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ECORD PHOTO BY LINDSEY ENNS

Evans Coffie, not pictured, leads Grade 1 students at Ruth Hooker School through a drumming, dancing and singing performance inside their school's gymnasium last Friday afternoon. Coffie, who is originally from Ghana, spent last week at the Selkirk elementary school teaching students about the rhythms of Africa through various lessons. For more photos, see page 6.

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## Communities ramp up spring flood preparations

Interlake region faces 'moderate' chance of flooding, province says

#### By Dave Baxter

There still might be plenty of snow on the ground but local municipalities say they are already working to keep their communities safe from the potential of rising waters.

On Monday the province said high soil moisture and winter precipitation could lead to flooding in many parts of Manitoba this spring, including in the Interlake region.

"Normal to well-above normal soil moisture and winter precipitation to date, combined with future unfavourable weather conditions will result in the risk of moderate to major overland flooding across the province," Infrastructure Minister Blaine Pedersen said on Monday. "We have experienced some unusual winter weather to this point that has contributed to an expanded risk of overland flooding in Manitoba."

The province says the risk to the Interlake region for flooding is currently "moderate" but that could still change before the snow melts this spring.

"We use the phrase 'at this time' and the word 'currently' because the magnitude for spring flooding potential is still very dependent on weather up until the spring melt," Pedersen said.



**RECORD FILE PHOTO BY DAVE BAXTER** 

An ice jam is seen on the Red River north of Selkirk last spring. Local communities say they are now already preparing for the possibility of flooding and ice jams when the snow melts later this year.

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"Flood potential is significantly affected by the amount of additional snow and spring rain, frost depth, the timing and the range of the spring thaw."

The province says they are now working with municipal governments across Manitoba to minimize the risk of spring flooding to local communities.

St. Clements director of protective services Ken Sim said the RM is already preparing for the possibility of spring flooding and has been monitoring moisture levels for months.

"We have definitely been keeping are eye on soil moisture and snow accumulations since the fall," Sim said.

"We're very much aware moisture contents were elevated and there was lots of water in the ditches in the fall."

Sim said the RM is already starting to make sandbags available to residents who have flooding concerns, or who live in areas prone to flooding.

"Residents are really at a point where they need to start thinking about these things," he said.

Sim said although the RM is always

concerned about the possibility of river flooding in the spring, their greatest concern is the possibility of overland flooding.

He also said he expects municipal workers will soon begin clearing ditches in the RM.

St. Andrews CAO Andrew Weremy said flood preparations are also underway in his community.

"I have spoke with public works asking them to ensure all flood fighting equipment is checked and functional," Weremy said. "I have also requested our emergency coordinator to check our flood mitigation equipment, sandbags and large dams."

Weremy said they will now focus on ditch digging in St. Andrews and will be keeping an eye on the weather and precipitation as spring approaches.

"We have discussed ditch opening with contractors, so planning is underway," he said. "We are really in a wait-and-see for the short-term."

West St. Paul Mayor Bruce Henley said flood predictions made recently by the Red River Basin Commission are "consistent" with the province's early predictions.

He stressed that upcoming weather will play a big role in whether or not there is flooding this spring.

Continued on page 11

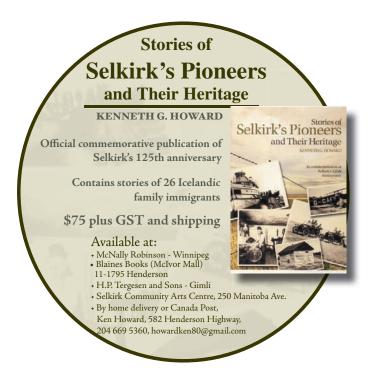


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## 'The hockey bug bit us'

### Supporting the Steelers for over 40 years more than a hobby for Lockport couple

#### **By Lindsey Enns**

Not everyone can say they've been a fan of a sports team for more than 40 years. But for Raymond Massey and his wife Donna, supporting the Selkirk Steelers Junior 'A' Hockey Club for all those years has become more than just a hobby, it's their passion.

"You'd be hard pressed to find anybody in Manitoba that's dedicated that much time and effort to a cause over that period of time," said Don Gilman, the director of business operations for the Steelers.

The Lockport couple says they never miss a home game from their favourite seats in section 11 and head out on the road with the team at least once a year. They've also helped run weekly bingo nights for the club for as long as they can remember.

Despite their son and daughter never really showing an interest in playing hockey, Raymond said they've always had an appreciation for Junior 'A' hockey.

"It's just the hockey bug bit us," 68-year-old Donna said with a smile. "It's exciting hockey, really exciting hockey."

Donna added what makes the junior hockey teams so exciting to watch is that they're not getting paid big bucks to head out on the ice.

"They're out there just giving it their all because they don't get paid," she

Raymond, 69, said it gets even more interesting when you get to know the players.

"You feel more involved and it's more exciting."

The couple has been able to get to know the players while running the team's bingo fundraisers every Thursday night at 7:30 p.m. at the Selkirk

Friendship Centre as well as helping with the 50/50 during the games.

Gilman said both Raymond and Donna are "exceptional volunteers."

"It's really unfortunate in these hall of fames for different sports that they don't have a specific volunteer category," Gilman said. "They'd certainly be at the top of the list."

The couple's support over the years has been invaluable for the team both on and off the ice, Gilman added.

"To have that passion and be that dedicated over that period of time ... they're special individuals," he said. "Junior hockey is really all about volunteers and people who give freely their time.

"Without that strong support from long-term volunteers like Donna and Ray it becomes very difficult to sustain a team and or league."

Although they enjoy coming out to see the Steelers play, the couple admits the stands aren't as full as they used to be. The Selkirk Rec Complex, which opened in May 1990, seats 2,000. The couple said that only about 450 of those seats are filled lately during home games.

"The Jets coming back took away a lot of our fans," Donna said. "You're competing with that."

The couple has been married for 51 years and says supporting their local hockey team has become something they like to do together during the winter months.

They added anyone looking to see a fast and exciting game should come check out the Steelers.

As of Monday afternoon, the Steelers sat in third place in the Manitoba Junior Hockey League.

Their next home game is on Friday, Feb. 3 at 7:30 p.m. when they go up



**RECORD PHOTO BY LINDSEY ENNS** 

Raymond Massey, pictured left, and his wife Donna, pictured right, visit the Selkirk Rec Complex, the home of the Selkirk Steelers, last Thursday afternoon. The Lockport couple has supported the local junior 'A' hockey team for more than 40 years and says they would like to see more fans come out and show their support for the team.

against the Virden Oil Capitals. On Saturday, Feb. 4 they play the Portage Terriers once again at home with puck drop at 7:30 p.m.

The Selkirk Steelers Junior 'A' Hockey Club will also host their 19th annual Hockey Night in Selkirk Dinner on Tuesday, Feb. 21 at the Selkirk Rec Complex Banquet Hall. This year's guest speaker is Ray Bourque.

Bourque played 22 seasons in the NHL and holds the all-time records for most goals, assists and points for an NHL defenseman. He was inducted into the Hockey Hall of Fame in 2004, which was his first year of eligibility.

For ticket information, contact Don Gilman by calling 204-471-8844 or via email marketing@selkirksteelers.com.





## Couple looks to honour Indigenous Korean War vets

By Kaitlin Vitt

Sgt. Tommy Prince, one of Canada's most decorated Indigenous veterans, fought in the Korean War more than 60 years ago and is now being honoured for his service.

Wonjae Song and Olivia Do, a couple from Winnipeg, have been locating Canadians who are Korean War veterans for about four years. They are passing the information on to Canada's Korean consulate, which awards the veterans with medals and certificates, honouring their service.

Song and Do are now pushing to find Indigenous Canadian veterans.

Prince died in 1977 at the age of 62. On Jan. 20, Song and Do honoured Prince by presenting a medal to his son and nephew.

"We are very proud of what Tommy did for Canada, and indeed for freedom in general," said Brokenhead Ojibway Nation Chief Jim Bear, who is also Prince's nephew.

Since 1918, status Indians became exempt from the Military Services Act, meaning they didn't have to join the military but some still did as volunteers.

"In spite of the dark history of Canada towards our people, our Indigenous warriors have never failed to step up," Bear said.

So far, Song and Do have handed out



**SUBMITTED PHOTO** 

Wonjae Song of Winnipeg presents Brokenhead Ojibway Nation Chief and Sgt. Tommy Prince's nephew, Jim Bear, with a medal honouring Prince for his efforts during the Korean War on Jan. 20. Song is now searching for more Korean War veterans so that he can help present them with awards, medals and certificates for their service.

about 50 medals to Korean War veterans and descendants.

When they first started getting in touch with veterans, most of them

were white, they said, and not many Indigenous people were being recognized.

Song is the publisher of "The Diver-

sity Times," and Do is the managing editor at "The Korea Times," both of which appear in one monthly publication.

When Do and Song get in touch with a veteran, they share the story in their publication.

Do said one of the newspaper's mandates is to "help Koreans to understand our societal system and Canadian cultures," and sharing stories of Indigenous people is a way to achieve this.

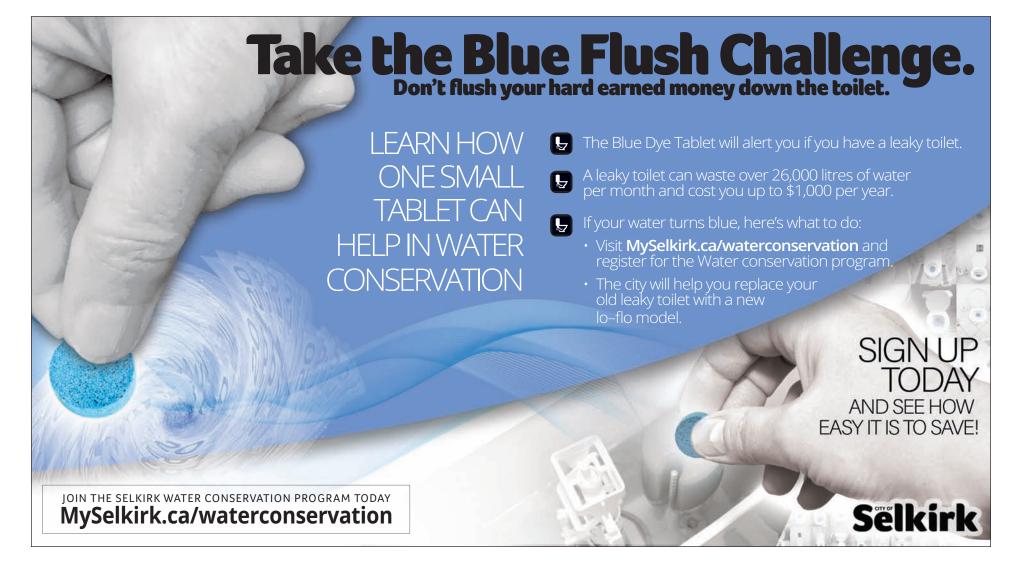
"We believe that Koreans need to integrate with other cultures," Do said.

The couple has also hosted exhibitions displaying photos related to the Korean War.

Do and Song immigrated to Canada from Korea in 2004. They say they have such a strong interest in the Korean War since many people call it the "forgotten war."

"When we met Korean War veterans, they told us that the Second World War history is well known, but the Korean war is not really known," Song said. "We don't want the Korean War forgotten."

Anyone that knows a Korean War veteran who are Indigenous Canadians or are their descendants are being asked to email Wonjae Song directly at the diversity times@gmail.com.





### Snowshoeing just one way to enjoy winter at Oak Hammock Marsh

#### **By Kaitlin Vitt**

Dave Mousseau straps on a pair of snowshoes for his first time and heads out onto the hard-packed snow at Oak Hammock Marsh Interpretive Centre.

He steps slowly at first, but after only a couple of steps he starts running.

"I used to run all the year round. I also used to wipe out a lot too," Mousseau said. "You could be thinking you're running along a nice hardpacked snow, and then bang you hit the ground so fast and so hard."

He's interested in snowshoeing as an alternative to winter running, which is why he took part in a snowshoe workshop at a workshop at Oak Hammock Marsh last Saturday.

Before trying it out for themselves, snowshoe students attended a presentation by Dusty Molinski, Oak Hammock Marsh's public programs co-ordinator.

"Winter can be long," Molinksi said. "You can be cooped up, and getting outside can be hard sometimes, but I think snowshoes are a good way to just get out there and do something.

"It opens up winter."

Modern snowshoes — small, plastic with jagged teeth on the bottom — look quite a bit different than the traditional ones, which are up to twice the length, wooden and with leather

"They are this real connection to the past," Molinski said. "Even though today we have a lot of modern looking snowshoes, the principle of it - staying on top of the snow — is the same as the old snowshoes that First Nations people invented long ago."



#### **RECORD PHOTOS BY KAITLIN VITT**

Dusty Molinski, pictured centre, guides Dave Mousseau, pictured left, George Robichaud and two other participants on a walk through Oak Hammock Marsh during a snowshoe workshop last Saturday afternoon.

#### "SNOWSHOES ARE A GOOD WAY TO JUST GET OUT THERE AND DO SOMETHING."

Snowshoes help spread your body's weight over a greater surface area than your boots. Although you may hope you will walk perfectly on snow without sinking at all, that likely won't happen.

"They're not magic," Molinski said. Snowshoes can be made out of various materials such as wood, plastic, leather, and nylon, and come in different shapes — some more round and others more oblong. They range in price — you can find used ones starting at \$30 or new ones up to \$400.

Molinski went over the snowshoeing technique, which is basically just walking, but you have to be careful of tripping on your shoes, or someone else's.

Your heel comes off the ground but your toe stays attached to the snowshoe. The entire snowshoe doesn't come off the ground instead it drags behind a little.

If you do fall, untangle your feet and put them flat on the ground before you try standing up again, Molinksi said to the workshop attendees last Saturday.

This was Oak Hammock's Marsh expanded snowshoe workshop for the year, but snowshoes are available daily to rent.

For a full list of upcoming workshops and winter activities, visit oakhammockmarsh.ca.

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## Feeling the music



**RECORD PHOTOS BY LINDSEY ENNS** 

Evans Coffie, also known as Coffieman, pictured above, leads Ruth Hooker School students through a drumming, dancing and singing performance inside their school's gymnasium last Friday afternoon. Coffie, who is originally from Ghana, spent last week at the Selkirk elementary school teaching students about African culture.





#### **Selkirk & District Community Foundation Is Accepting Grant Applications**

#### For the Western Canada Games Legacy Fund

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

#### **For the Community Grant Program**

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

#### **Grant Application Procedure**

- **GRANT GUIDELINES AND APPLICATIONS MAY BE OBTAINED FROM:** Foundation Office: 785-9755 Or 200 Eaton Ave in Selkirk
- Or email: selkirkfoundation@shaw.ca Or www.sdcf.ca APPLICATION DEADLINE: Tuesday February 28, 2017

#### For the Community Fund for Canada's 150th

- Applicants must be a registered charity with Canada Revenue Agency, providing services within the City of Selkirk, or the R.M.s of St. Andrews or St. Clements.
- For Canada's 150th grant program details visit: www.communityfoundations.ca/ CFC150

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## Winnipeg Beach approves landfill agreement with Dunnottar

By Patricia Barrett

The Town of Winnipeg Beach council passed a resolution to accept an agreement with the Village of Dunnottar to continue using Dunnottar's landfill site for the next three years.

But one section of the agreement pertaining to cost-sharing for the landfill's future decommissioning had led them to seek legal advice.

Dunnottar had drafted the agreement last year outlining the appropriate use of its landfill and included a clause (Section 7) stating that Winnipeg Beach would be responsible for 50 per cent of the costs of decommissioning and rehabilitating the site.

At its regular meeting Jan. 25, Winnipeg Beach council indicated that perhaps the RM of St. Andrews should assume some part of future decommissioning and rehabilitation costs as it is a partner in the landfill.

"When we met with them," said Mayor Tony Pimentel, referring to Dunnottar's council, "we accepted everything except that one decommissioning clause because there's three parties involved: There's St. Andrews that provides the equipment for the facility and then there's the Village of Dunnottar and ourselves that pay for

"WE WEREN'T TRYING TO SLOW THIS WHOLE PROCESS DOWN."

the cost of operating the facility."

Pimentel said council would like to know what St. Andrews contribution would be because "50 per cent to us didn't seem like an appropriate amount."

Council had sent the agreement to its lawyer for review.

"The lawyer suggested we put a clause in there," said CAO Kerry Lawless, referring to the resolution. "This whole thing about the decommissioning cost [is that] it's not going to happen for 20 or 30 years, so it's not a huge thing. She [the lawyer] suggested we put something in here just to recognise that, so the next time it [the contract] comes up, the next [iteration of council can look at it."

Lawless read out council's resolution, which would authorise him and the mayor to sign the agreement "whereby the Village provides landfill services to the Town for the period

unova

Jan. 1, 2017 to Dec. 31, 2019.

The resolution also states "prior to the signing of a successor agreement, council reviews Section 7 to ensure the interests of the Town are protected to the satisfaction of council and/or the Town's legal representative."

As the landfill is not likely to be decommissioned before 2019, the Town's lawyer recommended they sign the agreement, Section 7 included, but have "some kind of number" for future contracts.

"We didn't change the agreement," said Pimentel. "We're just putting it in this resolution so that for the next agreement, they [Dunnottar] look at that wording [i.e., 50 per cent]."

The drafting of the resolution, he said, did take a little longer than normal, but it was necessary in order to protect the interests of Beach taxpay-

"We weren't trying to slow this whole process down," said Pimentel, referring to a December 2016 article in a local newspaper that suggested

the Town was unnecessarily delaying the process. "We were waiting for legal advice."

Coun. Pat Green expressed some concern over the misunderstanding given the fact the mayor had advised Dunnottar's CAO that they would be seeking guidance before signing it.

"I thought we had a good working relationship, and then it came out rather strongly," said Green with reference to the article."I was quite surprised. We see them all the time. We see them at meetings. If it was an issue, we could deal with it."

Council passed its resolution.

Winnipeg Beach residents can use the Dunnottar landfill for compostable materials and household rubbish. The landfill does not accept appliances, furniture, dead animals, tires, building construction debris and hazardous waste.

The Town is expected to pay Dunnottar \$39,000 – plus up to five per cent – annually for access to the landfill.



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## Generations of family friendly fishing

Hi gang. The vastness of the wetland marsh fields east of Riverton has never failed to impress me as I urged "old red" through it last Tuesday on Hwy #329 to Sandy Bar on Lake Winnipeg. Melting then freezing snow had formed deep rigid trail ruts as I came onto the ice. I hardly needed to steer the truck as the wheels followed the grooves leading me to a group of portable ice shacks with many kids and grown ups running between them.

Leaving my truck, the cool overcast day had a slight northern breeze, which was carrying the hint of smoke from a camp fire by the shacks. I saw a tall thin slightly grey haired chap kneeling adding more wood to the fire as I approached.

"Hi, I'm Randal Plett from Fisher Branch here with my family for an afternoon of fishing," he lightheartedly offered. About 20 family members surround me as I asked Randal if anyone had a fishing story.

"Ask Lyndon my son over there. He was on a Christian mission to Bulacan by Manila and he saw the locals fishing with a difference," Randal volunteered. Lyndon, a slight, quiet, fine featured young man with thick brown hair began relating in a soft tone how the Philippine boys would spear fish with homemade slingshot guns and arrows. He said they would hyperventilate, then with toilet lids fastened to their feet as flippers, they would dive deep in the clear water to spear two or three fish at a time. Amazing.

Not far from the Pletts, I saw a very attractive bright grey hard wall ice shack with white trimmed double doors and shutters on the cottage windows. Eager to meet the folks inside, as I came up to it a fellow of average height, built like an athlete with short dark hair came out the door putting some garbage in a can.

After a few pleasantries Micheal



**RECORD PHOTO BY ARNIE WEIDL** Wyatt Lincez and his son Curtis with a fish the boy caught on the Red River.

Stobert of Arborg, was ready with a story with a bit of help from his friend Ron Barylski of Carman. He said they went boat fishing at the mouth of the Saskatchewan River but only when they were well on their way realized they had forgotten some minnow bait. Making the best of it they used some pieces of beef and caught a small perch, which in turn they used for

Soon Mike got a strike and as he brought what appeared to be a pickerel in he was shocked at its' head which looked like a piranha with huge bulging eyes and gigantic protruding teeth. Not one easily put off though, Mike landed it and in his words, "I eat it and I'm still here."

You're a brave man Micheal Stobert. Downstream past Selkirk on the Red last Wednesday I spent the afternoon driving from one shack to another talking with our angling pals until I came by a truck where a huge, fit chap was playing tag with his son on the ice, close to their lines in ice holes.

I pulled up and introduced myself to Wyatt Lincez and his young son Curtis. We traded stories then Wyatt remembered when he was a kid he was boat fishing with his dad and he caught a big jack. He played the fish well bringing it to the side of the boat but a fitting on the gunwale caught his line and broke it. Wyatt was dumbfounded as his dad for the first time gave him heck for not being more careful. In time as Wyatt became a man he vowed to himself he would never scold his son like that. It wasn't long ago though, he confided, that when Curtis was landing a fish out of an ice hole Wyatt was about to start yelling but caught himself. Good job Wyatt, yelling doesn't teach, it hurts.

Last weekend I drove mile after mile past American truck/trailer rigs parked on 35E north of Libau. At one point I came up to four guys throwing their gear into their side-by-side in preparation of heading onto Lake Winnipeg. Brian and Dan Albrecht with David Stoppleorth from Cortney, N.D. and Nathan Duncan from Leeds, N.D., during a brief conversation said there was no other place in North America for big game walleye like Lake Winnipeg.

Thanks guys, you're welcome any-

Till next week, bye for now.

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## Wedding expo shines spotlight on local vendors

Instead of flipping through magazines or scrolling through Pinterest, local brides- and grooms-to-be had the chance to see their wedding planning options in real life over the weekend.

"Having the connection and meeting people and getting interactive — I think it's a key point to planning," said Amanda Magnusson, organizer of the Interlake Dream Wedding Expo. "I can understand that it's stressful, and talking with other brides, stuff like this is helpful."

Twenty-eight vendors took part in this year's expo last Saturday and Sunday at the Selkirk Rec Complex.

Magnusson said there isn't one major wedding trend this year, but she has seen lots of gold, pink and sparkles when it comes to colour palettes.

"It's all about personal taste," she

This was her first time planning a major event, and she said her goal was to connect local businesses with brides and grooms.

Guests browsed the booths, checking out the options for wedding music, makeup and food.

At one table, Al Sideen drew caricatures — an option to have done of guests at a wedding.

Sideen said expo guests came in waves — at times, only a couple people walked through the hall, but only a few minutes later, there were multiple groups of people. But he said he thought the event went well overall.

"It's just an attitude of gratitude," he said, handing out wall calendars that featured his art to guests.

Ashley Irwin, who is getting married





#### **RECORD PHOTOS BY KAITLIN VITT**

ABOVE LEFT: Ashley Irwin gets a complimentary makeup application at the Interlake Dream Wedding Expo at the Selkirk Rec Complex last Saturday afternoon. The two-day expo helped showcase 28 local and area vendors. ABOVE RIGHT: Pictured from left to right: Amanda Magnusson, Candice Ratten and Chelsea Van Aert helped put on last week's Interlake Dream Wedding Expo in Selkirk. BELOW: Al Sideen draws a caricature, now one of the popular options for guests at weddings, during this year's wedding expo last Saturday.



in September, attended the expo to get ideas for a beauty stylist, bartending service, a dress and flowers.

"It's pretty overwhelming," Irwin

said about planning her wedding. much to do. So much to co-ordinate."

Although she is still figuring out the best practices when it comes to wedding planning, she has learned a few things along the way.

"Try to have fun with it, even though it's hard to,"

she said."And make it about what the two of you want, rather than everyone else."

Magnusson said she hopes to make the wedding expo an annual event and she's already started planning next year's expo.

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### **February Events Calendar**

Feb 3 – Top Line Band 8pm

Feb 10 - You Had it Coming Band 8pm

Feb 17 - Ravin Band 8pm

Feb 24 – Karaoke with Wayne 8pm

OPEN SUNDAY 12 Noon - 7:00 pm

Cribbage 1:00 pm Bingo 7:00 pm

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**Saturdays** 

## Pea plant to create hundreds of jobs

The construction of a pea-processing plant later this year is expected to create hundreds of jobs in rural Manitoba.

The Manitoba government announced on Jan. 18 that they have struck a "historic deal" with France based company Roquette, which will see the company build a new \$400-million pea-processing facility in the RM of Portage la Prairie, Man.

Premier Brian Pallister said that once it opens its doors, the facility is expected to create approximately 150 jobs, with an estimated annual payroll of around \$9 million.

Construction is expected to begin in Portage la Prairie before the end of 2017.

Roquette said they are also committed to working with local contractors, skilled trades and professional service providers, and hope to create approximately 350 full-time jobs during the two-year design and construction phase.

Once finished, the province says the plant will be "the largest dedicated to pea protein processing in the world."

The province also said it will "support the future of Manitoba's agriculture industry and help address the growing global demand for innovative food, nutrition and health products and solu-

Continued on page 11

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• Ford's Store (Winnipeg Beach)

• #9 Roadhouse (Winnipeg Beach)

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Smoke n' Fish (Selkirk)

Big Dollar (Selkirk)

- Sherwood Groceries

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## **Gordon Howard Centre helping seniors stay fit**

**By Lindsey Enns** 

For Shirley Zinkowski, going to the gym or a workout class at Selkirk's Gordon Howard Centre is what motivates her to get out of bed every morning.

The Selkirk resident lives with bipolar disorder and says staying active seven days a week for the past 15 years has saved her life.

"It helps me keep motivated, it releases my endorphins, it gets me out, it gives me a purpose," the 58-yearold said following a fitness class at Gordon Howard Centre last Friday afternoon. "It is extremely beneficial for my mental, physical and socialization and the instructors are absolutely fabulous."

Along with attending a local gym and seeing a personal trainer, Zinkowski also regularly attends fitness classes at the local centre led by Patsy Duncan.

Duncan, a fitness instructor from Balmoral who has been teaching at the centre for nearly 10 years, says it's extremely important for people at any age to find a way to stay active.

Duncan said her classes at the centre focus on strength building, flexibility, movement and overall heart health.

"It's working on things you're using everyday in life to make your life easier, more enjoyable and I'm all about prevention," she said. "So that if you go into some kind of illness or injury, your body is stronger, healthier, able to handle it better."

Duncan teaches two classes on Tuesdays and Fridays at the centre. She teaches Light and Lively from 9:30 a.m. to 10:30 a.m. and Sit and Fit from 10:45 a.m. to 11:30 a.m.

Duncan said the men and women who attend her classes "are a lot of fun"

"I look up to a lot of these ladies," she said. "They're an inspiration to me too .... and we're all friends."

Lee Hanson, the centre's executive director, says they currently have about 330 members aged 45 and over. He added those that sign up for a yearly membership also get a discount on all the activities they offer.

"Overall our population is aging and the number of people that are participating in Gordon Howard Centre programs and activities has increased dramatically," Hanson said. "Each week at the centre approximately 250 members and non-members participate in 20 to 25 different activities."

Along with Duncan's fitness classes, the centre also offers floor curling, line dancing, quilting, painting and wood carving. For a full list of activities and more information, visit gor-





**RECORD PHOTOS BY LINDSEY ENNS** 

ABOVE: Val Lewis, pictured above centre, exercises during Patsy Duncan's, pictured right, Light and Lively fitness class at the Gordon Howard Centre last Friday. BELOW: Women aged 45 and over exercise during Duncan's fitness class last Friday.





donhoward.ca.

Val Lewis of Selkirk has been taking fitness classes at the centre for about four years and says she's really enjoying it.

"I was taking a line dancing class here and a lady suggested I try one of the exercise classes," the 60-yearold said with a smile. "I didn't know what it was going to be like, but I finally came and I loved it and I've been coming ever since."

The grandmother of seven said the classes are for everyone, no matter what your physical fitness level is.

"Coming here it's just great," she said. "It just helps me feel stronger and I just want to stay healthy."

Zinkowski, who started her own fitness journey with her brother-in-law who also lives with a mental illness, believes if she stopped working out, she would have a tougher time getting out of bed in the morning. "Because there would be nothing to look forward to that day," she said, adding she encourages everyone to make exercise a part of their daily routine." It's only four per cent of your day taking a one hour class.

"When it comes to physical fitness, it's 90 per cent mental and 10 per cent physical."



### > PEA PROCESSING PLANT, FROM PG. 9



**PREMIER BRIAN PALLISTER** 

"We are pleased to enter into this historic partnership with Roquette, which will result in an unparalleled investment in Manitoba's food-processing and agricultural industry," Pallister stated in a release. "This new facility will create jobs and establish stronger markets for Canadian farmers while benefiting our province's economy for decades to come. It also demonstrates to Canada and to the world that our province is open for business and ready to compete for investments in agricultural production and innovation."

Roquette said they chose Manitoba as the location for their new facility due to the "quality of the workforce, the strength of its diverse economy, location as a transportation hub by air, rail and road to the rest of the continent, and access to reliable, sustainable and economical hydroelectric energy."

## > 'IT'S TOO EARLY TO SAY,' FROM PG. 2 "If we have a steady slow melt and a to minimize the impact to the fishers

lack of precipitation it would be minimized, but if we have a rapid melt with lots of snow and precipitation that's when there can be a possibility for flooding," Henley said.

Selkirk's director of protective services David Thorne said despite the province's spring flood update on Monday, he believes it's far too early to predict anything.

"Right now it's just too early to say if we can expect flooding," Thorne said. "We still have cold temperatures coming up in the forecast, so there is a lot of winter left to go."

Thorne said he is confident the city is ready to fight any high waters that could come into Selkirk this spring.

"Any new precipitation can pose a risk, and we will work to prepare for potential flooding," he said. "We have a very comprehensive emergency preparedness plan, and a very robust flood preparedness plan."

Darrell Kupchik of North Red Waterway Maintenance is in charge of the annual amphibex ice-breaking program every spring and said he expects ice cutters and breakers to be out on the Red River by the last week of February.

"We are going to be hitting the ice starting in the Neltey Creek area. hopefully by February 22," Kupchik

He said the operation will make its way south down the Red River towards Selkirk and make ice conditions dangerous in the areas of the river where they are working.

"We will be tagging fishing shacks requesting that fishers either remove their huts or move them upstream," he said. "We'll be doing it in stages

and others who use the river recreationally."

The province said on Monday the Interlake region and the Fisher River are currently at risk for moderate flooding.

The Red, Souris, Pembina, Lower Assiniboine and Roseau rivers and the southwest region of the province are currently at risk for major flooding;

The Upper Assiniboine River, eastern region, Winnipeg River, northern Manitoba and The Pas regions including the Saskatchewan, Carrot and Swan rivers are currently at risk for moderate to major flooding.

The province's first full flood outlook is expected to be released at the end of this month.





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# > MEAL IDEAS

### **Orange coconut cookies**



12 servings / 30 min Prep 10 min / Cook 20 min Ingredients

1 cup (250 mL) large flake oats 3/4 cup (175 mL) chopped and pitted medjool dates

1/3 cup (75 mL) unsweetened coconut

3 tbsp (45 mL) hulled pumpkin seeds

3 tbsp (45 mL) canola oil 1/2 tsp (2 mL) grated orange rind **Directions** 

In a food processor, pulse together oats, dates and coconut until dates

are broken up and mixture sticks together. Remove to a bowl and stir in pumpkin seeds, oil and orange rind until well combined.

Using a heaping tablespoon (15 mL) roll into a ball and shape into a 2 inch (5 cm) by 1/2 inch (1 cm) thick round. Place onto parchment paper lined baking sheet.

Bake in 325 °F (170 °C) oven for about 20 minutes or until golden and firm. Let cool before eating.

Tip: Store at room temperature to keep the cookies slightly crisp on the outside. For a chewier and soft cookie, refrigerate in a resealable bag or container.

Sweet bite: If your kids are fans of chocolate you can omit pumpkin seeds and substitute 2 tbsp (25 mL) mini chocolate chips in these cookies.

### **Mini Popcorn Balls with Chocolate 'Fondue'**



Prep time: 25 minutes Servings: 12

bag Orville Redenbacher's Smart Pop! 94 Percent Fat-Free Butter Microwave Popcorn

nonstick cooking spray

cup stick butter or margarine (1/4 cup = 1/2 stick)

package (10 ounces) marshmallows

teaspoon vanilla extract 1 1/2 cups light chocolate syrup colored candy sprinkles (optional)

Prepare popcorn according to package directions. Remove all unpopped kernels. Spray large bowl with nonstick spray; add popped corn.

In medium saucepan over medium

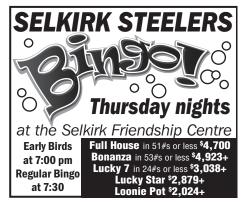
heat, melt butter. Add marshmallows and vanilla. Heat 5 minutes, or until marshmallows melt, stirring frequently. Pour over popcorn; mix well with spoon sprayed with cooking spray. Moisten hands with water before shaping popcorn mixture into 24 small balls, about 1/3-cup popcorn mixture each.

In small saucepan, heat chocolate syrup over medium heat 5 minutes, or until warm, stirring occasionally. Transfer to small, fondue-style pot.

Use wooden skewers or fondue forks to pick up popcorn balls and dip into chocolate and sprinkles, if desired.







### **Red Velvet Cupcakes**



Servings: 12

1 cup canned beets, drained 1/2 cup reduced-fat buttermilk, divided

1/2 teaspoon white vinegar

1/2 teaspoon vanilla extract

3/4 cup, plus 2 tablespoons, unbleached all-purpose flour

6 tablespoons unsweetened natural cocoa, plus 1-2 tablespoons for decorating

1/2 teaspoon baking powder

1/2 teaspoon baking soda

1/2 teaspoon ground cinnamon

1/2 teaspoon kosher salt

1/3 cup canola oil, chilled

3/4 cup sugar

1 large egg, cold

**Cream Cheese Frosting:** 

2/3 cup confectioners' sugar 4 tablespoons reduced-fat cream

1/2-1 teaspoon vanilla extract Heat oven to 350 F. Drop paper liners into 12-cavity muffin pan.

Working knife up and down in measuring cup, coarsely chop beets. Place beets in blender, add 1/4 cup buttermilk and blend until beets are finely chopped. Add remaining buttermilk, vinegar and vanilla and blend to puree. Set beet mixture aside.

In small bowl, combine flour, 6 tablespoons cocoa, baking powder, baking soda, cinnamon and salt, and set aside.

In medium bowl, combine oil and sugar. With hand mixer on medium speed, mix until sugar is evenly moistened. Add cold egg and beat on high until mixture resembles mayonnaise and sugar is almost completely dissolved, 90 seconds. Add beet mixture and beat until combined. Sift dry ingredients into bowl and mix, either on low speed or by hand until combined with wet ingredients.

Divide batter evenly among lined muffin cups, filling them about twothirds full.

Bake cupcakes 28-30 minutes, or until tops feel springy. Immediately transfer cupcakes to wire rack and cool completely before frosting.

Ice cupcakes, using about 1 tablespoon frosting for each. Place remaining cocoa in strainer and sprinkle over frosted cupcakes. If desired, let cupcakes sit at room temperature to allow frosting to set, about 2 hours.

Note: Frosted cupcakes can sit at room temperature for up to 12 hours.

To make Cream Cheese Frosting: In small bowl, work sugar and cream

cheese together with wooden spoon or hand mixer until combined. Mix in vanilla.

*Note: Frosting* is best when refrigerated 8 hours or overnight, loosely covered, before using. It keeps in refrigerator 5 days.







www.quickstream.ca



















## Palmer OT winner lifts Selkirk to road win

#### By Brian Bowman

The Selkirk Royals continue to make a push for top spot in the Winnipeg Women's High School Hockey League's CTV Division.

Cienna Palmer scored an unassisted goal in overtime to lift Selkirk to a gutsy 2-1 road win over the St. Mary's Academy Flames at the MTS Iceplex on Jan. 25.

"It was a great win for us today," said Royals' head coach Noah Cain in an email. "The players we had at the game stepped up. This is what high school athletics is all about - those girls will remember that game for the rest of their lives."

Selkirk's win was even more impressive considering the fact the team played with just eight skat-

"(We had) great games by everyone, especially Cienna Palmer, who won it for us in overtime," Cain enthused. "I saw real heart there from our team tonight (and) that's what we're going to need to make a big run in the playoffs.

"We're going to need to dig deep, play with heart, and have fun out

Palmer currently leads the Royals in goals scored (10) and points

Selkirk's Jazmyn Rae-Desjarlais scored the lone goal of the first period, assisted by Alyssa Procter. Haley Steciuk then replied for St. Mary's in the second period.

With the win, Selkirk now has 26 points in 19 games and is tied with Vincent Massey for second place in the division. As of Monday afternoon, the Royals and Vincent Massey were just four points behind first-place Shaftesbury and two in front of St. Mary's.

Heading into this week's action, the Royals had played one more league game than Shaftesbury.

Selkirk is back in action today when it plays the Oak Park Raiders at Eric Coy Arena. Game time is 4 p.m.

The Royals will then wrap up league play with two more games this month. Selkirk will host Dakota on Monday and Shaftesbury on Wednesday. Both games will be played in East Selkirk at 4 p.m.



**RECORD PHOTO BY BRETT MITCHELL** 

The Royals are back in action today when they play the Oak Park Raiders at Eric Coy Arena. Game time is 4 p.m.

## **Selkirk splits pair of close** games in WHSHL action

#### By Brian Bowman

The Selkirk Royals were involved in a pair of 3-2 games last week.

They won the first one and then lost the second game in overtime.

On Jan. 24, Selkirk skated to the slim win over the River East Kodiaks as the Royals scored a pair of second-period power-play goals.

After Selkirk's Wes Hoydalo scored at even strength in the first period, Chad King and Jordan Simko tallied with the man advantage to give the Royals a 3-1 lead.

Brayden Sul scored a first-period goal for River East and then Nolan Koop tallied late in the third.

Austin DeBoer earned the win in

Just three days later, Selkirk was edged in OT by Sturgeon Heights at Allard Arena. No scoring summary was posted on the league website at press deadline.

Selkirk, now 11-3-0-2-0-2 and with 34 points to occupy fourth place in the Platinum Promotions Division, played fifth-place River East at Gateway Arena again this past Tuesday but no score was available at press time.

The Royals will then play the Oak Park Raiders this Friday (3:45 p.m.) at Eric Coy Arena and then will host St. John's Ravenscourt No. 1 on Tuesday in St. Andrews. Game time is 4:15 p.m.



RECORD PHOTO BY BRETT MITCHELL

Chad King and the Selkirk Royals will the Oak Park Raiders this Friday at Eric Coy Arena.

## Soccer heading towards spring

**Submitted by Daniel Racicot** 

Tri-S United soccer players continue to play in the Winnipeg Youth Soccer Indoor League and will continue until the middle of March.

The teams have all had good seasons so far, either in the win column or in skill development.

The United U16 girls finished tied for first in the recreational level but, unfortunately, lost the league title in a head-to-head countback to Hanover. Tri-S will also have to rebound after losing their first playoff game 3-1 to PCW.

The Tri-S boys' U14 recreational team finished third in league play despite having several athletes playing hurt or missing games due to injury. Tri-S started its playoffs with a 4-2 win over SWCC.

In other news, the skills/pre-prospects centre players continue to practice every second Wednesday from 7-8 p.m. under the direction of the Manitoba Soccer Association's Scott Ansell.

The program will continue as the pre-prospects /high performance program in the summer as players are invited to participate in practices directed by MSA staff. The program is

meant to give players a higher level of practice while allowing them to continue through the player pathway.

From the winter program, another player has now been invited to join the Manitoba Soccer/Whitecaps Preprospects training in Winnipeg.

Meanwhile, registration is now open for the outdoor Tri-S United teams wanting to play in the Winnipeg Youth Soccer Association Leagues. Developmental players 8-12 and Premier or Recreational players 13-18 years can register by Feb. 12 at www.trisssoccer. com.

Premier girls' teams

The club is looking at fielding a U13 and U14 Premier girls' team and hopes everyone from the Interlake that wants to play at this level will register and come out for the evaluation/ tryout on Feb. 22.

All players of any age from outside of Winnipeg must be registered with a club in their region or have a Manitoba Soccer Out Of Region transfer filled out by Feb. 12.

Planning for the outdoor Tri-S Recreational House League (formally RRRSA) and Tim Bits is underway and registration for St. Andrews, Selkirk, Petersfield, and East Selkirk players



**RECORD PHOTO SUBMITTED** 

Tri-S soccer teams have enjoyed successful indoor seasons and are looking forward to the outdoor season.

will start to take place in March.

Stay tuned at www.trissoccer.com for more information.

The Manitoba Soccer Association will also be having a Futsal festi-

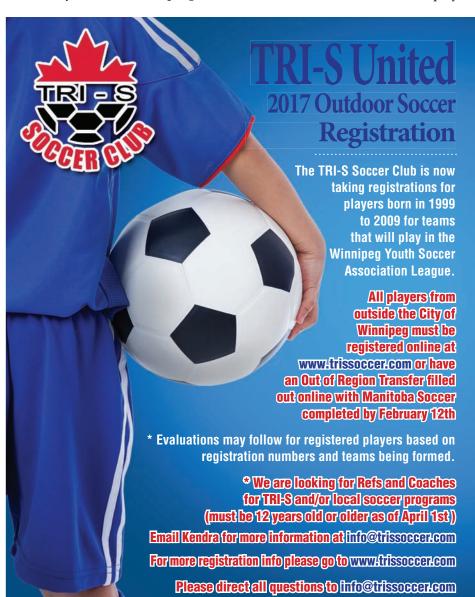
val/clinic in March. It was originally scheduled for Feb. 25 at Lockport School but will be moved as to not conflict with the indoor season.

## **Tournament champs**



RECORD PHOTO SUBMITTED

The Selkirk Royals won a Niverville junior varsity boys' basketball tournament after an 87-54 win over Ste. Anne in the championship game last Saturday. Selkirk earlier defeated Niverville 76-44 and Andrew Minarski 92-77.



## Selkirk skates well at Interlake regional event





**Kailin Lambrechts** 





**Emma Romans and** Mia Lambrechts

Katie and Elizabeth **English** 

The Selkirk Skating Club competed in the Interlake Regional event at the Teulon Rockwood Arena on Jan. 22.

Lauren Lambrechts and Kaylin

Lambrechts won silver ribbons in the CanSkate Stage 3 competition.

In STAR 1, Emma Romans won a gold ribbon while Mia Lambrechts earned a bronze ribbon.

The STAR 2 competition saw Katie English, Sam Melvin, and Kate Melvin each win bronze ribbons.

In STAR 3, Elizabeth English won a gold ribbon in FreeSkate while Kiera Still earned a bronze ribbon in FreeSkate and a silver ribbon in spins.

The STAR 4 event saw Alyssa Loewen win silver in FreeSkate and gold in elements. Delicia Friesen was fifth in FreeSkate and captured silver in spins.

In STAR 5, Sofya Fursova won gold while STAR 6 saw Jenny Friesen skate to a bronze in FreeSkate and gold in interpretive.

Manitoba regional figure skating competitions will take place over January and February. These competitions allow skaters to qualify for the provincial STARSkate Championships, which will be held in Virden on March 4-5.

Hundreds of young figure skaters will compete at six regional competitions across the province. This provides the skaters an opportunity to test the skills they have been learning throughout the year. Each skater is judged on program skill and content.

## Einarson, Reed curl well at Manitoba Scotties

It took a skip from Regina to win this year's Manitoba Scotties Tournament of Hearts.

Michelle Englot defeated Darcy Robertson 8-6 in the final Sunday at the Manitoba provincial championship at Eric Ĉoy Arena.

Englot won a whopping seven Saskatchewan titles before joining Kate Cameron, Leslie Wilson-Westcott and Raunora Westcott to vie for the Manitoba title this season.

Cameron, a Winnipeg native, previously curled out of the Stonewall Curling Club.

Robertson's rink, meanwhile,

which includes Arborg's Vanessa Foster as second, earlier stunned seven-time provincial champ Jennifer Jones 8-6 in the semifinal.

Jones was a perfect 7-0 in roundrobin play but then lost 9-5 to Englot in Saturday's 1 vs. 1 page playoff. Robertson edged Shannon Birchard 7-6 in the 2 vs. 2 game.

Englot, Robertson and Camp Morton's Kerri Einarson, who grew up in Petersfield, all went 5-2 through the round-robin. Einarson, whose East St. Paul rink includes third Selena Katz, second Liz Fyfe, lead, Kristin MacCuish, fifth Jen Clark-Rouire, and coach Patti Wuthrich, was looking to defend her Manitoba Scottie title.

The Interlake was well represented at this year's Scotties.

Selkirk's Cheryl Reed, who curls out of Brandon, finished 4-3 while Stonewall's Jenna Boisvert was the fifth on Birchard's rink that was also 4-3.

Balmoral's Lindsay Baldock was the lead for Joelle Brown's rink, which finished 3-4. East St. Paul's Colleen Kilgallen , representing the Interlake region, was 1-6.

Englot will now represent Manitoba at 2017 Scotties in St. Catherines from Feb. 18-26.

## Stars on ice



#### **RECORD PHOTO SUBMITTED**

East St. Paul's Emmet Dewar (East St. Paul Skating Club) and West St. Paul's Jade Pilat (Century Skating Club) skated in the first Open Pairs Competition at the Eastman/Winnipeg Regional STARSkate Championship last weekend. The duo is currently the only pairs team competing in Manitoba and they will be guest skaters at the MB Open Free Skate competition in Waskada Feb. 17-19. Dewar and Pilat will also be the lone entry at the Skate Canada MB STARSkate Provincial Championships March 4-5 in Virden. Local residents can see the talented pair perform at the East St. Paul Stars on Ice show March 23 at the East St. Paul Arena.

## Rutter rink rocks at junior 'spiel



**RECORD PHOTO SUBMITTED** 

The Rutter rink from the West St. Paul Curling Club won the U14 'C' event at the Stonewall Pharmacy Junior Bonspiel after defeating the Gabriel Perrie rink 17-2 in the final to take home \$160. Rutter beat the Ives rink Friday night to open the bonspiel but then lost to Josh Maisey bumping them to the C-side. Rutter went on to beat Desaulniers and Wachal. Team Rutter included Jonathon Kostna. Cameron Olafson, Dominick Nedotiafko and Jayden Rutter.

## Third-period snoozes cost Steelers in road losses

#### By Brian Bowman

The Selkirk Steelers fell asleep twice for a short time in the third period last weekend – and it resulted in a pair of road losses.

On Friday, Steinbach scored three unanswered goals in a 4:34 span in the third period on its way to a 5-1 home win. The next night, the Steelers surrendered three goals in 4:59 of the final frame to Neepawa in a 5-4 loss.

"Hopefully, it's a learning experience for our guys," Steelers' head coach Dustin Hughes said. "When you get up a couple in the third, either 'A' protect the lead or 'B' increase the lead and not let a team back in it."

In the Neepawa loss, Selkirk grabbed a 2-0 lead on a first-period goal by Nathan Hillis and a secondperiod marker by Taylor Fisher, on the power play. Ryan Gardiner assisted on both of those goals.

Neepawa's Zach Johnson and Selkirk's Liam Kroeker traded second-period goals before Brad Marshall pulled the Natives to within a goal at 14:21 of the middle frame.

Marshall's goal came just 16 seconds after Kroeker tallied. It was a tough goal for Selkirk to allow on the road

"You're in control after a beautiful goal to make it 3-1 and then they make it 3-2 right away off a turnover," Hughes lamented. "It was a learning experience for the guys and they're definitely going to see those situations come playoff time and, hopefully, we learn from this."

Dallas Starodub put Selkirk up a pair of goals at 8:47 of the third but it was all Neepawa after that as Marshall (on the power play), Nolan Richards and Ashton Anderson tallied.

Selkirk outshot Neepawa 52-41, including 24-11 in the second period.

Against Steinbach, the Pistons led 2-1 in the third before they scored three straight goals.

Bradley Schoonbaert started the scoring barrage at 4:50 of the third and then Jordan Bochinski and Tyson McConnell tallied.

The Pistons had taken a 2-0 first-period lead on goals from Ryan Carlson and Joseph Leonidas. Selkirk's Jake Dudar cut that lead in half at 4:17 of the



RECORD PHOTO BY LANA MEIER

The Steelers' Liam Kroeker scored for Selkirk in their 5-4 loss to the Neepawa Natives last Friday.

second period, assisted by Cole McCartan and Connor Barley.

Steinbach outshot Selkirk 42-27 as both teams were 0-for-3 on the power play. Pistons' goalie Roman Bengert was named the game's first star.

The Steelers were 31-14-3 and in sole possession of third place with 65 points heading into their road game at Winkler this past Tuesday. No score was available at press time.

Selkirk will then have three home games over the

next few days, beginning with Virden here Friday and Portage on Saturday.

Selkirk will then host Winkler on Tuesday. All three home games have 7:30 start times.

"It's an important time in the schedule in terms of where we're going to finish at the end of the day," Hughes said. "There are about five teams battling it out for positions 2, 3, 4, and 5. How we do in the next week or two is probably going to have a big impact on where we finish."

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# Fishermen snag top spot in KJHL

#### By Brian Bowman

After a pair of key wins against tough opponents last weekend, the Selkirk Fishermen are now in first place in the Keystone Junior Hockey league standings.

Selkirk scored four power-play goals in a 6-5 road win over St. Malo in KJHL action Friday and then edged Peguis 3-2 in a shootout on Sunday.

Selkirk's Drayton Mendrun (two), Milan Horanski, and Kale Ilchena scored with the man advantage in the St. Malo win. Horanski also scored twice at even strength for the hat trick and added three assists for a six-point night. Selkirk's top scorer was at his best Friday night.

Elmer Tabler, Jordy Hill and Ben Olson scored power-play goals for St. Malo. Dustin Wiebe and Jonathan Kostek tallied at even strength.

Travis Schalk made 32 saves for the win.

On Sunday, Selkirk's Kale Ilchena scored the lone goal in the shootout and a pair in the third period - to lift the Fishermen to an important win over the Juniors at the Selkirk Rec



Kale Ilchena scored the lone goal in the shootout and a pair in the third period to lift the Fishermen to a 3-2 win over the Peguis Juniors on Sunday.

Complex.

Theoren Spence and Tristan Salter,



**RECORD PHOTOS BY LANA MEIER** 

The Fishermen's Milan Horanski was stonewalled by Juniors' goaltender Luke Penner during Selkirk's 5-on-3 power play in the first period.

on the power play, scored first-period goals for Peguis and then Ilchena tallied twice. His second goal tied the score at 2-2 with 3:30 remaining in the third.

Riley Bannerman made 22 saves for the win.

On Jan. 18, Selkirk skated to a 5-2 road victory over the Lundar Falcons.

Lundar's Jason Nikkel scored the only first-period goal before Mendrun and Horanski tallied to start the

Nikkel added his second goal of the game midway in the middle frame to tie the score at 2-2 but then Selkirk's special teams went to work.

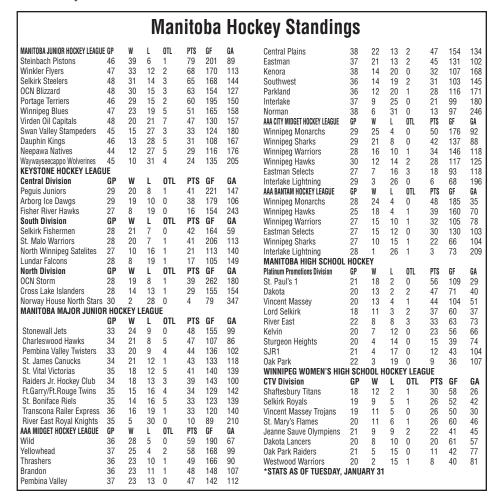
Horanski sniped a shorthanded goal and then Mendrun added a powerplay marker with 1:12 left in the second period.

Horanski then completed his hat trick in the third.

Selkirk outshot Lundar 52-21 as Schalk earned the win. Schalk is now 10-4 with a 2.57 goals-against average and .902 save percentage. He also has a shutout.

The Fishermen, now 21-7 and the league leader in points, battled the Satelites in north Winnipeg on Tuesday but no score was available at

Selkirk will play the Warriors in St. Malo again tonight (8 p.m.) and then will host Arborg on Saturday (7:30 p.m.). The Fishermen will then hit the road Sunday to play the Fisher River Hawks. Game time is 2:30 p.m.





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large Quiet 55+ bdrm. riverview suite in Selkirk, MB. Avail. immediately. \$1.385/mth. No smoking or pets. Please inquire at admin@d7manage ment.com or 204-989-1 bedroom apartment

#### HOUSES FOR SALE

House for sale to be moved (Hwv 212 at Sapton Road). Cooks Creek (sign posted). 1140 square feet. good condition. New electric furnace, hot water tank and more included. Accepting offers until February 28, 2017. All inquiries to: info@stmichaelsrc. com or 204-479-3303.

#### **HOUSES FOR SALE**

Immediate possession available. 1638 sq. ft. RTM. 2.5 baths, cathedral ceiling, island kitchen. \$189,000. Floorplan online at wgiesbrechthomes. ca. Custom builds also available. Call 204-346-3231 or email wilbert@wghomes.ca for more information.

#### MOBILE HOMES

3 only 16 x 80, 3 bdrm., 2 bath. Starting at \$89,900. Altona Mobile Homes, 1-800-582-4036, 1-204-324-6776 Email amhl@mymts.net.

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#### LAND FOR RENT

Crown

Agricultural

Lands are presently available for rent for cropping. These lands are situated in the Rural Municipalities of: Bifrost-Riverton, City of Winnipeg, Ellice-Archie. Lakeshore. North Norfolk. Montcalm. Morris, Prairie View, Ritchot. Springfield. St. Andrews. Closing date for cropping tenders is 10:00 a.m. on February 17, 2017 at 308-25 Tupper Street North, Portage la Prai-Manitoba, R1N 3K1. Please contact your nearest Manitoba Agriculture Crown Lands District Office for more information or call Crown Lands and Property Agency 1-866-210-9589. A listing of Manitoba Agriculture Crown Lands District Offices can be found online at: www.gov.mb.ca/ agriculture/land/ crown-land/agricul tural-crown-landsdistrict-offices.html. A complete listing of agricultural crown lands available for rent can be found online at: http://www.clpamb.ca/ leases\_and\_permits/ Ipproperties.aspx or at any Manitoba Agriculture, RM, or First Nation Band Office.

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Growing local mortgage business looking for a hard working, detail oriented, personable individual who loves a challenge, to work out of the One Link Stonewall office 4A-408 Main Street. mortgage Previous experience a must. This position can be structured in many ways, from a licensed assistant to an independent mortgage broker. If interested in talking further in confidence, please contact me 204-479-6064 or shelleys@onelink mortgage.com

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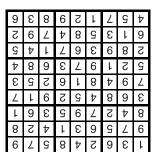
#### SUDOKU 4 7 9 8 6 6 2 4 6 5 4 4 9 4 2 9 3 8 4 2 1 dooo 3

### Fun By The

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have vou hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

#### Here's How It Works:

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



Sudoku Answer



**Crossword Answer** 

## **CROSSWOR**

**CLUES ACROSS** 1. Baseball team

- 5. Hymns
- 11. Actor Jared
- 12. Fragrance
- Von Bismarck, Iron Chancellor
- 17. Nordic God
- 18. Weighed down
- 19. Coppola's mob epic
- 24. Nanogram
- 25. Famed street artist
- 26. Identifier
- 27. 23rd letter of the Greek alphabet
- 28. In addition
- 29. Micturated
- 30. Shock
- 31. Accept
- 33. Allotment
- 34. Eras
- 38. Emerges
- 39. Cape Verde capital 40. \_\_\_, United Arab Emirates capital
- 43. Small amount
- 44. Back of the foot
- 45. Pakrit language
- 49. Home of "60 Minutes"
- 50. Condemn 51. Ailed
- 53. Elevated railroad
- 54. Rebelliousness
- 56. Ancient Greek city
- 58. Clothing company (abbr.) 59. Member of the cabbage family
- 60. Softens or smooths
- 63. Mass of coagulated liquid
- 64. Problems
- 65. Irish Republic

#### **CLUES DOWN** 1. Dress

- 2. Deadly
- 3. Says aloud 4. PT Anderson film " Nights"

- 19 25 49 53 56 63 60
- 5. Teacher (abbr.)
- 6. Anesthetized
- 7. Anno Domini (in the year of Our Lord)
- \_ and behold 9. French young women (abbr.)
- 10. Scorch
- 13. Notre Dame
- 14. Express disapproval 15. Cars need these
- 20. Not off
- 21. Unit of mass 22. You
- 23. Concealed
- 27. Parent-teacher organizations 29. Approximately 3.14159
- 30. Chinese conception of poetry
- 31. Satisfaction
- 32. College degree
- 33. Formerly Ceylon: \_\_ Lanka
- 34. Effeminate

- 35. Something to solve 36. Horses like these
- 37. Intelligence organization
- 38. Blood type
- 40. Exhibition 41. Poisonous plant
- 42. Aluminum 44. Possesses
- 45. Penetrate with a sharp instrument
- 46. Ring-shaped objects
- 47. Speaks at church
- 48. Form in the mind
- 50. Selectors 51. Probability of default
- 52. 2001 Spielberg film 54. Where to get a sandwich
- 55. Newts
- 57. Modus operandi
- 61. Exists
- 62. Politico-economic union

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- Experience with entering data into a computerized system.
- Demonstrated organizational and time management skills.
- Ability to set priorities and multi-task duties.
- Ability to work independently with minimal supervision.
- Ability to work in a team environment.
- Excellent verbal communication skills, with the ability to communicate effectively with internal and external agencies.
- Ability to manage sensitive and confidential information.
- Computer experience with Microsoft Office (including, Word, Excel, and Outlook), or equivalent applications.

- Experience performing reception duties.
- Experience with court related systems such as COMS and CCAIN

For a complete listing of qualifications and job duties, please visit www.manitoba.ca/govjobs

#### Apply to:

Advertisement No. 32465 Manitoba Civil Service Commission **Human Resource Services** 300-305 Broadway Winnipeg, MB, R3C 3J7 Phone: 204-945-3688

Fax: 204-948-2193 Email: govjobs@gov.mb.ca

Your cover letter, resumé and/or application must clearly indicate how you meet the qualifications.

We thank all who apply and advise that only those selected for further consideration will be

Employment Equity is a factor in selection. Applicants are requested to indicate in their covering letter, resumé and/or application if they are from any of the following groups: women, Aboriginal people, visible minorities and persons with a disability

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Hearthstone Community Group Inc. is seeking: Transportation/Maintenance Coordinator, fulltime duties include: transporting service recipients Mon - Fri. a.m. & p.m.; working as a general maintenance tech in homes; mentoring individuals/assistants in maintenance and day program setting. Qualifications: highly reliable; skilled in general maintenance duties, vehicle able to transport equipment an asset; valid class 4 operator's license; clear abuse registries and criminal record checks; experience working intellectually disabled adults an asset but not required; emergency level first aid and other training required, will train suitable candidate: contribute to enhancing the lives of service recipients. Submit cover letter and resume to barry.kow al@hearthstonecg. ca or fax 204-817-1997. For complete iob description go to www.hearthstonecommunity-group.ca

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George Hempler Snow Removal Services. Reasonable rates. Ph. 204-785-3736 or 204-785-8363.

Roof top snow removal by Ron's Window Cleaning. Also cleaning off plumbing stacks, vents and ice dams. Ph. 204-785-2742

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Fox In The Garden residential snow blowing, driveways, sidewalks, steps, etc. Rooftop snow removal. Ph. John 204-785-0175.

#### MISCELLANEOUS

Men's light blue suit, coat & blue shirt sz. XL, pants sz.38-40, pants in-seam (leg) 30, out seam 36 immac. cond., \$50; men's purple pinned striped suit, coat & white shirt sz. XL. pants measurements same as above, \$50; winter over-coat red, white & black for above EC \$100. Both suit, coats & pants have recently been dry cleaned. Had very little use. Ph. 204-785-8598.

Student desk study lamp EWO \$15., toaster EWO \$15., LN sz. 9 safety shoes EC \$60. Ph. 204-785-8598.

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#### MISCELLANEOUS

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Truck load sale!! Maple Cappuccino vanities, soft close \$225 each. 25" x 84" Granite slabs \$139 each. White, shaker style, (in-stock) kitchens. 60% off retail. Fehr's Cabinet Warehouse Ph: 1-800 758-6924.

#### **NOTICES**

Little Metis Sing With Me. 50/50 Draw winner from January 21st was Donna Proudlove. \$409.

#### LOST

Dec. 22, Walmart parking lot, Puzzle ring, 6 bands, tri-color. This ring is a special memory from my past, cannot be replaced. Reward offered. Bert 204-485-6906.



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9 Morris Place, Petersfield \$367,000 Kim, 204-482-5806





Tamarack Lane

\$89,500









Interlake Real Estate 204-482-5806 184 Main St., Selkirk interlake.mb.ca

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Whitewood Birthday Bash 2017: .lune 30, July 1 & 2, 2017. Canada's 150th & Whitewood's 125th. Get on our contact list: Email us at whitewoodbirthday bash2017@gmail. com

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Small square bales Alfalfa June Courtney Grass, also Alfalfa Courtney Grass. Ph. & leave message 204-482-5101.

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605 Cil Road - 65.62 Acres DEVELOPMENT OPPORTUNITY 1 Harry Waytiuk Dr, East Selkirk 1 Catherine Waytiuk Dr. East Selkirk 14 Harry Waytiuk Dr. East Selkirk N First Ave - Sandy Hook O Ferry Road St. Clements 20 Acres Libau Call for inf

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# Announcements Selkink Regard

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#### **ANNOUNCEMENT**

#### **CARDS OF THANKS**

The family of the late Lowell Mark Harvey wishes to thank the staff at Gilbart Funeral Home and all those who have helped us get through these difficult days with an outpouring of support. This truly means the world to us and words cannot express our gratitude.

-Kind regards, **Dexter and Jeanne Harvey** 

#### ANNOUNCEMENT

#### **IN MEMORIAM**

Madeline Saluk May 4, 1933 - January 31, 2011 Those we love don't go away,

They walk beside us every day; Unseen, unheard, but always near, Still loved, still missed and very dear.

-Forever loved and deeply missed by your family

#### ANNOUNCEMENT

#### **IN MEMORIAM**

**Gordon Taylor** January 1936 - February 2012 Quietly today your memory we treasure, Missing you always, forgetting you never. Forever in our hearts.

-Love, Laura, Denise, Donny and Ralph, Amanda, Michael and Matthew

#### **ANNOUNCEMENT**

#### IN MEMORIAM

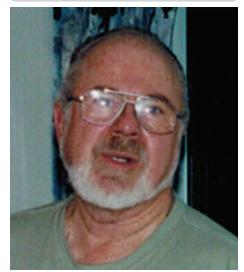


**Hunter Lee Ronald Scott** August 23, 2008 - February 3, 2010 God called your name so softly, That only you could hear; And no one heard the footsteps. Of angels drawing near. The golden gates stood open, God saw you needed rest; His garden must be beautiful. He only takes the best.

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

#### ANNOUNCEMENT

#### IN MEMORIAM



In Loving Memory of David J.W. Cove Sr. November 5, 1936 - February 2, 2016 You never said I'm leaving, You never said good-bye: You were gone before we knew it, And only God knows why. Missing you always.

-Your loving family

#### **ANNOUNCEMENT**

#### IN MEMORIAM



**Helen Sutherland** January 19, 1926 - January 29, 2016 God saw you getting tired, And a cure was not to be: So He put His arms around you. And whispered, "Come to Me. With tearful eyes we watched you, And saw you pass away; And although we loved you dearly. We could not make you stay. A golden heart stopped beating, Hard working hands at rest; God broke our hearts to prove to us He only takes the best.

-Missing you, Wayne and family



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## Announcements

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#### **ANNOUNCEMENT**

#### **IN MEMORIAM**



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

#### **ANNOUNCEMENT**

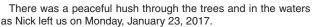
#### IN MEMORIAM



Catherine (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 and remembered,
Joannie, Debbie and family

#### **OBITUARY**

#### Nick Gorda



He leaves behind his wife, Myrtle, of more than 53 years; his daughter, Marge; two sons Allan and Alton; two grandsons, Bradley and Nick; two granddaughters, Jennifer and Amber, as well as one great-grandson, Bentley and one great-granddaughter, Sierra.

In keeping with Nick's wishes, cremation has taken place and there will be no formal service.

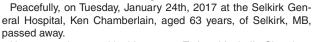
Condolences may be left at www.gilbartfuneralhome.com

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



#### **OBITUARY**

#### Kenneth Douglas Chamberlain



He was predeceased by his parents Ted and Isabella Chamberlain and his brother Rick. He is survived by his children Shane, Sable and Shannyn (Rob); six grandchildren; sister Bonny (Bucky); brother Robert (Judy); sister-in-law Marcelle and numerous relatives and friends.

In keeping with his wishes cremation has taken place and a service will be held in the spring in the Little Britain United Cemetery. In lieu of flowers donations may be made to the Selkirk Food Bank or the Selkirk Soup Kitchen.

Condolences may be left at www.gilbartfuneralhome.com





#### OBITUARY

#### Myrna Louise Gislason (Setter)

Peacefully with family by her side, Myrna Louise Gislason, passed away on January 19, 2017 at the Selkirk and District General Hospital.

In keeping with her wishes cremation has taken place and no formal service will be held.

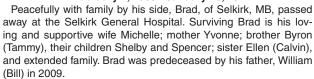
Condolences may be left at www.gilbartfuneralhome.com

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



#### ORITHARY

#### Rev. Canon Dr. Bradley Robert Elliott February 2, 1963 - January 26, 2017



Brad was a man of deep personal faith. He served God and the Church of Jesus Christ within the Anglican Church of Canada as pastor. He embraced an ecumenical approach to the Gospel, understanding that God speaks in many ways to different people. Brad brought his faith and spirituality, not only to his Church, but also into his community of Selkirk and his extended families. He was a life long learner and loved books, creating his office and

home libraries.

During Brad's last few weeks, being the man he was, he planned his service. Honoring his wishes a memorial service will be held on Friday, February 3, 2017 at 1:00 p.m. in the Christ Church Anglican, Selkirk, MB, The Rt. Rev. Donald D. Phillips officiating. Reception to follow service at Gilbart Funeral Home, Selkirk, MB.

A special thank you to Dr. Richard R. Lindenschmidt, Palliative Care Nurse Specialist Melanie Bernas and all surgical ward staff of the Selkirk General Hospital, for the compassionate care given to Brad and his family.

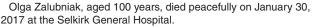
In lieu of flowers and cards donations may be made in Brad's memory to a charity of your choice. Condolences may be left at www.gilbartfuneralhome.com

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



#### **OBITUARY**

#### Olga Zalubniak



Olga will be lovingly remembered by her daughters and their families, Jeanne Mazur (Bill) and their children, Jeff (Michele), Brent and Blaine; Carole Bacon (Len) and their children, Daryl and Laurie. She is also survived by her great-grandchildren Marissa (Dusty) and Aaron Bacon (Brandon) and Katrina Saseniuk (Mark) and five great-great-grandchildren, Rhyan, Avery, Emerson, Zachary and Bryce. She is also survived by her sister, Jean Tomiak, and many nieces and nephews.

Olga was predeceased by her husband Walter in 1993, as well as her parents, brothers and sisters.

Olga was born in Pleasant Home, Manitoba on November 17, 1916 and later moved to Winnipeg Beach. She moved to Selkirk in

1935 and worked at the Selkirk Mental Hospital for two years. In 1939, she married Walter Zalubniak and raised two daughters. She was employed at Monarch Overall for five years and at Robinson Store (RCA) for 25 years. Olga was an active member of Christ Church since 1939 and the Legion Auxiliary since 1953. She enjoyed fishing, bowling, gardening, knitting, and playing cards at the Lion's Centre where she resided since 1995. In her later years Mom made many dog blankets for the Winnipeg Humane Society.

The funeral service will be held at the Christ Church Anglican, 227 McLean Avenue, Selkirk, Manitoba on Monday, February 6, 2017 at 11:00 a.m. Cremation has taken place and a private burial will be held at a later date.

The family would like to express our gratitude to Dr. Zoppa and the staff at the Selkirk Hospital for the wonderful care they gave our mother and grandmother.

In lieu of flowers, if friends so desire, donations may be made to a charity of one's choice. Condolences may be left at www.gilbartfuneralhome.com

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