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The Selkirk Record

VOLUME 6 EDITION 40

THURSDAY, OCTOBER 1, 2015

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RECORD PHOTO BY BRANDON LOGAN

Community members watch as Leanne Serger, with help from a firefighter, uses a fire extinguisher to put out some flames during the East Selkirk Fire Department's public open house last Saturday. For a story and more photos, see page 13.

Bus line closure impacts women escaping violence

By Austin Grabish

The cancellation of a Saturday Winnipeg to Selkirk bus run has left women who are seeking refuge from violence in a bind, the head of a local women's shelter says.

Nova House executive director Anna Pazdzierski said the recent cancellation of Beaver Bus Lines' Saturday service leaves victims who are trying to escape violence in a difficult situation.

Pazdzierski said Nova House used the line frequently to transport clients to and from Winnipeg, including in emergency situations where victims were escaping violence.

She said women often come to Selkirk from Winnipeg because they feel safer outside of the city.

"Especially if the partner has gang involvement," Pazdzierski said.

The line's closure means clients must now find their own ride to Nova House on the weekend or the Selkirk shelter must pay the cost of a taxi. There is no Sunday bus route.

"We have no choice but to use taxi cabs and the cost of that is increasing all the time," Pazdzierski said.

This isn't the first time Nova House clients have been impacted by a route closure.

In 2012, Greyhound cut service to all of its routes in the Interlake leaving the shelter, which has no company vehicle, to rely completely on cabs.

Continued on page 4

news > sports > opinion > community > people > entertainment > events > classifieds > careers > everything you need to know

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City invites community to be part of its rebranding efforts

By Lindsey Enns

The City of Selkirk plans to rebrand itself in upcoming years as part of its strategic plan, but first it wants the community's help.

Roughly 90 Selkirk and surrounding area residents, consisting of volunteers, city staff and business members, were asked to take part in a two-day rebranding forum at the Canalta Hotel for the City of Selkirk hosted by Ion Marketing last week.

As part of the city's long-range recreation plan, Selkirk and area residents are also being asked to take part in the "Selkirk Recreation Master Plan Community Survey."

"The survey focuses on quality of life issues in the City of Selkirk and the ways that recreation and leisure services make the community a better place to live, visit, work and play," the city's CAO Duane Nicol said.

The results of the survey will also help identify any gaps in services and the priorities for needed improvements to recreation facilities and programs.

The survey takes about 10 minutes to complete and will be open until Sunday, Oct. 4. Those interested in participating can do so by visiting the City of Selkirk website at cityofselkirk.com for the link.

Nicol said they hope to have their rebranding strategy, which will include changes to the city's logo, complete by



RECORD PHOTOS BY LINDSEY ENNS AND COURTESY OF FACEBOOK

ABOVE LEFT: Community members gather at the Canalta Hotel in Selkirk last Friday afternoon for the City of Selkirk's rebranding forum. The city hopes to boost Selkirk's brand in upcoming years with help from input from the community. ABOVE RIGHT: The City of Selkirk's current logo will undergo some changes in upcoming years as part of the city's rebranding efforts.



February with plans to roll it out over the next two years.

"There's a new energy in Selkirk," Nicol said. "There's a lot of people investing into Selkirk, new life being breathed into the community, and we need a brand that reflects our progressiveness."

The city's rebranding efforts are all part of its strategic plan, which coun-

cil approved on Feb. 3, 2014.

Along with identifying the city's strengths, which include location, proud and passionate people, economic potential and amenities, the plan also pointed out the city's weaknesses. Current challenges facing Selkirk include a lack of housing, transportation, downtown development, parks and green spaces for recreation

and economic opportunity.

"Many Manitobans know very little about Selkirk, other than its association with the steel industry and mental health care facilities," the city's strategic plan states. "This is an opportune time to modernize Selkirk's branding and become more assertive in marketing the city's advantages to potential visitors, businesses and residents."

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Provincial unit seeks witnesses to police-involved shooting

Staff

Manitoba's Independent Investigation Unit is hoping witnesses to an officer-involved shooting that left one man dead will come forward and provide more information.

Winnipeg police shot the 44-year-old man in his white cargo van after following him from Transcona to Highway 59 at Kirkness Road in East Selkirk on Sept. 20.

As previously reported in the *Selkirk Record*, Winnipeg police said the shooting occurred

around 10:30 p.m. and witnesses said they saw as many as 10 to 15 police cruisers race down Highway 59.

"The IIU is asking witnesses and other individuals who may have information that may assist this investigation to contact them toll-free at 1-844-667-6060," a release from the unit stated last Friday. "Since this is an ongoing matter, no further details about the incident or the investigation will be provided."



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Residents raise concerns over new Nova House Location

By Lindsey Enns

Construction is set to begin this month on Selkirk's new Nova House, despite concerns raised by a small group of community members about its location.

Some Selkirk residents say the dead end street the shelter is to be built on near the railroad tracks along Clandeboye Avenue isn't the best location for this type of facility.

"Our concern is it's a residential, dead end, quiet street, and the city gave Nova House this property," a Selkirk resident who asked to remain anonymous said. "For us that live there, that's going to bring in much more traffic and it's not going to be as quiet."

Nova House executive director Anna Pazdzierski said the project meets all of the proper requirements and construction is set to begin sometime this month.

She added nearby residents were invited to check out plans for the new shelter and voice their concerns during an open house in July at the Gaynor Family Library.

Pazdzierski said a group of about nine neighbours were vocally not in favour of the shelter's new location, one of their concerns being increased traffic.

However, Pazdzierski said traffic shouldn't be an issue as their six or so staff members won't be parking on the street. She added those who may still have concerns about the new location are welcome to contact Nova House directly.

"They can certainly call us and talk about it," she said, adding over the past 15 years she's been with Nova House they've only had to contact the police twice.

City of Selkirk CAO Duane Nicol said although they considered other locations for the new shelter, this property was best suited for this type



ARTIST RENDERING COURTESY OF FT3 ARCHITECTURE LANDSCAPE INTERIOR DESIGN

This rendering shows plans for the front of Selkirk's new Nova House being built along Clandeboye Avenue. Once complete, the new shelter for abused women and children will host 15 shelter beds and four apartment units. Construction is set to begin this month, despite concerns raised by a small group of community members.

of facility.

"When we looked at the available lots ... we looked at the residential property for a good fit and a good fit for the program," Nicol said. "(Nova House) felt it was a really great fit for them and for the needs of their clients."

Nicol added Nova House provides "important services" for Selkirk and area.

"Domestic violence is a very serious issue," he said. "From the city's perspective, Nova House is already in the community ... we don't have complaints about its existing facility or its operations."

Although they try to keep the shelter's location confidential for the safety of their clients, Pazdzierski said nearby neighbours have been notified and it will be well-known once construction begins on the estimated \$2.3 million facility they hope to move into this time next year.

Selkirk's shelter for abused women and children serves the Interlake and North Eastman region of Manitoba along with 19 First Nations and is known for having the highest occupancy rate when compared to other locations across the province.

Since Selkirk isn't far from Winnipeg, women often seek refuge at Nova House from their abusive partners, Pazdzierski said, adding they out-

grew their current location years ago.

Their new two-storey facility will host 15 shelter beds and four apartment units for women. The project is being designed to meet Manitoba Housing and Community Development's Accessible Design Criteria and Manitoba Hydro Power Smart standards.

The City of Selkirk has contributed land and services, valued at \$300,000, and the province has agreed to provide \$1 million through Department of Housing and Community Development.

Nova House has also launched its own campaign to raise another \$1 million. The campaign was spearheaded by a \$500,000 private donation from the Jim and Betty Gaynor family.

Those in need of assistance can call Nova House's 24-hour crisis line at 1-877-977-0007 or locally by calling 204-482-1200.

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RECORD PHOTO BY LINDSEY ENNS

Stargazers across Canada were mesmerized by a blood-red moon in the sky on Sunday night as a rare lunar eclipse and supermoon happened simultaneously. Viewers across the Prairies could see the partial eclipse, when the moon starts turning red, just after 8 p.m. in Winnipeg and the total eclipse followed around 9 p.m. The last one was in 1983, according to NASA, which calculates the next one won't be until 2033.

> NOVA HOUSE HAS HAD TO PAY TAXI BILLS, FROM PG. 1



RECORD PHOTO BY BRANDON LOGAN

Nova House executive director Anna Pazdzierski says the recent cancellation of Beaver Bus Lines' Saturday Winnipeg to Selkirk bus route is problematic for women who need to get to the Selkirk shelter to escape violence.

Pazdzierski said Nova House has paid taxi bills as high as \$600 to \$800 for clients that are coming from northern parts of the Interlake.

"Our big issues are people who live in some of the more remote communities up Highway 6 or up Highway 59."

The province's Employment and Income Assistance department usually reimburses the cost of cabs, but the non-profit shelter has to pay the bill upfront, she said.

Pazdzierski hopes a smaller transit company will set up shop in the Interlake, but admits she doesn't know how that would be financially viable.

A handful of transit companies have had brief operating stints only to later close over the last several years in the Interlake.

Last October, a surge of complaints from seniors without access to transit prompted the RM of Gimli to ask the province to step in financially.

The Manitoba government had previously given millions in subsidies to Greyhound to help keep the bus line afloat.

Provincial spokeswoman Rachel

Morgan said the province would continue to monitor the transit situation concerning Nova House. However, she said the province wouldn't be re-introducing long-term subsidies for private bus companies.

"Greyhound and other carriers have stated that with a relaxed regulatory environment, they would have the flexibility to sustain operations in Manitoba," Morgan said in an emailed statement. "By moving forward with these changes Manitoba has opened the market and given it the flexibility it needs to adjust service levels to match current demands."

Last month Beaver Bus Lines president John Fehr Jr. told the *Record* part of the reason for the Saturday line closure was because of the lack of provincial subsidies.

He said his buses on the Saturday run were travelling nearly empty and without any kind of subsidy it didn't make financial sense to continue operating the route.

"It was a very tough decision," Fehr said. "It wasn't an easy decision to make by any means."

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2015 federal election

Candidates rev up their campaigns as election nears



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JOANNE LEVY

By Brandon Logan

With just over two weeks remaining until the Oct. 19 Federal Election, candidates in the Selkirk-Interlake-Eastman riding are hitting the campaign trail non-stop.

Following our recent look into Conservative Party candidate and incumbent James Bezan, and Liberal Party candidate Joanne Levy's campaigns, the *Selkirk Record* contacted the remaining three candidates running in the riding.

Nationally, the NDP have stayed near the top of most reported polls throughout the campaign and local candidate Deborah Chief hopes that is true of this riding.

Chief has been going door-to-door talking to constituents in recent weeks. She said from her talks with community members, it appears people want change from Prime Minister Stephen Harper and the Conserva-

tives.

"From what I've heard, the current government or the Harper government, they're just fed up with his leadership," Chief said. "People that I've spoken with want so see change in the government."

Chief said the NDP would be the best choice to lead, adding addressing affordable housing, seniors' issues and First Nations are big advantages they have over the current government.

Change is also the theme Wayne James and the Green Party are running behind.

While the NDP, Liberals and Conservatives have used the word 'change' throughout their campaigns nationally, James said the ideas are nothing more than "tinkering with the systems."

"There's no real change going on," James said. "Where as the Green Par-

ty is offering real change in the sense that we recognize what we're doing here on the planet with our ever expanding capitalist system of economics isn't sustainable.

"In fact, it's destroying our environment around us."

James said his party would address these problems head on instead of putting a "band-aid on top of a band-aid," which he says is what other parties are doing.

Rounding out the five Elections Canada official candidates is Libertarian Donald Grant.

Grant admits the Libertarian Party is in a stage where they want to be more recognizable in hopes of growing the party in the future.

He said the biggest component to this campaign is lowering taxes, something that is a topic of discussion for many Manitobans.

"I think the biggest component is we

want a flat tax," Grant said. "We want people to pay less taxes. The governments are taxing the heck out of us. They're tired of it."

With very few candidates across the riding, the biggest goal Grant and the Libertarians have is to earn more seats than the Green Party.

Campaigning is expected to ramp up for all five candidates over the next few weeks as the election nears.

A Selkirk-Interlake-Eastman all candidates debate will also take place on Monday, Oct. 5 at Guntun Greenwood Community Hall in Guntun hosted by the Stonewall-Teulon Chambers of Commerce. Admission is free and doors will open at 6 p.m. with the debate set to start at 6:30 p.m.

There's also a Selkirk-Interlake-Eastman election forum on Tuesday, Oct. 6 at the Gaynor Family Regional Library from 7 p.m. to 9 p.m.

Voters got to the polls on Oct. 19.

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Sarginson earns Interlake's Volunteer of the Year award

By Brandon Logan

St. Andrews resident Rob Sarginson is the Interlake Tourism Association's Volunteer of the Year award winner.

The bed and breakfast owner and chair of the Red River North Heritage Group was honoured during the Interlake Tourism Association's 14th annual awards dinner in Hecla Island on Sept. 10.

"I was very surprised, that's for sure. I do feel honoured because, although my efforts were singled out, there are so many others who give so much on a regular basis that could have been (Volunteer of the Year)," a very humble Sarginson said. "I'm not the real volunteer of the year, there's people that really give their all and long term commitments to organizations."

Interlake Tourism Association executive director Gail McDonald said the combination of Sarginson's knowledge of the region's heritage and his hard work is the reason he won the award.

"He's a superb volunteer and he's



RECORD PHOTO BY BRANDON LOGAN

Red River North Heritage Group volunteer Rob Sarginson received the Volunteer of the Year award during the Interlake Tourism Association's 14th annual awards dinner at Hecla Island on Sept. 10.

very much an innovator in his way of thinking and dealing with how to get these things (restoration of the Stuart House for example) moving forward," McDonald said. "He's one of those shining stars in the world of tourism in that area."

"As a volunteer, it's unbelievable

the hours he puts in."

Since Sarginson and his wife, Laurel, own a bed and breakfast, he said, "we know what tourists are interested in due to our association with our guests."

Sarginson said a large focus of his volunteerism is on history and heritage sites. His wife, Laurel, has been volunteering with the Red River North Heritage group for four years while he's been at it for five years.

"HE'S A SUPERB
VOLUNTEER AND
HE'S VERY MUCH AN
INNOVATOR IN HIS WAY
OF THINKING ... "

While Sarginson has focused on walking tours, he's done a couple of other special events over the past five years. The most notable in recent memory was the restoration of Stuart House.

"This year we were involved in getting the Stuart House up and running," he explained, adding similar projects start with a simple idea and someone willing to take the leadership role to co-ordinate and get the ball rolling. "This was a particular project of mine because when I was doing walking tours showing people elements of their own history in Selkirk, we noticed how dilapidated the Stuart House was and how it was boarded up."

Now with a new goal set, Sarginson applied and was successful in receiving a materials grant from the provincial government.

"That allowed us to repair the outside of the Stuart House and to also get the City of Selkirk to kind of pony up and make the outside look decent," he said, noting the refurbished building has already got some good press. "In the last two weeks we've had a movie shot there, and I don't think they would have wanted to do that if it had looked the way it did last year."

In total, the Interlake Tourism Association handed out six awards during this year's awards evening.

Along with Volunteer of the Year Award, Skinners Locks Market won the Non Member Award, Eriksdale Creamery Days Fair and Rodeo took home Event of the Year and the Gimli Film Festival earned the Innovation Award.

Elsewhere, UNLOCKED: Stories of the Interlake Travelling Trunk Exhibit was honoured with the Partnership Award and Jacques Bourgeois from Oak Hammock Marsh Interpretive Centre won the Interlake Award of Distinction.



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Wolves put dog owners in Victoria Beach on high alert

By Brandon Logan

Dog owners in the Victoria Beach area have been on high alert for the past few weeks.

In the span of roughly 14 days, there have been four separate incidents of wolves attacking, and in some instances, killing dogs.

Victoria Beach Police Chief Stewart MacPherson said in total there have been three dogs killed.

"We had two dogs in the Hillside attacked and killed, one dog in Traverse Bay attacked and killed, and yesterday (Monday, Sept. 21) two dogs attacked, but none of them killed," MacPherson said, noting the owners of the latest dogs attacked scared the wolves off, which effectively saved their lives.

While it's not uncommon for wolves to attack smaller dogs, MacPherson said these attacks are a unique case as the wolves, which he estimates to be

a pack of three or four in total, are attacking larger breeds.

"These wolves are attacking very large, St. Bernard type dogs," he said. "It's unusual."

With the wolves still on the run, MacPherson is urging all residents in the Victoria Beach area to have their dogs on leashes when they are outside of the house and to keep a close eye on them.

Using the term luring, he noted unleashed dogs have been getting lured into traps before being killed.

"Don't let them out unleashed. I would take them out on a leash (for a walk). I wouldn't even let them out in the backyard," MacPherson said, noting dogs have a tendency to chase away wolves. "They could run away and then they chase after a wolf, and then the other wolves could be lying and waiting."

East St. Paul police seek Bird's Hill School vandals

Staff

Police in East St. Paul are requesting the public's help in finding the culprit(s) behind recent vandalism at Bird's Hill School.

RCMP say they received a report of mischief to the school on Sept. 5 sometime around 10 a.m.

Police say culprits spray-painted multiple outside areas of the school with obscene words and pictures including one drawing of a penis, which

was painted on a vertical children's slide.

RCMP spokesman Paul Human told the *Record* if the culprits are found they could face charges of mischief under \$5,000, and be sent to court.

RCMP are asking anyone with information to contact East St. Paul RCMP at 204-667-6519 or call Crime Stoppers anonymously at 1-800-222-8477 or text "TIPMAN" plus your message to CRIMES (274637).

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Dad helps son catch master angler

Welcome back gang.

The memory of the unbelievably deep blue waters of Norris Lake came back to me as I drove northwest of Teulon to the small, yet comfortable Provincial Park by the lakes' east side.

Rolling slowly along the narrow winding gravel lane facing the shore last weekend, strong winds whipped up large waves that combined with the lakes' aeration system to make the water an even deeper richer blue. On either side of the lane, RVs and boats of all shapes and sizes sat parked with folks passing the time with neighbors while kids ran around the beach and playground.

I stopped at one trailer and talked to a chap by the name of Brain Pearson from Teulon who said he has had no trouble catching jackfish off the pier.

A little further down the lane I noticed a father and son at a picnic table beside their truck and boat. I pulled off the lane, got out of my car and called out to them. No sooner had I introduced myself to the father, Patrick Emms of Stonewall when his son Kaleb a very bright quick witted boy impressed upon me with great authority, that he had just caught a big fish. Naturally I asked him to describe the catch. He didn't need any coaxing. He hastily told how a giant fish got caught on his hook then swam up close to their boat. He began talking faster, his voice getting higher as he described how the fish bent the end of his rod right into the water then swam under the boat. Now dad jumped in to help. He grasped the line and pulled a 32" jackfish into the boat as the boy shook with excitement.

After I congratulated him on a great catch Patrick mentioned that Kaleb had been in the *Stonewall Teulon Tribune* the week before for participating in the towns' prostate cancer Quad Ride for Dad event. Patrick can



RECORD PHOTO BY ARNIE WEIDL
Stan Stepler with a beautiful walleye he caught off Breezy Point.

be rightly proud of Kaleb, that kid is something special.

I ran into John Bear from Scanterbury last week and he said that the fishing on "first creek" at Brokenhead almost at the Lake Winnipeg opening has been really good lately. He said he was fishing out of his boat there and got a vicious strike.

Working with light tackle, he played his catch patiently and eventually a long, huge jackfish surfaced slowly swimming right toward him. Now John has been around a while and has had many a varied fishing experience but this fish, honestly just plain scared the heck out of him. It looked like a small alligator. Suddenly it rose its head and seemed to look John right in the eye then with a shocking sideways jerk tossed the hook and slipped quietly back down into the deep dark water. John stunned for a moment was thankful he didn't have to fight to release the monster.

Now let me introduce you to a chap, Stan Stepler, who as a boy would jump on his bike with fishing gear and cycle all the way from Winnipeg

to Lockport to fish every chance he got. We met at Breezy Point last Friday and casually talked for some time. Now retired with a nice truck, boat and all the fishing equipment anyone could ever need, he still liked to think back about going fishing on his bike when he was a kid.

Presently he laughed saying that he was glad he had caught a few good ones today because he did not want to be here tomorrow with all the anglers congregating for the Walleye Masters Cup put on by the Central Walleye Trail organization. As we parted company he said he was looking forward to the fall run of walleye that he knew would come here when it gets cooler. Well, from young Kaleb's exciting first catch to Stan's love of fishing that started as a boy years ago, we see the reason why we all go fishing-- the possible surprise of catching something special.

So-long till next week my friends.



> CONTACT US

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Dozens of East Selkirk Middle School students run for Terry Fox



RECORD PHOTOS BY LINDSEY ENNS

ABOVE: Students at East Selkirk Middle School take off from the starting line of their school's 10 kilometre Terry Fox Run on Friday afternoon. Other schools across the Lord Selkirk School Division also had their Terry Fox Run on Friday including Happy Thought School and Mapleton School. BELOW: Pictured from left to right, Grade 7 students Spencer Grahame, Nicole Skrypec, Isabella Carels and Sophia Thorne get ready to start the Terry Fox Run on Friday.



RCMP safely locate missing youths near Scanterbury

Staff

RCMP managed to safely locate two missing youths near Scanterbury last week.

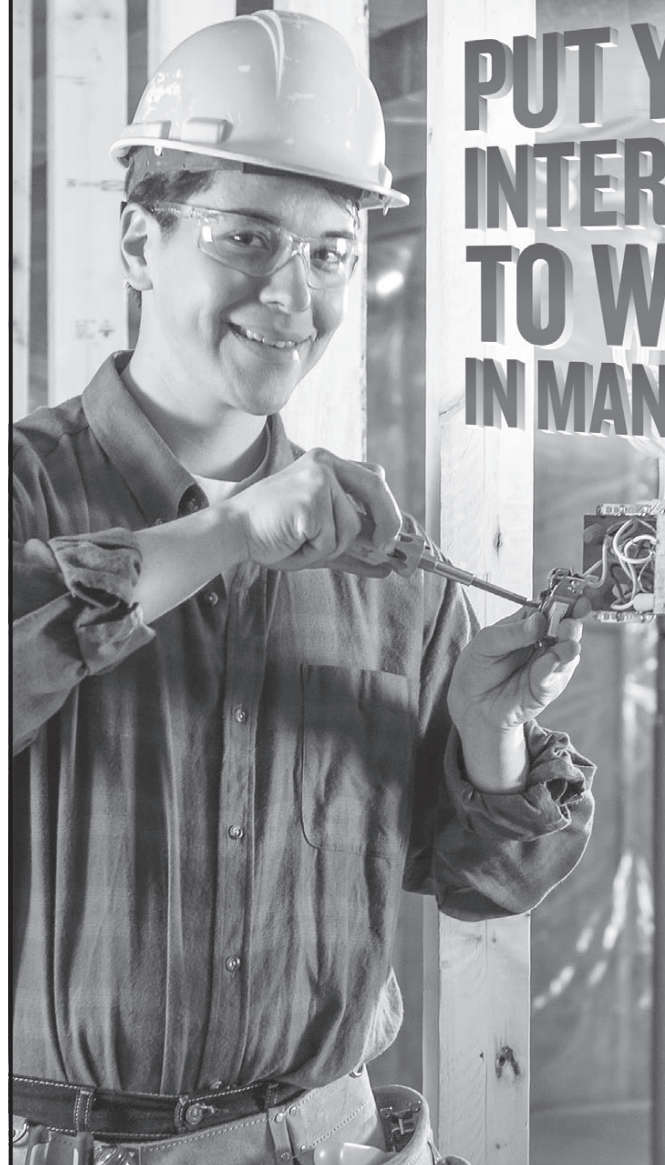
On Thursday, Sept. 24 around 12 p.m., Lundar RCMP officers safely located Binesi Kennedy and Isiah Sinclair.

"While we can't get into the specific details of how they were found, we want to express our heartfelt thanks to the various police agencies involved, child advocate groups as well the family of the youths for their assistance in locating the boys safely." RCMP spokesperson Sgt. Bert Paquet stated in a release last Thursday. "The genuine care and concerns of residents of our communities and representatives of the media are also directly responsible for finding these two youths safe and sound."

According to RCMP, on Sept. 20, Lundar RCMP received a report of two missing male youth, aged 11 and 13. The youth were last seen in the Lundar area that day, riding their bicycles together.

Initial investigation revealed that 11-year-old Kennedy and 13-year-old Sinclair were both planning on running away to Winnipeg.

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Breast Cancer Awareness Month

Group offers hope to women struggling with diagnosis

By Lindsey Enns

When Melody Smith was diagnosed with breast cancer two years ago, she didn't know where to turn or who to talk to.

"I was having a hard time dealing with it," the Selkirk resident said. "It was absolutely terrifying."

But instead of going through it alone, Smith reached out to a friend who told her about the Selkirk and District Breast Cancer Support Group.

"I walked into the room, and before the end of the meeting, it was like I'd known these women all my life," Smith said.

The peer support group for women whose lives have been touched by breast cancer meets every fourth Thursday of the month at 7 p.m. on the second floor boardroom located at 18 Main St. in Selkirk.

The group, which is entering its 16th year, aims to offer support for women who have been diagnosed with breast cancer living in Selkirk and area, the group's co-chair Wendy McLeary said.

"We can share with them our own experience which may make it easier for them to help cope with their situation," McLeary said. "It's sharing, it's enjoyment ... we try to keep it light and upbeat."

With October being Breast Cancer Awareness Month, McLeary said she wants to remind those living in Selkirk and area that they are always looking to add new members.

McLeary said many of their members are long-term breast cancer survivors, including herself. McLeary was diagnosed 17 years ago, and remembers reaching out to the Selkirk and District General Hospital in search of support.

"At that time there wasn't as much support as there is now," she said. "I



Members of the Selkirk and District Breast Cancer Support Group, outfitted in red shirts, pink scarves and hats, stopped to take a picture alongside Terry Fox's parents before Selkirk's Terry Fox Run in Selkirk Park on Sept. 20. The support group, which is entering its 16th year, meets every fourth Thursday of the month in Selkirk.

RECORD PHOTO BY LINDSEY ENNS

**"WE CAN SHARE WITH THEM
OUR OWN EXPERIENCE
WHICH MAY MAKE IT EASIER
FOR THEM TO HELP COPE
WITH THEIR SITUATION."**

have a loving family, so they were a great support, but I always just felt I needed to actually talk to someone who had gone through the experience."

Shortly after her diagnosis, McLeary was connected to another woman going through a similar experience and the two of them decided to start a sup-

port group of their own. Five women showed up to their first meeting and now their membership has grown to include nearly 60 members, which they include on their monthly newsletter mailing list.

"We've had a continual group of people coming and going and some staying so there definitely is a need for it," McLeary said. "Some people just need a short period of time and for others it may be longer."

Although it's been two years since her diagnosis and she is now cancer free, Smith said she still attends the monthly meetings in hopes that sharing her story might help others.

"We're not so much a group, we're a family," Smith said.

Along with hosting monthly meet-

ings and offering telephone support, the group also stays active within the community. Some of their members recently took part in Selkirk's Relay For Life, the Terry Fox Run and a group will also be participating in this Sunday's CIBC Run for the Cure in Winnipeg.

The group also plans to distribute books related to cancer to schools across the Lord Selkirk School Division in the near future.

"These are books kids can access from their school library that are related to their age group," McLeary said.

Those seeking more information about the support group can call Wendy McLeary directly at 204-785-2456.

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Council gives transit authority green light to run Selkirk Mobility

Staff

Selkirk council approved a contract with the Selkirk Transit Authority during Monday's regular meeting that will see the not-for-profit organization run Selkirk Mobility.

The city has purchased two previously used buses and refurbished them and the para-transit service will begin operating on Oct. 14.

Selkirk CAO Duane Nicol said a mobility grant from the province will help the city contract the Transit Authority to deliver the new bus service.

"Selkirk is dedicated to ensuring that accessible transit services are

available in our community," Nicol said in a release on Monday. "We are an inclusive community and this service ensures that people living with disabilities and seniors who require a bit more support have access to affordable and quality transportation."

Selkirk Mayor Larry Johannson said Selkirk Mobility is a welcome addition to the city's transit services.

"I think this shows again the commitment that we have to all our citizens and we're going to make sure this is done right," Johannson said.

Selkirk Transit Authority Chairman Denis Fitzpatrick said they have a

proven track record for running the city's transit service and Selkirk Mobility will provide community members a much-needed service.

"It'll be efficient and reliable and will have a very good governance structure through the Selkirk Transit Authority board," Fitzpatrick said. "We're utilizing the same executive structure for both transit and the new Selkirk Mobility, it'll make delivering the service a lot easier and we'll be more efficient."

Charlene Dunning, Transit Supervisor for Selkirk Transit Authority, said Selkirk Mobility will provide support-

ive transportation services from 7 a.m. to 5 p.m. Monday to Friday, and from 8 a.m. to 3 p.m. Saturday and Sunday.

The service is available within Selkirk city limits, but transportation to locations outside the City of Selkirk can be made through Selkirk Mobility's charter service.

Service fees are \$9 each way. Prices for charter service varies, depending on how far the bus will be travelling.

Selkirk Mobility must be booked 24-hours in advance.

To reserve Selkirk Mobility, call 204-482-1234.



RECORD PHOTO BY BRETT MITCHELL

City councillors approved a contract with the Selkirk Transit Authority during Monday's regular meeting that will see the not-for-profit organization run Selkirk Mobility. The city unveiled the two previously used buses they refurbished during a small gathering on Monday. The para-transit service will begin operating on Oct. 14.

Please join us for our Annual General Meeting - Monday, October 5, 2015

Pinawa Community Centre, Vanier Drive
(Pinawa Secondary School Gym)

6:00 p.m. Health and Wellness Exhibits

Expert advice to increase wellness in your life! The Mobile Wellness Team, our program staff and our community partners will be on-site to offer healthy lifestyle ideas

7:00 p.m. Annual General Meeting

Featuring a presentation on *Aging in Place* plus a review of Interlake-Eastern RHA activities; presentation of the Community Leadership Award and Chair's Award for Excellence in Customer Service; and a question and answer period. *Everyone welcome. Refreshments will be served.*

For more information, contact:
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E-mail: info@ierha.ca
Website: www.ierha.ca



Interlake-Eastern
Regional Health Authority

Watch out for deer ticks

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



Manitobans can reduce contact with deer ticks by avoiding wooded or forested habitat, wearing long pants and a long-sleeved shirt, tucking in clothing, using an appropriate repellent (it should state 'for use against ticks' on the product label), looking for and removing ticks as soon as possible.

For more information about Lyme disease, its symptoms and how to prevent it, visit our website at www.manitoba.ca/health/lyme/

You can help

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

- Deer ticks are smaller than the more common wood tick. Unlike wood ticks, they do not have white markings on their bodies.
- If you find a deer tick, remove it slowly from skin or clothing using tweezers and steady pressure; avoid twisting. Cleanse area with soap and water or a disinfectant.
- Place the tick in a small, crush-proof container (for example, a pill bottle) with a piece of slightly damp paper towel (to help keep the tick alive).
- Firmly tape the lid shut.
- Check the pictures and additional information on the website to determine if your tick might be a deer tick.
- Hand-deliver or mail the sample to the address below. If mailing, place the container in a sealed plastic bag then in a cardboard box labeled: RESEARCH SPECIMENS – FRAGILE – HANDLE WITH CARE
- Include your name, telephone number, email address and information about where, when and on whom (ex: a dog, a person) the tick was found. Deliver or mail to:

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



Dufferin Gang relatives await updates on memorial project

By Brandon Logan

While no provincial officials made the trip out to provide updates on the Dufferin Gang memorial, dozens of relatives converged at the Royal Canadian Legion Selkirk Branch 42 last Thursday to discuss the ongoing project.

"Right now we just want to get the families of all the veterans that were on Dufferin Street together and try to see where they want us to go regarding a memorial," legion president Lorne Thorvaldson said. "And see how many are really interested in it."

"We're trying to get families to bring pictures and show how much interest they have in it and see how many are in the area."

Dr. Lorne Canvin previously told the *Selkirk Record* that the monument recognizing the Dufferin Gang is expected to be up by Remembrance Day.

Thorvaldson said he and Selkirk Mayor Larry Johansson last met with the province on June 19.

"They were supposed to come back with something, but I haven't heard anything since that date," Thorvaldson said. "So we're hoping we can get an update on what their ideas are because we don't have the expertise to plan and build the memorial."



RECORD PHOTO BY BRANDON LOGAN

Winnipegger Gary Goodbranson travelled to the Royal Canadian Legion Selkirk Branch 42 last Thursday evening to meet with other Dufferin Gang relatives. Goodbranson's father, Siggi, was a part of the Dufferin Gang and served in the Navy during the Second World War.

Even though there was no update, the turn out from relatives was immense and many shared stories with one another.

Winnipegger Gary Goodbranson made the trip to Selkirk to share photos of his father, Siggi, who served in the Navy during the Second

World War.

"I don't have very much, but he was in the Navy and he had this book (of pictures)," Goodbranson said, while flipping through a thick book filled with black and white photos.

He said his aunt tipped him off about the meeting and he knew it was something he didn't want to miss.

Going forward with this project, Thorvaldson is hoping the province can update the legion on the progress sometime in the near future.

"It's been around two years since they started it, so I think you want to see something tangible," he said. "It was supposed to go on Dufferin Street when they build the condos there, but that's fallen through so we're looking at building it on our property here."

While it's a great way to honour the sacrifices of the Dufferin Gang in the Second World War, Thorvaldson said the memorial would be an important piece for the younger generation to appreciate the scope of the war.

"We want to go forward and build something so someone can come to our property, walk over there and read the names of the veterans on one block in Selkirk who fought in the Second World War."

Traffic, assault charges on the rise, RCMP stats show

Staff

Second quarter numbers are in from the Selkirk detachment RCMP for crime in the area from April to June, and not much has changed since 2014.


While filed occurrences were slightly up to 1,358 this year compared to 1,263 at the same time in 2014, numbers across the board are fairly steady.

When it comes to some notable increases in the second quarter this year, provincial traffic charges increased to 127 from 105. Assault was

up to 50 from 42 at this time last year and mischief to property also jumped from 93 to 119. False alarms drastically increased too, almost doubling from 66 in 2014 to 110 this year.

However, collisions reportable property damage dropped from 55 to 40, the intoxicated persons detention act fell to 22 from 27, theft of vehicle was cut in half to seven from 14 last year, liquor act charges came in at three compared to 10 in 2014, and suspicious vehicles and persons declined from 67 to 59.

Meanwhile, most of the other categories such as impaired driving, Mental Health Act, theft of property over and under \$5,000 and break and enter were all largely unchanged.



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Fire department open house helps educate public

By Brandon Logan

The East Selkirk Fire Department was a busy place last Saturday morning.

In what has become a yearly event, the department held its public open house and welcomed the community for a pancake breakfast, tour of the building and more.

Fire chief Kevin Zacharkiw said the open house is a very important as it allows firefighters to engage with the community they're working for.

"It's very important, especially for the kids," Zacharkiw said, noting educating the younger population is always a goal of the department. "We also have a program from kindergarten to Grade 6 at Happy Thought School where every year the kids see firemen and learn different programs about fire prevention."

While there was a bouncy castle for children to jump around in, there were also other very important displays on hand during this year's event.



ABOVE LEFT: A family tours the STARS Air Ambulance trailer during the East Selkirk Fire Department's public open house last Saturday. ABOVE RIGHT: Dozens of people gathered at the East Selkirk Fire Department's public open house on Saturday for a morning of education and a pancake breakfast.

STARS Air Ambulance had a trailer on site, there was a public education trailer, which simulated live smoke, and the public had the opportunity to use a fire extinguisher to put out a small, contained fire.

The event also helped raise \$1,450, all of which will go towards a national volunteer charity.

"All of the proceeds are going to the Dreams Take Flight program," Zacharkiw said. "One of our members is a

big part of it and we figured we'd support him."

The RM of St. Clements' Narol Fire Hall also held its open house on Monday.



RECORD PHOTOS BY BRANDON LOGAN

Big Bike riders raise funds for heart and stroke



RECORD PHOTO BY AUSTIN GRABISH

The Heart and Stroke Foundation's Big Bike rolled through Selkirk on Sept. 19 taking employees from Safeway as well as Selkirk Hospital workers for a ride down Eveline Street. The bike is travelling across Canada in an effort to raise funds for the foundation while also encouraging healthy living.

Stories of Selkirk's Pioneers and Their Heritage

KENNETH G. HOWARD

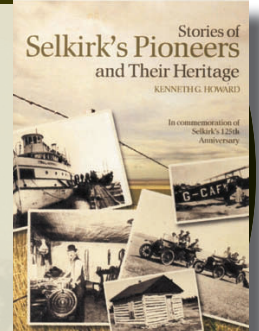
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Canoe, kayak centre celebrates successful 25th season

By Brandon Logan

It's been a special summer for the Selkirk Canoe and Kayak Centre.

Celebrating its 25th anniversary this season, the club has been active in attracting younger participants and recently competed at the Canadian Cancer Society's Dragon Boat Challenge in Winnipeg on Sept. 11 and 12.

"It's actually probably been one of our best summers because we've had so many little children (participating)," Selkirk Canoe and Kayak Centre founder Bonny Wynnobel said, adding the influx of young rowers is important for the future of the club.

While the club's old coach left for Nova Scotia a few years ago, this summer two athletes, Stephanie Lowrie and Megan Franks, stepped up to teach the younger children how to race in the various paddle sports.

Lowrie, particularly, had a strong summer as she brought home multiple medals from the 2015 Western Canada Summer Games in Alberta. Wynnobel said the presence of Franks and Lowrie really allowed the club to thrive this summer.

"Now we had an athlete who was a kayaker and an athlete who was a



RECORD PHOTO SUBMITTED BY THE SELKIRK CANOE AND KAYAK CENTRE
The Selkirk Canoe and Kayak Centre's Dragon Boat team poses for a photo during the 2015 Canadian Cancer Society's Dragon Boat Challenge in Winnipeg from Sept. 11 to 12. The team took home third place honours in the Mixed Recreation Division at the competition.

high-kneel canoeist," she said. "Now when we ran some of our summer camps, the children in the area were able to be introduced to the type of racing sports as well."

When it came to the local results at the Dragon Boat Challenge in Winnipeg, the Selkirk Canoe and Kayak Centre

"IT'S ACTUALLY PROBABLY BEEN ONE OF OUR BEST SUMMERS ..."

won bronze in the Mixed Recreation Division.

Steeltown Ford also fielded two teams as the Farmer's Daughters finished first in the Women's Recreation Division, second in the top fundrais-

ing teams' challenge and two of the top individual fundraisers, Shauna Cody and Amber Arit, were on the team.

Meanwhile, the men's team, 50 Shades of Hay, finished with gold in the Men's Recreation Division and silver in the 200-metre sprint.

"It was totally awesome," Wynnobel said of the three Selkirk teams' performances. "We had some people (participating) who are kayakers and canoers."

Looking specifically at dragon boating, she said the popularity in the sport is on the rise in Selkirk. One of the reasons is the sport is easily accessible to people of all ages.

Wynnobel said the club had people in their 70's dragon boating and noted her three-year-old granddaughter took part in it as well this past summer.

The club features a "kiddie program," a youth program for children ages eight to 11, and competitive racing for adults.

With numbers expected to be on the rise in most age categories, Wynnobel has a big goal for the club's 26th season in 2016.

"So now for the coming year, we want to form a competitive team because we have the ability to do it," she said.

With warm fall temperatures expected to continue into October, the centre still has a possible few weeks remaining before their season officially comes to an end.

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Risk of Lyme disease spreads to Interlake region

Staff

Blacklegged ticks that carry Lyme disease are expanding their reach across the province.

Provincial health officials warned last Friday the bug is expanding to new areas in the northward and westward regions of the province, which includes the Interlake region.

Areas such as Teulon and Patricia Beach are now considered risk areas for Lyme disease.

A provincial monitoring program that tracks blacklegged ticks identified a number of new and expanded Lyme disease risk areas.

A press release from the province said the risk of tick-borne disease transmission is greatest in these areas.

Blacklegged ticks are commonly found along the edge of forests and in areas with thick, woody shrubs and other vegetation.

Limiting exposure to blacklegged ticks is the key to tick-borne disease prevention, officials say.

The province says Manitobans can take precautions to minimize their risk of tick exposure by applying tick-repellent, inspecting themselves, children, and pets after spending time outside, and staying to the centre of walking trails.

Wearing long pants and long-sleeved shirts is also recommended as is keeping grass and shrubs around homes cut short. This will create drier environments that are less suitable



PHOTO COURTESY OF CENTRES FOR DISEASE CONTROL AND PREVENTION

ABOVE: Blacklegged ticks like the one pictured above transmit a bacterium that causes Lyme disease. Provincial officials say the ticks are spreading to the northward and westward regions of the province. RIGHT: This map of Manitoba issued by the province shows Lyme disease risk areas.

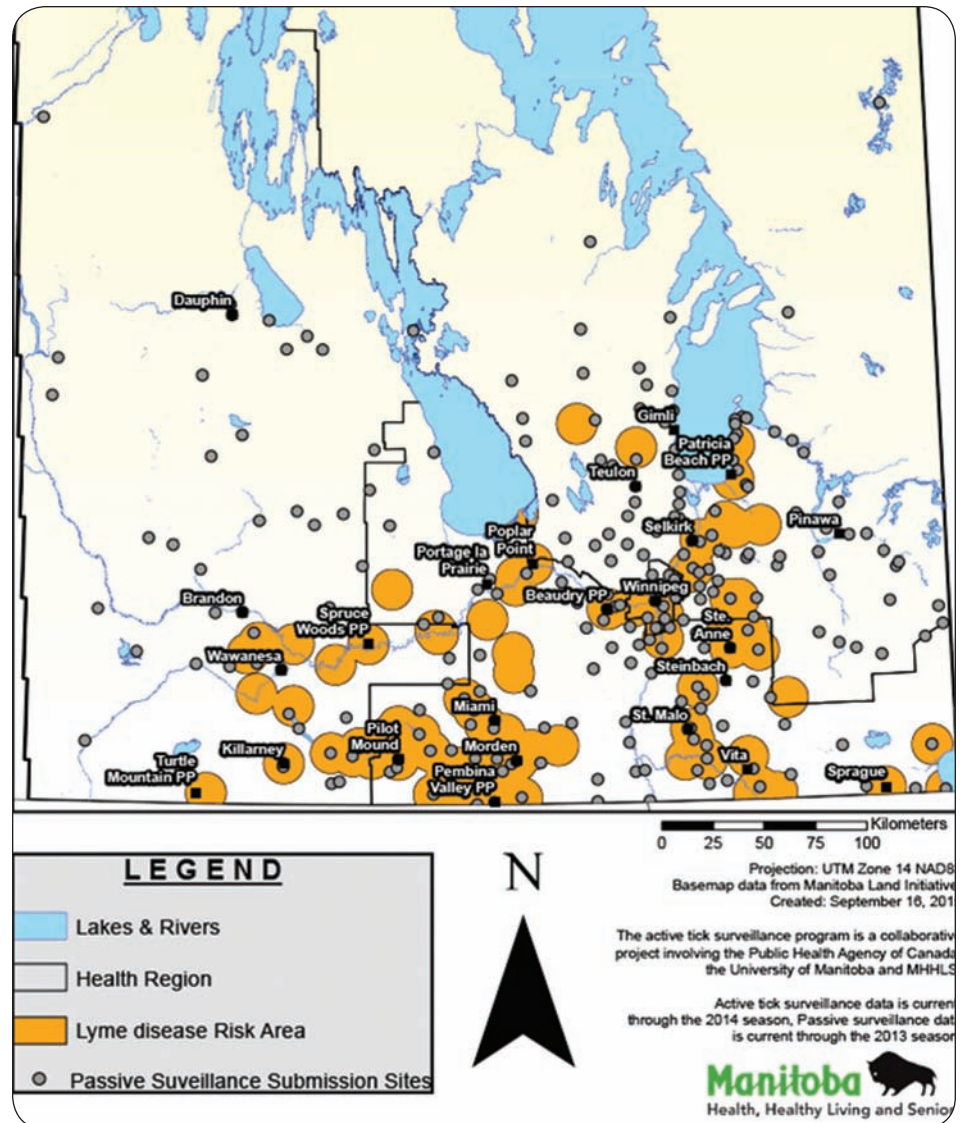
for blacklegged tick survival.

Blacklegged ticks can cause Anaplasmosis, Babesiosis in addition to Lyme disease.

Symptoms of the three illnesses include everything from fever, chills, headache, joint aches, body aches, loss of appetite, nausea or fatigue and vomiting.

Symptoms can begin as early as three days after a bite has taken place or be delayed by as much as six weeks.

A total of 11 people have already contracted an illness from black-



legged ticks so far this year.

People who think they may have a tick-borne disease should see their

doctor. For more information, contact Health Links-Info Santé at 204-788-8200 or (toll-free) 1 888 315-9257.

Manitoba increasing minimum wage to \$11 an hour effective Oct. 1

Staff

The province has increased minimum wage by 30 cents per hour to \$11 from \$10.70 effective Thursday, Oct. 1, making Manitoba the fourth highest

among other Canadian jurisdictions.

"The Manitoba government has increased the minimum wage every year since 2000, and this most recent increase builds on our efforts to im-

prove the lives of working people and their families, such as creating 14,000 daycare spaces since 1999 and investing \$25 million over the next five years in 5,000 new spaces," Labour and Im-

migration Minister Erna Braun said in a release on Monday. "Helping to put more money in the pockets of workers helps to keep our economy prosperous."

Of all the beverage containers that weren't recycled, how many were yours?

Last year, Manitobans recycled more beverage containers than ever before. Unfortunately, tons of them still ended up in the landfill, not a blue bin. Even a few containers pile up fast, so recycle your empty cans, bottles, cartons, and juice boxes every time.

THE *Bob Jefferson*

MEMORIAL GOLF TOURNAMENT

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Selkirk Steeler General Manager Dave Obirek presents Foundation's Vice Chair Gord Henrikson a donation of \$646.00, which were the proceeds from Bob Jefferson Night held in February 2015



The PR House Girls enjoyed a day of golf & supper!

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Thanks Investors Group & all 34 participating teams

Students help plant roots in East Selkirk's Legacy Park

Selkirk Home Hardware, Tree Canada team up to mark National Tree Day

By Lindsey Enns

East Selkirk Middle School students pitched in and helped plant several spruce trees in Legacy Park on National Tree Day.

Selkirk Home Hardware submitted a request to Tree Canada, which donated nearly \$1,600 worth of trees to the community. All 45 trees will be planted in Legacy Park and near the East Selkirk Recreation Centre.

"Tree Canada is a long time partner with Home Hardware and has been working to green communities just like this one here," Tree Canada spokesperson Mike James said during a gathering in Legacy Park last Wednesday on National Tree Day. "This was the appropriate time to actually do this."

Trees being planted around the outdoor soccer fields will also help buffer noise, James said.

"Trees are really wonderful things ... they purify our air, they prevent water runoff, they clean waterways, they buffer noise ... provide homes, habitat for birds and animals and they also make us feel good."

To date, Tree Canada has planted 80 million trees and has helped green more than 550 school grounds.

Since 1999, Tree Canada and Home Hardware have planted more than 18,000 trees.

This year, Tree Canada partnered with 38 Home Hardware stores across Canada for National Tree Day and National Forest Week.

National Forest Week, from Sept. 20 to 26, and National Tree Day brings awareness to the trees in our backyard, across the country and how they contribute to our culture, economy and lifestyles, according to the Nature Conservancy of Canada.

"Forests support a rich diversity of



RECORD PHOTOS BY LINDSEY ENNS

ABOVE: East Selkirk Middle School students and community members gathered in Legacy Park last Wednesday to help plant trees on National Tree Day. The trees were donated by Tree Canada.

BELOW: Grade 7 student Nick Cook gets his hands dirty while planting a spruce tree in Legacy Park last Wednesday.

plant and animal life that relies on a healthy ecosystem to thrive," said Dan Kraus, Weston conservation scientist and senior director of conservation program development with NCC in a release last week. "Among their many roles, forests purify water and absorb atmospheric carbon dioxide to produce oxygen."

"With Canada being home to 10 per cent of the world's forests, we sometimes take them for granted."

The NCC and TD Bank Group are currently in the midst of a five-year program to protect important tracts of forests for species across Canada. So far, TD Forests has helped NCC to protect more than 39,000 acres with projects in every province in Canada.



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Fire Prevention Week

OCTOBER 4 TO 10, 2015



**Matt Nikarz and Ryan Kasprick
demonstrate changing and
checking smoke alarms**

St. Andrews Fire Department to check for working smoke alarms this month

Firefighters from the St. Andrews Fire Department are visiting local residents this month to perform free smoke alarm inspections, replacing batteries and installing smoke alarms as part of the S.A.F.E. Family program (Smoke Alarms For Every Family).

Fire department representatives will be checking to ensure that residences in South St. Andrews have the required number of smoke alarms and that they are in working order. If they require additional smoke alarms or have alarms that are not working, fire department personnel will install 10-year lithium battery smoke alarms at no cost.

This campaign is part of an effort to

reach out to local residents, including older adults, young people and residents of neighbourhoods, who are vulnerable to fire deaths. Installing working smoke alarms in homes who don't have them will increase their odds of surviving a home fire.

According to the National Fire Protection Association, the international non-profit leader in fire, electrical, building and life safety and official sponsor of Fire Prevention Week, working smoke alarms are the key to saving lives from fire. Working smoke alarms are the most effective early warning device there is and would increase your chance of survival by 50 per cent.

"Our goal is to make sure residents

have the protection of a smoke alarm," the St. Andrews Fire Department says. "Smoke alarms alone won't prevent every fire death."

"Our project includes educating residents to have a home fire escape plan so they know what to do if the smoke alarm sounds."

The S.A.F.E. Family program is a province-wide initiative sponsored by Office of the Fire Commissioner, Red River Mutual, Firefighters Burn Fund and the Manitoba Association of Fire Chiefs. The overall goal of Manitoba's S.A.F.E. Family program is to save lives by protecting every home with working smoke alarms and a practised fire escape plan.

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Are you careful enough with candles?

Candles are perfect for creating a romantic or relaxing atmosphere or for filling a room with a wonderful scent. However, they should always be used with caution. Nobody wants a special candlelit dinner to turn into a nightmare. Here are some tips for avoiding fire risks around candles.

CHOOSE THE RIGHT CANDLE HOLDER

Make sure your candle holders are stable and large enough to collect dripping wax. Avoid those that are made of wood or plastic. Be careful with glass candle holders; the heat of the candle could break them.

...AND THE RIGHT CANDLE

Avoid using candles with multiple wicks, as they can produce big, high flames and intense heat. They can

also melt quickly and produce large quantities of hot wax.

POSITION YOUR CANDLES IN SAFE PLACES

Always place your candles on a stable, unobstructed surface, a minimum of 30 cm away from fabrics, paper, woodwork and wallpaper. Make sure they are out of the reach of your children and pets. Don't place candles where they risk being knocked over by a draft or by a person passing close by.

Lastly, pay attention to your hair and clothes when lighting a candle. Above all, never, under any circumstances, leave burning candles unattended. Likewise, you should never use candles in your bedroom, as you might fall asleep before you blow them out.



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Selkirk Steelers home opener a hit



RECORD PHOTO BY MICHELLE BALHARRY
Local mascots and Selkirk Steelers fans gathered at the Selkirk Rec Plex on Friday night for the Steelers home opener game against the Winnipeg Blues. For a story, see our sports section.

‘Incredible numbers’ of zebra mussels invade Gimli Harbour



RECORD PHOTO COURTESY OF DEAN THORKELSSON
This photo taken on Sunday in Gimli shows zebra mussels stuck on the bottom of the boat pictured above. The invasive species, which multiply by the millions, have swarmed Gimli Harbour in recent weeks.

By Austin Grabish
The recent invasion of zebra mussels at Gimli Harbour has left one local business owner shaking his head, and worried about what the invasive species could do next.

Lake Agassiz Marine owner Dean Thorkelsson says there’s “just incredible numbers” of zebra mussels at Gimli Harbour right now.

He kept track of zebra mussel sightings in Gimli last year, and estimates boats coming off the water would have 100 to 150 zebra mussels attached at any given time.

Now he says it’s next to impossible to keep track of how many mussels are coming back on boats.

“We can’t stop and count them, but we’re talking in the millions,” he said.

Thorkelsson said the increased number of zebra mussels has already put a strain on his business, which stores and services hundreds of boats a year.

“It has caused us a great deal of difficulty because as we pull these things out we normally give these boats a half-hour wash, and now they’re spending an hour-plus trying to get zebra mussels out,” he said.

Thorkelsson said none of the boat’s he’s worked on have had clogged engines from the mussels, but knows that’s one thing zebra mussels are notorious for doing.

“We expect that to be the next thing we see,” he said.

Thorkelsson thinks Gimli Harbour is the perfect breeding ground for zebra mussels. The concrete and steel at the harbour provide plenty of spots for the mussels to cling to.

“They just love to attach themselves to the concrete and steel and hard surfaces,” Thorkelsson said.

Zebra mussels were first found in the Gimli Harbour back in the fall of 2013.

Last spring, the province said it had successfully eradicated the mussels from Gimli Harbour after liquid potash was dumped in the marina as part of a controversial experiment, which cost taxpayers over \$500,000.

The project was initially deemed a success, but zebra mussels were soon found lurking in the harbour again.

An emailed request for comment sent to the province was unreturned by press deadline.

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Birds of a feather flock together at Cluck and Quack sale



RECORD PHOTOS BY LANA MEIER

Manitoba's Cluck and Quack Poultry Club held their annual sale last weekend. Members were busy selling their live poultry, specialty chickens, call ducks, bunnies and ponies. Along with the animals, a farmer's market section had been added for vendors to sell homemade goods. Pictured from left to right, Jack Robertson of J & J Call Ducks shows Dianne Klassen of Lockport the tag, which includes the birth date of her newly purchased East Indie duck; Violet and Lily Lockery Penner of St. Andrews were very excited to take their chickens Poof and Fuzzball home and Jade and Jewel Vitt of East Selkirk enjoyed meeting Goldie and Suzie Dyck of Ador-Me Mianature Horses.

Community celebrates Mapleton School fitness trail opening

By Lindsey Enns

A new outdoor fitness trail at Mapleton School is already collecting footprints from students and surrounding St. Andrews community members.

Students, staff and residents gathered outside the school to officially open the trail they have been enjoying since the start of the new school year last Friday before they kicked off their Terry Fox Run.

"It's just a nice addition to the schoolyard," said Maralee Jehle, chair of the school's parent advisory council. "We've always treated this schoolyard as a community yard it's not really only for the school students."

Along with applying for a grant through the Selkirk and District Community Foundation for the new fitness trail, the parent advisory council also helped raise nearly \$90,000 over the course of four years to install new play structures on the school's grounds.

"It's great," Jehle said. "The old play structures were un-

safe so to have the new ones is wonderful."

Benches will also be installed around the gravel trail, which spans the entire perimeter of the schoolyard, thanks to the community foundation.

Mapleton School principal Dan Marshall said the trail and new play structures have been a welcome addition to the school.

"It's fantastic," Marshall said. "It's something we can use for the phys-ed program now."



RECORD PHOTOS BY LINDSEY ENNS

Mapleton School students kick off their Terry Fox Run on the school's new outdoor fitness trail after a special ribbon cutting to officially open the new trail on Friday afternoon.

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Community helps out Hull's Haven



RECORD PHOTO BY EMILY HUNT

Troy Goldstone of Selkirk GM poses with O'Riley, a 12-year-old border collie American Eskimo mix, during the Hull's Haven Border Collie Rescue dog adoption fair and fundraiser at the local dealership on Aug. 22. Despite the rainy weather, organizers said the afternoon event had a good turnout and the Winnipeg-based rescue raised some much needed funds that will help purchase dog food and cover the cost of vet bills.

Infinitely More set to play St. Andrews Church Oct. 9

Staff

Burlington, Ont. duo Infinitely More will be in Selkirk this October during their Prairies Road Trip concert tour.

The husband and wife team of Gerald Flemming and Allison Lynn will be performing at St. Andrews Church at 7 p.m. on Friday, Oct. 9.

Infinitely More are 2015 East Coast Music Award Nominees that combine folk, pop, country and hymns in their music. They will be touring middle Canada as they perform at churches and other venues from Ontario to Alberta before arriving in Edmonton in November to partake in the Gospel Music Association of Canada's annual week of celebrations.

Tickets for the show are now available by calling St. Andrews Church at 204-334-5700 or at the door during the night of the event.



RECORD PHOTO SUBMITTED
Burlington, Ont. duo Infinitely More are set to perform at St. Andrews Church at 7 p.m. on Friday, Oct. 9. The husband and wife team is made up of Gerald Flemming and Allison Lynn.

Lucky number 86 wins ball drop



RECORD PHOTOS BRETT MITCHELL

Gord McIntosh of Winnipeg was the lucky winner of \$2,436.67 during Selkirk Biz's High Time Ball Drop at Larter's Golf and Country Club in St. Andrews last Thursday. Selkirk Biz president Mike Klassen, pictured right, presented the cheque to Gord's son Matt McIntosh on his behalf following the successful event that involved a helicopter dropping 900 golf balls over a target at Larter's. Trisha Sol from the RM of St. Clements also won a spot on the helicopter, pictured below, during a draw before the drop.





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Singing to help Selkirk's shelter



RECORD PHOTO BY AUSTIN GRABISH

Winnipeg singer and songwriter Steve Bell performs at his solo concert on Sept. 19 at Selkirk's Christ Church Anglican. Bell was highlighting his 25th anniversary album, "Pilgrimage," and the church was raising money for St. Francis Place during the evening event.

Shak gives back with soup donation



RECORD PHOTO BY BRETT MITCHELL

Snak Shak donated more than \$2,000 in soup to the Selkirk Food Bank and to Our Daily Bread Soup Kitchen this summer. Pictured from left to right, Selkirk Food Bank board member, Kelly Lewis, Snak Shak owner, Shawna Witko, soup kitchen chair Rene Gauthier.

Enjoying cold treats for a good cause



RECORD PHOTO BY LINDSEY ENNS

Pictured from left to right, Branden Kipling, Mathew Gagne, and Aiden Coughlin enjoy their Slurpees during "Slurpee Name Your Price Day" outside Selkirk's 7-Eleven location on Sept. 16. For the second year running, 7-Eleven declared Sept. 16 "Slurpee Name Your Price Day," giving thirsty customers the chance to pay what they want for a large Slurpee. This year customers helped raised \$109,000 and all of the proceeds will go to Food Banks Canada to support local food banks. The \$109,900 donation is equal to providing Canadians in need with 330,000 meals.

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Candidates	Date	Location	Time
Kildonan – St. Paul Riding	Monday October 5	West St. Paul School 3740 Main St. West St. Paul MB	7:00 - 9:00 pm
Selkirk – Interlake - Eastman Riding	Tuesday October 6	Gaynor Family Regional Library 806 Manitoba Ave Selkirk MB	7:00 - 9:00 pm

Doors and registration table open at 6:15 pm

Written questions from the public:

- must be on official forms available only from the registration table
- must be submitted prior to the forum start time



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Selkirk Biz ... your area Chamber of Commerce since 1901



Boston Pizza, the Selkirk Record and Selkirk Transit presented "the Rocket Ride to AC/DC"

Three busloads of excited fans headed south for the band's September 17th show at Investor's Group Field. For \$30 riders received pizza, a ride to and from the show and of course a set of devil horns to get into the zone! Boston Pizza feed and transport two buses full of Bomber fans to each of their home games and are looking at a similar opportunity for Jet Games and even local Steeler games. Watch the Selkirk Record for information about more upcoming event packages.

get inspired

> MEAL IDEAS

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Butternut Squash & Linguine

Ingredients

1/2 box Dreamfields Linguine
2 teaspoons olive oil
1 tablespoon minced garlic
4 cups butternut squash pieces (about 1-inch pieces)
1/2 cup dry white wine or reduced-sodium, fat free chicken broth
1/4 teaspoon salt
1/4 cup chopped fresh sage or 4 teaspoons dried sage

1/4 cup crumbled goat cheese, blue cheese or shredded Parmesan cheese
Crumbled cooked prosciutto or bacon, optional
Additional cheese, optional
Toasted chopped walnuts, optional
Preparation

Cook pasta according to package directions. Drain and return to pan; cover and keep warm.

Meanwhile, heat olive oil in large nonstick skillet over medium heat until hot. Add garlic; cook and stir until fragrant, about 1 minute. Stir in squash, wine and salt. Simmer 12 to 15 minutes just until squash is tender, stirring occasionally. Stir in sage.

Toss squash with pasta and cheese. Sprinkle with prosciutto, additional cheese and walnuts, if desired.

Preparation Time 20 minutes
Cook Time 22 minutes



Choco-Mint Crownies

medium bowl. Set aside. Beat butter and sugars in large bowl with electric mixer on medium speed until light and fluffy. Add egg and 2 teaspoons of the vanilla; mix well. Gradually beat in flour mixture on low speed until well mixed. Stir in chocolate chips. Set aside.

Prepare brownie mix as directed on package, adding remaining 1 teaspoon vanilla and peppermint extract.

Pour brownie batter into greased a 13x9 pan. Bake in preheated 350°F oven 15 minutes.

Drop cookie dough by the tablespoonful on brownie, covering the top evenly. (Batter will spread during baking.) Bake additional 20 to 25 minutes or until cookie top is golden brown. Cool completely in pan on wire rack.

Preparation Time 20 minutes
Cook Time 20 minutes

Ingredients
1 1/4 cups flour
1/2 teaspoon baking soda
1/4 teaspoon salt
1/2 cup (1 stick) butter, softened
1/2 cup granulated sugar
1/2 cup firmly packed light brown sugar
1 egg
3 teaspoons McCormick® Pure Vanilla Extract, divided
1 package (12 ounces) miniature chocolate chips (2 cups)
1 package (family-size) fudge brownie mix
1/2 teaspoon McCormick® Pure Peppermint Extract
Preparation
Mix flour, baking soda and salt in



Roasted Tomatoes



4 medium ripe tomatoes, cut in half
2 tbsp (25 ml) canola oil
1/4 cup (50 ml) finely chopped red onion
1 clove garlic, minced
1/2 tsp (2 ml) black pepper
1/3 cup (75 ml) fresh bread crumbs
1 tbsp (15 ml) chopped fresh flat leaf

Cabbage Apple Slaw



4 cups (1 L) thinly sliced cabbage (about 1/2 a small cabbage)
1 carrot, shredded
1/3 cup (75 mL) dried cranberries
3 tbsp (45 mL) cider vinegar
2 tsp (10 mL) canola oil
1/2 tsp (2 mL) each granulated sugar and celery seed
1/2 tsp (2 mL) hot pepper sauce
1/4 tsp (1 mL) fresh ground pepper
3 tbsp (45 mL) chopped walnuts or pecans
1 large apple
2 tbsp (25 mL) chopped fresh mint
Directions

In a large bowl, toss together cabbage, carrot and cranberries; set aside.

In a small bowl, whisk together vinegar, oil, sugar, celery seed, hot pepper sauce and pepper. Drizzle over cabbage mixture and add walnuts.

Grate apple and add to salad. Sprinkle with mint and toss well to coat.

Tip: If your family doesn't enjoy a little heat reduce the hot pepper sauce to 1/4 tsp (1 mL) or omit it entirely.

parsley
1 tbsp (15 ml) chopped fresh basil
1 tbsp (15 ml) chopped fresh oregano
Directions:
Place tomato halves on foil-lined baking sheet. Drizzle each half with canola oil.
In small bowl, combine red onion, garlic, pepper and bread crumbs. Stir to combine ingredients. Sprinkle mixture over cut sides of the tomatoes.
Roast tomatoes at 350 °F (180 °C) for 45-60 minutes, or until tomatoes are very tender. Sprinkle fresh herbs over tomatoes and serve immediately.

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Steelers bounced by Blues twice last weekend

By Brian Bowman

The Selkirk Steelers had a disappointing first weekend of the MJHL season. Selkirk lost both of its games against the Winnipeg Blues, losing 4-3 at home on Friday and then 6-1 on Saturday evening at the MTS Iceplex.

On Saturday, the Blues jumped out to a 6-0 third-period lead on goals by Stephen Kleyson, Taaron Lewis, Ryan Pruden, Takota Cox, Liam Kroeker, and Garrett Browning. Three of those goals came via the power play.

The Steelers finally got on the board at 14:18 of the third period as Chris Westlund beat Blues' goalie Tyler Brown. The goal was assisted by Dallas Starodub and Bradley Reichardt.

Alex Burke made 20 saves in the loss. The Steelers started their season last Friday with a 4-3 home loss to the Blues.

After Dexter Kuczek gave the Steelers a 1-0 lead 6:51 into the contest, the Blues scored three consecutive goals.

Kroeker and Pruden scored late in the opening period and then Kleyson gave the Blues a 3-1 lead just 59 seconds into the second period.

Selkirk's Adam Wowryk struck on the power play at 14:59 of the middle frame but the Blues regained their two-goal advantage as Gordie Keane tallied early in the third.

Ty Kraus made things interesting, however, as he pulled the Steelers to within a goal as he scored at 16:26.



RECORD PHOTOS BY LANA MEIER

The Steelers' Dexter Kuczek scored the first goal during Selkirk's 4-3 home-opening loss last Friday

Winnipeg outshot Selkirk 34-24.

The Steelers will now play a pair of games at the MJHL's annual Showcase Weekend at the MTS Iceplex. Selkirk will play the Waywayseecappo Wolverines tonight (7 p.m.) and then will battle the OCN

Blizzard on Saturday (4 p.m.).

On Sunday, the Steelers will host the Blizzard at 2:30 p.m. at the Selkirk Recreation Complex.

On the trade front, Selkirk made a trio of moves recently. On Monday, the Steelers officially acquired the CJHL playing rights of 19-year-old goaltender Cody Murray from the Weyburn Red Wings for future considerations. The move was made after the Steelers found out that goalie Hayden Dola would be out of action from four to six weeks with an injury.

Earlier, Selkirk acquired the CJHL playing rights of 18-year-old forward Shanan McFadden and traded the CJHL playing rights of 19-year-old forward Kyle Sutherland to the Dryden Ice Dogs for future considerations.

Meanwhile, the Steelers announced that former NHLer Dennis Hull will be the guest speaker at the 18th-annual Hockey Night in Selkirk Dinner on Nov. 5 at the Selkirk Recreation Complex banquet hall.

Hull is making his return to the Hockey Night in Selkirk Dinner. Past speakers have included such names as Wendel Clark, Grant Fuhr, Marcel Dionne, Ed Olczyk, Gerry Cheevers, Ron McLean and Dale Hawerchuk.

The annual dinner serves as the organization's premiere fundraiser and allows the team's corporate partners, community stakeholders and fans an opportunity to gather and reinforce the game of hockey and its rich history in our community.

For ticket information, those interested can contact the Steelers' office at (204) 482-7020 or email info@selkirksteelers.com

Smith begins WHL coaching career in Swift Current

By Brian Bowman

Former Selkirk Steelers' head coach and general manager Ryan Smith can now add Western Hockey League coaching experience to his resume.

Smith is now an associate coach with the WHL's Swift Current Broncos. Swift Current started its regular season last weekend with a split with the Brandon Wheat Kings.

Swift Current won its season opener 2-1 in Brandon last Friday evening and then was defeated 4-1 the following night in Swift Current.

Smith joined the Swift Current coaching staff after spending last season as head coach/GM of the Humboldt Broncos of the Saskatchewan Junior Hockey League.

Prior to his time in Humboldt, Smith was the head

coach/GM of the Steelers for five seasons. In 2014, he was named the MJHL Coach of the Year after guiding Selkirk to a first-place regular-season finish.

Smith, a Winnipeg product and a former MJHL star player with the St. James Canadians, was also a runner up for the CJHL Coach of the Year that season.

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INSIDE > OUTSIDE > UPSIDE DOWN

Royals 1-2 in exhibition play last weekend

By Brian Bowman

The Selkirk Royals' girls' hockey team finished with a 1-2 record in exhibition play last weekend at the MTS Iceplex.

Selkirk edged Fort Richmond 2-1, was beaten 2-1 by Glenlawn, and then lost 4-1 to Shaftesbury.

The trio of games determined which division Selkirk will play in this season. With the 1-2 record, the Royals will remain in the Winnipeg Women's High School Hockey League's Winnipeg Free Press Division.

"I was actually very happy (with the weekend)," said new Royals' head coach Noah Cain. "There was some tough competition – two of the three teams we played ended up in the 'A' division.

"And we ended up beating one of the teams going to the 'A' division. I was really happy with that."

Cain takes over the head coaching duties of the Royals from Alana Grimolfson, who did an outstanding job in her eight years with the program.

This year's edition of the Royals will be young, but they have plenty of talent in Grade 10. Those younger play-

ers are expected to mesh well with seven returning players from last year's squad.

"We have a solid 'D' and we have some quickness up front," Cain observed. "We just have to start burying our chances a little more. Our goal this year is to work from the back up and play an aggressive game."

One returning player who does not have a problem converting scoring opportunities is Courtney Sorokopud-Jones. Sorokopud-Jones is an offensively-gifted forward who led the Royals in goals (20) and points (33) last season as a Grade 10 player.

Alyssa Kaoukis is expected to be another key returning player for Selkirk this season. She is a shutdown-type defenceman, who should help stabilize Selkirk's back end.

Newcomers Kaitlyn Seed, a speedy forward, and Lilly Hoydalo, a defenceman, should contribute to the Royals' success as rookies.

The WWHSHL's scheduling meeting was held this past Tuesday evening. The regular season is expected to begin next week.



RECORD PHOTO BY LANA MEIER

St. Andrews' Kaitlyn Seed is a speedy forward who has joined the Selkirk Royals' girls' hockey team this year.

Royals reach semis of home tourney

By Brian Bowman

The Selkirk Royals varsity girls' volleyball team was upset by the Vincent Massey Trojans from Winnipeg in the semifinal of the Royal Rumble Invitational tournament in Selkirk last Saturday.

Vincent Massey won the match 2-1 by scores of 22-25, 25-22, 15-13.

"It was an excellent game," said Royals' co-coach Jaimie Yuzdepski. "We had a few communication errors that cost us a couple of points but our girls battled hard and it was a very exciting game to watch and be a part of."

Vincent Massey then lost to the St. Mary's Academy Flames in the championship match.

Selkirk advanced to the semifinal matchup after defeating MBCI in the quarterfinals.

Selkirk finished its pool play with

a 3-0 record. The Royals edged the Northlands Parkway Nighthawks 2-1 (25-15, 23-25, 15-8) and swept the River East Kodiaks (25-20, 25-17) and the Steinbach Regional Sabres (25-20, 25-21).

"The round robin went good," Yuzdepski said. "We went in and did our business and what we needed to do and came out first. That put us in the best position for playoffs."

Madison Ganske, a left side, was outstanding for Selkirk during the tournament while Maegan Balegus, a right side, was also very good.

The Royals played KPAC games this past Monday against Kildonan East and Wednesday versus Garden City. No scores were available at press time.

Selkirk will then be in Edmonton next weekend for a tournament.



RECORD PHOTO BRANDON LOGAN

The Selkirk Royals varsity girls' volleyball team finished second at the Royal Rumble Invitational tournament last weekend.

Thunder has mixed results on the gridiron

By Brian Bowman

The Interlake Thunder football teams had mixed results on the gridiron last Saturday.

The Interlake Bantams doubled the Transcona Nationals 44-22 while the Atoms outscored the Fort Garry Lions 50-46.

Lucas Kmet scored the game-winning touchdown in the Atom game with just 21 seconds remaining in the fourth quarter.

In Midget action, the Thunder were defeated 51-0 by the Mustangs in St. Vital Saturday evening.

Dylan Condie led St. Vital with 127 yards rushing and three touchdowns. Mustangs' quarterback Josh Jamieson also had a rushing touchdown while Jude Tanghe hauled in a TD reception.

Chad Ladan had a fumble recovery for a major.

With the loss, the Thunder have now lost five games in a row and are 1-5 on the season. And things don't get much easier for the Interlake as the Thunder will visit the first-place Nationals (6-0) this Friday evening in Winnipeg. Kickoff is 8 p.m.

The other Thunder teams will be back in action on Saturday in Stonewall. The Bantams will play St. Vital at 9 a.m., followed by the PeeWees against the St. James Rods (11:30 a.m.), the Atoms versus Charleswood (2 p.m.) and the Crunchers versus Fort Garry (4:30 p.m.).



RECORD PHOTO BY LANA MEIER

The Thunder's Justin Suitters (24) carries the ball during Interlake's 44-22 win last Saturday.

Royals reach quarter-finals at Waterloo tourney

By Brian Bowman

The Selkirk Royals had a chance to see how volleyball is played in southern Ontario last week.

Selkirk reached the quarterfinals of the Overkill Classic varsity boys' tournament in Waterloo. The Royals lost the quarterfinal match 2-1 to Eden High School from St. Catharines after a 15-13 defeat in the third set.

"We lost to them and it was close," said Royals' head coach Jeff Scarcello. "Our evaluation of ourselves, the guys said the opinion of their play was a seven out of 10. They thought they played OK, but definitely not their best, and still almost beat one of the top teams at the tournament."

Eden was a very good team and one that posed a challenge to Selkirk.

"They were extremely consistent," Scarcello remembered. "They didn't really have a weak spot and they were balanced all around, bringing strength to every position. To score points on them, we had to be really sharp."

One of the Eden players was the libero for the Canadian youth national team, said Scarcello, noting he played on the left side against the Royals.

"They also had another guy who was just a fantastic libero, so anything you put over to their side that wasn't extremely hard driven, they picked it up with no problem and came back with a really strong offence."

Selkirk finished its first round of pool play in second place, splitting several of its matches.

"It was really good competition in every game," he

said. "There wasn't really a team that you walked out on the court and said, 'We're going to get this one no problem' and then walked through it. We had to work for every game and play well and be sharp."

"It was a lot of fun having to play well and see the guys grind through a couple of tough matches."

On Day 2 of the tournament, Selkirk needed to win its final match to finish at least third in a four-team pool to advance to the next round of competition.

In a pre-quarter-final matchup later in the tournament, Selkirk won 2-0.

Scarcello said the experience of playing against Ontario teams was a good one. They also played plenty of volleyball with five matches each day.

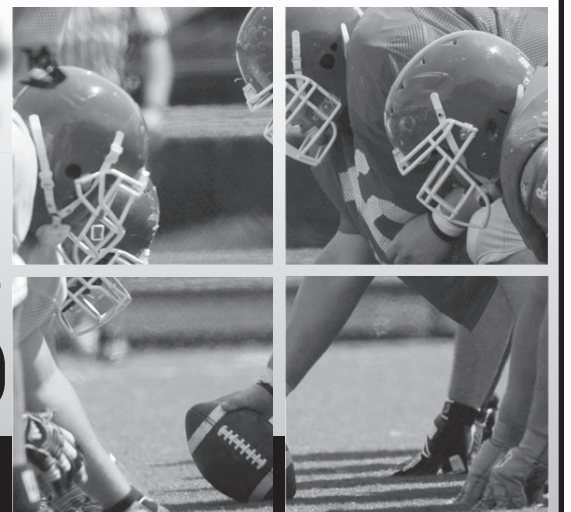
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NOTICE OF TENDER

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October 9, 2015

for the following works:

Supply and installation of approximately 950 metres of 250 mm diameter and 300 mm diameter wastewater sewer, manholes and associated works; 1400 metres of 100 mm and 200 mm diameter wastewater forcemain and associated works; and two (2) pre-fabricated fiberglass wastewater lift stations and associated works and related appurtenances all located in the Rural Municipality of West St. Paul.

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M.W.S.B. No. 1250

R.M. of West St. Paul Main Street

Trunk Sewer Contract 3

Tenders will be publicly opened and read at the location, time and date specified above.

Each tender must be accompanied by a fully executed BID BOND on the form provided and in favor of the Minister of Finance for the amount shown on the Tender. Under NO CIRCUMSTANCES will a certified cheque be accepted in lieu of a Bid Bond.

Tender documents may be obtained by provincially registered companies on or after September 28, 2015 at 2010 Currie Blvd., Brandon, MB. Contact us at (204) 726-6076 to request the documents in PDF digital or hard copy format.

The lowest or any tender may not necessarily be accepted.



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Due to recent growth, we are currently seeking a Plant Superintendent for our facility in Selkirk, MB. The position will support multiple departments within the company. This is a permanent and full-time position to work Monday to Friday.

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We thank everyone for their interest however only final applicants will be contacted.



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is now accepting resumes and references for **4 full time and 2 part time** Youth Mentors positions.

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Applicants who have experience working with youth are encouraged to apply. Also knowledge of aboriginal culture and issues will be an asset.

The position may be kept open until a suitable candidate is found. The applicant must be able to provide a Criminal Record Check and a Child Abuse Registry Check.

Send resume and references to:

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COMMUNITY FORUMS

TUESDAY, OCTOBER 13TH, 2015, 7:00 P.M.,
at **Walter Whyte School**
(for Walter Whyte/Brokenhead area)

TUESDAY, OCTOBER 27TH, 2015, 7:00 P.M.,
at **Lockport School**
(for Clandeboye/Petersfield/St. Andrews area)

THURSDAY, NOVEMBER 12TH, 2015, 7:00 P.M.,
at **East Selkirk Middle School**
(for East Selkirk area)

TUESDAY, NOVEMBER 24TH, 2015, 7:00 P.M.,
at **Lord Selkirk Regional Comprehensive School**
(for Selkirk area)

The Board will be looking for feedback on programming, communication, and suggestions for **Budget 2016-2017**.

Community members are welcome to attend on any of the above dates.

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319 Pleiades \$114,900 The George Hacking Team



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145 Laurel Ave Wpg Beach \$84,900 Judy/Rich Moyer



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Mars Sand Hills 1.3-1.6 Acres \$25,000-\$40,000 Judy/Rich Moyer
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8 Pearson Pkwy Creekside Building Lot \$87,500 The George Hacking Team
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0 Petersfield Pits, 120.6 Acres \$340,000 The George Hacking Team
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UPCOMING EVENTS

Tudor House Fundraiser Yard Sale to benefit our Elders. Saturday, Oct 3, 2015 from 9 a.m. to 2 p.m. (Rain date: Oct 17, 2015) Donations! To donate, please drop off items by Sept 30, 2015 to Tudor House. All donations are greatly appreciated. Thank you. Volunteers are needed to assist with the set up and sale. Volunteers are needed beginning at 7 a.m. Please call or just show up if you are able to volunteer. Call or email Ida at: izebinski@geriatricare.ca (204) 482-6601 ext. 123.

WATER TREATMENT PRODUCTS

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Flax straw for sale. Small squares. Ph. 204-482-5101.

STRAW

FLAX STRAW - \$2.50/BALE. MONDAY - SATURDAY. CALL BILL MATHESON AT 204-467-5608, STONEWALL.

NOTICE TO CREDITORS

IN THE MATTER OF: The Estate of Glenn Edward Emmerson, late of the City of Selkirk, in Manitoba, deceased. All claims against the above estate, duly verified by Statutory Declaration, must be filed with the undersigned at their offices, P.O. Box 1400, Stonewall, Manitoba, R0C 2Z0 on or before the 2nd day of November, 2015. DATED at Stonewall, Manitoba this 22nd day of September, 2015. GRANTHAM LAW OFFICES Solicitor for the Executrix

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Small square Flax straw bales for sale. East Selkirk/Lockport/Garson area. \$2.50/bale picked up in the yard. Delivery may be available. Call 204-785-0492.

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8 Grange Drive. Log Home Luxury!
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73 Jenny Drive, Waterfront in Petersfield
1164sf, 2 bedrooms, sunroom, waterfront with private dock. \$135,000



32 St Andrews Road. 1424sf,
3 bed, 1 full and 2 1/2 baths,
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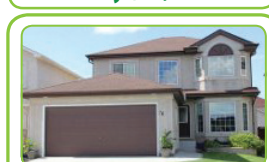
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ANNOUNCEMENTS

BIRTHDAY



Stan Trippier
Happy Birthday October 3rd

Only 14 short years since you left us.
Our love still so strong,
It feels like yesterday.
Wishing you could be here to share
All the special memories being made by
Your precious grandchildren.
I know how proud you would be
Of them and their parents.
Happy Birthday Grampa!
Sadly missed, always loved
And forever in our hearts.

-Love Carol, Trevor, Jody, Zachary
and Kenzie
Patty and Keith, Sidney and Camryn

ANNOUNCEMENTS

IN MEMORIAM



Clarence W. Todd
October 24, 1926 – October 7, 2014

One year has come and gone.
Clarence, was a loving husband,
father, grandfather and great-grandfather
"You will be in our thoughts for always,
We love you with all of our hearts."

-His memory will live on in the hearts
of his wife, Pauline;
daughters: Donna (Roger) Carriere,
Corrine (Stuart) Duncan, (from Australia);
sons: Gerald (Carey) Andrusko, Robert Jr.
Andrusko (wife deceased),
15 grandchildren and eight great-grandchildren

ANNOUNCEMENTS

IN MEMORIAM



Lena Meger
January 1933 – October 2013

Her smiling way and pleasant face,
Are a pleasure to recall;
She had a kindly word for each,
And she died beloved by all.
Some day we hope to meet her,
Some day we know not when;
To clasp her hand in the better land,
Never to part again.

-Love Doug, Tanis, Roger, Kim and Michelle
and families

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OBITUARY



Mike Fedak
April 18, 1927 -
September 22, 2015

It is with regret that we announce the passing of Mike Fedak, brother of Steve, Metro, Fred, Pete, Johnny, Ann, Doris, and Adeline. Mike is survived by his son Tim; daughters Jane and Gwen; grandsons Trevor and Grant; daughters-in-law Charlotte and Jaclyn LaBossiere and sons-in-law Charles LaBossiere and Ambrose Gross.

Mike worked for Canada Packers as a meat cutter until he retired. He continued to work a second career doing interior and exterior renovations. This later career was more of a hobby to Mike than it was a job.

Mike was unique and stubborn in his ways but he was loved by his family and his honesty and sincerity will be missed.

Funeral Services was held on Saturday, September 26, 2015 at 10:00 a.m. in the Gilbert Funeral Chapel, Selkirk, MB. Interment took place in the Holy Trinity Ukrainian Orthodox Cemetery in Poplar Park, MB.

Gilbert Funeral Home, Selkirk in care of arrangements.
www.gilbertfuneralhome.com



OBITUARY



Gerardus Josephus (George)
Van Aert
November 5, 1938 –
September 25, 2015

On a warm harvest evening, our beloved husband, father, opa, uncle and friend, Gerardus Josephus (George) Van Aert passed away peacefully with his family by his side at the age of 76 years.

George leaves to mourn his wife and soul mate of 53 years, Corry and their four children, Joe (Marilyn), John, Jim (Roberta), Theresa (Ed) and his grandchildren Katie (Cody), Kristy, Karlee, Dustin (Chelsea), Adam, Sydney, Nicole (Peter), and Max. He is survived by his brothers Henry, Kees (Ine) and sister Cathy (Fred) Van Gompel; sisters-in-law, Mary and Rita Van Aert. He was predeceased by his parents, his sister Jeanne, brothers Jack and Adrian, and grandson Jamie.

George was born in Breda, Netherlands, and immigrated to St. Pierre with his family in June of 1948, where he farmed with his brothers. In 1961 he met the love of his life, Corry and they were married on June 23, 1962. They bought a farm in East Selkirk where they worked side by side for 53 years while raising their family. George previously worked at the Swift Packing Plant and at the Selkirk Mental Health Centre on the Occupational Therapy Farm while establishing his own farm. George had many passions in life besides the love of his family. He had a love for the land and for animals, whether it was cattle, pigs or pets. He could grow anything from an amazing vegetable garden to field crops. Some of George's accomplishments included serving as a delegate for the Manitoba Pork Council, receiving the Environmental Farm Stewardship Award and serving as a trustee for St. Stanislaus Church. Although he never fully retired from farming, George enjoyed fishing, restoring antique cars, carving diamond willow canes, and traveling to various tropical destinations such as Hawaii, Barbados, Costa Rica and Mexico. George and Corry spent 14 winters as snowbirds in Weslaco, Texas, where they made many special and lasting friendships.

The family would like to extend a sincere thank you to the doctors, nurses and staff at the Beausejour Hospital for their excellent care and compassion and special thanks to family and friends that came to visit during George's stay.

A Memorial Mass will be held at 10:30 a.m. on Friday, October 2, 2015 at St. Stanislaus Roman Catholic Church, 702 Henderson Hwy., East Selkirk, MB. with Father John McKenzie officiating.

In lieu of flowers, donations may be made to CancerCare, 1160-675 McDermot Ave., Winnipeg, MB. R3E 0V9.

I Am With You Still

I give you this one thought to keep –
I am with you still - do not weep.
I am a thousand winds that blow,
I am the diamond glints on snow,
I am the sunlight on ripened grain,
I am the gentle autumn's rain.

When you awaken in the morning's hush,
I am the sweet uplifting rush,
Of quiet birds in circled flight.

I am the soft stars that shine at night.

Do not think of me as gone -
I am with you still - in each new dawn.

Gilbert Funeral Home, Selkirk in care of arrangements.
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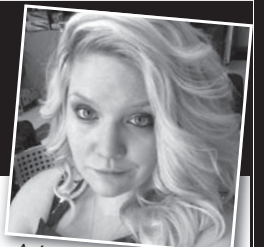
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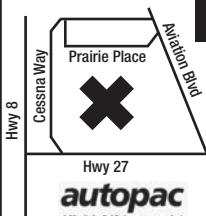
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Community Wellness



Interlake-Eastern
Regional Health Authority

UPCOMING PROGRAMS AND EVENTS

All community wellness events are **FREE** for Interlake-Eastern residents unless otherwise stated. Advance registration is required. Space is limited so register early. If you are interested in attending a community wellness program close to home but don't see it listed, contact Theresa Dankochik at wellness@ierha.ca or 1-877-979-WELL (9355) and we'll do our best to accommodate you or identify a program in your vicinity. All classes are subject to change.

DIABETES SELF MANAGEMENT PROGRAM

Have you recently been diagnosed with pre-diabetes or diabetes? Are you unsure of what diabetes is? Interlake-Eastern Community Wellness Team is here to help you. This program consists of two or three classes; explaining what diabetes is, how to control blood sugars, what to eat with diabetes and how to read food labels, treatments for diabetes, how to stay healthy from your eyes to your toes, how to manage cholesterol and blood pressure and how to make healthy lifestyle choices.

Selkirk

Wed., Oct. 14 (Class One)
Wed., Oct. 21 (Class Two)
9:30 am – noon
Primary Care Boardroom,
237 Manitoba Ave.

Stonewall

Fri., Oct. 2 (Class Two)
9:30 am – noon
Stonewall Hospital Multipurpose Room

DIABETES SOLUTIONS WITH A NURSE EDUCATOR

Want to learn about new medications and technologies for diabetes management? Do you have unanswered questions or just unsure of how to keep your diabetes under control? Come join a Diabetes Troubleshooting Nurse Education Session

Selkirk

Date: Thurs, Oct 1
Time: 9:30 am - noon
Location: Primary Care Boardroom,
237 Manitoba Ave.

Stonewall

Fri., Oct. 9
9:30 am - noon
Stonewall Hospital Conference Room

EATING FOR HEALTH EDUCATION Session

Want to learn about healthy eating in general? Looking for nutrition tips, weight loss tips, or disease specific guidance? Then this is the class for you! You will be guided through lifestyle changes to help you improve cholesterol, and blood pressure. Learn about fat, fibre, sodium and eating habits to become a healthier you. Make sense of food labels and how your choices will affect your family's health and yours.

Selkirk

Fri, Oct. 9
9:30 am – noon
Primary Care Boardroom,
237 Manitoba Ave.

Stonewall

Fri. Oct. 16
Time: 9:30 am - noon
Location: Stonewall Hospital
Multipurpose Room

CRAVING CHANGE

Are you craving change in your eating habits? Want to kick a bad habit? Do you struggle with your eating and want to learn how you can create a healthier you? Then this FREE three week program is the class for you!

To get on a wait list for a program near you please email wellness@ierha.ca or call toll free 1-877-979-WELL (9355).

Selkirk

Wed, Oct. 7
Wed, Oct. 14
1:30 pm – 3:30 pm
Primary Care Boardroom,
237 Manitoba Ave

Stonewall

Wed. Oct. 7
Wed. Oct. 14
Wed. Oct. 21
6:30 pm to 8:30 pm
Stonewall Hospital Multipurpose Room

MOBILE WELLNESS EVENT SCHEDULE

Mobile Wellness (MW) events are free events that bring a team of health care professionals to provide education and help you make healthy lifestyle choices. MW encourages people to be aware of the factors that affect their health and the things that they can do to improve their health. MW includes: a health check (blood pressure, blood glucose, and a lifestyle quiz); healthy displays on physical activity, nutrition, smoking and stress, healthy lifestyles presentation and a passport to record results.

Call 1-877-979-WELL (9355) or email wellness@ierha.ca for more information.

TAKE CHARGE OF YOUR HEALTH – INTRODUCTION TO EXERCISE

"Physical Activity is vital to your physical and emotional health and can bring you fun and fitness at the same time." Leave this FREE class with resources to continue on your path to Wellness. You will learn:

- Where to begin
- Goal setting
- The physical activity guidelines specific to your age group
- Recommendations for developing a walking program
- Gentle stretching & strengthening exercises modified to meet your individual needs

*****Don't forget your running shoes and to wear comfortable clothing! We'll get up and get moving as we learn fitness facts!**

Selkirk

Wed., Nov. 18
9:30 am to 12:00 pm
Selkirk Recreation Complex

Stonewall

Tues. Oct. 20
10:00 am to 12:30 pm
Stonewall Public Library

ACTIVE LIVING FACILITATOR (ALF) LEADER TRAINING

Selkirk

Wed. Oct 7
9:00 am to 4:00 pm
Gordon Howard Senior Centre

GET BETTER TOGETHER

Are you living with a chronic condition such as arthritis, MS, depression, asthma, chronic pain, diabetes, anxiety, cancer, fibromyalgia or heart disease? Come join Get Better Together! People with different chronic health problems attend together to deal with common issues they face and to motivate each other with solutions and techniques for:

- Dealing with frustration, pain, fatigue and isolation
- Appropriate exercises for maintaining and improving strength, flexibility and endurance
- Appropriate use of medications
- Communicating effectively with family, friends and health professionals
- Maintaining appropriate nutrition
- Engaging with other community resources

This FREE six week program is designed to help people with ongoing health conditions take control of their health. This program, led by others living with chronic conditions, can help you develop a plan to deal with the challenges of an ongoing health concern or disability. Bring a friend, family member, or other support person to attend with you! Each session is 2.5 hours.

To get on a wait list to attend Get Better Together in another community, email wellness@ierha.ca or phone toll free 1-877-979-WELL (9355).

F.A.N. CLUB

Fitness And Nutrition Club – a four week program to help families get active is coming soon to your community!

For more information call toll free, 1-877-979-WELL (9355) or email us at wellness@ierha.ca.



To schedule an appointment with a nurse or dietitian regarding your chronic condition, please call 1-877-979-WELL (9355).

A physician referral is not required for these appointments.



To register or for more information contact Theresa Dankochik at wellness@ierha.ca or 1-877-979-WELL (9355).

