

RECORD PHOTO BY LINDSEY ENNS

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Winter weather conditions have led to the formation of ice boulders along the entire length of the shoreline at Winnipeg Beach. Although they are beginning to melt following days of mild weather and rain, the ice formations are still drawing plenty of curious visitors and community members. For more photos, see page 4.

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City calls on PCs for more care home beds

Selkirk in need of at least 150 more personal care home beds, mayor says

By Dave Baxter and Lindsey Enns

Selkirk's mayor says he hopes the Progressive Conservatives will make good on their promise to bring more personal care home beds to Manitoba.

"They've had almost a year under their belt now, which is a good amount of time, so I'd like to see some real progress in the coming year," Larry Johannson said last week."I want to see things progress, so I hope discussions will begin soon."

One of the key provincial election campaign promises the PCs made was to bring more personal care home beds to Manitoba. The party was then swept into power in April 2016.

Johannson said he believes Selkirk alone could use roughly 150 to 200 more personal care home beds.

He added he has yet to see any progress being made to bring more personal care home beds to the city, but he's still optimistic.

"There has not been a lot of progress, but I'm hoping when they get back and when legislature is sitting again that they choose to address this issue," he said.

Selkirk MLA Alan Lagimodiere said the province has received several requests from communities across

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Manitoba, including Selkirk, seeking more personal care home beds.

Lagimodiere added those chosen to receive more care home beds will be a "ministerial decision based on merit." "It is before the minister now ... they're still under review,"he said dur-

ing a telephone interview on Monday. He added he hopes an announcement will be made regarding personal care home beds sometime this year.

"Every region is putting their concerns forward and their proposals forward and we'll just have to wait to see what comes back," he said. "Health care is an important issue for all Manitobans. We would certainly like to see an expansion of our personal care home beds in the Selkirk region but if they decide on merit that some other community needs it more than we do we will have to accept that."

In an emailed statement to the Record last week, the PCs also reiterated their campaign promise.

"During the election we committed to building 1,200 new personal care home beds in eight years with \$160 million dollars, or \$133,000 per bed," the Manitoba PCs said in a statement. "This is part of the Minister's mandate letter. The department of Health, Se-

niors and Active Living is seeking proposals that meet this criteria for evaluation."

Johannson said he and other municipal leaders now want an opportunity to meet face-to-face with the province to explain why more



RECORD FILE PHOTO Selkirk Mayor Larry Johannson says he hopes the Progressive Conservatives will make good on their promise to bring more personal care home beds to Manitoba. Johannson estimates Selkirk alone is in need of 150 to 200 more care home beds.

beds are needed in Selkirk and area. "I hope once they get back at the wait list for a bed with a median wait Leg we will get

an audience with

them and open up

those discussions

and hopefully get

this to the trea-

sury board and

get it passed to

get things done

here for our area."

tained by CBC

to February 2016,

According

information

December

News,

"WE WANT TO KEEP THOSE RESIDENTS THAT HAVE WORKED TO BUILD SELKIRK AND GIVE THEM THAT DIGNITY SO THEY DON'T HAVE TO GO TO ANOTHER COMMUNITY."

ity (IERHA) and 218 people were on a time of 26 weeks. The IERHA was unable provide

more recent numbers before the *Record's* deadline on Monday.

Johannson said when those waiting for a personal care home bed can't get into one, they end up using a hospital bed that could be used by another which

there were 747 personal care home beds in the Interlake-Eastern Regional Health Author-

to

ob-

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patient,

in turn clogs up hospitals and slows down emergency room response times.

"I would say there is a big need," he said. "I'm still hearing stories about people having to go outside of their own communities for hospital stays, and as mayor we only want the best for our community."

Johannson said he also wants to give those wanting to get into a personal care home the chance to stay in Sel-

"We want to keep those residents that have worked to build Selkirk and give them that dignity so they don't have to go to another community," he said. "They should be able to stay in their own community and in a place where their loved ones can visit without having to travel far lengths."

Red River Basin Commission predicting spring floods

By Lindsey Enns

The Red River Basin Commission wants those living along the Red River to brace themselves for possible spring flooding.

Heavy snowfall, ground saturation and recent rain are certainly a cause for concern, the commission's Manitoba director Steve Strang said on Monday.

"The probability of flooding is certainly looking at us in the eyes," Strang said. "It's likely that we'll see some level of overland flooding and we want people to just think about it."

According to the province's 2016 Fall Conditions Report released on Dec. 13, 2016, the Red River currently has base flows that are considered above normal for this time of year.

The report states that October and November were particularly "very wet" compared to historic precipitation records.

"A record amount of rain occurred in October across much of Manitoba and Saskatchewan, with precipitation in October was well above normal in all basins except the Red River basin,

which has received normal to below normal precipitation during the same period," the report states. "Precipitation in November was above normal to well above normal throughout the watersheds of the Red, Souris, lower Assiniboine, Saskatchewan River Basins, including the Whiteshell Lakes and Interlake regions."

For more information, visit the province's website at gov.mb.ca/flooding/ index.html. The province is expected to release it's spring flood forecast sometime in February.

Strang said if the rain continues this winter, they just want to be proactive.

"Because the idea of being proactive is far more affordable than being reactive," he said. "I think we need to be having our eyes wide open and be paying attention."

Strang suggests those living along the Red River get to know their area. "Just be aware of what has hap-

pened in the past and if you're new talk to your neighbours to get an idea of what's happened in the past and just do some preparation.

"We're hoping for the best."

RECORD FILE PHOTO BY DAVE BAXTER A massive ice jam kilometres long sits along the Red River near the Highway 4 bridge north of Selkirk in this March 2016 photo. Heavy snowfall, ground saturation and recent rain has the Red River Basin Commission predicting some level of spring flooding.

Artist builds bears with snow

RECORD PHOTO BY BRETT MITCHELL

Kathy Freeman just finished this 22 foot long mother polar bear and cub in her front yard on River Road in Selkirk. The animals took about two

weeks to emerge from a very large pile of snow and were carved with saws, shovels and homemade tools. You can see more of Kathy's sculptures on her Facebook page by searching "Kathy Freeman Sculpture."







4 The Selkirk Record Thursday, January 26, 2017



Winter weather conditions have helped form ice boulders along the entire length of the shoreline at Winnipeg Beach. Although they are beginning to melt and icicles have formed following days of mild weather and rain, the ice formations are still drawing visitors. Locals say they haven't witnessed anything like this in years. Natalie Hasell, a warning preparedness meteorologist with Environment Canada, says although the ice boulders may appear solid, there's no way of telling what the inside looks like so visitors should be wary of that.





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LSSD superintendent to retire at end of school year

By Lindsey Enns

The connections Lord Selkirk School Division Supt. Scott Kwasnitza made as a young boy with his coaches and teachers is what inspired him to pursue a career in education.

"I realized that was my passion and that's what I wanted to do with my life," Kwasnitza said with a smile while sitting inside his office at the division's administration building in Selkirk last Thursday afternoon. "I wanted to connect with kids in that way."

Now, after spending 17 years with the LSSD in various roles, Kwasnitza has formally announced his plans to retire later this year. His last day with the division will be on June 30.

The 54-year-old officially notified the school division last Wednesday about his plans to retire. He says the thought of leaving is "bittersweet," but he's looking forward to spending more time with his family.

"I'm a grandpa now and I want to spend more time with my family," he said. "It's been a privilege and an honour to serve the students, the schools, the families, the communities of the Lord Selkirk School Division.

"This role is really one about service and I'll definitely cherish the many fond memories of my 17 years in the school division."

Kwasnitza started his career in education as a phys-ed teacher in 1984 at Warren Collegiate. He spent a total of 16 years throughout the Interlake School Division before moving to the LSSD in September 2000.

"When I reflect back on that decision I realize that was the best career decision I ever made," he said. "I've been blessed to have great support from the people in and around the communities ... and for me the opportunity to be in a job that gives you a chance to make a difference in children and young people that's been a very special gift for me."

LSSD Asst. Supt. Michele Polinuk, who has worked with Kwasnitza for many years, says students have always been his main focus.

"He always takes a high degree of interest in students," Polinuk said. "He's always talking to students and engaging.

"He got into this business because of his interest in teaching and learning with students and that's continued right through in his senior management role."

Over the course of his 33-year career, 26 of those years were spent in various administrative roles.

School board vice-chair Jean Oliver, who was on the hiring committee



RECORD PHOTO BY LINDSEY ENNS

Lord Selkirk School Division Supt. Scott Kwasnitza reflects on his 17 years with the local school division while sitting inside his office last Thursday afternoon. Kwasnitza has formally announced his plans to retire at the end of this school year so that he can spend more time with family.

when Kwasnitza was brought over to the LSSD, says he has "always put kids first."

"He's too smart to just do nothing

"THIS ROLE IS REALLY ONE ABOUT SERVICE AND I'LL DEFINITELY CHERISH THE MANY FOND MEMORIES ..."

and I think that whatever he does in the future is always going to be something to do with kids,"Oliver said, adding over the years Kwasnitza has showed a high level of commitment to the school division. "He's personable, strong character and a man of great moral.

"He's just an all around great person."

Oliver said Kwasnitza's plans to retire took staff by surprise.

"We knew he was going to retire at some point but I guess we weren't hoping it was going to happen yet," she said. "But I admire what he's doing."

Oliver said the recruitment process to find Kwasnitza's replacement has already begun and the school board plans to meet in the near future to discuss more of a timeline.



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Dancers ring in new year



RECORD PHOTOS BY BRETT MITCHELL The Blessed Virgin Mary Church in East Selkirk is hosted their annual Malanka (Ukrainian New Year's Celebration) the East Selkirk Hall last Saturday evening. Selkirk's Troyanda Ukrainian Dance Ensemble and the Selkirk and District Ukrainian School of Dance Inc. danced up a storm during the event.





It's a DOG eat DOG world out there and our Pet of the Year contest gathered over 375 votes. MOLLY & MACY ARE IN A NOSE TO NOSE TIE FOR THE PET OF THE YEAR!

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ful ways," said Siele.

in leadership.

On Tuesday, more than a dozen of

Manitoba's applicants to DOV were

invited to participate in a special

event at the Legislative Assembly in

Winnipeg to celebrate young women

The Manitoba delegates will meet

in Ottawa in early March, when 338

delegates - one for each federal rid-

ing in Canada - will gather to 'take

their seat' in Parliament on Interna-

tional Women's Day on March 8, 2017,

to have their voices heard and mark a

century of women's suffrage.

Local girl to represent Manitoba in Daughters of the Vote

softhevote.ca.

toba DOV delegates, along with brief

bios, are available online at daughter-

"The quality of applications from

Manitoba was superb and demon-

strates young women are eager to

grow their leadership skills and play

active roles in the political process,"

said Denise Siele, of Equal Voice Can-

ada, the organization leading DOV.

"Through their passion, vision and

actions, these inspiring young Mani-

tobans will contribute to their com-

munities, their province, our nation

and the world in creative and impact-

Submitted

A young woman from Selkirk is among the 14 women selected to represent Manitoba in Daughters of the Vote (DOV).

Jodene Kowalchuk is an ambitious young Métis woman who strives to impart her leadership in her various activities with youth. In addition to her college studies, and playing college basketball for the Red River Rebels, Jodene coaches at the junior club and high school level.

In addition to her work with sport and inner city youth, Jodene plans to study education, as she hopes to inspire tomorrow's youth in her community.

Other DOV delegates from Manitoba include: an advocate for Indigenous women, girls, and transgender women who started the first pride movement in Manitoba; a law school student studying restorative justice and community-based healing; and a black belt in Karate born in the Congo but raised in Canada who can speak to parishioners in English, French, Swahili or Spanish while volunteering at her church.

The 14 young women, between the ages of 18 and 23, were among a total of 67 DOV applicants from Manitoba. They were selected by a non-partisan panel based on their demonstrated

JODENE KOWALCHUK

leadership potential, interest in public policy issues, and level of community engagement.

A unique and historic political initiative, DOV will mark 2017 as the 100th anniversary of some women attaining the right to vote in federal elections, as well as celebrate Canada's 150th birthday.

Names and photos of the Mani-

RCMP seek suspect after armed robbery outside grocery store

Staff

Selkirk RCMP are investigating following an armed robbery at a local grocery store.

On Jan. 15 at approximately 5:30 p.m., Selkirk RCMP received a report of a robbery at the Market Place on Main Street.

An employee from the store had approached a lone male outside the store after witnessing he had stolen some meat from the store.

The male pulled out a kitchen knife and the employee backed off and the suspect fled on foot with the meat.

Police attended the scene shortly after but were unable to locate the suspect.

The male is described as being approximately five-footeight to six-feet-tall, caucasian and wearing a black and dark blue jacket and black pants and black hat or toque and brown work boots.

The RCMP Major Case Unit and composite sketch artist are assisting in the investigation.

Anyone with information or anyone who may have witnessed the incident is asked to contact the Selkirk RCMP at 204-482-1222 or call Manitoba Crime Stoppers anonymously at 1-800-222-8477.



Every electronic device has two price tags: The one you see in the store, and the one you see every month on your electricity bill. In a typical home, those televisions, computers, phones and other gadgets consume one-fifth of all energy used.

As your range or variety of devices grows, the energy you use may be increasing more than you realize. Canadian households own 160 per cent more electronics than 10 years ago. When plugged in, most of those devices are drawing power even if turned off. Just one idle gaming console can add \$75 to household electricity costs every year.

The good news is that there are ways to reduce the energy use of home electronics and communication devices. With a few simple changes, you can start saving right away.

Pull the plug on hidden energy "vampires"

- Unplug seldom-used devices to prevent them from consuming standby power.
- Give your energy bill a vacation. Before you go away, take a few minutes to unplug everything that isn't essential.

Reduce TV energy use

- Turn down the brightness on your TV. It saves energy and may provide a better picture, too.
- Buy the right size of TV. The ideal screen size is 1.5 times the viewing distance. That's 40 inches for a TV viewed from 5 feet away.
- Use "smart" power bars to make saving more convenient. Plug your TV into the main receptacle and your other A/V devices into "slave" receptacles. When the TV is turned off, the power will be automatically cut to the other devices.

Use your consumer power

- Look for the ENERGY STAR® symbol when buying electronics. The special features of these products are proven to reduce energy use by up to 50 per cent. The "ENERGY STAR Most Efficient" label means a product is the top energy performer in its class.
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ence to the movie The Wizard of Oz when I share a story given to us from the folks at Belair. Belair is on the east side of Lake Winnipeg where the road onto the lake is named the "Yellow

> ARNIE WEIDL

Brick Road."

Dorothys."

Hello again fishing buddies.

It's hard not to make some refer-

I've joked about this road before but

last week it took on an added flavor when I met two fun loving ice fishing

couples here. I could see them not far

out as I came off Yellow Brick onto the

ice. Jostling towards them "old red"

threw cascades of water away from

the front wheels I as sliced through

the mushy melting snow. I pulled up

beside our new fishing compatriots

including Dennis Barchuk who you

see holding up a pickerel he had just

caught, Brian Kwitecki a tall, gangly,

chap with long grey curly hair and

piercing yet kind eyes and the "two

The "Dorothys'"didn't want their

names mentioned but let me tell you

they were true outdoors gals dressed

in old winter wear, snacking and

drinking coffee from thermal cups

as they slogged around in the slush

joking around with me and the boys.

Then Dennis remembered a funny

fishing interlude that happened many

They were fishing out of a canoe

on Lee River when Dennis caught a

fair sized jack. He told his girl, Sain

(I know, I've never heard that name

before either) to net the thing. Sain

grabbed the net but when she leaned

over the canoe's side and saw the

jacks' menacing head she dropped

the net and cried, "I'm not touching

years ago with an old girlfriend.

Michelle Balharry



Brian Bowman



ADMINISTRATION Georgia Campbell



Debbie Strauss





Allana Sawatzky

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PHOTO SUBMITTED Dennis Barchuk of Belair with a nice eating pickerel just caught.

that thing."

Cet RED RIVER > CHALET BEACH > LAKE WINNIPEG

Poor Dennis had to grapple the fish by the gill and paddle to shore at the same time.

A day later I found myself pulling up to a very large ice shack on Netley Creek across from Chesleys' campgrounds. Getting out of the truck to a warm grey misty day much like yesterday, I hailed the folks inside and was greeted with a "come on in" by a woman's voice. Entering, I took in the features of a sturdy shack. Anglers sat on either side of common ice holes along the floors' center. The mellow voice of local gal Bev Rozmus who invited me in was that of a fine-featured lady with dark short hair.

We began getting acquainted as she told how she and her friend Kim Hansen, with friends, had built this shack. At the far end of the shack sat a petit, charming, pixy faced lady with an enormous smile and short bobbed dark brown hair.

Regional Health Authority wouldn't normally use insulin pumps. These people may need to use insulin when required and they will inject it without the aid of a pump. Education about lifestyle changes and medication management can help slow the progression of diabetes and help

news@selkirkrecord.ca Twitter: @LindseyEnns

dave@selkirkrecord.ca Twitter @davebbbaxter

Dave Baxter

cell 204-481-4180

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"I lost my first ever fish today," new friend, Kathie Cuddleford proclaimed. She continued as I turned my recorder on. A jack had struck her baited hook and as she excitedly began reeling in her prize it slipped off the hook half way up the hole. Kathies' joyous expression changed to a determined frown. She tossed aside her rod and dropping on all fours she plunged her arm down into the cold water of the ice hole catching the jack by the gill.

"That's my first fish and it's not getting away," she growled. The fish thrashed about slamming into the sides of the ice hole and out of Kathies' grasp. Quickly she lay face down on the floor and drove her freezing arm into the depths after the fish but sadly it found freedom beyond her reach and disappeared. Slowly Kathie regained her seat changing back to the sweet unassuming lady her friends knew and loved.

Last weekend I finally made it down on the ice at Lockport, which looks like craters on the moon from the locks to the spillway. A few adventurous souls had managed to get their shacks on the ice one of whom was Mike Templeton of Winnipeg. He gave us the story where not long ago he was fishing beside his shack while his son was inside doing the same. A fish took Mikes' baited hook, then for good measure also took his rod down the hole. A few hours later his son got a bite and pulled up a sauger as well as his dads' rig, which had another sauger on its' hook.

See you on the ice my friends, bye now.

people improve their quality of life, however, people with Type 2 diabetes may need to and should use insulin if the need is identified by their health care professional. Incorrect information appeared in our original story. The Record apologizes for the error.

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Thiessen. Thiessen correctly stated that the majority of people living with Type 2 diabetes in Interlake-Eastern **EDITORIAL Lindsey Enns** 204-485-3337

True North project aims to teach students about mental health

By Dave Baxter

Jennifer Cassels knows how difficult it can be for elementary school students to succeed in school if they are struggling with mental health issues.

"It affects their school work and it just affects their everyday life," the Grade 4 and 5 teacher at Walter Whyte School in Grand Marais said. "Every student is different, and every one of them has different things going on in their own lives."

With that in mind, Cassels and other Walter Whyte School educators have now teamed up with True North Sports and Entertainment to use their Project 11 curriculum to help teachers discuss mental health issues with students in grades five to eight.

"It's a mental health awareness project," Cassels said. "I believe it opens up the conversation about mental health, because too often it is brushed aside and because of the stigma it's just not talked about.

"Many students don't even know what mental health means."

True North named the curriculum and lessons Project 11 in honour of former Manitoba Moose and Winnipeg Jet forward Rick Rypien who wore number 11 during much of his hockey career.

Rypien died from suicide in 2011 after years of dealing with depression and other mental health issues.

Along with Walter Whyte School, Project 11 is also currently being used at Ecole Selkirk Junior High, Mapleton School and East Selkirk Middle School.

Cassels said if their school can start a conversation about mental health with students at an early age, it is an opportunity for those students to better understand those issues.

"It helps them to process those emotions. If students are sad or feel-

ing down it really shows them they are not alone," she said. "And there is a better chance those students will grow up with a far better understanding of these issues."

With True North being the owners of both the NHL's Winnipeg Jets and the AHL's Manitoba Moose, Cassels said the Project 11 curriculum teaches about mental health issues with a hockey theme.

"It's a series of lessons and each grade has a different theme," she said.

Friendship, communication and selfreflection are the three main themes, Cassels said.

She added students keep a mental health notebook that only they and their teachers can see.

"It's a chance for them to share their thoughts and feeling with me, and it's totally personal and private," Cassels said.

True North Youth Foundation director of educational programming Suzi Friesen said there are 29 school divisions as well as eight private schools in Manitoba currently using the Project 11 curriculum.

"After Rick Rypien's passing, Mark Chipman and Craig Heisinger really wanted to do something in his honour and carry on his legacy of really wanting to help kids," Friesen said. "I know on and off the ice, Rick was really involved with kids through things like hockey schools

and camps."

Cassels said that while he was with the Manitoba Moose, Rypien often confided in Moose general manager Craig Heisinger about his own struggles with mental ill-



PHOTO COURTESY OF TRUE NORTH SPORTS AND ENTERTAINMENT Manitoba Moose goaltender Eric Comrie, pictured left, recently visited with students in the Amber Trails School Division to talk about mental health issues and the Project 11 initiative. Hundreds of Manitoba schools, including Walter Whyte School in Grand Marais, are now using the Project 11 curriculum to help youth understand mental health issues.

ness.

"And Rick really wanted to make sure that kids weren't suffering the way that he did," she said.

Friesen said although Rypien had people in his own life that he could open up to, he was often "suffering in silence."

"He didn't want to be a burden to others, so there were times he reached out but also a lot of times when he

held stuff in."

Friesen said Project 11 is a mental health program that "teaches coping skills and empowers students."

The program also gives students the chance to watch videos where Jets and Moose players such as Mark Stuart and Eric Comrie speak directly to youth about mental health issues.

For more information about Project 11, visit projecteleven.ca.



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Selkirk Record

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Glen Rossong

Membership &

Sponsorship

204-338-7291

Meetings first

Monday of every

month.

Submitted

The City of Selkirk has launched a Water Conservation Pilot Project (WCPP) that gives property owners the opportunity to replace their toilets with low-flow, eco-friendly, 4.8 litre Niagara Flapperless toilets that will use less water and may reduce your water utility bill.

The toilets and installation will be paid for in seven equal, interest-free,

ARMY, NAVY & AIR FORCE VETERANS IN CANADA

Selkirk Unit 151 LADIES AUXILIARY Club Room 482-3941

231 Clandebove Ave

Selkirk MB R1A 2B2

Meetings are 2nd Wednesday

of each month (except July & August) at 6:30pm in downstairs clubroom. New members welcome.

MANITOBA

JOB'S DAUGHTERS

Eva Hawryshko

482-3393

Youth organization for girls

ages 10 – 20 years. Meets 1st and 3rd Wednesday

of each month (July and Au-gust excluded) at 7pm in the Masonic Hall, 209 Eaton Avenue, Selkirk

payments over two years.

Selkirk and District Kiwanis Clul

Kiwanis is an international blunteer organization with the

objective of improving the local community. Meetings are every

2nd and 4th Monday of the

2nd and 4th Monday of the month at the United Church or McLean Ave, Selkirk 7:00pm Contact: President Don Tole 204-757-2848

President Elect

Carol Manlow 204-510-1776

REMORA #26

FOLOT

ODD FELLOWS

Meets 1st Tuesday

of each month

Iohn

204-482-5989

Dan McDermid, the city's director of operations, says the pilot project's big benefit to city property owners is the cost savings, but the up side extends far beyond the pocketbook.

"It's a big benefit to homeowners," McDermid said."They're going to save money, they get a brand new toilet and they get to pay it off over seven payments. Their cost will be more than

ROYAL CANADIAN LEGION

NO 42 & LADIES AUXILIARY

Office: 482 4319

403 Eveline St. Selkirk, MB R1A 1N8

Bingo Mondays at 7:00pm and

Saturdays at 1:00pm

CELKIRK

Your area Chamber of Commerce since 1901 Our mission is to promote and expand economic trade and commerce along with civic and

social needs of the Selkirk,

Social needs of the Sentre, St. Andrews, St. Clements and West St. Paul regions: Events include Networking Sessions, Speaker Series, Business Awards, Black Friday Weakend and mean end then

Weekend and many other

mmunity initiatives 200 Eaton Ave, 482-7176 www.selkirkbiz.ca

made up through all the water they place, we'll do three toilets, as many save."

The city is partnering with Manitoba Hydro's Water and Energy Saver Program and participants can choose to have water conserving shower heads and kitchen and bathroom sink aerators installed at the same time.

The pilot project is limited to 500 toilets, on a first-come, first-served basis. Home and property owners can

replace just one toilet or as many as they like, providing they apply before the supply runs out.

To be eligible, you must be a City of Selkirk property owner and have an active utility account with the city. **Businesses** may be eligible as well.

you have "If three toilets in your house that you want to re-

per house as you want," McDermid said. "If you own an apartment block, we can change every single one in that apartment block if you want, but it's the first 500 who sign up,"

Under the pilot project, the typical price for the toilet and basic installation, including taxes, is just under \$380 per toilet. If you choose to also participate in Manitoba Hydro's Water and Energy Saver program and have showerheads and sink aerators installed, there is no cost or installation charge to eligible Manitoba Hydro customers.

Deputy Mayor Ken Beerman, who also chairs the City's Water Use Taskforce, which initiated the WCPP, said Priority 5 of the Strategic Plan is environmental stewardship.

To sign up for the WCPP visit myselkirk.ca/waterconservation, stop in at the Civic Office at 200 Eaton Avenue or the Operations Department at 739 Sophia Street. You can also call 204-785-4903 or email waterclerk@cityofselkirk.com.

Ecofitt will do the installations. If the program is successful, the city will look at offering it again in the future.

Selkirk RCMP seek suspects following Sport Chek theft

PHOTO COURTESY OF THE SELKIRK RCMP

Selkirk RCMP are trying to locate the woman and man pictured above following a report of shoplifting at Sport Chek in Selkirk on Dec. 27, 2016 around 5 p.m. An employee from the store had noticed a male and female entering the store and an undisclosed amount of items were taken. Any assistance by the public in identifying the two individuals seen in the photo above as persons of interest in this matter is greatly appreciated. Anyone with information is asked to contact the Selkirk RCMP at 204-482-1222 or call Manitoba Crime Stoppers anonymously at 1-800-222-8477.

Professional Office & Warehouse Space For Rent in Selkirk

ATTENTION professional companies who may be looking to share office space, boardroom and reception. Six offices are now open plus there is 2200 square feet of warehouse space attached.



Phone: 204-485-0010 **Email: bigandcolourful@mymts.net**

Local composer earns Africa viewers choice award nom

By Dave Baxter

He makes music in his basement studio in St. Andrews and now Tom Koroluk's work has landed him a prestigious international award nomination.

Koroluk, a composer of music for film and television, has been nominated for an international award for the upcoming fifth annual Africa Magic Viewers Choice Award.

The nomination is for "Best Soundtrack/Original Score" for the music Koroluk composed for the motion picture "Oloibiri," which was produced in Nigeria and released in Africa in October 2016.

Koroluk, a long-time St. Andrews resident, said he has been playing and writing music for decades, but after retiring about five years ago he decided he wanted to put a lot of his efforts into composing music for television and film projects.

"It was always something that I wanted to get involved in, and I slowly started practicing and getting better and better at it," the 55-year-old said. "I've spent a lot of time honing my skills at this."

Koroluk said he created a demo tape of his work by composing music to movie trailers.

"I would take the videos, kill the music and rewrite my own music to it," he said.



SUBMITTED PHOTO

Tom Koroluk, a composer of music for film and television, is seen in his basement studio in St. Andrews. The local composer was recently nominated for an award at the fifth annual Africa Magic Viewers Choice Awards.

Once Koroluk put together enough compositions he created a demo tape and sent it to representatives from the entertainment industry all over North America.

A call from a man right in his home province gave Koroluk the opportunity to work on a film produced thousands of miles away in Nigeria.

Koroluk said film producer Rogers Ofime, who lives in Winnipeg but still works on film projects in Nigeria, contacted him and soon after decided to visit him at his home studio. "He came down here and he listened to what I can do and he just said 'OK I've got stuff for you to do, and the first thing I want you to do is work on this movie that I just finished producing." Koroluk received the final cut of 'Oloibiri,' wrote music for it, and said he was done composing music for the film by the summer of 2016.

"My job was to produce the music that adds the emotion to the film, and to convey the different emotions of each scene," Koroluk said.

Koroluk said the film has been suc-

cessful and received "rave reviews from movie critics."

He added the Africa Magic Viewers Choice Awards are the most prestigious awards handed out for film projects in Africa.

"It's a really big deal," he said. "This is not just for Nigeria it's for all of Africa. It's the equivalent of the Academy Awards of Africa.

"It's the highest platform of awards you can win there."

Koroluk said 'Oloibiri' is a fictional action film based around the changes that came to Nigeria in the mid 1950's after the discovery of oil in the region.

"It's fictional but it's based on the real problems that were created by the oil industry over the years, and how the corruption of the oil industry corrupted people."

Koroluk is not yet sure if he'll be able to attend the award ceremony in Nigeria, which takes place in March.

He said even if he doesn't end up winning, he's still "incredibly proud" of what he has accomplished.

He now plans to continue working on composing music for film and televisions, and is hoping the nomination will open up new opportunities for him in the entertainment industry.

In total, 'Oloibiri' has been nominated for 13 awards at this year's Africa Magic Viewers Choice Awards.

AgriInsurance coverage expected to exceed \$2.6 billion in 2017

Staff

AgriInsurance coverage this year expected to exceed \$2.6 billion on 9.6 million acres in Manitoba, the secondhighest level of coverage on record, according to the province.

AgriInsurance coverage is increasing on average by seven per cent, while premium rates are down by an average of four per cent, as compared to last year.

More than 8,400 farms are enrolled in AgriInsurance. Manitoba has the highest level of AgriInsurance participation in Canada, covering more than 90 per cent of annual crop acres. The total governments' share of AgriInsurance premiums for 2017-18 is expected to be \$136.3 million.

Under AgriInsurance, premiums for most programs are shared 40 per cent by participating producers, 36 per cent by the Government of Canada and 24 per cent by the Manitoba government. Administrative expenses are paid 60 per cent by Canada and 40 per cent by Manitoba. The Western Livestock Price Insurance Program (WLPIP), which was expanded to include Manitoba cattle and hog producers

in 2014, provides protection against unexpected price declines. Due to lower cattle prices in 2016, WLPIP paid out \$1.7 million to producers, with 73 per cent of insured calves qualifying for a payment. The average payment for each calf that qualified for an indemnity was \$94. Under WLPIP, administrative expenses are paid 60 per cent by Canada and 40 per cent by Manitoba. Premiums are paid by

participating producers.

For more information about AgriInsurance, WLPIP or other programs, visit a local MASC office or .masc.mb.ca.

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The savings shown are averages and will vary depending on your home, specific heating needs, and other conditions. The energy rates used to calculate the savings are based on a November 1, 2016 natural gas rate of \$0.2454/m3 and an electricity rate of \$0.0793/kWh.

Available in accessible formats upon request.





Renewal corporation using data to improve Selkirk

By Dave Baxter

Now that the Selkirk Community Renewal Corporation (SCRC) has fresh data on what residents want to see happening in their community, the organization says they can move forward with a new plan to make those dreams a reality.

"We try to take the priorities from the community and make them a reality," SCRC executive director Ashley Monkman said."So many great ideas come from the residents in the community that we can make a reality."

Monkman joined other SCRC representatives and community members at the Gordon Howard Active Living Centre last Wednesday for the SCRC 2017 draft plan presentation.

The foundation spent months completing a community survey which compiled data from community members on what they think are the positive and negative aspects of living and working in the City of Selkirk, and what they would like to see changed or improved.

Monkman said now that they have fresh data they will move forward with new initiatives to try and better the community. She added they hope to have a new five-year plan finalized



RECORD PHOTO BY DAVE BAXTER

Selkirk Community Renewal Corporation (SCRC) community facilitator Kristy Magnusson, pictured left, and executive director Ashley Monkman, pictured right, greet community members during the SCRC's 2017 draft plan presentation last Wednesday.

and in place by sometime next month. "There are always new initiatives that come out of this," she said.

One of the issues Selkirk residents

spoke up about was the issue of safety, and not always feeling safe on city streets, Monkman said.

"A good majority addressed the need for a patrol in the community," she said.

Monkman and other SCRC representatives are now working to create a patrol group that would work in a similar way to the Bear Clan Patrol group that patrols the streets of Winnipeg.

"We have already started to put steps in place to get that up and going," she said.

Monkman also wants to see more programs that get youth and seniors into the same room and interacting with each other.

"We have learned that residents want to see more intergenerational activities," Monkman said. "We want to have the seniors engaging with the youth from the schools, and what we are doing is trying to create partnerships to make that happen."

Seniors could learn skills from youth, and youth could learn from seniors, Monkman said.

"Our goal would be for them to learn from each other. Seniors can teach skills like quilting or woodworking, and youth could help seniors with learning about technology and things like that," Monkman said. "I think there are a lot of great things that can come out of seniors and youth engaging each other, and building mutual respect."

Last week's gathering was also a chance for the SCRC to introduce their brand new logo, which was created as part of a rebranding campaign they said coincided with recent rebranding efforts by the City of Selkirk.

Jeff Palmer, who works in community planning and does consulting for the SCRC, presented some of the findings from the community survey during Wednesday's gathering.

Out of the 280 residents surveyed, results showed community members appreciate Selkirk's small town feel and big city amenities, and also think there is a feeling of "momentum" in the city.

The survey also showed that residents want more housing diversity and supports, more beautification and revitalization projects, better community inclusion and supports for new Canadians, and improved mental health services.

Community members also said they want greater community safety and greater employment opportunities.

The SCRC is a non-profit entity governed by a 10-member board of directors.

Those wanting to provide input or contact the SCRC can call 204-482-7005.



Volunteer Leader Opportunity!

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Animal advocacy rescue in need of caring supporters

By Natasha Tersigni

With mounting financial debt and a continued need to save more dogs, the Winnipeg-based dog rescue Companion Animal Advocacy Rescue Effort (CAARE) is reaching out to the public for support.

The Findley family knows firsthand the important and necessary work that CAARE is doing. Since May, Tracy Findley with the help of her three children, Bella, Brad and Tyler, have fostered more than 25 rescue dogs at their Warren home. Most recently the family took in a Pomeranian from Rankin Inlet named Polly. Since being rescued in October, she has given birth to eight puppies. If it wasn't for CARRE along with her foster family, Polly probably would have froze to death.

"When CAARE found here she was very much neglected; you could just tell they found her on the street. She was all matted and dirty and not cared for at all. You could count her ribs and when you put food down for her she just fought for it," said Tracy who added that Polly and the puppies are now ready for adoption to forever homes.

As bills continue to rise for CAARE, their ability to rescue dogs is hindered. Over the holidays the group



RECORD PHOTO BY NATASHA TERSIGNI

Members of the Findley family hold the foster puppies rescued by the Companion Animal Advocacy Rescue Effort (CAARE). The dog rescue is currently in need of caring supporters and foster families.

took in five puppies and they all test- over \$5,000, CAARE is now facing a ed positive for parvo virus; a highly contagious disease where symptoms include vomiting and diarrhea. With the veterinary bills alone coming to

severe financial crisis.

"We currently have of \$13,000 owing on our credit cards; we are in a pretty high deficit and this is the worse we

have ever been. Right now, there are 40 dogs with CAARE in various foster homes and we are trying our best to adopt out as many as possible," explained CAARE provincial coordinator Lindsey Susktey.

The main cost for CAARE is the ongoing veterinary bills for the animals. The dogs CAARE rescues are mostly from northern Manitoba communities and the health conditions of the animals are often unknown when they are brought in.

"From the communities that we take in dogs they are mostly heart worm positive, so 90 per cent of the time the adult dogs will have heart worm and that costs \$2,000 to treat. With the parvo puppies when we took them in they were healthy and five days later they started to develop symptoms of parvo and that is \$1,000 to treat each dog," added Susktey.

Along with financial donations, CAARE is always looking for foster families to help take in puppies and dogs while a permanent home is found for them. Tracy said that being a foster family for CAARE is very rewarding, as they are able to help many dogs instead of just one.

For more information about CAARE. visit their website at caarerescue.com.



14 The Selkirk Record Thursday, January 26, 2017



Plan the perfect wedding in 15 steps

You're getting married! Congratulations! Now it's time to plan the wedding. Here are 15 steps you should follow (not necessarily in order) so that everything is perfect on the big day. Before you start, set your budget and stick to it at all costs. If you think you might lose your head, your best bet is to hire a wedding planner.

Decide on your theme. Hollywood glamour, car-themed, turquoise and white - you know the possibilities are endless!

Draw up your guest list and 2 send invitations. Will it be a



grand affair or an intimate gathering? Who do you want by your side on Open a registry to avoid receiving your special day? Make sure everyone duplicate gifts. And remember to can make it by sending out save-thedate cards and invitations early.

Plan the wedding procession. 3 Who will you pick to be the best



man, and who gets to be the maid of honour? Have you found a flower girl and a ring bearer?

Select the officiant and the type of ceremony. Courthouse wedding or religious tradition? Officiated by a priest or by a friend? Make sure that the option you choose welcomes your personal touch.

Find your venues. Where will the ceremony and the reception be held — in a church, at the beach, in a grand hotel, at the park or in a cozy cabin? Will you need to rent any equipment?

6 Dream up the floral arrangements and decor. Which flowers will be featured in the bride's bouquet, the boutonnieres and the centrepieces? What kind of accents (balloons, candles, draperies) will create the perfect ambiance?

Prepare your registry and your gift bags. What household items do you and your partner need — a toaster, wine glasses, silk sheets? thank your guests with a personalized keepsake.

Secure an entertainment team. 8 Do you need a master of ceremonies? Will a DJ, a string quartet or a rock band be in charge of the music?

Hire a photographer and a 9 videographer. Who will immortalize your magical day? Take a look at several portfolios to find the pro that understands your vision.





Find a caterer and a bakery. What will be on the menu, and how will food be served? Will there be a candy bar, or even a chocolate fountain? Don't forget the cake!

11 Plan your grand entrance. Will you arrive at the ceremony on horseback? On your bike? In a limo, a sports car or a hot-air balloon?

Purchase your rings. What will the objects symbolizing your union look like? Will they be golden, diamond-studded, massive or subdued? Choose wisely because you'll (hopefully!) be wearing them for life.



Shop for your outfits. Bowtie or 13 regular tie? White gown or colourful sundress? Your attire for the event should reflect your personal style and make you feel absolutely stunning!

Book your beauty appoint-14 ments. Have you called your hair stylist, your makeup artist

and your esthetician yet? And what about the nail salon? Don't forget to plan for trial sessions.

Write up your vows. What words will you choose to describe your feelings? Time to brainstorm!

Remember to book everything as early as possible to avoid scrambling for a backup plan. And one last thing: where will you spend your honeymoon?

Send your invitations early to make sure that all of your loved ones can be present for your big day.

The Interlake Dream Wedding Expo

Your Meddin

The Interlake Dream Wedding Expo will be held at the Selkirk Rec Complex on January 28 and 29, 2017. This 2 day event will be jam-packed with ideas to help brides-to-be plan their dream wedding and can connect them with the best businesses in the wedding industry! There will be many vendors from the Interlake area at the Expo offering their own unique services.

Admission is FREE to the Expo, although guests are encouraged to please bring a Tin for the Bin for the local Food Bank.

Elegant Events by Chelsea, The BAKery and J'Adore Beauty Academy & Boutique, are the sponsors and organizers of the Interlake Dream Wedding Expo. J'Adore Beauty will be doing complimentary makeup applications and hosting an amazing bridal giveaway. The BAKery, who features incredible cake and cupcake creations, will be offering taste testing of their delicious assortments.

Canalta Hotel Selkirk will be on site sharing information about their new beautiful location in Selkirk and the exclusive wedding packages they offer. Lakeview Resorts will also be showcasing their wedding venues and accommodation packages.

For food and beverage services, checkout The Bee's Knees Bar Services, a premium cocktail bartending service, and King Cole Catering which is family run and has been in business for 20 years. On Tap Bartending will also be on location specializing in bartenders and equipment for socials, weddings, corporate functions as well as private parties. Also showcasing at the Expo is Paper & Sweets, a home-based company run by two sisters specializing in custom invitations and sweet tables.

If you are wondering about music and entertainment options, check out Supreme Entertainer who will be live at the Complex all weekend long. For dress ideas, visit Malorin who has a beautiful collection of bridal gowns as well as custom designs dresses. For photography ideas, Kohinski Photography will be featuring her portraits.

Don't miss your opportunity to check out these and many more vendors on site to visit and gather ideas from. Stop by the Interlake Dream Wedding Expo this weekend.

- Exclusive Bridal Package to be given away to 1 lucky bride!

- Exclusive Exhibitor Giveaways

- Complimentary Makeup Applications for Brides and their guests

- Complimentary Cake Tasting & More!







Gwen Fox to host Expanding the Artistic Boundaries exhibit



SUBMITTED PHOTO

Former St. Andrews resident, Patricia pictured Stagg, and about left, 10 other artists will showcase their needlework. embroiderv and paintings during the Expanding the Artistic Boundaries exhibit at the Gwen Fox Art Gallery from Jan. 31 to March 2. The gallery, located at 101-250 Manitoba Ave. in Selkirk. is open Tuesday through Saturday from 11 a.m. to 4 p.m.



Marinated Mushroom Bowls

with Lentils and Wild Rice



Slow cooker pork roast and veggies



6-8 servings / 8 hrs 20 min Prep 20 min / Cook 8 hrs

Having your meal in one pot when you get home is wonderful during the busy holiday season. The aroma in your home will certainly have you enjoying the time of year with hearty vegetables alongside your pork roast. Ingredients

3 each large carrots and parsnips, peeled and cubed

3 cloves garlic, minced and divided 1 onion, sliced

2 tbsp (25 mL) chopped fresh

parsley

2 tsp (10 mL) canola oil

1 tsp (5 mL) each dried oregano and dried basil leaves

1 tsp (5 mL) fennel seeds, crushed

1 tsp (5 mL) smoked paprika 1/2 tsp (2 mL) fresh ground pepper

1 boneless pork loin roast, trimmed, about 800 g

3/4 cup (175 mL) sodium reduced vegetable broth

1 tbsp (15 mL) tomato paste Directions

Combine carrots, parsnips, garlic, onion and parsley in slow cooker.

In a small bowl, combine oil, oregano, basil, fennel, paprika and pepper. Rub all over pork roast and place on top of vegetables.

Whisk together broth and tomato paste and pour around roast onto vegetables. Cover and cook on Low for 8 hours or on High for 4 hours or until pork and vegetables are tender. Remove roast to cutting board and let stand 10 minutes before slicing. Serve with vegetables and slow cooker juices.



Prep time: 40 minutes Servings: 4 Mushrooms: 1/4 cup extra-virgin olive oil 2 tablespoons unseasoned rice vinegar

- 1 tablespoon low-sodium soy sauce
- 2 teaspoons dark sesame oil
- 1 teaspoon chili oil
- 1 green onion, thinly sliced
- 1 tablespoon chopped fresh cilantro

1 teaspoon sesame seeds 8 ounces crimini mushrooms, thinly sliced 2 cups thinly sliced purple cabbage 1 tablespoon fresh lime juice pinch of salt

2 teaspoons low-sodium soy sauce 2 cups cooked French lentils 1 cup cooked wild rice

1 cup chopped cucumber

To marinate mushrooms: In shallow bowl, whisk together olive oil, rice vinegar, soy sauce, sesame oil and chili oil.

Stir in green onion, cilantro and sesame seeds. Add mushrooms and gently toss in marinade. Cover and let rest 30 minutes.

Place cabbage in bowl and toss with lime juice and pinch of salt. Set aside. Stir in 1 teaspoon of soy sauce to both lentils and wild rice.

To serve, arrange equal amount of mushrooms, cabbage, lentils, wild rice and cucumbers in each bowl. Drizzle with remaining marinade and garnish with chopped cilantro, sliced green onions and black sesame seeds. Serve with lime wedges.

Note: Can be served at room temperature or cold.



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Mighty Mushroom Blended Burger

1



Prep time: 10 minutes Cook time: 15 minutes Servings: 4

- 1/2pound any variety mushroom 2
 - tablespoons olive oil, divided pound ground beef
 - 1/2 4

Finely dice mushrooms or gently pulse in food processor.

In skillet, warm 1 tablespoon olive oil on medium-high heat and add mushrooms, cooking 5-7 minutes, or heat and cool 5 minutes.

Transfer cooled mushrooms to medium bowl. Add ground beef and salt, mixing until combined. Make four patties.

Add remaining olive oil to pan and cook burger patties on mediumhigh heat until internal temperature reaches at least 160 F. Plate and add desired toppings to bun.

Recommended toppings include: pickled red peppers, crumbled blue cheese and watercress greens.

Place mushrooms on baking sheet. Drizzle with olive oil. Sprinkle with

mushrooms and bake 5 more minutes, until tender.

facebook

Transfer mushrooms to medium bowl. Add wheat

berries, green onions and cranberries. In small bowl, whisk together all dressing ingredients. Pour dressing Serve warm.

salt and pepper. Toss to coat. Bake 10 minutes. Carefully stir

over salad. Toss to mix all ingredients.

Roasted Mushroom and Wheat Berry Salad with Orange Curry Vinaigrette

Prep time: 10 minutes Cook time: 15 minutes Servings: 4 8 ounces white button mushrooms,

halved

- 1 tablespoon extra-virgin olive oil 1/2 teaspoon finely ground sea salt 1/4 teaspoon ground black pepper 2 cups cooked wheat berries, warm
- 2 green onions, sliced
- 2 tablespoons dried cranberries, chopped
 - Dressing:
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons fresh orange juice 1 teaspoon curry powder

1/4 teaspoon finely ground sea salt

Heat oven to 400 F.

teaspoon salt buns

until golden brown. Remove from

DOTES & RECEPCIÓN INSIDE > OUTSIDE > UPSIDE DOWN **Royals bounce Fort Richmond in tourney final**

By Brian Bowman

The Selkirk Royals played some tremendous basketball last Saturday on their way to winning their home tournament.

Selkirk stunned the No. 5-ranked Fort Richmond Centurions 51-49 in the championship game.

"We had a fantastic weekend," said a very happy Royals' head coach Sue Gilmour on Monday afternoon.

Selkirk led for the majority of the game and built up a 15-point lead. Fort Richmond came back, however, and whittled down that lead to just two points.

"It was a really good learning experience for the kids," Gilmour said. "To be in an advantage situation and have to maintain that control and not get all panicky like the other team was.

"It was definitely a good lesson."

Renee Partyka, who was very good throughout the entire tournament, led Selkirk in scoring in the final with 17 points. The talented Grade 11 guard received high praise from her head coach.

"Renee Partyka had a phenomenal tournament," Gilmour stressed."She was just on fire. It was probably the best that I've seen her play. Defensively (and) offensively, she really stepped up."

Kely Warmington and Jillian Tompkins also had strong games, each finishing with eight points.

To reach the championship game, Selkirk pounded the Elmwood Giants 65-34. The Royals were equally dominant in a 60-13 victory over The King's School to begin the tournament.

"They weren't the most challenging games," Gilmour admitted."So, it was a good opportunity for us to get some offensive work done and get some players more playing time than they would usually get."

Those two lopsided wins gave the Royals a big boost of confidence against the highly-ranked Centurions. Gilmour said everyone on the Royals' roster contributed to the three tournament wins.

Selkirk also received some confidence after losing 47-42 in overtime to the Miles Macdonell Buckeyes in KPAC play last week. Selkirk did a good job figuring out the Buckeyes' press as the game wore on, said Gilmour.

Miles Mac defeated Selkirk by 15 points in a game earlier in the season.

That improvement between the two games made Gilmour very optimistic to how the Royals' season might play out.



The Selkirk Royals won their home tournament last Saturday, edging Fort Richmond 51-49 in the final.

"The first time we played them, they beat us by 15 and they had control the whole time," Gilmour recalled."Then we had almost three weeks off with just one game. So, basically we had a 20-point turnaround - I'm pretty happy with that."

Selkirk was back on the court Monday evening, defeating River East 54-47 in league play. The Royals will then have a lengthy break for exams.

Meanwhile, in KPAC Tier 2 varsity boys' play Monday, the Royals defeated the Springfield Sabres 67-60.

Owen Schwartz had 20 points for Selkirk, followed by Alex Unrau (17) and Drake Ballantyne (13).

On Jan. 18, Selkirk overcame a 39-16 halftime deficit to beat the Lorette Scorpions 63-60 in KPAC action.

Brandon Monkman led Selkirk with 24 points while Schwartz had 17 and Unrau 11.

Selkirk, now 2-2 in league play, will have a break in action for exams and then will host a tournament Feb. 3-4.

1Record





RECORD PHOTO BY BRETT MITCHELL The Selkirk Royals' Maegan Balagus goes up for a layup during tournament action last Friday. Selkirk won their home tournament after a thrilling 51-49 win over Fort Richmond in the championship game.

JV Royals roll to pair of KPAC wins last week

By Brian Bowman

It was home sweet home for the Selkirk Royals junior varsity girls' basketball team last week.

Selkirk won a pair of KPAC Tier 2 games last week – soundly defeating Maples Collegiate 46-27 on Jan. 17 and then downing Transcona 41-37 just two nights later – to improve their league record to 4-1.

Transcona leads the six-team league with a 5-1 record.

"We're doing pretty well," said Royals' head coach Amanda Hallson."Our defence is improving and we're tall. We've been able to use our height on defence and our guards have been keeping their hands up and getting those steals."

Selkirk's guard play has been an important part of the Royals' success along with that height. With that size, Selkirk often times takes advantage of the height difference against opponents to get the ball inside for some good looks at the basket.

One of those talented guards is Bella Benson.

Benson led Selkirk in scoring with 10 points against Transcona.

"She has really been developing," Hallson stressed."She's definitely our high scorer and is really learning a lot to round out her game."

Heading into February, the Royals still have plenty of work to do in improving their passing. Selkirk, like most junior varsity teams, simply turns the ball over far too many times in games.

"That needs to improve," Hallson admitted. "But our turnovers have been getting better. We're trying to eliminate them as much as we can – but we still have trouble with that."

Selkirk played a league game this past Tuesday against Lorette but no score was available at press time. The Royals' next KPAC game is next Thursday when they visit Murdoch Mackay.

Selkirk will be in Brandon for a tournament Feb. 9-11 and then the Royals will host an eightteam tournament from Feb. 16-18.

The KPAC playoffs will begin Feb. 23 with quarter-final action.



RECORD PHOTO BY BRETT MITCHELL

The Selkirk Royals' Lauryn Kolada (23) eyes up a shot against Maples Collegiate during KPAC action last week.

Selkirk enjoying success on basketball floor



RECORD PHOTO BY BRETT MITCHELL The Selkirk Royals' Carl LeBlanc has the ball knocked away by a Springfield player during KPAC Tier 2 action last week at the Comp.

By Brian Bowman

Most players on the Selkirk Royals junior varsity boys' basketball team were on junior high teams that didn't win a lot of games.

But they sure are doing a lot of winning so far at the junior varsity level.

Selkirk improved its KPAC Tier 2 record to a perfect 4-0 after a pair of key wins last week.

"For the most part, our press is working really well," said Royals' first-year head coach Bern LeBlanc.

The Royals defeated Springfield (76-31) on Jan. 17 and then edged Transcona (76-75) last Thursday. Selkirk led Transcona by 15 points before the Royals got into some foul trouble.

Most of Selkirk's offence this season has come from "three or four players" according to LeBlanc.

Carl LeBlanc is averaging 29 points, 10 steals, five rebounds, nine assists and two blocks in the four league games. Matthew Fey, Damon Budge, James Kulyk, and Liam Allen have also put up some nice numbers this season. Selkirk is the top team in the division and is expected to win the KPAC Tier 2 title. Winners of the KPAC Tier 2 division do not advance to the MHSAA "AAAA" provincials.

But the Royals will get a chance to see how they fare against some other teams in the province when they travel to Niverville for a weekend tournament. Selkirk will then compete in two other tournaments, beginning in Gimli early next month. The Royals will then travel to Steinbach for a tournament there.

Those tournaments should benefit Selkirk as it continues to improve. It often takes time for players, who come from several different junior high schools, to gel as a unit at the JV level.

"My team is improving game by game, practice by practice,"Bern LeBlanc said."Everybody that shows up is putting in the effort and they realize that they have a good thing. Most of these kids haven't been on a winning team, since they started playing (basketball)."

Dear selected Canada West Male Third Star of the Week

Staff

University of Manitoba Bison volleyball player Devren Dear was selected Canada West Male Third Star of the Week for the period ending Jan. 15.

Dear is the second Manitoba male athlete named to the 2016-17 conference weekly honour.

In a battle of top Canada West men's volleyball teams early in the second half of the 2016-17 season, the No. 3 Manitoba Bisons prevailed in a two-match weekend home sweep over the UBC Thunderbirds on Jan. 13-14.

Dear, a fifth-year right-side hitter, was dominant

throughout the two victories. Dear accumulated 47 kills, 18 digs, five blocks, three service aces, three assists and 52.5 points while starting all nine sets.

In the first match on Jan. 13, Dear had a matchhigh 20 kills (.292 hitting percentage) and 22 points while adding 10 digs, two blocks, one service ace and an assist in the come-from-behind 3-2 win.

Manitoba rallied from an 11-7 deficit in the fifth set.

The next day, Dear, a St. Andrews native, continued to be the top player as he finished with another match-high 27 kills (on a strong .453 hitting percentage) and match-high 30.5 points with eight digs, three blocks, two service aces and assists during a 3-1 victory to wrap-up the successful weekend.

Dear was fourth in conference kills with 179 and sixth in conference hitting percentage at .314 heading into last weekend's home matches with the Calgary Dinos.

The 6-foot-6 standout is also tied for 11th in service aces in Canada West with 13, tied for 23rd with 32 blocks and fourth in conference points with 211 after 14 Canada West matches.

Selkirk suffers tough shootout loss

By Brian Bowman

In sports, there is no guarantee that the better team will always win the game.

The Selkirk Royals found that out the hard way on Jan. 18 in Winnipeg. Despite outshooting the last-place Westwood Warriors 37-13, Selkirk lost

the game 3-2 in a shootout in Winnipeg Women's High School Hockey League action at the Keith Bodley Arena.

Selkirk's Livi Weremy and Westwood's Signey Fellicia traded first-period goals and then the Royals' Asha Gurney scored the lone goal in the second period.

Jamie Gledhill then tied the score at 2-2 in the third period. No scoring summary from the shootout was on the league website.

With the shootout loss, Selkirk gained a point and now has 24 on the season. That left the Royals tied for second place with the Vincent Massey Trojans heading into last Friday's action. The Shaftesbury Titans lead the Winnipeg Free Press Division with 26 points through its first 16 games.

Selkirk played the St. Mary's Academy Flames yesterday but no score was available at press time. The Royals now have just three regular-season games left on their schedule.

Selkirk will play the Oak Park Raiders at Eric Coy Arena next Thursday and then will host Dakota (Feb. 6) and Shaftesbury (Feb. 8) at the East Selkirk Arena.

In individual news, the Royals were very well represented at last weekend's WWHSHL All-Star Day at the MTS Iceplex.

Cienna Palmer and Courtney Sorokopud-Jones were selected as Jets all stars while Kyra De La Ronde was on the Jets' team.

Meanwhile, Royals' goaltender Jodi Clifton was named the CTV Division's player of the week for her incredible goaltending. Clifton backstopped Selkirk to a 2-1 win against the Vincent



RECORD PHOTO SUBMITTED

The Selkirk Royals were very well represented at last weekend's WWHSHL All-Star Day at the MTS Iceplex. Cienna Palmer, far right, and Courtney Sorokopud-Jones, middle, were selected as Jets all stars while Kyra De La Ronde was on the Jets' team. Palmer finished second in the fastest skater competition while Sorokopud-Jones was her game's third star.

Massey Trojans and then the 3-2 shootout loss to Westwood.

She stopped 39 of the 42 shots she faced.

National Ringette League players to visit local schools

Staff

The National Ringette League is used to showing off their elite skills on the ice.

But later this week, the NRL will be centre stage in a different venue – the classroom. The NRL will be visiting Centennial School on Thursday and Daerwood School Friday. Local NRL players from the Manitoba Intact - Sam Renooy and Ryann Bannerman - will stop by Centennial School.

Team Canada's Amy Clarkson (who is also a Manitoba Intact player) will be at Daerwood School along with Talia Gallant and Nicole Desrosier.

"Both days we are going to be at the

schools from 8:45 a.m. to 3:30 p.m.," said an email sent to the Record. "There are six classes the first (day) and potentially up to eight the second day."

The idea of the program is to inform the students about the game of ringette, possibly show a quick video, and then demonstrate some passing and shooting drills.

The players, who may organize a scrimmage with the kids, will also answer any questions and "pump up ringette," said the email.

Any local families interested in having their children join ringette in the Interlake, can visit the website www. interlakeringette.com.

Interlake Regional STARSkate competition



TRIBUNE PHOTOS BY JO-ANNE PROCTER

Local skating clubs were well represented at the StarSkate competition hosted by the Teulon Skating Club this past Sunday. Seventy-seven skaters representing the Interlake and Selkirk region, ages five to 17, hit the ice to demonstrate their skills to spectators, judges and fellow competitors. Photos from left to right, Elizabeth English (Selkirk Skating Club), Delicia Friesen (Selkirk Skating Club), Emmet Dewar (East St. Paul Skating Club), Alyssa Loewen (Selkirk Skating Club) and Kara McMillan (East St. Paul Skating Club).

Piper Classic finalists

By Brian Bowman

For the second consecutive year, the Selkirk Royals reached the championship game of the Piper Classic Tournament of Champions.

But after winning a tourney title last season, Selkirk was on the losing end of a 2-1 decision to the Dakota Lancers on Sunday afternoon.

"I was happy that the boys made it back to the final to defend their title," said Royals' head coach Brad Hrymak.

Selkirk's Reece Tessier opened the game's scoring and then Dakota tied the score at 1-1 before the first period ended. The Lancers then scored the eventual game winner with 4:09 remaining in the second period.

"It was a pretty even game," Hrymak recalled."I think our guys just ran out of steam. It was kind of a humdrum type of game."

Tessier was later named to the tournament all-star team.

To reach the final, Selkirk defeated a pretty good Fort Frances Muskies' squad 6-2. The Royals snapped a 2-2 third-period tie with four unanswered goals.

"It was pretty even and then we scored three in the first five minutes," Hrymak noted.

Selkirk began tournament play last Friday with a 6-3 win over St. John's Ravenscourt and a 6-2 win over College Jeanne Sauve. The Royals scored 19 goals in the four games of the tournament.

"That was a nice change," Hrymak said. "We had two league games last week and they were 4-1 and 3-1 (wins). So to get six goals (in a game) means a lot to our team. It will give us some scoring confidence, for sure."

In league play, the fourth-place Royals dumped third-place Vincent Massey 3-1 in a playoff-type atmosphere on Jan. 18 in Winnipeg. No scoring summary from the game was on the league website at press time.

The day previous, Selkirk skated to a solid 4-1 home win over the Oak Park Raiders in St. Andrews.

Travis Spratt, Wes Hoydalo, and Jordan Simko scored for Selkirk in the first period and then Spratt potted a



RECORD PHOTO BY JO-ANNE PROCTER

The Royals' Chad King (9) controls the puck in front of Selkirk's net during the Piper Classic Tournament of Champions last Friday.

power-play goal in the second.

Spratt, Simko, Logan Artimowich, and Tessier each finished the game with two points. Marc St. Mars replied for Oak Park in the third period.

Austin DeBoer posted the win in goal.

The Royals continued their busy schedule with a league game against

River East this past Tuesday (no score was available).

Selkirk, which now has 34 points, will then wrap up play this month with WHSHL games against Sturgeon Heights at Allard Arena on Friday (4 p.m.) and then against River East Tuesday (4:30 p.m.) at Gateway Arena.

Steelers win two out of three on the road last weekend

By Brian Bowman

Playing three road games in three days eventually caught up to the Selkirk Steelers.

Selkirk let a 2-0 second-period lead slip away in a 5-2 loss to the OCN Blizzard in MJHL action Sunday afternoon. The Steelers were searching for a sweep on the three-game road swing.

Dallas Starodub and Shane McFadden scored late in the first period for the Steelers on Sunday but it was all Blizzard after that.

OCN's George King continued his exceptional weekend with three goals - two coming with the man advantage - while Brayden Dale and Anthony Keeper also tallied.

Keeper's goal was a shorthanded marker early in the third to put the Blizzard up 4-2.

Landon Poiron made 31 saves in the loss

On Saturday evening, Hayden Dola made 40 saves as the Steelers skated to a 4-3 victory over the Blizzard.

Selkirk's Taylor Fisher and Ryan Gardiner potted first-period powerplay goals (both assisted by Jake Dudar) before King answered with a pair of goals to start the second period.

Mark Wilson and Nathan Halvorsen put the Steelers up 4-2 later in the period and then OCN's Brady Keeper closed out the scoring with a goal early in the third.

The Steelers started the weekend

with a solid 5-3 comeback win over the Oil Capitals in Virden on Friday.

Virden took a 2-0 first-period lead on goals by Tyler Kirkup and Dylan Thiessen (on the power play).

Selkirk shook off their bus legs, though, and came out flying to start the second period. Liam Kroeker, Fisher, on the power play, and Cole McCartan scored by the 5:36 mark of the middle frame to stake Selkirk to a 3-2 lead.

Kirkup and the Steelers' Connor Barley traded goals late in the period and then McFadden gave the Steelers' some insurance with a key goal at 14:26 of the third.

Dudar was very good for Selkirk, once again, finishing the game with three second-period assists. The veteran forward was tied for 10th in league scoring with 20 goals and 44 points heading into Sunday evening's action.

Dola, meanwhile, made 34 saves for the win. He has an impressive 22-9 record this season with a 2.49 goalsagainst average and .922 save percentage.

The Steelers, now 31-12-3 and in sole possession of second place with 65 points heading into this week's action, will continue on the road for three more games to end the month.

Selkirk will visit first-place Steinbach on Friday, Neepawa Saturday, and then Winkler on Tuesday. All three games have 7:30 p.m. start times.





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54

- 43. Knickknack 44. Funeral
- 45. Mineral can be extracted from this
- 47. Lump in yarn 49. Food on a skewer
- 56. Letter in the Albanian
- alphabet
- 57. Midway between south and west
- 53. Wear this when eating ribs ^{13.} Self-immolation by fire 46. Tide
 - 19. Horseshoe extension
 - 20. Regions 21. Philippine Island
- - 25. Appropriate for a particular time
 - 29. Small constellation in the Milky Way

2. Entertained

3. Nakedness

5. Instinct

8. Phrases

9. Millihenry

12. Long ago

ritual

17. Disfigure

4. Exclamation of surprise

7. "Borgias" actor Jeremy

6. Making a mistake

1. City in Washington

54. Martial artists wear this 55. Peanut butter 56. Drinkers sit on these 58. Pie _ 59. Hebraic 60. River in India

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puzzle will ha

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pencil and put

your sudoku savvy to the test!

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28. Fasten 30. Card game

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26. For instance

31. Seaport (abbr.)

and southeast 37. Of the mouth

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51. Seedless raisin

52. Agency

CLUES DOWN

39. Capital of Yemen

40. Branches of a bone

22. Male fertilzing organ of a

24. Long, angry speeches

27. Sticky, waterlogged soil

34. Dresses worn in S. Asia

36. Midway between south

48. A way to change integrity

50. Plants with dark green,

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Crossword Answer

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Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear huwing the number of the order in which the numbers will

appear by using the numeric clues already provided in the boxes. The

more numbers you name, the easier it gets to solve the puzzle!

8

3 2 4

6 1 9

5 7 8

8 7 3

9 6 L

1 8 6 1 8 1

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ANNOUNCEMENT CARDS OF THANKS

McDonald – We, the family of Helga McDonald express our deepest gratitude to our relatives, friends, church family, and staff at the Betel Home for all their love, prayers and support at the time of her passing. Thank you Pastor Justin Majeau, Kurt Petersen, Mary Lousie Lazaranko, John Mushaluk, our children and our grandchildren who so willingly took part in honoring our mom's life, making it a most beautiful and memorable celebration. Once again, our thanks to Gilbart Funeral Home and John Dent for their warmth and care.

> -God's Blesssings, Geri McDonald, Esther Ann Boutin, and Denise Mlodzinski

ANNOUNCEMENT

BIRTHDAY





Happy 80th Birthday Pepé If you see Enzo around, be sure to stop and wish him Happy Birthday! -With love, Your family XOX



ANNOUNCEMENT



Darrel Nicholas Krut June 21, 1950 – January 26, 2015 In loving memory of our dear Husband, Father and Grandfather who passed away two years ago Deep are the memories, precious they stay, No passing of time can take them away. Quietly today your memory we treasure, Missing you always, forgetting you never. Forever in our hearts.

-Love Valerie, Chad, Kendall, Davis, Carys, Dexter, Bridget, Jarrod, Cali and Maddison

ANNOUNCEMENT



Timothy Nolan Obirek June 30, 1966 – January 31, 2015 Two years have passed. Knowing special Aunt Margaret and friend Herman and Starr have since joined you, gives me comfort and peace. Forever in my heart.

-Your wife Susan



ANNOUNCEMENT



Darrel Krut January 26, 2015 Always remembered and Forever loved. -Sisters, Joan and Debbie

ANNOUNCEMENT

IN MEMORIAM

Ralph Donald Time rolls on and we are reminded, Of a day our hearts were crushed; When God took you, oh so quickly, And we all in gloom were thrust. No matter how life changes, No matter what we do; A special place within our hearts, Is always kept for you. -Clara and all the family

ANNOUNCEMENT

IN MEMORIAM



Teddy Paul Balcaen June 23, 1956 – January 16, 2016 If love could have saved you, You would have lived forever. -Forever loved and missed by your family Over out.

Your memory will live forever Engraved within our hearts

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OBITUARY



John "Jack" Clifford d'Arcis

Peacefully, on January 23, 2017, John "Jack" Clifford d'Arcis age 89 went home to be with the Lord.

Jack was predeceased by his wife Rose; his parents James and Mariah; and his brothers and sisters Christina, Oswald, Dick, Gordon, Sadie, and Wally; and his great-granddaughter Jasmine.

Jack is survived by his children Darlene (Lorne), Shirley, Billy, Gordon and Micheal (Jennifer), his step-children Eugene, Anita and Sheldon; his grandchildren Mary, Cheryl, Erin and Shelby; his great-grandchildren Brett, Alyssa, Autumn, Raven Dalton and John; as well as one great-great grandchild Zaiden.

Jack was born in Washaw Bay, Manitoba on April 24, 1927. He lived his early years on Matheson Island and later lived in several places in the Interlake before settling in Selkirk.

As a young man, he trapped and fished with his family and later went on to other adventurous jobs such as Bombardier driver, ship-hand on Lake Winnipeg and then became a Steelworker at Amsco in Selkirk.

After retiring in 1990, Jack focused his time on family and friends. Some of Jack's interests included fishing, going for walks, playing cards and sharing stories.

Jack prided himself in taking care of his family and went out of his way to make friends feel like they were his family too.

Even though he was dealing with illness and injuries over the last few years, he stayed positive, never complained and was always ready to share a cup of coffee and spend time chatting with visitors.

Jack has chosen to be cremated and a celebration of his life will be held at 1:00 p.m. on Saturday, January 28, 2017 at Springs Church in Selkirk, 479 Eveline Street.

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

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OBITUARY Kenneth Albert Inman

On Wednesday, January 18, 2017 at the Selkirk General Hospital, Ken Inman, aged 65 years of Selkirk. MB. passed away.

Ken was predeceased by his parents Alf and Annie; niece Brenda and nephew Allan.

He is survived by his sisters Sarah and Bev; brothers Ron (Olive) and Allen (Sylva), and numerous nieces, nephews and friends.

A memorial service will be held on Monday, January 30 at 2:00 p.m. in the Gilbart Funeral Chapel, Selkirk.

Interment of ashes will take place in the summer at the St. George's Wakefield Cemetery.

Gilbart Funeral Home, Selkirk in care of arrangements. www.gilbartfuneralhome.com







Julius Eliass

Julius Eliass, from Narol, Manitoba, passed away peacefully at Selkirk General Hospital on Tuesday, January 17, 2017 at the age of 84 years.

He was born on January 15, 1933 in Narol. In 1955, he was united in marriage in Selkirk, Manitoba to Mary Unik from East Selkirk, Manitoba, born August 27, 1933. Julius is survived by his wife Mary, his son Brian Elias (and wife, Carol, and their two children, Nicholas and Sarah), his daughter Dr. Brenda Elias, and numerous nieces and nephews. Julius was predeceased by his daughter, Karen Eliass; his parents, Mikolaj and Anna Eljaszow; his two brothers, John and Rudolf; and his three sisters, Sophie, Mary and Olga.

In life, Julius was a tenacious, strong willed man who loved getting the job done. He actively believed that there was always a

solution to the challenge at hand. He was not afraid to learn and harness those around him to make things happen. He was generous, helpful, hardworking, inspiring and courageous. Julius was forever the negotiator, the multi-talented tradesman who was an inventor, a businessman, land-developer and house builder. While he may not have been a man of many words, he always managed to make his point known. He was delightfully charming with that smile of his – an important attribute for getting the job done.

OBITUARY

Julius attended Donald School in Narol. When Julius met Mary, he was inspired to go to trades school. He became a journeyman plumber and pipefitter working out of the Plumbers Hall No. 254. Years later, Julius formed a successful company "Julius Eliass Plumbing and Septic Tanks & Fields" which served the municipalities of St. Clements, East St. Paul, St. Andrews, East Selkirk, and the surrounding areas. Soon after, he formed "ELI Enterprises" and developed a housing subdivision in Narol and Selkirk. He also built houses, including their dream house at 5711 Henderson Hwy. Julius retired early but was never idle. He built trailers, small and large in his dream workshop. He helped family, neighbours and friends with their plumbing issues, cut three acres of grass, and blew snow at home and at the neighbours. With Mary at his side, they travelled Canada and the United States in their motor homes and later the 5th Wheel RV, all of which were his pride and joy. As his health failed and to his consternation, he moved to Betel Home in Selkirk. His tenaciousness, strong will, yet charming character remained, and that mischievous smile kept the staff on their toes even when mom joined him at the Betel.

The family wishes to thank the staff at Selkirk Betel Home and the physicians and nurses at Selkirk General Hospital for the care he received. We extend a special heartfelt thank you to the Betel staff that came after their shift to say their last good byes to Julius. We are also thankful to Ann Gowryluk (Mary's sister) for her support during this time and to Fr. Peter Chorney for his visit and prayers in Dad's last hour. Dad, we will miss you. You gave us a lifetime of memories, and as for those special last moments Hollywood movie writers could not have scripted it better.

A funeral service was held on Tuesday, January 24, 2017 at 10:30 a.m. in the Gilbart Funeral Chapel, Selkirk, MB with Fr. Peter Chorney officiating. Interment followed in the Holy Trinity Ukrainian Catholic Cemetery, Gonor, MB. Pallbearers were Nicholas Elias, Glen Sulkers, Collin Sulkers, Randy Gowryluk, Robert Unik and Ron Unik.

In lieu of flowers, donations in the memory of Julius Eliass can be made to the St. Boniface Hospital Foundation (Research), C1026-409 Taché Avenue, Winnipeg, MB R2H 2A6 (Tel. 1-204-237-2067) or via their website https://www.saintboniface.ca/foundation/en/donate

Condolences may be left at www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements. www.gilbartfuneralhome.com



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