and with people's perceived self-worth.

"You have to address your spirit and I don't tell anyone how to address their spirit, but the answer is within you, and if you have a healed spirit and the ability to forgive you can get over the anger and hurt of the things that have happened to us," Bear said.

Bear added people dealing with a painful past can pass down those emotional issues to their children leading to a cycle that is difficult to break.

"If we want to move on we have to forgive and get into healing programs. We have to break that at some point in time because it's intergenerational, and it's a cycle."

Bear said he believes Brokenhead Ojibway Nation is offering services that can help community members deal with mental illness and other emotional challenges.

"We need a lot of healing in the com-

munities, but we have some excellent staff and excellent programming going on in the community to deal with these types of things," he said. "We have healing programs and self-help groups."

He said they also have to get more residents in the community working, but also get people into a place in their lives where they are ready to enter the workforce.

"That's all part of it, but they have to feel good about themselves before they can go to work," Bear said. "I don't know anyone that wants to stay on social assistance. People want to work."

Selkirk Friendship Centre aboriginal language co-ordinator Marie Walker said suicidal thoughts and cases of suicide are prevalent among indigenous people and is also prevalent in young people.

"It's heartbreaking when you hear of 11-year-olds committing suicide," Walker said. "When I was 11 you didn't even know what suicide was."

"And I've had kids tell me that when they were young they wanted to be dead, and said they felt that way before they even knew what that meant."

Poverty is leading to problems with

people's mental health among the indigenous community, Walker said.

"It's coming from the poor upbringing, the poverty, so we have to be providing opportunities."

The Interlake Eastern Regional Health Authority (IERHA) offers a range of crisis services to residents in the region.

A 24-hour crisis line with access to mental health support can be reached at 204-482-5419, or toll free at 1-866-427-8628.

IERHA also offers a crisis stabilization unit, (CSU) an eight-bed nurse managed facility for individuals 15 years and older, who are voluntary, and in apparent psychosocial crisis.

Located in Selkirk, the CSU provides assessment, short-term crisis intervention, treatment, and referrals to needed supports, and can be reached toll-free at 1-888-482-5361 or at 204-482-5361.

The mobile crisis centre, an outreach program for people of all ages experiencing a mental health or psychosocial crisis operates seven days a week for adults and Monday to Friday for youth and children, and can be reached toll-free at 1-877-499-8770 or at 204-482-5376.

## Study sheds light on severity of child sex abuse in Canada

Staff

A new study by the Canadian Centre for Child Protection is reinforcing concerns regarding the scope and severity of child sexual abuse imagery.

The report entitled, "Child Sexual Abuse Images on the Internet: A Cybertip.ca Analysis," is based on the review of close to 152,000 reports, examining 43,762 unique images and videos classified as child pornography.

"What makes this particularly concerning is the very young age of the children in the images," Canadian Centre for Child Protection executive director Lianna McDonald said in a release last Thursday. "These children are most likely being sexually abused by someone they know."

"Not only is it devastating for a child to be abused, but to have the abuse recorded and distributed on the Internet adds another layer of trauma."

Nearly 80 per cent of the images assessed by Cybertip.ca depicted children under 12 years of age, the majority of which were under the age of 8, and nearly seven per cent were babies or toddlers. Fifty per cent of all images

showed explicit sexual activity and assaults, and almost 70 per cent of the images appeared to have been taken within a home setting.

Selkirk will host a "Virtual Realities" presentation at the Canalta Hotel on Feb. 24 and 25. The two-hour presentation will touch on the Internet, how children are accessing it and what they are accessing. It will also advise parents, caregivers and teachers how to protect children from hidden forms of child sexual exploitation.

For registration forms or additional information contact Trish Glass at 204-785-8224 or via email at [tglass@lssd.ca](mailto:tglass@lssd.ca).

"Child sexual abuse and exploitation is a particularly horrific crime," said RCMP Commissioner Bob Paulson. "That is why we continue to focus our policing efforts to rescue victims and help bring those to justice who misuse technology to victimize children. We need to enhance the tools law enforcement requires to prevent and investigate these serious crimes against children."

Continued on page 21



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## Manitoba small biz confidence falls in January

Staff

Small business optimism in Manitoba fell five points in January, according to the Canadian Federation of Independent Business's latest report.

The CFIB's Business Barometer index shows small business optimism in Manitoba fell five points to an index of 61.4 in January from an index of 66.4 in December.

This index level is below Manitoba's five year average of 63.5 and above the national index of 54.3.

"The lack of a competitive small business climate in Manitoba leaves entrepreneurs with little protection from the economic drag of global and national factors," CFIB's director of provincial affairs for Manitoba Elliot Sims said in a release last week. "With tax and regulatory costs cited as the largest constraint of Manitoba entrepreneurs, clearly the provincial government has a role to play in ensuring its policies help, not hinder small business growth."

Nationally, the almost steady decline in small business optimism seen through 2015 has stayed on trend for the first month of 2016, according to the release. The Business Barometer Index reached a new post-recession low of 54.3 in January — about 10 points below the level associated with normal economic growth.

"We're still caught in the throes of the fallout from the flailing resources sector that's been sending Alberta spiraling downward and dragging the rest of the country along with it," said Ted Mallett, CFIB chief economist. "The weak dollar is also sinking confidence — this month saw a record response (38 per cent) in businesses feeling squeezed by currency-related costs."

Optimism dropped three points in British Columbia to 62.8. Alberta set yet another Barometer record low, falling to 28.8, far and away the weakest in the country and 26 points below their score in January of 2015.

Saskatchewan rose two points to 58.7, while Manitoba fell five points to 61.4. Ontario dropped to 58.4, its lowest mark since 2013 and well behind Quebec, which saw a two point jump to 61.2, one of its best readings since 2013. Newfoundland and Labrador's slipped to 63.2. Nova Scotia fell two points, but its 69.0 mark is the strongest in Canada by far. New Brunswick's confidence rose to 62.8. Prince Edward Island fell a point to 60.3.

## Cooley's Ice Park takes shape in Gimli

By Patricia Barrett

Last month Stonewall artist Ralph Tanchak was atop his industrial-strength ladder in Cooley's Ice Park in Gimli carving a lighthouse with his snow chisel.

Using barbecue skewers for markers, Tanchak chipped away the snow and checked all the angles with a carpenter's level.

The slight increase in temperature didn't have the snow sculptor worried, although he did point out a few tiny areas on the lighthouse that were starting to melt.

"Things like leaves, grass, dirt pellets, sand or gravel — all these particles speed up the deterioration of the snow block or sculpture," said Tanchak.

Around a twig the size of a sewing needle, a small circle of ice had formed — the start of the melting process.

"Sometimes it's tough to get clean snow," said Tanchak.

To prep the ground for the hockey-themed sculpture he'll be carving in his yard in Stonewall, the versatile artist cleared away as much woody debris as possible in the autumn.

Rather than shovel it in, Tanchak prefers to blow snow into the wooden forms that set the blocks like Jell-O.

"The snow that goes through a blower — it breaks down into smaller particles and packs together tightly with little space for air."

Tanchak took first prize at Festival du Voyageur in 2009 for a rose sculpture, which made him eligible for the 2010 International Snow Sculpting Symposium. For that he carved the head of a thunderbird, killer whales and an inuksuk to represent the West Coast for the Vancouver Olympics.

"I'm nowhere near Michelangelo," said Tanchak, who will be heading to Festival du Voyageur after he completes Gimli's snow sculptures.

Tanchak's wife Patricia, who creates textile art, came out later in the week to polish his skates.



RECORD PHOTOS BY PATRICIA BARRETT

ABOVE: Ralph Tanchak worked on the second of his fifth snow sculpture — a lighthouse — in Cooley's Ice Park last month. BELOW: The skates sculpture in front of the children's skating rink awaits a bit of polishing.



### TRI-S OUTDOOR Soccer Registration

Registration for all Outdoor teams will run from January 30th to February 15th. We are looking for players born in 1998-2007 for teams to play in the Winnipeg Youth Soccer League.

We will also be having a free player clinic for all new and non Tri-s Members February 3rd and 10th. Parents, Coaches, and Refs interested in Tri-s Soccer are welcome. No experience necessary the clinic is for non Tri-S players born 2004 to 2009

To register for the season or more info on the player clinic and information night please go to [www.trissoccer.com](http://www.trissoccer.com).



# get inspired

> MEAL IDEAS

THE **Marketplace**  
AT SELKIRK

## Big batch beef and root veggie stew



### Ingredients

2 tbsp (25 mL) vegetable oil  
4 carrots, cut into bite-size chunks  
4 stalks celery, thickly sliced  
2 onions, chopped  
2 tsp (10 mL) dried thyme  
1 tsp (5 mL) dried rosemary  
Pepper  
3 lbs (1.5 kg) stewing beef, cut into 1-inch (2.5 cm) pieces  
4 cups (1 L) reduced-sodium beef broth

1/4 cup (50 mL) tomato paste  
2 tbsp (25 mL) red wine vinegar or balsamic vinegar  
1/4 cup (50 mL) all-purpose flour  
2 cups (500 mL) 1% milk, divided  
2 lbs (1 kg) potatoes, peeled if desired (about 4), cut into 1-inch (2.5 cm) pieces

Dijon mustard, prepared  
horseradish or steak sauce (optional)

### Directions

In a large, deep pot, heat oil over medium-high heat. Sauté carrots, celery, onions, thyme, rosemary and 1/2 tsp (2 mL) pepper for about 10 minutes or until onions are softened.

Stir in beef until well mixed and pieces are separated. Stir in broth, tomato paste and vinegar; bring to a simmer, scraping up any bits stuck to pot. Reduce heat to medium-low, cover and simmer, stirring often, for 45 minutes or until beef is starting to get tender.

In a saucepan or microwave-safe measuring cup, heat 1-1/2 cups (375 mL) of the milk over medium heat on stovetop or on Medium (50%) power in microwave until steaming. Whisk flour into remaining cold milk.

Uncover stew, increase heat to medium and stir in potatoes. Stir in flour mixture, then hot milk until blended. Reduce heat and simmer, stirring occasionally, for 30 to 45 minutes or until beef and potatoes are tender. Season to taste with pepper. Stir mustard, horseradish or steak sauce into each serving, if desired.



## Cheddar Beef Enchiladas

Yield: 2 casseroles (5 to 6 enchiladas each)

### Ingredients

1 pound ground beef  
1 envelope taco seasoning  
1 cup water  
2 cups cooked rice  
1 can (16 ounces) refried beans  
2 cups shredded cheddar cheese,

divided

10 to 12 flour tortillas (8 inches), warmed

1 jar (16 ounces) salsa

1 can condensed cream of chicken soup, undiluted

### Directions

In a large skillet, cook beef over medium heat until no longer pink; drain. Stir in taco seasoning and water. Bring to a boil. Reduce heat; simmer, uncovered, for 5 minutes. Stir in rice. Cook and stir until liquid is evaporated.

Spread about 2 tablespoons of refried beans, 1/4 cup of the beef mixture and 1 tablespoon cheese down the center of each tortilla; roll up. Place seam-side down in two greased 13x9x2-inch baking dishes.

## Sliced Steak With Crispy Polenta

Serves 4

### Ingredients

1 1-pound lean flank steak, trimmed  
1/2 teaspoon ancho or regular chili powder  
1/2 teaspoon salt  
1 16-ounce tube fat-free polenta, cut into 12 slices  
1 1/2 cups fresh or thawed frozen corn kernels  
1 red bell pepper, chopped  
1/2 red onion, chopped  
1 jalapeño pepper, seeded and minced  
2 tablespoons chopped fresh cilantro

### Directions

1. Spray ridged grill pan with nonstick spray and set over medium-high heat. Sprinkle steak with chili powder and salt. Place steak in pan and cook until an instant-read thermometer inserted into side of steak registers 145 F for medium, about 5 minutes on each side. Transfer steak to cutting board and let stand 5 minutes. Cut on a diagonal into 16 slices.

2. Meanwhile, spray boiler rack with nonstick spray and preheat boiler. Arrange slices of polenta on rack and broil 5 inches from heat until crispy and heated through, about 2 minutes on each side.

3. Spray medium skillet with nonstick spray and set over medium heat. Add corn, bell pepper, onion, and jalapeño pepper; cook, stirring, until softened,

about 5 minutes. Remove skillet from heat and stir in cilantro.

4. Place 3 slices of polenta on each of 4 plates and top each serving with 4 slices of steak.

Divide corn mixture evenly among plates.

Do it faster: To neatly and quickly remove the kernels from an ear of corn, place a bowl in the sink, stand the corn on end inside the bowl, and cut off the kernels with a knife. Any fly-away kernels will end up in the sink.



## BINGOS

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Lucky 7 in 24#s or less \$2,803+  
Mini Loonie \$1,377+

Combine salsa and soup; pour down the center of the enchiladas. Sprinkle with remaining cheese. Bake one casserole, uncovered, at 350 F for 20 to 25 minutes or until heated through and cheese is melted. Cover and freeze remaining casserole for up to 3 months.

To use frozen casserole: Thaw in the refrigerator overnight. Cover and bake at 350 for 30 minutes. Uncover; bake 5 to 10 minutes longer, or until heated through and cheese is melted.

## Romance on the Beach

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# Dairy Farmers of Manitoba hosts dinner in revamped barn

By Jennifer McFee

Dinner guests at a local dairy farm milked the unique event for all it was worth.

A barn at Rosser Holsteins was transformed into a spectacular venue for the first-ever Grazing in the Barn event, hosted by the Dairy Farmers of Manitoba.

The sold-out event brought together 50 people for a six-course meal, rich in delicious dairy products, prepared by chef Ben Kramer.

Jason Brandes, market development director for Dairy Farmers of Manitoba, said the group had been toying with the idea of hosting a winter event after four successful Grazing in the Field events held every September since 2012.

For those marquee events, 100 dinner guests enjoy a seven-course meal on the front lawn of a Manitoba dairy farmer's home. Creating a connection between people and their food source, the meal features local food, some-

**"IT'S HARD TO BELIEVE  
WHAT YOU FIND INSIDE  
BECAUSE IT'S JUST A  
GORGEOUS INTERIOR."**

times including milk from the actual farm.

The Holtman family was open to the opportunity of renovating an empty barn on their property that was only being used to store machinery.

"We spent a few years talking about this and it just came to fruition recently. We decided to go to the Dairy Farmers of Manitoba board and we presented them with an idea through Thomas Builders, which is a local building firm that really prides itself on working with agriculture," Brandes said.

"They came up with beautiful con-

cept for taking the barn and making it into the space we've turned it into, which is a true surprise when you open the door and step inside. It's hard to believe what you find inside because it's just a gorgeous interior."

The barn now features running water, heating ducts and lighting, with the hopes that other groups might want to use it for similar farm-to-fork events.

Based on the success of the first Grazing in the Barn event, the venue is ideal for an unforgettable evening.

On Saturday, Jan. 30, dinner guests converged at a central location in Winnipeg to be picked up by Motor Coach. They had the opportunity to witness an evening milking and visit the milk house to learn about milk storage, pickup and delivery.

Dairy farmer Henry Holtman spoke to the crowd about the family's herd of 550 milking cows, highlighting the pecking order and different temperaments.

Then the coach drove them to the Holtmans' home property, a few minutes away, where they were directed to the dinner barn.

Chef Kramer catered the event, which featured dairy products by Agro-Pur (Natrel) and Bothwell Cheese along with items that Kramer had canned himself. Wine pairings were provided by Banville & Jones provided, and Bacardi was another sponsor.

"We like to make sure that people have an opportunity to see that their food comes from a really safe place and that their animals are treated really well," Brandes said.

"It's nice to give that opportunity for the general public to see that families live on these farms and they're open and willing to let anybody come by and look."

During the meal, guests had the chance to visit two Holstein calves in a pen at the back of the barn for a true sense of where their dairy originates.

## > VICTIMS REQUIRE SUPPORT, FROM PG. 18

The report also highlights that more needs to be done to identify these victims, stop offenders and reduce the online availability of this content.

The report suggests building public awareness on the issue of child sexual abuse and encouraging adults to report these instances.

Victims whose sexual abuse has been recorded and distributed online also require specialized support services.

"As a victim of this most horrific form of child sexual exploitation, I have felt alone, misunderstood and helpless," said a survivor of child sexual abuse whose images were distributed online. "It is time for the world to understand child pornography and the unimaginable impacts it has on us, the victims."

"We need to find our voice to help those who wish to better understand and help us."

The Canadian centre will be conducting a survey of the first generation of victims whose abuse has been distributed online and has put together a working group of international experts to assist in its efforts.

The goal of the survey will be to learn about the unique impacts experienced by this population as well as determine what policy, legislative and therapeutic changes are required to respond to the unique needs of these victims, according to the release.

The Canadian centre will collaborate with the working group and set out a series of recommendations in

late spring with regards to improved intervention and responses to victims of child sexual abuse imagery.

A report will also be shared on best practices and considerations related to addressing this population's needs.

"It is time that as a society, we take responsibility for the harsh realities that these victims face when the sexual abuse perpetrated against them has been recorded, posted and shared online," McDonald said. "Victims often describe the lack of control over the ongoing sharing of their abuse images and the public accessibility as one of the most difficult aspect to overcome – and this needs to change."

The Canadian Centre for Child Protection in collaboration with international partners will be reaching out to encourage other potential victims to come forward and seek assistance.

A video message of hope has been recorded by a survivor whose sexual abuse was recorded and distributed on the Internet in an effort to reach other victims.

The Canadian Centre for Child Protection is a national charity which goal is to reduce child victimization by providing programs and services to the Canadian public.

Owned and operated by the Canadian Centre for Child Protection, Cybertip.ca is Canada's national tipline for reporting the online sexual exploitation of children.

In operation since September 2002, Cybertip.ca was adopted under the Government of Canada's National Strategy for the Protection of Children from Sexual Exploitation on the Internet in May 2004 and has continued to be an integral component of this strategy, along with the RCMP's National Child Exploitation Coordination

Centre.

On average, Cybertip.ca receives more than 3,000 reports per month. Reports to Cybertip.ca have resulted in law enforcement arresting at least 550 individuals, and the removal of 488 children from abusive environments.

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# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Buffie to receive Lieutenant Governor medal

By Brian Bowman

One of Selkirk's own will soon be receiving a very prestigious award.

Michael Buffie will be awarded one of two Lieutenant Governor medals when he graduates from his Computer and Business Technology Teacher Education program at Red River Community College on Feb. 9.

The award recognizes students for their academic achievement and volunteer service within the community.

Buffie has been an exemplary volunteer in the community. He is the head baseball coach with the Selkirk Royals and is a former assistant coach with the boys' hockey team.

Royals' athletic director Scott Gurney said Buffie has been a valuable member of the high school coaching staff.

"Michael's volunteered countless hours with our sports teams at the Comp," said Gurney in an email Monday evening. "He's played an assistant coach role with the boys' hockey team and, more recently, he's taken over the reins of the baseball team.

"It's gratifying to see young people like Michael returning to contribute to the programs that he benefitted from when he was in school. To be able to coach and still maintain this level of academic success is impressive and really appreciated."

Buffie said he enjoys coaching high school sports.

"I've loved coaching the baseball and helping out with the hockey teams," said Buffie, who has earned a 3.6 grade-point average with his university courses. "It's been a huge opportunity for me and I've gained so much experience and learned so much by being part of those programs.

"It's had a huge influence on my career and growing as a teacher."

There's a myriad of reasons why he coaches youth sports, Buffie said.



RECORD PHOTO SUBMITTED

Michael Buffie of Selkirk will soon receive a Lieutenant Governor medal for his volunteer work in the community.

"It all started when I was 18 years old and I was asked to help coach a hockey team," said the 27 year old last week. "And that really grew my passion in working with youth sports and working with kids. Since then, I've really focused a lot in working with children and that's why I decided to get into education."

Buffie said he immensely enjoys seeing the athletes develop during the course of a season.

"I love seeing teams grow together and the camaraderie that allows them to build something bigger than what they could do individually," he said. "It's awesome to see – I love working with kids."

After graduation, Buffie's goal is to get a full-time teaching job by September, preferably in the Lord Selkirk School Division.

Buffie is a graduate of the Lord Selkirk Regional Comprehensive Secondary School, and has also volunteered as a coach in the Lord Selkirk Minor Hockey Association.

In 2010, Buffie was asked to take over as the Referee-in-Chief and Officials Assignor for LSMHA. This volunteer position is tasked with preparing and developing hockey officials in Lord Selkirk.

"The most integral part to ensuring success of our officials' program was to develop a sense of community and belonging among the officials," said Buffie, who currently coaches the Lord Selkirk Fishermen 13A1 team and helped coach the Lockport Lancers Grade 7 volleyball team this past season.

"This is a skill and strategy I will continue to use in my teaching career."

In the community, Buffie has also worked with the City of Selkirk on a number of projects. He enjoys volunteering his time to the local community.

"Growing up, the LSMHA, LSSD and the City of Selkirk provided me with a variety of programs that enriched my childhood," he explained. "Having the opportunity to give back to those programs has been an amazing experience."

"The opportunities presented to me through all three associations has provided me with so many learning opportunities and the opportunity to build relationships within the community."

Those projects include after-school programs, spring and summer day camps, and before- and after-school skating programs. Buffie said he learned a lot working in those programs.

"Being involved within my community helped me build leadership skills and relationships with others," he noted. "Having these skills and confidence will help to make me the best teacher I can be."

## Selkirk Fishermen storm past OCN in OT

By Brian Bowman

The Selkirk Fishermen won a hockey game the old fashioned way on Saturday against the OCN Storm. They earned it.

Selkirk trailed 4-1 late in the second period but fought their way back for an impressive 5-4 overtime victory over OCN.

Karl Fey scored on the power play with 5:55 left in the second period and then Selkirk tied the score at 4-4 with a pair of third-period goals from Milan Horanski.

Horanski's second goal came with the man advantage at 18:17 of the third. Selkirk dominated that third period, outshooting OCN 19-6.

The Fishermen then continued their power-play prowess in OT as Jeremy Pachkowsky scored the unassisted game winner. Pachkowsky leads Selkirk

with 28 goals and 43 points through the club's first 30 games.

While the Fishermen finished the game on a fantastic note, Selkirk didn't start that great in the first 9:05 of the game as they quickly trailed 3-1.

OCN's Tyrel Buechert and Selkirk's Coel Forsyth traded goals early in the game and then the Storm took a 3-1 lead on goals by Camacho Lathlin and Lodie Ipeelee.

Lathlin then made it 4-1 at 6:49 of the second period.

Selkirk was 3-for-9 with the man advantage while OCN was 0-for-4. The Fishermen outshot the Storm 46-34 as Jordan Liske earned the win.

On Jan. 27, Pachkowsky scored four times to lead the Fishermen to a solid 6-4 road win over the Lunder Falcons.

Selkirk, which held period leads of 3-0 and 5-1, also received first-period goals from Drayton Mendrun and Kale Ilchena.

Trent Laycock scored for Lunder in the second period and then Cody Paul, on the power play, Brenden Carlson and Terence Roulette tallied in the third.

With 32 seconds left in the second period, things got a tad ugly with a dustup that resulted in a couple of fights and several game misconducts.

Riley Bannerman made 37 saves for the win while Travis Rigden stopped 25 Selkirk shots.

The Fishermen (22-6-0-2) hosted Arborg this past Tuesday but no score was available. Selkirk will then visit Lunder Friday and North Winnipeg on Tuesday.

Both games start at 8 p.m.



# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Tri-S Soccer Club preparing for outdoor season

Submitted

Soccer. Who's thinking soccer? After all, it is still early February.

Most people don't realize that locally, soccer is a year-round sport. The Tri-S Soccer Club fields teams of all ages throughout the winter, ranging from nine to 17 years old.

Tri-S has several teams competing in the Winnipeg Youth Soccer Association which play at the University of Manitoba, the University of Winnipeg, and Seven Oaks Indoor Soccer Facility. This indoor season is drawing to a close, which will culminate with the annual Golden Boy Tournament this month.

In order for the various teams to be competitive in their respective indoor divisions, most Tri-S teams practice twice a week with a game on the weekend. The practices, or training sessions, focus on the skills required to be effective in the game and the soccer skills required to play the game.

Strategies of the game will also be explored during this time. Throughout these training sessions, fitness (with an aerobic emphasis) plays a large role.

"On average, a professional player will run (that is to say sprint) 11 km during a 90-minute game," said coach Jeff Hurshman. "We know that our players don't cover that kind of distance in our games, but we believe it's important to recognize potential goals."

Tri-S is a community-based club that recognizes the importance of sport in the overall health and development of children. We actively encourage multi-sport athletes to embrace their love of sport and be active in them. Soccer is an excellent off-season sport for the future NHL star in your home.

Dryland training in the off season is encouraged in all sports for all ages.

If you are looking for a new way to maintain your aerobic fitness during the off-season, or if you would like to keep that competitive edge in a team environment, then Tri-S United is a club you need to be a part of.

Registration will commenced last Saturday for the 2016 outdoor season. Unsure if soccer is for you? Come out to the free Intro to Soccer sessions on Feb. 10 to find out more about the club and the beautiful game. Meet coaching staff and



RECORD PHOTO SUBMITTED

Tri-S soccer players will soon be hitting the field for the outdoor season.

some current players.

Players just need to bring some gym shoes. Details about the program or free soccer session are at the club's website [www.trissoccer.com](http://www.trissoccer.com)

Meanwhile, the Tri-S Soccer Club has also been lining up a busy outdoor season. The Vancouver Whitecaps Camp, which was held last year with good success, will be offered this season again from Aug. 2-5.

Tri-S coaches will also be actively helping out with the local soccer groups this summer to help players and coaches learn the game. TRI-S is having free soccer lessons Feb. 3 and 10 that are open to all non-Tri-S players to participate and for coaches of East Selkirk, Selkirk, CDRA, and St. Andrews to come and watch to pick up some tips.

The Referee and Coaching Clinics are currently being set up as well. For details on anything, please go to [www.trissoccer.com](http://www.trissoccer.com), or for question, please email [info@trissoccer.com](mailto:info@trissoccer.com).

## Royals rout Eagles

By Brian Bowman

The Selkirk Royals made it look real easy against the St. John's Ravenscourt 1 Eagles in Winnipeg High School Hockey League action on Jan. 25.

Selkirk scored early and often on its way to an impressive 8-0 shutout victory in Winnipeg.

Auzzie Loewen led Selkirk with three goals and an assist while Tristen Ostrowski added a pair of goals.

Josh Giesbrecht and Gordie Longbottom each had a goal and two assists. Harley Hoydalo chipped in with a goal and an assist while Wes Hoydalo, Mike Medock and Travis Spratt each had two helpers.

Brady Hrymak earned the shutout.

Selkirk, now 14-4-0-1-1-1, will wrap up its Platinum Promotions Division regular season today when it hosts Vincent Massey in East Selkirk. Game time is 3:45 p.m.

In girls' action, the Royals were nipped 4-3 by the first-place Miles Mac Buckeyes on Jan. 25.

Meghan Cowley scored the game winner with 10:55 remaining in the third.

Kaitlyn Seed (two) and McKenzie Pelletier scored for Selkirk. Rebecca Thevenot and Randi Kuryk scored power-play goals for the Buckeyes. Elise Catellier added a first-period even-strength goal for Miles Mac.

The Royals now have a 12-8-0-0-1 record and 25 points, leaving them in sole possession of third place in the Winnipeg Free Press Division standings.

Selkirk will host the West Kildonan Wolverines on Feb. 10 at East Selkirk. Game time is 4 p.m.

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**Volleyball Manitoba**

**Boys Sessions**

Date	Time	Location
Sunday, February 7th	10:00 am - 11:30 am	East Selkirk Middle School
Sunday, February 21st	10:00 am - 11:30 am	Ashern Central School

**Girls Sessions**

Date	Time	Location
Sunday, February 7th	12:00 pm - 1:30 pm	East Selkirk Middle School
Sunday, February 21st	12:00 pm - 1:30 pm	Ashern Central School

\*Please note that there is a \$20 cost for each session

To register or for more information, please visit [www.volleyballmanitoba.ca](http://www.volleyballmanitoba.ca)

\*The age category for volleyball at the Manitoba Games is 14 and under (born in 2002 or later). The Manitoba Games take place in August 2016 in Steinbach, Manitoba. Tryouts and final team selection will occur in the spring of 2016. Athletes are not required to attend more than one of the camps listed.

Please direct inquiries to:

**Scott Koskie**  
High Performance Coach  
Volleyball Manitoba  
(204) 925-5784  
[volleyball.hp@sportmanitoba.ca](mailto:volleyball.hp@sportmanitoba.ca)

or

**Chad Whiteside**  
Technical Delegate  
Interlake  
(204) 485-4022  
[cwhiteside@lssd.ca](mailto:cwhiteside@lssd.ca)

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# Selkirk rocks Stony Mountain senior bonspiel



The Stony Mountain Curling Club held their senior Bonspiel Jan. 26-28, which was the third in a series of previous events played in Selkirk and Stonewall. Far left photo, the A-event winners included Albert Sheppard, Ken Shumilak, Dennis Leneveu, Peter Helash and skip Terry Tillett of Selkirk who defeated the Bill Tycholis rink of Stony Mountain. Middle photo, the B-event was won by the John Melnichuk rink of Stonewall, including Arlene Deprez, Ken Arbuckle and Linda Hall who defeated the Stony Mountain rink of Cornie Peters. Far right photo, the C-event winners were Ed Rootsart, Ed Cherniak, Irene Dare and Marianne Cherniak of Stony Mountain, who defeated the Mike Oleksiuk rink of Selkirk.

Manitoba Hockey Standings								Southwest	38	18	18	1	38	125	129								
MANITOBA JUNIOR HOCKEY LEAGUE								Brandon	37	18	18	0	37	106	115								
								Parkland	37	16	17	0	36	136	150								
								Interlake	37	8	29	0	16	94	185								
								Pembina Valley	37	6	28	1	15	74	173								
								Norman	37	3	32	2	8	100	228								
Winkler Flyers								AAA CITY MIDGET															
								HOCKEY LEAGUE								GP	W	L	OTL	PTS	GF	GA	
								Winnipeg Monarchs								29	22	5	0	46	160	75	
								Winnipeg Hawks								30	18	10	1	38	135	111	
								Winnipeg Warriors								29	17	10	2	36	104	85	
Winnipeg Blues								Eastman Selects								29	15	13	0	31	83	82	
								Winnipeg Sharks								30	13	12	2	31	118	120	
								Interlake Lightning								31	0	29	1	2	52	179	
								Yellowhead Chiefs								0	0	0	0	0	0	0	
								Parkland Rangers								0	0	0	0	0	0	0	
Virden Oil Capitals								AAA BANTAM															
								HOCKEY LEAGUE								GP	W	L	OTL	PTS	GF	GA	
								Winnipeg Monarchs								29	25	3	0	51	196	56	
								Winnipeg Warriors								27	22	2	1	47	184	52	
								Eastman Selects								28	16	10	1	34	137	104	
Sudan Valley Stampede								Winnipeg Hawks								28	13	14	1	27	104	94	
								Winnipeg Sharks								28	8	18	2	18	85	146	
								Interlake Lightning								30	4	26	0	8	64	199	
								OCN Blizzard								MANITOBA HIGH SCHOOL HOCKEY							
																Platinum							
Promotions Division																GP	W	L	OTL	PTS	GF	GA	
St. Paul's 1																20	16	0	1	55	110	30	
Oak Park																20	17	1	1	54	96	33	
Selkirk Steelers								Vincent Massey								20	13	2	2	47	96	37	
								Lord Selkirk								21	14	4	1	46	72	43	
								Garden City								20	9	8	1	32	57	67	
								Kelvin								21	5	8	2	28	61	68	
								River East								21	8	11	0	26	60	75	
Dauphin Kings								Sturgeon Heights								21	6	12	2	21	37	89	
								College Jeanne Sauve								19	4	12	1	17	48	68	
								Stonewall								20	2	17	0	7	25	72	
								SJR1								21	1	20	0	3	31	111	
								Waywayseecappo								Womens-Free Press							
Division 2																GP	W	L	OTL	PTS	GF	GA	
Miles Mac Buckeyes																21	20	0	1	41	100	17	
CSHC Huskies																21	14	7	0	28	87	52	
Selkirk Royals																21	12	8	0	25	113	52	
Wolverines								Glenlawn Lions								21	11	9	1	23	51	62	
								Beliveau Barracudas								20	9	9	1	20	64	69	
								West Kildonan Wolverines								20	2	16	1	5	39	123	
								SJR Eagles								18	2	15	0	4	33	112	
								Neepeewa Natives								*STATS AS OF TUESDAY, February 2							

# Provincial bound



Petersfield Curling Club's Ryan Wiebe (left) and Randine Baker (middle) will represent the Interlake at the 2016 Asham U18 Mixed Doubles Curling Provincial Championships at the East St. Paul Curling Club March 3-6. The duo won the regional qualifier in Stonewall Jan. 31. Darrel Argan from the Stonewall Curling Club presented crests to the winners.



# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Steelers earn weekend split with Steinbach

By Brian Bowman

Steinbach, once again, has proved to be a tough place to play for the Selkirk Steelers.

The Pistons skated to a 6-3 home victory over the Steelers in Manitoba Junior Hockey League action Saturday evening. Steinbach outshot Selkirk 47-28, according to the league website.

"I wouldn't put too much in that shot thing," cautioned Steelers' head coach Wayne Bartley. "I don't know who counts those shots but they did outshoot us in the third period. I think they had 10 or 12 shots in the second period on a 5-on-3 and that really raised up the shot count, which we killed off."

After Dallas Starodub gave Selkirk an early 1-0 lead, Steinbach came right back with goals from Tyler Anderson and Bradley Schoonbaert before the game was 6:50 old.

Mark Wilson tied the score at 2-2 at 14:22 of the opening period but Quinton Lisoway and Daniel Taillefer (shorthanded) scored for the Pistons.

Lisoway and Mackenzie Graham, on the power play, put Steinbach up 6-2 in the third and then Riley Derlago closed out the scoring with a late goal.

While Steinbach scored once on the power play and another time shorthanded, Selkirk was 0-for-5 with the man advantage.

The Steelers started the weekend with an impressive 3-2 shootout win over the second-place Pistons.

Ty Kraus, Jake Dudar, and Derlago each scored for Selkirk in the shootout while Schoonbaert was the lone Steinbach player to beat Dola.

Dola was very good in goal for Selkirk, making 40 saves.

"It would be nice to bring that game Friday out every night," Bartley said. "But that's the trouble that we've had all year. We have a young team and (it's rare for them) to bring that intensity level every night."

Selkirk took a 1-0 first-period lead on a goal by Victor Knaub and then Derlago tallied just 46 seconds into the second.

Cole Smith cut the Steelers' lead in half with a goal late in the middle frame and then Schoonbaert tied the score at 2-2 with a power-play goal at 7:16 of the third.

On Jan. 26, the Steelers were whipped 8-3 at home



RECORD PHOTO BY BRETT MITCHELL

The Steelers' Cole McCartan scored in the second period to give Selkirk an early 2-0 lead, but Winkler came back to win the game 8-3.

by the Winkler Flyers.

Selkirk's Ezra Hall scored the lone goal in the first period and then Cole McCartan made it 2-0 early in the second.

But Winkler closed out that period with goals from Thomas Mansbridge, Nico Labossiere and Scott Gall. Gall's goal came with the man advantage at 18:54 of the period.

Early in the third, Kayden Jarvis and Tristan Keck scored just 1:18 apart to put Winkler up 5-2. Nate Hooper tallied to pull the Steelers to within a pair of goals but the Flyers' Jeff Mishiels, Mansbridge and Cam Whyte scored to give Winkler the lopsided win.

The Steelers (20-25-2) will have a pair of games

this weekend. Selkirk will host Virden Friday and then will travel to Dauphin to battle the Kings on Saturday.

Dauphin is hosting a "free ticket night" which the Kings expect to bring in a crowd around the 1,800 mark.

This weekend is the start of a busy stretch of 11 games in 23 days for Selkirk.

"It's an important month for us, for sure," Bartley said. "We have 13 games left and nine are on the road. We have four home games left and we play a lot of teams that are neck-and-neck with us or just below us in the standings."

"These two games this weekend are very important for us."

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**MISCELLANEOUS**

Ash burial plot, Waverley Memorial Gardens. \$725. Call 204-785-1067.

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4			9		1	7	2	
		6						5
		5		8				
		9	6					
					4		7	
						6	4	
	7					8		
				3	8			4
9				2			1	

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Level: Intermediate

**Here's How It Works:**

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

4	1	8	5	2	7	8	9	6
7	9	6	8	8	2	2	5	1
2	5	8	6	9	1	7	4	3
6	7	9	8	1	8	2	2	5
8	2	2	7	6	5	1	8	9
1	8	5	2	7	9	6	7	8
8	6	7	9	8	2	5	1	7
5	8	1	2	7	8	9	6	2
9	2	2	1	5	6	8	8	7

Sudoku Answer

O	A	V	H	B	T	O	S	E	R	C
N	O	L	N	I	T	O	H	A	V	T
I	T	E	L	V	N	I	L	S	B	O
V	T	H	S	O	O	C	V	L	T	V
P	V	S	V	V	H	C	V	S	L	V
H	U	N	I	O	D	I	S	E	H	E
B	B	O	C	S	E	S	N	E	S	
S	I	E	R							
S	E	N	N	V	C	N	V	O	H	
L	S	W	B	V	C	N	V	D		
S	N	O	I	S	E	H	E	W	S	B
N	W	E	S	T	V	C	D	N	D	K
H	A	S	N	O	I	C	V	G	V	S
L	H	G	I	N	L	V	S	T	N	O
L	E	N	G	I	S					

Crossword Answer



## CROSSWORD

**CLUES ACROSS**

1. Construct
6. Seal
12. Last from Kent Haruf
16. A public promotion
17. Acutely insightful and wise
18. Yemeni rial
19. \_\_\_ Lang (country singer)
20. Blue Hen school
21. Decaliter
22. Point midway between S and E
23. 12th Greek letter
24. One point S of SE
26. Pools
28. Notes of hand
30. Algerian dinar
31. Metal cooking vessel
32. Short poking stroke
34. Mountain Standard Time
35. Dark hairs mixed with light
37. Hosts film festival
39. Frost
40. Former moneys of Brazil
41. Bodily perceptions
43. Baseball great Ty \_\_\_
44. Before
45. \_\_\_ Caesar, comedian
47. Containerful
48. Expression of uncertainty
50. Tells on
52. Bones
54. As fast as can be done (abbr.)
56. Singer Jolson
57. Atomic #73
59. Pigeon sound
60. Jr's. father
61. 6th tone
62. Debt settled (abbr.)
63. Contrary
66. Chinese tennis star Na
67. 44th First Lady
70. Methyl phenol
71. Avid applause

**CLUES DOWN**

1. Started growth
2. Biblical Sumerian city

	1	2	3	4	5		6	7	8	9	10	11	
12						13	14						15
16				17								18	
19				20		21			22			23	
24		25			26			27		28	29		
	30			31				32		33		34	
		35	36					37		38			
	39								40				
41					42				43				
44				45		46		47			48	49	
50			51		52		53			54			55
56			57	58		59			60			61	
62			63		64			65				66	
67		68									69		
	70												
								71					

3. Where Alexander defeated Darius III
4. Something to be borne or conveyed
5. Removed earth
6. Traveled by water
7. Hirobumi \_\_\_, Japan
8. Antelopes
9. Japanese emigrant's offspring
10. For instance
11. T cell glands
12. Acorn trees
13. Burdened
14. Wound deformity
15. Has faith in
25. Title of honor
26. Someone
27. Pouch
29. Comprehensive
31. Separates with an instrument

33. Noble
36. US, Latin America, Canada
38. Snoot
39. About heraldry
41. Angel
42. Female sibling
43. Former OSS
46. Stressed-unstressed-unstressed
47. An imperfectly broken mustang
49. Call out
51. A long scarf
53. Coconut fiber
54. Scene of sports & events
55. Bodily suffering
58. Cloths
60. A way to agitate
64. No seats available
65. Linen liturgical vestment
68. Atomic #103
69. Home screen



# Classifieds

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## NOTICE

Notice of Sale pursuant to the Warehouseman's Lien Act Take Notice that Stronghold Self Storage Ltd. Shall offer for sale, pursuant to the provisions of the Warehouseman's Lien Act. Household goods in its possession to satisfy the indebtedness of: David Goodman in the amount of 842.50. The said goods and chattels are presently stored and situated at 621 Sophia Street, Selkirk, Manitoba. The said goods and chattels will be offered for sale on February 18th, 2016 between the hours of 10:00 a.m. and 12:00 P.M. Central Standard Time at 621 Sophia Street in Selkirk, Manitoba.

## NOTICE

Notice of Sale pursuant to the Warehouseman's Lien Act Take Notice that Stronghold Self Storage Ltd. shall offer for sale, pursuant to the provisions of the Warehouseman's Lien Act. Household goods in its possession to satisfy the indebtedness of: Leslie Jones in the amount of 856.15. The said goods and chattels are presently stored and situated at 621 Sophia Street, Selkirk, Manitoba. The said goods and chattels will be offered for sale on February 18th, 2016 between the hours of 10:00 a.m. and 12:00 P.M. Central Standard Time at 621 Sophia Street in Selkirk, Manitoba.

## NOTICE

Notice of Sale pursuant to the Warehouseman's Lien Act Take Notice that Stronghold Self Storage Ltd. shall offer for sale, pursuant to the provisions of the Warehouseman's Lien Act. Household goods in its possession to satisfy the indebtedness of: Terri Ann Chevrefils in the amount of 1,178.90. The said goods and chattels are presently stored and situated at 621 Sophia Street, Selkirk, Manitoba. The said goods and chattels will be offered for sale on February 18th, 2016 between the hours of 10:00 a.m. and 12:00 P.M. Central Standard Time at 621 Sophia Street in Selkirk, Manitoba.

Dr. Christopher J. Turner, N.D. and staff at the Winnipeg Naturopathic Clinic are pleased to announce that Dr. Jill Kazuk, N.D. has joined the clinic and is now accepting new patients.

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The Board of Directors wishes to announce the retirement of Mr. Les Scramstad as part-time manager of the seniors residence – a contract position. Les will be assisting the Board in selecting his replacement. We are inviting applications from interested persons with experience in property management, inter-personal skills and who are well versed in advanced computer literacy. Good salary and benefits. **Closing Date: February 18, 2016**

**Sealed applications should be addressed to:**  
Herb Dubowits,  
Chairman of the Board  
Selkirk Lions Centre  
320 Christie Ave., Selkirk, MB R1A 2L6



#1 Seller of Real Estate in the Interlake

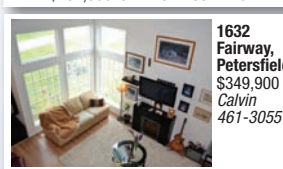
(Based on exclusive & MLS sales since 1962)



382 Purvis Blvd, Selkirk  
Kim 204-482-5806



30 Upton Rd., Lester Beach  
\$181,900 Jim 204-485-2446



1632 Fairway, Petersfield  
\$349,900 Calvin 461-3055

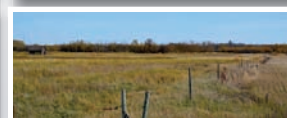
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Believe it or not, spring is just around the corner. Now is the time to speak with us about how WE CAN HELP YOU MAKE YOUR MOVE.



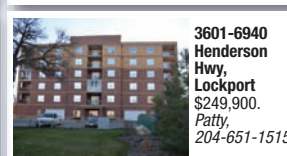
16 Autumn Wood Bay E, Beaconsfield  
\$279,000 Michael 588-7967



39 Acres, Libau  
\$39,900 Dayna 204-461-1347



521 Pacific Ave., Selkirk  
\$284,900 Mihaela 204-641-2825



3601-6940 Henderson Hwy, Lockport  
\$249,900 Patty 204-651-1515



184 MAIN ST, SELKIRK



16 Houghton Bay, Petersfield  
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Adult push walker with wheels, seat, seat belt and brakes, compl. \$300 firm; men's light blue suit, coat & blue shirt sz. XL, pants sz. 38-40 pants in-seam (leg) 30 out seam 36, immac. cond., \$100; men's purple pinned striped suit, coat & white shirt sz. XL, pants measurements same as above, \$100 - both suit, coats & pants have recently been dry cleaned & had very little use; LN sz. 9 safety shoes EC, only worn about 2 wks., \$60; BN never used EWO student desk study lamp still in box \$15; 2 - BN never used 1 black & 1 brown leather wallets w/change purse cont. on next col.

### MISCELLANEOUS

& side lock, \$15 ea.; Sunbeam 2 - slice toaster in EWO \$15. 204-785-8598 Selkirk.

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### PERSONAL

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Potatoes - Red, Yellow & Russet. Onions, cabbage, beets, turnips, parsnips & honey. Deer feed, \$9; black oil sunflower seeds, \$21. Interlake Potato Farm, phone 204-886-2676. 1 mile N. of Teulon on #7 & 1 mile E. on Rd. 95N.

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18 Creekside  
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\$387,000 The George Hacking Team

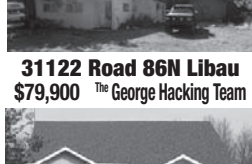
### COUNTRY



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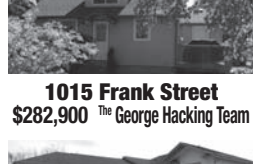
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Nanton Road - 2.09 Acres	\$109,900	Rich/Judy Moyer
Lot 2 Jacobs Lane	\$110,000	The George Hacking Team
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77 Vincent Road - Stony Mountain	\$119,900	The George Hacking Team
Lot 4 Two Mile Rd. - 6 Acres	\$119,900	Judy/Rich Moyer
1498 PR 320 - 17 Acres	\$125,000	The George Hacking Team
68 Cowan Place	\$125,000	The George Hacking Team
1488 PR 320 - 25 Acres	\$135,000	The George Hacking Team
Petersfield 4 lot subdivision & cottage 237 Tom Prince	\$195,000	The George Hacking Team
Road 88N - 332 Acres Native Pasture	\$200,000	Judy/Rich Moyer
665 Colville Rd Creekfront 7.5 Acres	\$280,000	Rich/Judy Moyer
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# Announcements

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## ANNOUNCEMENTS

### CARD OF THANKS

This past year the Teulon Rodeo Club had a very successful season of improvements at the Rodeo Grounds, including permanent holding pens, run-back alley, timed event area, new foot-bridge, and the first stage of an inside rail for the race-track. This could not have been possible without the generous support from so many people/organizations. For financial support, we thank the Interlake Community Foundation (grant), Manitoba Agricultural Societies (grant), and Sunova Credit Union (major sponsorship). For gifts-in-kind, we thank the RM of Rockwood, Town of Teulon, the Ussel Family, Arnason Industries, Trailwood Enterprises, Lee Ranches, Ross Creek Landscaping, Interlake Excavating, Fleet Brake, and the Interlake Thoroughbred Club. For valuable assistance with grants and letters of support, we thank the Teulon Rockwood Rec. Commission, the Town of Teulon office, the Teulon Ag Society, Mayor Campbell, Interlake Riding Club, Green Acres Art Centre. And of course a special thank-you to all of the members and community volunteers who donated so much of their time and efforts to make our projects come to fruition. Thank-you to everyone and to anyone who we may have inadvertently missed mentioning! We wish everyone the best in 2016, and look forward to seeing you in August.

## ANNOUNCEMENTS

### CARD OF THANKS



The Hendry family would like to thank family and friends for attending Collin's Celebration of Life and for all the cards, flowers, love and support during our time of grief! Very much appreciated by all the family!

## ANNOUNCEMENTS

### IN MEMORIAM

**Gordon Taylor**

**January 1936 – February 2012**

We often think of you in silence,  
We often say your name;  
All we have is memories,  
And your pictures in the frame.

-Always loved, Laura, Denise,  
Donny, Ralph, Amanda, Michael and Matthew

## ANNOUNCEMENTS

### ANNIVERSARY



It all began with a blind date to a dance at Jimmy's barn... A load of hogs bought the diamond ring, and on February 5, 1966 they both said "I do!".

**Happy 50th Anniversary  
Maurice and Lorraine Yurkiw!**

-Love your kids and grandkids! Xo

## ANNOUNCEMENTS

### IN MEMORIAM



**Hunter Scott**

**August 23, 2008 – February 3, 2010**

Softly in the morning,  
You heard a gentle call;  
You took the hand God offered you,  
And quietly left us all.

-Love Mommy, Kyla, Ashlyn, Emily,  
Parker, Nana, Mushum, Uncle Devin,  
Auntie Krissy, Leam, Eden and Uncle Steven

## ANNOUNCEMENTS

### IN MEMORIAM



**Catherine Krut**

**June 15, 1924 to February 2, 2013**

I love and miss you Mom,  
I wish you were here today,  
Just to say these words to you –  
I love you in every way.  
Always loved and forever missed.

-Daughter Joannie

## ANNOUNCEMENTS

### IN MEMORIAM



**Isabel Praznik**

**March 24, 1931 – February 1, 2014**

You are the heart of our family  
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## ANNOUNCEMENTS

### IN MEMORIAM



**Mary Kirner**

**February 6, 2015**

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When we were all together;  
But secret tears and loving thoughts,  
Will be with us forever.

-Love Tom, Lianne and family

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## OBITUARY

### Dennis Bell

On Monday, February 1, 2016, Dennis Bell, aged 46 years, of Selkirk, MB, passed away. A Memorial Mass will be held on Tuesday, February 9, 2016, in the Notre Dame Roman Catholic Church, Selkirk, MB, at 1:00 pm.

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



## OBITUARY

### Anne Popowich



Sadly, we announce the passing of our mom and baba, Anne on February 1, 2016 at the age of 95. Mom was predeceased by her parents; her siblings; first husband, John Cheslock; second husband, Alec Popowich and her daughter-in-law, Lynne.

She is survived by her sons, Don and Walter Cheslock and her daughter, Bev Lesiuk (Mike). She is also survived by her grandchildren, Jennifer Cheslock (George), Alex and Katy Lesiuk, sisters-in-law, Rose Popowich and Eva Beach (Dave) and brother-in-law Stan Popowich, many nieces and nephews and her Godchildren.

Mom grew up in the Rosedale area and moved to Cloverdale soon after her first marriage. Her life was difficult, having been widowed twice and raising three children on her own. She worked hard on the farm, milking up to 11 cows by hand, growing tons of potatoes and other produce to sell and overseeing the farm work.

Mom was determined to provide a better life for us, and that she did.

She was happiest when the sun was shining and she could be outside with her farm animals and in her garden. Her gardens were legendary! What she didn't use herself and keep for winter, she gave away to family, friends or donated to the church. It was usual for visitors to leave her house with jars of jam or pickles or bags of produce from her garden.

Mom loved cooking for her family and once she found their favorite food it became a frequent menu item on our visits. Her borscht, chicken soup with homemade noodles, buckwheat holupchi, creamed mushrooms and pidpanki were some of the best. When visiting mom it was always amazing how, within minutes, she could produce a meal with whatever she had on hand, with dessert, too!

One of Mom's favourite pastimes was picking berries or mushrooms in local forests. It's too bad she was directionally challenged though, as she spent many hours lost in these bushes lugging full pails for miles until she found her car! There were always additional stories whenever she went picking. She either got lost (most common), or encountered wildlife (bears, hornets) or found the most amazing area for picking which she could never find again.

Community involvement was important to Mom and she was a volunteer at the Selkirk Hospital for many years, active in the parish activities at her own church and attended fundraising events for the local churches. She especially enjoyed the perogy making days with her fellow parishioners from Blessed Virgin Mary Parish. She made good friends with this group and always looked forward to the good natured banter and the productive work they accomplished.

In later years, she slowed down but certainly didn't stop. She continued to be independent; cooking and cleaning, gardening on smaller scale and caring for her chickens and cats.

She appreciated visits from family, friends, neighbours, nieces, nephews and her Godchildren. Thank you to everyone who thought to call, write or visit.

She treasured these relationships and spoke often of all of you.

Thank you to the Emergency and Surgical ward staff of Selkirk General Hospital for their compassionate care during her recent hospital stay.

Rest in peace, mom and baba. We love you.

In keeping with mom's wishes, cremation has taken place. A Memorial Mass will be held at 10:00 a.m. on Friday, February 5, 2016 at Blessed Virgin Mary Church in Rosedale, MB, with luncheon to follow at the parish hall.

Flowers are gratefully declined.

If desired, donations can be made to the Blessed Virgin Mary Parish, Selkirk and District General Hospital or a charity of choice.

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



## OBITUARY

### Helen Solveig Sutherland (Stephanson)

January 19, 1936

– January 29, 2016



Peacefully, surrounded by her family at home, Helen was swept away to heaven by her angels.

Left to cherish her memory are her loving husband Wayne of 57 years; daughter Kelly and husband Larry, (Tara, Landon, Breanne); sons Scott, (Megan, Katelyn), Paul, partner Shelley (Alexis, Jimmy, Jodie) and Reed, (MacKenzie); daughter-in-law Brenda (Madison and Brandon) and eight great-grandchildren who stole Amma's heart.

She was blessed to have a special bond with her siblings Dianne Frost, Lorraine Fotheringham (Al), and Jack Stephanson (Brenda). She also leaves behind numerous nieces and nephews and many dear relatives and friends.

To greet her with her angel wings are her parents Steve and Jonina Stephanson and her son Parker, brothers-in-law Ray Frost and Ken Sutherland.

Her courtship with Wayne began at an innocent dance in 1957. A year and a half later they danced into marriage and for 57 years, loved each other unconditionally, raised five children, laughed and played, and always invested time for each other.

She was extremely proud of her Icelandic heritage and was quick to share stories of relatives and the Icelandic spirit. Vinarterta, rullupylsa, ponnukokur, and hardfiskur were coveted Icelandic treats. The family always enjoyed her signature dish - pickerel fish fry. She treasured her two trips to Iceland and tracing her heritage to the farm where her Grandfather emigrated from was a special moment in her life.

Helen had an adventurous soul and she and Wayne loved to travel. They traveled across Canada, the United States, Mexico, Caribbean and Europe. Walking barefoot on a beach while searching for seashells or driftwood was her happy place. Closer to home, she enjoyed time at Lake Winnipeg, whether relaxing at the cabin, in Gimli or on a boat.

After graduating from Selkirk High School she furthered her skills as a secretary. During school she worked at the local theatre, helped prepare books for her father's fishing business and landed her first full time job as a data entry clerk at Vital Statistics, clerk for the Town of Selkirk, and then as an employment clerk at Manpower.

Helen had an entrepreneurial spirit and in 1976, along with her sister Dianne, purchased Packer's Ladies' Wear in Selkirk. Considering they had limited business experience, they had enough savvy, confidence and work ethic to operate a successful business for 27 years. They were nominated in 2003 for the Lifetime Achievement Award for the Women's Business Owners of Manitoba.

Helen was an active volunteer in the community. A strong member of the Evangelical Lutheran Church, she loved to sing in the church choir and enjoyed being involved and making change as an influencing member on the Church Council. She sat on the Betel Home Foundation Board of Directors for over 20 years, was a member of the Selkirk Chamber of Commerce and Selkirk parade organizer.

She enjoyed several hobbies. As an avid gardener, she transposed their backyard into an exceptional array of colourful flowers and plants. A visit to Amma's often meant a lesson on horticulture and deadheading flowers. She enjoyed the weekly golf game with the "the girls", and liked relaxing with a good novel or crossword puzzle.

By far, her greatest passion was her family and she dedicated herself to creating memories. Countless hours were spent at dance or piano recitals, volley ball courts, swimming pools or hockey arenas. Watching a production at Rainbow Stage was an anticipated annual ritual with her granddaughters. Sequence games, cards or cribbage were not only fun, they were learning experiences for the grandchildren.

Her family would like to thank the community for the out-pouring of support shown to Helen and her family during her illness. Special thanks to CancerCare Manitoba, Dr. Randunne and Melanie, Palliative Care Nurse Specialist, for their compassion and care.

A celebration of Helen's life will be held on Friday, February 5 at 1:00 p.m. at the Lutheran Church of the Good Shepherd, 106 Sawchuk Dr., Selkirk, Manitoba.

In lieu of flowers and in keeping with Helen's wishes, donations may be made to the Evangelical Lutheran Church of Selkirk – PI Fund, PO Box 65, Selkirk MB, R1A 2B1, or the Selkirk and District Community Foundation 200 Eaton Ave, Selkirk MB, R1A 0W6 or on-line through [endowmentmanitoba.ca](http://endowmentmanitoba.ca). These gifts will be designated to the SDCF's Marine Museum of Manitoba (Selkirk) Agency Fund.

Goda nott elskan min. (Good night my love)

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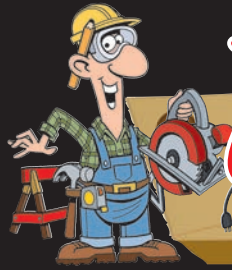
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