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Making a splash

RECORD PHOTO BY JUSTIN LUSCHINSKI

A group of Grade 10 Comp students play a friendly game of water basketball during a swimming lesson at the Selkirk Community Pool last Thursday afternoon. Local swimmers are now happy to be back in the water after the popular indoor pool reopened following months of repairs. For a story and more photos, see Page 4.

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Live wrestling makes its return to Selkirk



RECORD PHOTOS BY BRETT MITCHELL

Live professional wrestling made its return to Selkirk after a nearly three year hiatus last weekend. Canadian Wrestling Elite hosted a wrestling event at the Selkirk Friendship Centre last Saturday. Pictured above, right and below, La Sombra goes head to head and scores a victory over "The Rabid Dog" Rob Stardom last Saturday evening. For information about upcoming live wrestling events in Manitoba, visit cwecanada.ca.

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City of Selkirk



Thousands visiting IERHA website to view ER schedules, CEO says

By Lindsey Enns

Thousands of community and area members seeking information about their emergency care options are now turning to the Interlake-Eastern Regional Health Authority's (IERHA) website.

The health authority's emergency department schedules, which include the region's 10 hospitals, can be accessed by visiting ierha.ca or by calling 1-866-267-5818. As of Tuesday morning, the schedules for the last half of January and from Feb. 1 to 15 were posted. According to those schedules, a doctor is always available at hospitals in Gimli, Selkirk and Stonewall while other regions see varied doctor availability. Teulon is currently the only hospital without an emergency room department.

"It's been quite a process to get to where we are right now so that we can provide the public with the safest possible care that we can," said IERHA CEO Ron Van Denakker. "We would prefer not to post this on a website because ideally wherever we have emergency departments we would prefer to have doctors 24 hours a day, seven days a week, so that's the dream."

Emergency departments in the IERHA require a doctor available on-site to deliver care. When an emergency department is not accepting patients, there will be a green sign posted indicating emergency department services are not available. If you see this

"I CAN TELL YOU FROM TALKING TO PEOPLE ACROSS THE REGION, A LOT OF PEOPLE ARE USING THESE THINGS."

sign, you can go inside and speak with nurses about your care options.

The IERHA started posting their emergency department schedules online in September 2016 and since then they have garnered thousands of hits to their website. In 2017 alone the schedules received nearly 40,000 hits and from Jan. 1 to Jan. 7, 2018 they recorded 506 hits.

"It's been truly remarkable in terms of how many website hits," Van Denakker said. "I can tell you from talking to people across the region, a lot of people are using these things."

"We've shared that feedback with our docs and they've gotten consistently better with providing us with as much information as they can."

According to the IERHA's website, those unsure if they should be visiting an emergency room are asked to speak with a registered nurse at any time by calling Health Links at 1-888-315-9257. Calling 911 is always the best choice if you require life saving care.

Those with a health condition that

isn't urgent can also call Health Links, make an appointment with their regular health care provider or a primary care clinic, including Selkirk's QuickCare Clinic by calling 204-482-4399. Those who don't have access to a regular care provider can phone the Family Doctor Finder at 1-866-690-8260 to be connected with one.

When it comes to their recruitment efforts, Van Denakker said the IERHA is still working on attracting more doctors to keep their emergency departments open and hospitals staffed.

He added 12 new doctors are expected to start working in the region sometime this year.



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Swimmers back in the water after indoor pool repairs

By Justin Luschinski

After being closed for several months due to repairs, Selkirk's only indoor community pool has officially reopened.

Programming at the Selkirk Community Pool started up again in early December, allowing the hometown swim team, the Selkirk Dolphins, to practice for their next meet.

Michelle Stamm, Selkirk Community Pool manager, says the Selkirk Dolphins are happy they get to train in their hometown again.

"For the Dolphins, we had a really hard time getting pool space anywhere," Stamm said. "When the pool was shut down, we didn't know week-to-week whether or not we'd be able to train there. Most of our training has been dry land.

It's so difficult to get pool time, between the cost to rent a pool and transportation, we spent maybe nine hours in the pool."

Stamm said the pool's closure had a huge impact on the community as well as programming for 19 schools, the Royals water polo team as well as the Selkirk Dolphins swim team. She added since a lot of their swimmers live in rural communities, including Gimli, it was difficult to convince swim team members to drive to Winnipeg for just an hour or so of training.

Stamm said the silver lining to the pool's closure was that the Selkirk Dolphins got a chance to bond with one another.

"During the dry land (training) the kids were able to connect and develop friendships," she said. "In other sports you can work on teamwork, whereas in swimming, your face is in the water, you don't have that personal connection with your team. There isn't an opportunity for that to happen, except outside of the pool, in the change rooms.

The training gave them an opportu-



A group of Grade 10 students enjoy some time in the Selkirk Community Pool during a swimming lesson last Thursday afternoon. Local swimmers are happy to be back in the popular indoor pool after it was forced to close for several months for repairs.



RECORD PHOTOS BY JUSTIN LUSCHINSKI

nity to really bond together as a team."

The popular pool was forced to close down in early August 2017 after a mechanical malfunction caused several feet of water to leak into the pool's mechanical room, forcing the Lord Selkirk School Division (LSSD) to close the pool for several months.

Several pieces of equipment had to be completely replaced, which included removing and replacing panels, wiring, lights, etc. The repairs also included replacing a portion of the deck around the pool as well as extensive

repairs around the bulkhead.

LSSD Supt. Michele Polinuk said that these repairs will help prevent future mechanical issues from happening.

"The sump pit in the lower level needed upgrading so we took the opportunity to repair and retrofit the sump pit area ... The mechanical and electrical equipment that operates the pool was replaced to today's standards with better controls to limit the chance of this happening in the future," Polinuk said.

Polinuk added they took advantage

of the closure to do some much needed upgrading to the pool area including installing a better alarm system, new tiles around the pool deck and a new patrician in the pool.

In an earlier interview with the *Record*, Polinuk said insurance was covering around \$200,000 to \$250,000 of the cost of repairs while the LSSD was spending approximately \$30,000 of its own budget on the upgrades.

For more information about the Selkirk Community Pool, visit selkirkcommunitypool.weebly.com.

More than half of Manitoba's winter roads now open

Staff

Access to Manitoba's winter road system is now available to a number of northern communities, allowing for the delivery of supplies, Infrastructure Minister Ron Schuler says.

"Approximately \$10 million will be spent this year to ensure our winter roads are suitable for the delivery of essential goods to remote Manitoba communities," Schuler stated in a release last week. "Thanks to largely favourable conditions, more than half of all winter roads are already open."

Thirteen of 23 communities that rely on winter roads now have access and

it is expected the remainder of the 2,400-kilometre network will open in the next two weeks, said Schuler.

In a typical season, more than 2,500 shipments are delivered to a large number of isolated northern communities. The system also provides road access for area residents.

Some sections of the winter road system may be closed for repairs on short notice, due to changing weather conditions. The overall budget to open and maintain Manitoba's winter roads is shared between the provincial and federal governments.

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Holiday Alley looks to bring more art, culture to downtown Selkirk

Artists of all genres invited to community meeting on Feb. 13

Submitted

Holiday Alley volunteers are putting the call out for artists, musicians, poets and performers to throw their hats into the ring to make Holiday Alley 2018 even better than the successful first year of the cultural festival in old downtown Selkirk.

Holiday Alley volunteers are hosting a community town hall on Tuesday, Feb. 13 at 6:30 p.m. at the Selkirk Legion located at 403 Eveline Street and are inviting artists of all genres to bring an idea or two about how to bring more art and culture to downtown Selkirk.

Holiday Alley is about creating a space for art, sound, light and creativity to grow and expand in our region, says volunteer Kim Allen, who wrangled 25 live performers for 2017, who entertained outside and inside.

The possibilities for 2018 are only as narrow as our imagination, says Allen. "Imagine if we had an all-weather



PHOTO COURTESY OF JOY BALMANA

The creation of a giant community chalk board was a creative idea imagined and created by local students. Holiday Alley volunteers are seeking more ideas for this year's event at a town hall meeting on Tuesday, Feb. 13 at 6:30 p.m. at the Selkirk Legion located at 403 Eveline Street.

public art installation in the centre of the Manitoba Avenue East built by students. Imagine if artists were stationed in shop windows painting live, and you could buy their art at the end

of Holiday Alley. Imagine if children could make art outside in their snowsuits – what would that art be and who would lead the kids' activities? Imagine if singers roamed the street in the

snow, imagine if there was a corner where kids could get up in their parkas and tell their favourite joke. Could we have an outdoor poetry slam," says Allen.

In 2017, the range of art included fibre artists at the Gwen Fox Gallery, an Indigenous round dance hip hop and Ukrainian dance lessons, adds volunteer Karen Rudolph who along with her husband Matt Jenkins of Cloverdale Forge, created a live blacksmith forging competition on the street.

"We know there are many other great ideas out there and this is the kind of festival that if you've got time, talent and treasures to add to it, we're open to the idea," Rudolph adds.

Holiday Alley is fueled by volunteers from Selkirk, St. Andrews and St. Clements, the generosity of local businesses and government grants. It attracted 3,000-4,000 people a day to the two-day festival last Dec. 1-2, 2017. It included adding 3,000 strings of lights to 24 building fronts that have been on for 60 nights during the darkest days of winter.

For more information visit holiday-alley.ca.

Manitoba looks to give driverless car testing on provincial highways the green light

Submitted

The Manitoba government will bring forward legislative amendments which would allow for testing and use of autonomous vehicles on provincial highways.

"The rapid technological advances being achieved by carmakers in regards to autonomous vehicles must be met by legislation allowing for their

use in our province," Infrastructure Minister Ron Schuler stated in a release on Monday. "We will meet those challenges and seize the opportunities relating to autonomous vehicles by bringing forward these proposed amendments."

Similar to other traffic safety statutes across the country, Manitoba's Highway Traffic Act (HTA) was writ-

ten on the basis of a human driver being in physical control of a vehicle. As a result, proposed amendments to the HTA will be brought forward that would authorize projects for research and testing of vehicles and vehicle technologies on Manitoba highways, said Schuler, noting the long-term goal is to develop regulations allowing for public use of high-level auto-

mated vehicles.

During a meeting in Ottawa on Monday, Schuler and his counterparts endorsed a report on automated vehicles, with the ministers agreeing to develop a strategy to facilitate their testing and overall integration on public roads.

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The Selkirk Record



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Never let the jack get your perch

Greetings folks.

The sense of a fresh new day invigorated me as I stepped out of old red onto the ice of the Red River almost at "the cut" downstream of Selkirk. I had parked by a portable shack and called out, "Is anybody home?" "Yeah, how ya doing?" came back a response as a guy inside unzipped the door and emerged from the tent. What soon stood before me was a gentle giant of a guy who began talking in a hushed voice saying his name was Dan Kyrlyliuk of Selkirk and that he had caught a fish with the transducer line of his fishfinder! He then retreated back into his tent, sat down and showed me his three ice holes, two of which were occupied with rods while the other had the sensor of his fishfinder in it. Dan explained how a jack struck one of his lines then wrapped itself around the transducer line. Dan grabbed the finder line not wanting to see the unit go for swim and began pulling up on it. A good thing too, because just as the jack broke the waters' surface in the ice hole the hook came free of the its' mouth but since the line was wrapped around the transducers' cable and the fish, Dan was able to capture it.

As happens many times when I am stopped with my car or truck, which has door signs advertising my fishing column, folks walk up to say, "hi" or have a story they want to share. Last week a tall always fidgeting, rapid talking chap walked hastily up to me as I was loading groceries into the truck in the Walmart parking lot. He shook my hand vigorously saying he was Chris Phillips from Grand Marais and that something unusual had happened to him on the ice not long ago. It seems he and his friend Paul Weselowski were finished a day of ice fishing off Victoria Beach and as they reached landfall they met a group of Asian tourists. The group asked in broken English if they could take pictures of them with the fish they had caught. The boys said, "Sure". When



RECORD PHOTO

Dan Kyrlyliuk with his very nice catch of a walleye on the Red River.

their foreign friends wanted pictures of themselves with the fish, the boys said, "Sure," once again and obligingly took the pictures for them. Then as the Asians were leaving happy and excited, they turned to Chris and Paul asking, "How much?" "How much for what?" Chris asked. "For letting us take the pictures!" they exclaimed. Chris looked at them for a moment then offered, "Look, I rent lodges, cabins and ice shacks around here and I know the guys at the hotel you're staying at. I'll make a call and you take these fish to him and they will be cooked for you for supper. You all have an enjoyable trip in Manitoba," Chris said as he shook their hands in farewell. There was a short silence between Chris and I when he finished his story, then I reached out and shook his hand saying, "You give Manitoba business a good name Chris, we need more guys like you!"

It was cold and windy on the rough ice of Sandy Bar east of Riverton. Hard wall shacks and old trailers converted to ice shacks were strung out in a line to the south where smoother ice permitted. Late last week I jostled toward one of the converted trailers in my truck paying close attention

to the big ice spikes on both sides of the trail. As I pulled up, an averaged sized fellow came out of the trailer. I pushed open the door of the truck asking how the fishing was. "It's been good," our new friend with a salt and pepper beard said. He gave his name as Calvin French from Poplarfield and had a story. Years ago he remembered he and his daughter were fishing at Stephenfield Provincial Park lake by Carman and the little girl caught a perch. It took the hook in the bulrushes right on top of the water. The girl, Catherine, squealed with glee as her fish quivered on the surface sending sprays of sun glistening water droplets into the air. Suddenly just behind the perch a fairly large Jack emerged from the depths like a snake following the perch bent on making it his lunch. Catherine cried out in dismay, "It's going to eat my perch," the girl shouted. The jack lunged forward snapping at the perches' tail. Catherine pulled up on her rod and the perch flew free of the beastly jack. She landed it and made Dad take and release it safely far down shore.

Good fishing my friends, I'll see you next week.

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

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Artist brings Statue of Liberty to Selkirk



SUBMITTED PHOTO

A Statue of Liberty carved out of snow is the latest snow sculpture creation from Selkirk's very own Majid Kermani. Kermani is inviting community and area members to get a closer look and take pictures with the snow sculpture, which sits at 328 Eveline St. "If you come by and want to stand by the sculpture and take a picture, please feel free to do it. We don't mind at all," Kermani wrote in a Facebook post last Sunday. As of Tuesday afternoon, the post had garnered more than 500 "likes" and dozens of comments on Facebook.

Birthday bash for Big Chad a success



RECORD PHOTO BY BRETT MITCHELL

More than 100 community and area members along with five bands helped make the Big Chad Birthday Bash and Fundraiser at The Merch last Saturday a success. The event helped raise funds for the late Chad Gaborieau's family. Pictured above centre is Chad's wife Jennifer, pictured left, and his sister Regan Gaborieau, pictured right, along with members from The Deeds, Ronnie and the Electric, November Underground, Bad House Highway and House Handshake.

FOUNDATION FEATURE



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

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

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

Grant Application Procedure

- **GRANT GUIDELINES AND APPLICATIONS MAY BE OBTAINED FROM:**
Foundation Office: 204-785-9755 Or 200 Eaton Ave in Selkirk
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St. Andrews Rectory to showcase local artists this February

By Justin Luschinski

The St. Andrews Rectory is gearing up to host its first art exhibition.

Community members were invited to submit a wide range of pieces including paintings, photography as well as sculptures, which will be on display at the national historic site throughout the month of February.

Sarah Brereton, the centre's activities co-ordinator, said she isn't familiar with the artistic talent in the area, so she wanted to give residents a chance to showcase their talents to the community.

"My background is with contemporary art galleries. I remember at the University of Winnipeg, they would bring in work from artists around the province. It was great to see how



RECORD PHOTO BY JUSTIN LUSCHINSKI

Sarah Brereton, St. Andrews Rectory activities co-ordinator, said she's excited to showcase the talent of local and area artists during the historic site's first art exhibition this February.

proud people were that their art was being displayed ... I thought, great idea, it'd be fun to see how the old

items in the rectory can mix with modern art," Brereton said.

The centre will be hosting a recep-

tion on Thursday, Feb. 1 from 6 p.m. to 7 p.m. where residents from around the Interlake will be able to see contemporary art pieces from their peers on display.

Brereton said residents have been showing an interest in the event and anyone from Manitoba was welcome to submit art pieces. The deadline for submissions was Monday, Jan. 29.

"We've had about five to 10 calls asking about what we'd accept ... It's exciting," she said. "I'm very excited to be showing off the talent and the creativity of the Interlake."

Brereton said they unfortunately couldn't accept any technological mediums or electronic-based art, as they don't have the infrastructure to support those types of works.

The St. Andrews Rectory is located at 374 River Road in St. Andrews.

For more information about upcoming events at the St. Andrews Rectory, visit standrewsrectory.ca.

Province launches land use, development web application

Staff

The province has launched a new land use and development web application focused on helping communities develop their vision for the future.

"Land use planning is an integral part of building healthy, thriving and sustainable communities," Municipal Relations Minister Jeff Wharton stated in a release last week. "This new web

tool will enable users to perform land use analyses that will help them to understand and visualize their community's development potential and build a stronger, more prosperous future."

The Land Use and Development Web Application is a GIS interface. It has development plan and zoning information for all lands in Manitoba, outside of the city of Winnipeg, and it fea-

tures: Information representing land use designations and zones contained in the development plans and zoning bylaws adopted by municipalities or planning districts, and assessment parcel information and various base maps from Manitoba Assessment Online.

For more information, visit gov.mb.ca/mr/land_use_dev/index.html.

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Mental health advocate offers tips on how to beat the winter blues

By Justin Luschinski

For some, bundling up and heading outdoors is enough to shake their winter blues but for others it's just not that simple.

According to the Canadian Mental Health Association (CMHA), many Canadians experience depressive mood changes due to the cold weather. For most people, this results in less positivity and lethargy, but sometimes the mood change is more dramatic, resulting in a case of seasonal affective disorder (SAD).

According to CMHA statistics, around 15 per cent of Canadians will experience a milder form of SAD in their lifetime. This is due to a number of factors, including reduced daylight hours and reduced sunlight.

Taylor Demetriooff, a mental health advocate and a youth mental health promotion worker with the CMHA, has dealt with mental health issues for most of his life. He's spoken to teens at schools across Manitoba about how to take care of their minds.

Demetriooff said the best cure for the winter blues is to not let the weather get in the way of your daily routine.

"Over the past couple of years I've been noticing this 'winter blues' thing. Around November and December, you're kind of OK because hey, it's the holidays and you're hanging out with family. But once January hits you're like 'I have nothing to do.' So I focus on projects, or upcoming events, basically try to get out of the house as much as possible," Demetriooff said.

Simply venturing out to the grocery store could do wonders for your mood, he added. It's also important to plan ahead, take note of festivals or

"YOU NEED TO KEEP THROWING THINGS AT THE WALL TILL SOMETHING STICKS, KEEP TRYING TO FIND SOMETHING THAT WORKS FOR YOU."

events taking place in your area, and going out and being social regardless of the cold weather, he said.

Lauren Parsons, a mental health blogger based in Winnipeg, says she makes sure she gets enough exercise and sunlight to keep her mood up.

"For me, it's important to check in with myself every day and throughout the day to see how I'm feeling," Parsons said. "Using a SAD lamp is helpful, and I make sure that I'm eating fresh fruits and vegetables to make my body feel good. I also make sure to stick to my routine, even if sometimes it feels like getting off the couch is hard."

"I always feel better when I go to my regular fitness classes and see friends on a regular basis."

A SAD lamp is a light that mimics natural light, in order to convince your body that you're getting enough sunlight. They are available to rent at multiple locations across the province.

Demetriooff said it's also important to find mental health supports that work for you.

"Resources are unique to everyone. Not everyone is going to enjoy yoga,

for example," he said. "You need to keep throwing things at the wall till something sticks, keep trying to find something that works for you. A good thing to have in your back pocket is the crisis line and suicide hotline phone numbers."

"I'm not saying you have to be suicidal to talk to them, but you could call them when you're feeling down and maybe bounce some ideas off them."

Demetriooff runs an apparel compa-

ny that gives a portion of its proceeds to mental health organizations. For more information, visit wearhope.ca. Lauren Parson's blog can be found at twoseasoncity.com.

If you are struggling with a mental health issue, you can call the crisis line at 204-482-5419 or the mobile crisis line at 204-482-5376. You can also access Interlake-Eastern Regional Health Authority Mental Health Services by calling 204-785-7715.



PHOTO COURTESY OF LINDSAY FROESE

Taylor Demetriooff, a mental health advocate and a youth mental health promotion worker with the Canadian Mental Health Association, fights off the winter blues by making sure the cold weather and early nights don't affect his daily routine.

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PROUDLY CANADIAN EF 1

Winnipeg Beach artist showcases immigrant portraits at NIHM

By Patricia Barrett

Every Canadian immigrant has a story, and that's exactly what Winnipeg Beach artist Julia Penny wanted to highlight when she set out to find 150 people who chose Canada as their new home.

As a way to celebrate the country's cultural diversity, Penny drew the immigrants' portraits on wooden panels, and she'll be featuring the collection at the New Iceland Heritage Museum for a month-long run which started on Monday.

"I'm an immigrant, too. I came 50 years ago," said Penny, who emigrated from England with her parents when she was 12 years old. "I just thought for Canada's 150th birthday I should do something, and that's why I'm doing 150 portraits."

Like Penny, many of her subjects are from England, but she also features people who emigrated from Ireland, Scotland, Guyana (South America), Trinidad and Tobago, Ukraine, Iceland, Denmark, Poland, Germany and Russia.

She found her subjects through friends and people in the local community. She also put some of the portraits on display last year for the Interlake's WAVE Artist Tour, and that



RECORD PHOTO BY PATRICIA BARRETT
Artist Julia Penny will have her portraits of immigrants on display at the New Iceland Heritage Museum until Feb. 28.

got her some media attention. That in turn helped get the word out about her quest to find immigrants.

Penny painted the wooden panels with a white primer called Gesso and sanded them down before drawing on them. She then varnished each panel so that the pencil can't be rubbed off.

"I tried it one day and thought this might work," said Penny, who's been drawing all her life and took a two-

year course at a Toronto art school. "I've seen drawings on canvas and wondered how that worked. Usually, I do oil portraits and landscapes."

Each panel contains a short handwritten biography that includes the year of arrival in Canada, employment and family life.

"I think their [history] makes them more interesting," said Penny, who works out of a studio beside her home

near Winnipeg Beach. "The viewer can look at the portrait and relate to the person, and also understand some of the hardships they had to go through. It's a hard thing to come to a country and not even speak the language."

Penny's husband, George, supplied a photo of his "Granny" Elizabeth, who emigrated in 1903 from the village of Quethiock in Cornwall, England. Elizabeth and her husband homesteaded in the Interlake, raising a family in a two-room log house with no running water. She also raised her grandsons.

"George was a twin and their mother died in childbirth," said Penny. "So Elizabeth raised three little boys."

Penny made use of passport photos, in which family members would sit as a group, wedding photos, photos of paintings, and photos depicting the subject engaged in everyday work or play.

"They are people who are both alive and dead," said Penny. "I think it's fascinating. Everybody's got a story."

She can be reached by email at: artistjulia.penny@gmail.com

The exhibit runs until Feb. 28. The Opening Reception for Penny takes place Feb. 1 from 7 to 8:30 p.m. For more information, call the NIHM at 204-642-4001.

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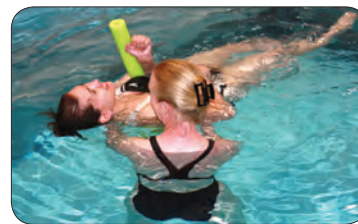
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Steelcity Physiotherapy provides many options to access the Aquatic Therapy program. It can be included as part of your rehabilitation plan or accessed as an independent program. All programs are designed and overseen by a Certified Aquatic Therapist. Steelcity is now offering 6 session blocks of "Buddy Packages" for pairs of individuals who are suffering from Arthritis / Fibromyalgia. Please call 204-785-2888 for more information.

Prairie Oak Regional Arts Council seeks volunteers 'who have a love of art'

By Jennifer McFee

The Prairie Oak Regional Arts Council is seeking volunteers interested in the arts.

Sponsored by Culture, Heritage and Tourism, Prairie Oak Arts Council is vital to the Interlake arts scene by providing various venues to promote local artists of all ages.

Last year, the organization hosted its 15th South of the Lakes Art Tour, showcasing the works for more than 35 artists and artisans in 11 home studios and central locations in Rosser, Grosse Isle, Stonewall, Balmoral, Teulon and Selkirk. The two-day event drew visitors from Winnipeg, Riverton, Steinbach, Beausejour, Winnipeg Beach, Morden, Lockport, Woodlands and beyond.

In addition, the Prairie Oak Regional Arts Council hosted the Interlake Juried Art Show in 200, 2002 and 2017 since it usually tours the communities to give each one the chance to host the show.

Another successful initiative is the School Art Enrichment Program headed by Sandra Wiebe. This program includes spring and fall classes during lunch break at local schools.

As well, morning and afternoon sessions were offered for the Summer Arts Camp, and 166 boys and girls participated last year.

Currently, the Prairie Oak Regional Arts Council has 22 members and is looking to increase the number of volunteers who would like to keep these services available to nearby communities.

Publicity chair Dolly Dennis said they only have three or four meetings each year, which are usually held in Stonewall.

"We have one in the spring to get organized. Then we have one before the art show to dole out all the information and free maps. Then we have one after to debrief," said Dennis, a Rosser resident.

"We are looking for people who have a love of art. There are also all those parents who have kids that go to these camps and come up with these amazing little creations. IT would be great if they could get involved too."

For more information or to get involved, contact Dolly Dennis as soon as possible at 204-467-2766 or Ellen at 204-467-2163.

Construction vehicle slides into river



RECORD PHOTO BY JUSTIN LUSCHINSKI

A construction vehicle slid down the side of the Red River and fell through the ice near Lockport bridge on Jan. 11. Construction crews were using multiple vehicles to attempt to recover the equipment. No injuries were reported.

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Family the right ingredient when it comes to chili, community

Submitted

You'd be surprised what lessons can be learned during a family session of chili cooking, and just how much of it has nothing to do with cooking at all.

Just ask Stan Halbesma, the owner of Harry's Foods and a member of the Selkirk and District Community Foundation (SDCF) board of directors.

Halbesma assembled most of his family – daughter Jessica moved to Calgary recently and couldn't be there – to whip up an extra large batch for the inaugural Holiday Alley Chili Cook Off in Selkirk on Dec. 3, 2017.

Sure, there was Stan's advice to his daughters and grandson on how many cans of kidney beans make the perfect chili, but Halbesma is hoping what they soaked up most was why they were cooking.

The Halbesma clan's batch was the official SDCF entry into the cook off – and for Halbesma it was just another opportunity to expose his family to giving back, and make them aware that you are fortunate, to be fortunate, in this world.

"I'm a very lucky person. In spite of the fact that I've had a very busy career, I've always found time to do things with my family," Halbesma said. "We've spent hours together in the kitchen cooking and it's really important to me that I expose my daughters, my family, to some of the less fortunate people in the community."



SUBMITTED PHOTO

Pictured from left to right: Lindsay Halbesma, David Schmidt, Aidan Campbell, Stan Halbesma, Debbie Halbesma and Kelsey Halbesma cook up chili for the Holiday Alley Chili Cook Off on Dec. 3, 2017.

Halbesma is in his sixth and final year as a member of the foundation board, and he said he's gone from knowing very little about the foundation to now knowing a whole lot about it and his community.

"I was asked five-and-a-half years ago by then Mayor Don Forfar to join the foundation, and I admit I knew nothing of the foundation and I knew nothing of how foundations worked," he said. "But I did some research and I went through the interview process and was chosen to be on the board. After a while of

being a deer in the headlights and trying to figure out exactly what was going on, I have a much better understanding and have come to realize it is a fantastic group of volunteers."

Over the past six years, Halbesma said he's been impressed with the generosity of a community that never fails to donate to the foundation and entrust their gifts to its staff and board members.

"When you become an active board member of the foundation you really become aware of two things – one is how much need there is in our community for all these different organizations, and that's no different than any other community," he said. "But first and foremost is the amount of passion and commitment that so many people have to this community to make it a better place. That was the

big thing that I took out of my years on the foundation – just how active of a volunteer base that we have in the community that is not always front and centre in the media and getting the attention."

The foundation has granted more than \$2 million to community groups since 1997 and almost \$250,000 in 2016-17 alone. Money has gone to all kinds of causes, from helmets for skating programs, to airbeds for palliative care. The foundation teamed up with the Community Fund for Canada's 150 and the Government of Canada to provide \$15,000 to Holiday Alley to purchase lights for participating businesses in Lighting the Night for 150.

"The whole concept of bringing the community together to kick off winter, to kick off Christmas I thought was just a wonderful idea. The fact the lights brought attention to that, that kind of got that whole ball rolling...it was a huge success," Halbesma said.

And so it only makes sense that Halbesma would be raising, so to speak, the next generation of volunteers, of people who realize how important it is to give back to the place that helped raise them.

While it was important to have all the right ingredients when making the chili, the most important ingredient was family, Halbesma said. And he figures if his kids and grandkids can learn that family extends beyond the walls of their own home and into the streets of their community, maybe they will be the next generation that makes a difference.

"We've done things such as delivering Christmas hampers and volunteered at other events, but what I'm so proud of is I just have to explain to my family the concept, we're doing this chili cook off, I want everybody to come to the store, and we're going to make it together, I never have to ask twice, they're very enthusiastic about jumping in there and giving a hand."

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Gimli mom looks to spread positivity with Heart Attack Challenge

By Justin Luschinski

How do you tell your child that you love them?

If you're Suzanne Beaumont of Gimli, you give them a homemade heart with a positive message every morning.

Beaumont is taking part in the Heart Attack Challenge with her daughter, Gabriel, who attends elementary school in Selkirk. For the month of February, Beaumont will give Gabriel a heart listing a positive quality her daughter has every morning. Then, she will hang the heart up on a wall, and take a picture of all the hearts at the end of the month.

Beaumont said she started the challenge because she wanted to make sure her child knew how much she loved her.

"You can tell them that you love them, but they might not understand it. But if you combine the words with a visual aspect, in this case the heart, it's a way to get through to them," Beaumont said. "Kids are so concrete, they need to see it to believe it, and this helps my daughter realize that she's special to me."

Beaumont got the idea from her time teaching students, and from her experiences with mindfulness exercises. While she was teaching junior high students, she became interested in the feelings and the self-esteem of her students, and wanted to focus on finding a way to spread kindness.

Beaumont's daughter, Gabriel, said she feels good whenever her mother gives her a heart.





"I like it. It makes me happy when my mom gives me a heart. I love you, mom," Gabriel said.

This is the second year Beaumont and Gabriel are taking part in the challenge. Beaumont didn't think she would do it for a second year, but Gabriel said that she enjoyed it, and wanted her mom to take on the challenge again.



RECORD PHOTO BY JUSTIN LUSCHINSKI
Throughout the month of February, Susan Beaumont, pictured left, will be giving her daughter Gabriel, pictured right, a heart listing a positive quality her daughter has every morning as part of the Heart Attack Challenge.

Beaumont said she wanted to counter all the negative messages that children may receive during their lives. She also facilitates the Facebook group "The Compassionate Kid," which focuses on educating and parenting in a loving way. "(Children) see messages everywhere, telling them that they're not good enough, that they don't deserve to be loved. Kids hear messages like that all the time. But by trying to fill their minds with positivity, they build up sort of a resiliency towards those negative messages. They get more self confidence, and they're able to help themselves whenever they're feeling bad," Beaumont said.

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- 1 package McCormick Taco Seasoning Mix
- 4 cups shredded Mexican cheese

blend, divided
 nonstick cooking spray
 chopped cilantro (optional)
 tomatoes (optional)
 sliced olives (optional)
 avocado (optional)
 tortilla chips
 Heat oven to 350 F.
 In large, microwavable bowl, heat cream cheese and sour cream on high 1 minute, or until cheese is softened.

Remove from microwave. Mix with wire whisk until smooth. Add refried beans, green chilies, seasoning mix and 2 cups cheese; mix well.

Spread bean mixture into 13-by-9-inch baking dish sprayed with nonstick cooking spray. Sprinkle with remaining cheese.

Bake 25 minutes, or until cheese is melted. Top with cilantro, tomatoes, sliced olives and avocados, if desired. Serve with tortilla chips.



Cheesy Taco Wings

- 2 1/2 pounds chicken wing pieces
- 1 package McCormick Cheesy Taco Mix
- nonstick cooking spray
- 3 cups chopped romaine lettuce
- 1/4 cup finely chopped tomato
- 2 tablespoons sliced green onion
- 2 tablespoons crumbled queso fresco

Heat oven to 450 F.
 In large bowl, toss chicken wings with seasoning mix. On large, shallow foil-lined baking pan sprayed with nonstick cooking spray, arrange wings in single layer.
 Bake 30-35 minutes, or until chicken is cooked through and skin is crisp.
 On large serving platter, arrange lettuce. Top with wings, tomato, green onion and queso fresco.

Chili



- 2 pounds ground beef
- 1 large onion, chopped
- 1 can (28 ounces) crushed tomatoes in puree
- 1 can (15-19 ounces) kidney beans, undrained
- 1/4 cup Frank's RedHot Original Cayenne Pepper Sauce
- 2 packages (1 1/4 ounces) chili seasoning mix
- shredded cheddar cheese (optional)
- scallions (optional)

sour cream (optional)
 In large, nonstick pot, cook beef until browned.
 Add onion; cook 3 minutes. Drain. Stir in tomatoes, beans, sauce and seasoning mix. Heat to boiling. Stir often.
 Simmer, partially covered, 15 minutes, or until flavors are blended. Stir often.
 Garnish, as desired, with shredded cheddar cheese, scallions and sour cream.

Buffalo Chicken Wings



- 2 1/2 pounds chicken wing pieces
- 1/2 cup Frank's RedHot Original Cayenne Pepper Sauce
- 1/3 cup butter, melted
- blue cheese dressing
- celery sticks
- Heat oven to 450 F.
- In foil-lined pan, bake wings 30 minutes until crispy, turning once.
- In bowl, combine sauce and butter.
- Toss wings in sauce to coat completely.
- Serve with blue cheese dressing and celery sticks.

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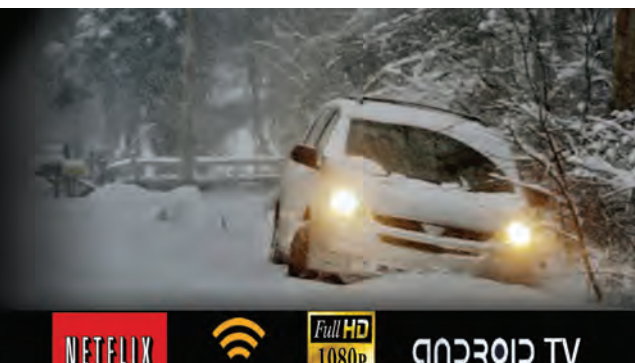
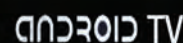
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sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Einarson 3-1 at Scotties Tournament of Hearts

By Brian Bowman

Northern Ontario's Tracy Fleury scored three in the first end and hung on for a 7-5 victory Monday evening to hand East St. Paul Curling Club's Kerry Einarson her first loss at the 2018 Scotties Tournament of Hearts in Penticton, B.C..

Fleury scored deuces in the sixth and eighth ends to secure the victory.

"We just weren't as sharp," Einarson said on the Curling Canada website. "We had a few different rocks that reacted different and we didn't figure it out until later.

"One loss is fine. I knew we were going to have to lose one sooner or later."

Manitoba's Jennifer Jones, meanwhile, cruised to a 12-4 win in eight ends over Kerry Galusha of Northwest Territories on Monday evening.

As of Tuesday morning, Manitoba (4-0) was atop the standings in Pool "A", followed by Einarson at 3-1, Nova Scotia, Saskatchewan, Northern Ontario and New Brunswick at 2-2, Northwest Territories (1-3) and Yukon (0-4).

Einarson's rink, which includes third Selena Kaatz, second Liz Fyfe, and lead Kristan MacCuish, started the Scotties 3-0 after doubling Saskatchewan's Sherry Anderson 8-4 Monday afternoon.

Tied at 4-4 after seven ends, Einarson scored one in the eighth end and then added a key steal of three in the ninth as Anderson was heavy with her two shots for the win.

"That was huge, a big point (in the eighth)," Einarson said. "If we had given up a steal it would have been a bit of a momentum changer for sure.

"My sweepers were great and they got it there. We had some opportunities (earlier) but we missed them but when we really needed to make the shots we did."

Camp Morton's Einarson, who grew up in Petersfield, began action with wins over New Brunswick's (8-6) and Nova Scotia's Mary-Anne Arsenault (7-5).

"It's nice to get (three wins) to start with," Einarson said. "It's so weird. Playing that game against Chelsea it was, 'Oh my gosh, it's do or die, you're in it or you're not.' So we're super glad to be out there."

Einarson earned the 16th and final spot for the Scotties Tournament of Hearts after defeating Calgary's Chelsea Carey 7-4 Friday night in a wildcard game.

Carey scored a pair in the sixth end to cut Einarson's lead to 6-4 but surrendered a key single in the ninth.

Carey took a quick 2-0 lead after the first end but Einarson rebounded to score a deuce in the second. Einarson stole a pair in the fourth end and then another in the fifth and sixth to lead 6-2.

The wildcard draw between Einarson and Carey was a matchup of the top two teams from the Canadian Team Ranking System list that didn't



RECORD PHOTO SUBMITTED

Kerri Einarson's team is 3-1 at the 2018 Scotties Tournament of Hearts in Penticton, B.C. Einarson's team won the wildcard draw against Chelsea Carey last Friday to earn the 16th and final spot for the Scotties.

win their provincial championship.

At the Scotties, teams played a round-robin within their eight-team pools during the first five days of competition.

The top four teams from each pool go into the Championship Pool, which begins round-robin play today.

Teams carry over their records from their preliminary pools and the four teams from Pool "A" will play the four teams from Pool "B" today and Friday.

After those games are completed Friday evening, the top four teams from the Championship Pool will go

into the Page Playoffs, beginning on Saturday (a tiebreaker, if necessary, would be in the morning).

The Page 3-4 playoff is Saturday at 4 p.m. (Central Standard Time) while the Page 1-2 playoff is Saturday at 9 p.m.

The semifinal is set for Sunday at 11 a.m. Manitoba time, followed by the gold-medal game on Sunday at 6 p.m.

The bronze-medal game has been removed from the schedule.

Gimli to host Interlake regional skating competition Saturday

Staff

The Skate Interlake skating club in Gimli is hosting the 2018 STAR 5 + Interlake Regional Skating Competition this Saturday (8 a.m. to 6 p.m.) at the Gimli Rec Centre.

The theme for the competition is "A Night at the Movies" so the Rec Centre will reflect this for the day of the competition.

Skaters from across the Interlake and from other clubs in Winnipeg and surrounding areas will compete at various levels, from beginner to very

advanced levels.

"We are looking forward to welcoming approximately 85 skaters, and their coaches and families, from 17 different skating clubs for the competition and many skaters have entered multiple events during the day," said Sue Steinmetz, a co-chair for the 2018 Skate Interlake Regional Competition, in an email.

"The local organizing committee is very thankful for the support we have received from the community in the way of people offering to volunteer to

help host the competition and corporate sponsorship and donations.

"It is only when the community comes together collectively that special events like this can be hosted successfully."

Steinmetz said volunteer and sponsorship opportunities are still available. People are asked to contact skate.interlake@gmail.com if they wish to volunteer or provide sponsorship/donation for this event.

People are also encouraged to come out and watch the skating competi-

tion.

"Everyone is welcome to come and watch the skaters at this competition," Steinmetz said. "There will be a nominal entrance fee to come into the Rec Centre as part of our fundraising to host the competition. There will also be a silent auction with wonderful prizes (this silent auction is currently located at the Noventis Credit Union in Gimli for anyone wishing to purchase tickets prior to the competition)."

Team Canada curling well at 2018 Scotties

By Brian Bowman

Team Canada's Michelle Englot improved her record to 3-1 after crushing Nunuvut's Amie Shackleton 13-4 Monday at the 2018 Scotties Tournament of Hearts in Penticton, B.C..

Englot, whose rink features third Kate Cameron, second Leslie Wilson of Pinawa, lead Raunora Westcott, alternate Briane Meilleur and coach Ron Westcott, secured the win by scoring two in the seventh end and then adding a steal of three in the eighth.

"We had a good team game," said Wilson Monday evening. "We decided to keep it clean and we did well with our hits and had decent rock placement, so it was nice to win that game."

Canada came out strong against Nunuvut, scoring three in the very first end but Schackleton responded with a deuce in the next end.

Englot came right back, however, with three more in the third. After Schackleton scored a single in the fourth Canada came back with a

deuce to lead 8-3.

It was a nice bounce-back game for Englot, who was defeated 10-6 by Alberta's Casey Scheidegger in her previous contest. Englot trailed 7-3 after six ends but got back in the game with three in the seventh.

Scheidegger put the game out of reach, though, by scoring one in the eighth end and then stealing two in the ninth.

The two teams shook hands after the ninth end.

"They played so well and got an early lead on us," Wilson recalled. "They're such a good hitting team. They're a team that's going to defend their lead very well and that's what they did."

This is Wilson's fourth trip to the Scotties. She played in the 2010 Scotties Tournament of Hearts with Jill Thurston, in 2011 with Cathy Overton-Clapham, and last year with Englot.

Englot, who has represented Saskatchewan seven times at the Scotties Tournament of Hearts, was the Mani-

toba winner last year.

This year, Englot made a successful debut in Team Canada colours, skipping her Winnipeg team to a solid 6-2 victory over B.C. in the opening draw of the Scotties.

The two teams were tied at 2-2 after six ends but Englot took over the game with a deuce in the eighth end and then a steal of two in the ninth."

"We stayed patient and once we did have chances later on we capitalized," said Englot on the Curling Canada website. "They played really well and stuck with us, but we made some key shots to get our deuce in eight and that was big."

"I need to get a little bit better handle on the ice and get off to a quicker start but, other than that, the girls played really well and feel good about how things are looking."

It was the first time that Englot's rink has worn the red and white of Canada.

"I have never worn a Maple Leaf on my back until our first game that we

had on Saturday," Wilson said. "That was really exciting. I honestly can't tell you how proud I am. It's an honour to wear the Team Canada jersey... and I feel really lucky to have this experience."

Englot then edged Quebec 6-5 in an extra end to improve her record to 2-0.

Englot lost the 2017 Scotties' final to Ontario (after going 10-1 in preliminary play). But when Ottawa's Rachel Homan's qualified to represent Canada at the 2018 Olympics, Englot was invited by Curling Canada to be Team Canada.

"It's pretty special actually. We really want to wear it with pride and play our hearts out," Englot said. "We're the token Team Canada."

"It's just a jacket, right? So the goal here is to come out and play strong and make the playoffs and then win this thing and earn our own jacket."

Selkirk Judo Club returns with medals from Regina

Submitted

Eight athletes from the Selkirk Judo Club competed at the 2018 Saskatchewan Open in Regina on Jan. 27-28.

The Selkirk team won one gold, a silver, and four bronze medals.

Sarah Ekosky finished with a 4-0 record to claim gold in U16 Women

under 57 kg while Lennon Kuch won silver in U16 Men under 73 kg.

Damien Ekosky was a double-bronze medalist, placing third in both U21 Men under 73 kg and Senior Men Advanced under 73 kg.

Connor Macfarlane earned a bronze in U16 Male over 73 kg. Daniel Ekosky

also won bronze in U14 Boys under 55 kg.

"The Saskatchewan Open is a Canadian circuit event," said Brian Jones, one of the Selkirk Club's coaches. "It

has become a very competitive tournament and our team did very well."

There were approximately 400 entries at the tournament from across Canada.

Keystone Junior Hockey League announces all stars

Staff

The Keystone Junior Hockey League recently announced its all-stars for this season.

One player was selected from each team, chosen by their own team and the top two goalies were chosen for the selection.

Arborg Ice Dawgs' goalie Joey Fratantonio was selected along with Selkirk Fishermen goaltender Austin DeBoer.

Fratantonio, an Akron, Ohio product, has a 9-6-2 record with a 3.07 goals-against average and a .919 save percentage.

Arborg's Cal Finnson, Lundar's Brett Jocelyn and Fisher River's Darryl Thaddeus were among the

all-star forwards.

Finnson has 17 goals and 37 points this season while Jocelyn has scored five times and has 15 points.

Thaddeus, meanwhile, is a co-leader on his club with 12 goals while leading the Hawks in points with 25.

The other all-star forwards include Payton Boguski (North Winnipeg), Tie Braun (Cross Lake), Robert Guimond (St. Malo), Drayton Mendrun (Selkirk) and Devon Tobacco (OCN).

The Peguis Juniors' Keifer Tacan was picked as an all star defence-man along with Tyler McKay (Norway House).

Tacan has eight goals and 23 points this season.



PHOTO SUBMITTED

The Selkirk Judo Club's Lennon Kuch, far left, placed second in the U16 Men under 73 kg division in Regina.

Royals beat Buckeyes, Raiders last week

By Brian Bowman

January didn't start that great for the Selkirk Royals' boys' hockey team but it sure ended well.

Selkirk won its final three games in the month after downing the Oak Park Raiders 5-3 last Friday at Eric Coy Arena.

Braeden Hummel led Selkirk with three goals while Travis Spratt and Jordan Simko also tallied.

Derek Woloshyn had three assists and Reece Tessier chipped in with two helpers.

Tanner West and Charlie Ringland, with a pair, replied for Oak Park.

Brady Hrymak posted the win in goal.

On Jan. 23, Selkirk defeated the Miles Mac Buckeyes 4-1 in Winnipeg.

Spratt led Selkirk with two goals while Woloshyn had a goal and two assists.

Jordan Simko scored once and added an assist while Gregor Grossgasteiger and Brett McLaren each had two helpers.

Trey Namaka beat Royals' goalie James Kulyk with a second-period goal.

Selkirk, now with 48 points to sit in third place in the Platinum Promotions Division standings, will battle the Dakota Lancers next Wednesday at the Dakota Community Centre.

The Royals will then close out their regular season on Feb. 9 against Springfield in Oakbank.

Both games begin at 4 p.m.

The Royals' girls' hockey team, meanwhile, will wrap up their regular season today with a game against Fort Richmond at the Richmond Kings Community Centre. Puck drop is 3:30 p.m.



RECORD PHOTO BY LANA MEIER

Braeden Hummel led Selkirk with three goals in its 5-3 win against the Oak Park Raiders last Friday.

Steelers lose three games to MJHL's top clubs

By Brian Bowman

There are some very good reasons why the Steinbach Pistons are in first place in the Manitoba Junior Hockey League standings.

They can score goals, leading the league with 231 while only allowing 102 after Saturday's 5-0 victory over the Selkirk Steelers in Steinbach.

That plus-129 differential through 47 games is, by far, the best in the 11-team league.

Selkirk had trouble scoring against Steinbach in the two weekend losses. They also didn't generate many offensive chances.

In Saturday night's defeat, the Pistons' Matthew Radomsky had to make just 15 saves for his seventh shutout of the season.

Offensively, William Koop and Drew Worrada scored first-period goals by the 9:50 mark for Steinbach and then Brendan Martin tallied in the second.

Martin and Darby Gula closed out the game's scoring in the third.

Last Friday, the Steelers were stopped 8-2 by the Pistons in Selkirk.

Selkirk's Shanan McFadden opened the game's scoring at 15:14 of the first period but Steinbach responded with three goals before the frame ended.

The Pistons added two more goals in the second period and then built a 7-1 lead by the 13:45 mark of the third.

Selkirk forward Nico Labossiere netted his 14th goal of the season in the third.

Koop (two), Mark Wilson, Martin, Austin Heidemann, Brady Tatro, Riese

Gaber and Tyson McConnell scored for the Pistons.

Steinbach outshot Selkirk 48-26 and was 3-for-7 with the man advantage.

On Jan. 23, the Steelers were defeated 5-1 by the Flyers in Winkler.

Winkler's Erik Dahl opened the game's scoring at 6:14 of the first period and then Lucas Barker and Welland Parish potted goals in the second.

In the third, Winkler went up 5-0 as Griffin Leonard and Mitchell Dyck beat Steelers' goalie Hayden Dola.

Selkirk finally scored at 13:10 of the third as Ryan Gardiner tallied, assisted by Colby Dudek and Ben Coppinger.

Coppinger played 18 games this season with the Western Hockey

League's Prince George Cougars, recording four assists.

He has also recently played games with the St. Vital Victorias of the Manitoba Major Junior Hockey League.

Selkirk was 24-18-3-1 and in sixth place with 52 points heading into this past Tuesday's home game with the second-place Portage Terriers (no score was available).

The Steelers will have a very busy February with 11 games in 24 days.

Selkirk will begin action this month with road games against Portage on Friday and Dauphin Saturday.

The Steelers will then host Virden next Tuesday. All three games have 7:30 p.m. start times.

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- VS Dauphin Sat., Feb 3rd 7:30 pm



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CITY OF Selkirk

**REQUEST FOR QUALIFICATIONS:
GENERAL CONTRACTORS, MECHANICAL,
ELECTRICAL, AND SUBCONTRACTORS
TO PRE-QUALIFY FOR
THE CITY OF SELKIRK FIREHALL ADDITION**

It is the intent of the City of Selkirk to prequalify a list of General Contractors, Mechanical and Electrical, Sub-Contractors who will be invited to submit bids for the construction of a new 3 story 7,800 square foot firehall addition to the existing facility located at 200 Eaton Avenue in Selkirk, Manitoba.

Successful prequalifying applicants will then be considered to submit bids for the project. Bids are scheduled to be called in March 2018. The anticipated construction start date will be April 2018 with an estimated construction schedule of 8 months with occupancy required by February 2019.

RFQ documents may be obtained from the following link:
<http://mail.prairiearchitects.ca:800/Login>
User Name: Selkirk Firehall Prequal
Password: selkirkfirehall

Questions regarding the project can be directed to Damien Fenez 204-956-0938.

Submission deadline is before **2:00 pm Central Time February 15, 2018.**

Please address submissions to:
City of Selkirk
c/o Prairie Architects Inc.
Suite 101-139 Market Avenue
Winnipeg, Manitoba R3B 0R3
Attention: Daniel McDermid

Incomplete submissions may be rejected without further consideration.

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We thank all candidates, however only those selected for an interview will be contacted.



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RURAL MUNICIPALITY OF ST. ANDREWS

PUBLIC NOTICE

New Electronic Landfill Monitoring System

The R.M. of St. Andrews is pleased to announce that it will be launching a new electronic monitoring system at both the Earl Grey and Clandeboye Landfills. Operator training has taken place and onsite testing is in progress. The system will be implemented on February 1, 2018.

The purpose of this system is to assist in maintaining an accurate, real-time inventory of landfill permits; provide the municipality with data for long-term planning; monitor landfill site usage by residents; and track all items brought to the landfills.

When using the landfills, please remember the following:

- Landfill Permits are required in order to access the landfills
- All vehicles entering the landfill will be checked at the discretion of the custodian
- Paints and solvents are not permitted and can be properly disposed of at RER Recycling in Selkirk.

They also accept a variety of electronics for recycling and can be contacted at 204-482-2111

- Tipping fees will apply to certain items brought into the landfills; a list of items and costs can be viewed on the municipality's website

We look forward to everyone's patience and cooperation as we transition into a new phase of landfill management.

If you have any questions, please contact the Public Works Department at (204) 738-2076.

R.M. of St. Clements Request for Quotation No. RFQ-2018-01 Hire of Privately Owned Equipment Hourly Rates 2018 / 19 Equipment Rates

The Rural Municipality of St. Clements is seeking quotations from qualified bidders for hourly rates for Privately Owned Equipment for the 2018 / 2019 season.

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

Sealed submissions clearly marked "Hourly Equipment Quotation, No. RFQ-2018-01" will be received at RM of St. Clements Administration Office, located at 1043 Kittson Road, East Selkirk, MB, up until 2:00 PM, Local Time on Friday, February 23, 2018.

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

The lowest or any hourly rate bid not necessarily accepted.

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



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Found men's wedding ring with inscription on inside. Call Interlake Dental Centre 204-785-8662.

NOTICE

Due to the lack of volunteers, as of January 1st, 2018 the Board of Directors of Our Daily Bread Soup Kitchen Inc. has reluctantly made the decision to close St. Francis Place in Selkirk permanently. From its inception, St. Francis Place was under the administrative direction of Our Daily Bread Soup Kitchen Inc. Thank you for your support and understanding. - Rene E. Gauthier Chairperson, The Board of Directors for Our Daily Bread Soup Kitchen Inc.

ARE YOU OR DO YOU KNOW SOMEONE WHO HAS BEEN A MEMBER OF THE SELKIRK JUDO CLUB? PLEASE CONTACT BRIAN JONES at 204-782-9785 or selkirkjudoclub@shaw.ca

HAY FOR SALE

Small square prime Alfalfa June Courtney grass, small square prime Alfalfa, and small square Oat straw. Leave message call 204-482-5101.

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ANNOUNCEMENT

CARD OF THANKS

Eichkorn- Thank you to all who sent messages of sympathy and made donations to Our Daily Bread Soup Kitchen in memory of Charlie. Thank you to Rev. D. Kowalski, and Rene Gauthier and also to Gilbert Funeral Home for the service.
-Chris and family

LANGUAGE CLASS

SELKIRK FRIENDSHIP CENTRE IS OFFERING FREE LANGUAGE TRAINING IN CREE.
The Aboriginal Language Program at the Selkirk Friendship Centre is offering Cree Language training. First class will start February 5th. The classes start at 7:00 pm and will be held twice a week. Please call Marie at 204-481-4222 for further details and to register.
There is no cost for this program.

ANNOUNCEMENT

BIRTHDAY



Mareena O'Gorman Wilks
Born February 1, 2014
Every year on the first of February We celebrate this very special day. To mark another milestone As your life moves on its way. You're growing up so fast. So with a big happy birthday to you We wish you all the happiness in the world, And we are thankful all year round For our very precious girl.
Happy 4th Birthday!
-Love always, Mom and Dad

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IN MEMORIAM

IN MEMORIAM
Gordon Taylor
1936 - 2012

If memories bring us closer,
We are never far apart;
For you are always with us,
In our thoughts and in our hearts.

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

ANNOUNCEMENT

IN MEMORIAM



Kay Krut
February 2, 2013

May the winds of love blow softly,
And whisper for you to hear;
That we will always love and miss you,
And wish that you were here.

-Forever loved
Joan and Debbie

ANNOUNCEMENT

IN MEMORIAM



Hunter Lee Ronald Scott
August 23, 2008 - February 3, 2010

Eight years have passed since that sad day,
When one we loved was called away.
God took him home - it was His will,
Within our hearts he liveth still.

-Love Mommy, Smerchie, Kyla, Ashlyn,
Emily, Parker, Mark, Nana, Mushum,
Uncle Devin, Aunty Krissy, Leam, Eden,
Uncle Steven, Aunty Chenise, Layla and Malik

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OBITUARY



Wilfred Earl Martin

With his family by his side, Wilfred Earl Martin passed away peacefully at the age of 91 on Saturday, January 27, 2018 at St. Boniface Hospital.

Wilfred was born on February 1st, 1926 on the family farm in East Selkirk, the first son of the late Florence and James Martin. He was educated at Mayfield School. He farmed all his life and established Martin Farms Ltd with his late brother Ralph. Later, dad farmed with his son Doug and nephew Gerry until his semi-retirement. Farming was truly Wilfred's passion and was not considered work. It was his lifelong hobby. He loved working the land, working with livestock, and keeping the farm yard in immaculate condition.

Wilfred was an active member of the Lockport Community Church and was an active elder for the congregation. He was a member of the Forester Club and the Selkirk Legion. During Dad's

semi-retirement, he enjoyed singing and visiting at Betel Home in Selkirk. Over the years, Mom and Dad travelled extensively around the world. Destinations include Hawaii, Australia, Alaska, Europe, Barbados and Mexico.

Wilfred leaves to mourn his wife of 61 years Lois; his four children, Doug (Laurie), Susan (John), Bill (Jacquie), Gillian (Sean) and seven grandchildren Mark, Scott, Trisha, Kevin, Jeremy, Emily and Aimie. He also leaves to mourn his sisters-in-law Roberta (Ralph), Lois (Lloyd); brother-in-law Irvin (Mary Jane); their families, and numerous relatives.

A celebration of Wilfred's life will be held Friday, February 2, 2018 at Gilbert Funeral Home in Selkirk at 10:30 a.m.

Flowers are gratefully declined; those so wishing to contribute in his memory can do so to the Manitoba Heart and Stroke Foundation or Lung Association of Manitoba.

His family wishes to thank the doctors, nurses, and staff on the fifth floor of the St. Boniface hospital for their care and kindness during Wilfred's stay.

Your caring nature and your fabulous Martin smile will always be remembered!

Condolences may be left at www.gilbartfuneralhome.com

Gilbert Funeral Home, Selkirk in care of arrangements.



ANNOUNCEMENT

IN MEMORIAM



David Cove Sr.

November 5, 1936 - February 2, 2016

You're in our thoughts,
In our prayers,
And in our hearts.

-Love Pat, Brenda, David Jr., Kathy,
and all your extended family

ANNOUNCEMENT

IN MEMORIAM



Isabel Praznik

March 24, 1931 - February 1, 2014

You are the heart of our family
And family will always be the greatest gift.

OBITUARY

Herbert Samuel Dalman

Peacefully, Herbert Samuel Dalman, aged 95 years passed away at the Betel Home Selkirk with family by his side on Sunday, January 21, 2018.

Herb was born on October 10, 1922 in Selkirk, Manitoba to Norman and Gladys Dalman. He grew up in Selkirk helping his dad at the grocery store while attending school. Herb left home at the young age of 16 to find work. First as a cook's helper for the fisherman on Lake Winnipeg and later for Bunns Bakery. He had a love of flying from a very young age and was given an opportunity to work for McDonald Bros. Aircraft Ltd., at Stevenson field 1940-1942. The call came to volunteer for the war with his brother and cousins, Dad enlisted with the RCAF as an aircraft mechanic. He worked on a wide range of fighter aircraft and this took him to England, Belgium, Holland and France.

Returning to Canada, Herb found work in the aircraft business joining Tom Lamb Airways in The Pas, Manitoba in 1947. He flew to many communities in Northern Manitoba and it was at Norway House that he met the love of his life Marion Kulikowski. They married and started a family in The Pas.

In order to spend more time with family Herb landed a job in 1951 with the Ontario Department of Lands and Forests working specifically with the aircraft used to fight forest fires and conservation. He was stationed in many Northern Ontario communities throughout his career. The family loved the summers beside the lakes and many cousins, aunts, uncles came for visits. The winter months were spent back in Sault Ste. Marie and the family grew with three more children. Dad was industrious, driving taxi after work and acting as a bill collector at the same time. He loved the outdoors, canoeing, prospecting, fishing and hunting. Dad excelled at many sports and was a fabulous golfer.

After taking an early retirement, and moving home to Selkirk, Herb took pride in building a second beautiful home. He continued to work at St. Andrews Airways and also at Selkirk Air. Many winter weekends would find the family playing hockey at his brother's farm in Petersfield, with his nephews preparing the ice on the creek for the games. Herbie loved the land and enjoyed helping out even when his nephews took over the farm. Retirement allowed Herb to travel and see much of USA, with his camper. He was able to travel to Iceland, and also back to England and Europe. Other favorite pastimes were playing snooker at Gordon Howard Senior Centre and curling. He was passionate about playing crib.

Herb was able to stay in the third house he had built right up until the age of 92. Dad moved to the Betel Home where he was patiently cared for by the staff, who witnessed hundreds of crib games with family. Herb will be remembered for his positive outlook, patience, smiling face and humour. He was always unselfish with his time, teaching his grandkids to skate, golf, and play pool and darts. Dad's legacy lives on through his sons, daughter, grandchildren and great-grandchildren.

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Our special thanks to Dr. Demsas, and the Betel Home for their special care, friendship and respect towards Dad during his care.

Herb will be deeply missed by his four children Ron (Mary) Dalman, Olivia (John) Eddy, Andrew (Kathleen) Dalman and Steve (Tambi) Dalman; nine grandchildren Sarah (Dave) Tassoni, Robbie (Carrie) Dalman, Aaron (Carly) Eddy, Andrew (Jamie) Eddy, James (Rachel) Eddy, Kristopher Dalman, Laura Dalman, Graham Dalman, Jeremy Dalman as well as nine great-grandchildren, Cameron, Evan, Isabella, Milano, Olivia, Chloe, Cadence, Benjamin, and Vivian.

He is also survived by his sisters-in-law Alma Dalman and Evelyn Kulikowski as well many nieces, nephews and cousins.

Herb is predeceased by his dear wife Marion; parents Norman and Gladys; brothers Richard, Arthur, and Harold.

Take comfort that a beautiful soul is never forgotten.

As per Herb's request no formal funeral service will be held. Cremation has taken place and private graveyard service will be held at a later date.

If so desired, donations in Herb's name can be made to Betel Home Foundation, 212 Manchester Ave. Selkirk, R1A 0B6.

Condolences may be left at www.gilbartfuneralhome.com

Gilbert Funeral Home, Selkirk in care of arrangements.



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