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The Selkirk Record

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VOLUME 7 EDITION 11 THURSDAY, MARCH 17, 2016

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Cheers to green beers!

RECORD PHOTO BY BRETT MITCHELL

Selkirk city councillor and Riverboat Family Restaurant owner Doug Poirier, pictured left, toasts St. Patrick's Day with a green beer in hand alongside bartender Mike Austin and his Irish friends Jamie Plunkett and Scott Duncan at the local spot last week. The local restaurant and bar will be serving green beer all day Thursday to help celebrate St. Patrick's Day, otherwise known as the Feast of Saint Patrick, a cultural and religious celebration held on March 17 to mark the traditional death date of Saint Patrick, the patron saint of Ireland.

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Organizers seek donations for garage sale fundraiser

Event on May 28-29 to honour Gracie Herntier and Gordon Anderson

By Dave Baxter

An upcoming event hopes to raise funds for the St. Andrews community while honouring the lives and memories of two young children.

Donations are now being accepted for the fourth annual Garage Sale in Memory of Gracie and Gordon, which is set to take place on May 28 and 29 at the St. Andrews Community Centre.

Organizers are hoping to gather donations of gently used items, which are then sold and the money raised will be donated to both the St. Andrews School music program and the St. Andrews Community Centre.

St. Andrews School student Gracie Herntier originally came up with the idea to host a garage sale for her music program, because of her love of music and performing.

"It started as a little sale in our garage because she wanted to do something for the music program," Gracie's grandmother Ana Herntier said. "She just said she wanted to help and it was all her idea and she started collecting items from the house and from relatives and friends houses and just wherever she could."

Gracie's first sale, which was held in May 2013, raised \$605 and she had planned to do another sale the following year, but was tragically killed when she was mauled by two Alaskan



RECORD PHOTO BY DAVE BAXTER
Ana Herntier, pictured left, and Lisa Anderson, pictured right, seen holding up pictures of Gracie Herntier and Gordon Anderson, are looking for donations for the fourth Annual Garage Sale in Memory of Gracie and Gordon, which will take place on May 28 and 29 at the St. Andrews Community Centre.

malamute dogs while visiting family friends near Oakbank.

Gracie, who was seven when she died, lived with her grandparents Ana and Tony Herntier at the time.

Through their grief, her grandparents decided they would hold a garage sale again that year and make it an annual event to honour the memories of both Gracie and Gordon Anderson.

Gordon was also a St. Andrews

School student and he passed away at the age of seven after a car accident in December 2013.

Gordon's mom Lisa Anderson said there is nothing that can prepare a parent for what she has gone through.

"To lose a child is the most unimaginable thing that can happen," Lisa said. "There is no rule book and that is one of the hardest things.

"There is no book on how to deal with it and no single way for a person to deal with it and it's the hardest

thing I have ever dealt with."

When Ana decided to continue doing the garage sale, she asked Lisa if she would like to get involved and make the sale in honour of both Gracie and Gordon.

"One of the most rewarding things is to find a way to show their lives were for something greater and you don't want them to ever be forgotten," Lisa said.

Both Ana and Lisa want the community to remember the type of kids both Gracie and Gordon were.

"They were just both the most outgoing kids at the school and everyone knew them," Lisa said.

"Gracie lit up a room and Gordon was the same way," Anna added.

Ana said Gracie would have wanted the sale to continue.

"These children were part of our community and they are bringing the community together, this sale isn't just a sale, because when you are there you feel that sense of community."

She said the community "rallied" together for the second sale, which raised \$7,000 for the school's music program.

Last year as the families were getting ready for the third sale, Ana's home and many donations that were inside were destroyed in a fire, but she said that once again the community helped them out and they raised \$7,700 for the music program and another \$7,000 for the St. Andrews Community Centre.

Lisa and Ana try to make the garage sale a weekend that Gracie and Gordon would have enjoyed with performances by students, kids activities, face painting, bouncy castles and hot-dogs and pizza for sale.

They also want to continue raising money for the music program because it is a perfect way to remember both Gracie and Gordon's love for music.

The sale is helpful for a number of reasons, Ana said, because it is a chance for people to declutter their homes and give away items.

"The deals are really good and people were joking they were robbing us," Ana said.

They are now accepting donations of gently used clothing, toys, household items and "anything else that can be used by others."

They are also looking for businesses to help out with donations so they can do a silent auction.

For more information on the sale or to donate items, call Lisa at 204-661-4075 or Ana at 204-799-0573, or email GracieandGordon@hotmail.com.

Donations can also be dropped off at Ricky's Restaurant in Lockport.

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Ice fishers head out for one last catch

Warmer temps have anglers packing up their winter gear

By Dave Baxter

As temperatures rose above the freezing mark last week, some ice fishers got out on the ice one last time before calling it a season.

On the Red River near East Selkirk, most of the ice shacks that lined the area throughout the winter had been removed by last Friday, but a few die-hards got out and threw their lines in the water while temperatures reached the double digits.

Doug Peterson of Winnipeg fishes near East Selkirk with a group of friends twice a week and was out on the river last Friday for what he thinks will be one of the last days of the season.

He said he and his friends go out on the ice no matter what the temperatures drop to, but they were definitely enjoying the sunshine and warmer weather.

"This is fantastic," Peterson said. "You don't have to set up a tent or a heater, you can just sit outside in a sweater."

"This is a great way to end off the season."

He said overall it was a good ice fishing season this winter.

"It was an excellent season, the weather was good and there wasn't that much snow so there was easy access to the ice," he said. "There were a lot of shacks out here this winter and a lot of happy people."

The group also had a fryer out on the ice last Friday and were frying up



fresh fish and eating their catch. "There is just nothing like fresh fish," Peterson said.

Peterson said he and his friends try to soak up every second out of ice fishing season, but added they always do it with safety in mind.

"We stay until the ice isn't safe, but by this point you have to know what you're doing and understand how the melt works, and you don't go out alone," he said. "You wouldn't want anyone to just wander out at this point."

Last Wednesday the province urged anyone with an ice shack on a lake or river in southern Manitoba to remove it as soon as possible, saying warm temperatures are causing ice conditions to deteriorate faster than normal this spring.

"A milder-than-usual winter meant the ice did not reach its usual thickness in many areas, which could lead to a faster thaw," the province said in a release last week. "Everyone venturing onto the ice should exercise caution and good judgment."



RECORD PHOTOS BY DAVE BAXTER

ABOVE: Doug Peterson of Winnipeg pulls a fish out of the water on the Red River near East Selkirk on a warm, sunny day last Friday. ABOVE LEFT: Rick Peterson fries up some fresh fish on the Red River near East Selkirk last Friday.

The province said March 31 is normally the last day to remove ice shacks.

Amphibex ice-breakers began breaking ice on the Red River by Netley Creek and heading towards Selkirk, about three weeks ago, and the province announced their job is now complete.

The icebreakers are now headed to other areas of Manitoba including the Icelandic and Fisher rivers and Brokenhead River to cut and break ice.

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CAA Manitoba campaign aims to pinpoint infrastructure issues

Staff

CAA Manitoba is urging Manitobans to make infrastructure issues, including traffic congestion, pedestrian safety and potholes, reasons to vote in the upcoming provincial election.

With hopes of driving home the importance of infrastructure issues throughout the province, CAA Manitoba launched its fifth annual Worst Roads campaign in Winnipeg last Tuesday.

"This spring, Manitobans have two opportunities to cast a vote in favour of improved infrastructure: during our Worst Roads campaign, and on election day, April 19, when they choose a candidate at the ballot box," CAA Manitoba president and CEO Mike Mager said in a release last week. "Our roads are more than a way to get from A to B – they drive our economy. We rely on our streets and highways for trade and tourism, yet many routes are riddled with potholes and poor lane markings."

Mager added pothole damage has cost US drivers \$15 billion over the last five years, according to a recent AAA survey.

"I shudder to think of what road conditions have cost Manitoba motor-



RECORD FILE PHOTO BY BRETT MITCHELL

A construction worker repaves a section of Main Street in this October 2015 photo. CAA Manitoba has officially launched its Worst Roads campaign with hopes of pinpointing infrastructure issues throughout the province.

ists and businesses," he said.

More than 20,000 votes have been cast in previous Worst Roads campaigns and CAA Manitoba has been working closely with municipalities and the province to ensure roads nominated each year are on government's priority lists.

Steinbach Mayor and Association of Manitoba Municipalities (AMM) president Chris Goertzen welcomed the opportunity to support CAA Manitoba in their push for improved infrastructure.

"Local councils are responsible for 60 per cent of infrastructure in Manitoba yet receive just eight cents of every tax dollar to get the job done," Goertzen said. "In launching our own Fair Share - Fair Say campaign, we hope Manitobans will join us in speaking out in favour of correcting this unfairness for our citizens."

As for road conditions in Selkirk, city crews are already out in full force filling potholes, according to the city's manager of public works.

"In some of the areas it is a tempo-

rary solution until paving season," Dennis Whall told the *Record*, adding paving season usually starts near the end of April and beginning of May.

Whall said since a 1.5 kilometre stretch of Main Street was repaved in October of last year, they've been getting very little complaints from drivers about Selkirk's roadways.

The roughly \$723,000 project, which saw two inches of surface material milled off the top of Main Street from Strathnaver to Manitoba Avenue and replaced with new asphalt, was cost shared between the province and the City of Selkirk.

"That's the one that used to really give us grief but right now it's in beautiful shape," Whall said.

Until April 6, Manitobans can nominate their Worst Road online at caamanitoba.com/WorstRoads, the CAA Manitoba Facebook page or the CAA app.

Voters are able to pinpoint specific stretches of the road they feel is the worst and identify the infrastructure issue, such as traffic congestion, potholes/crumbling infrastructure, pedestrian/cycling safety, and poor traffic light synchronization or lane markings.

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Selkirk couple wins \$100K



SUBMITTED PHOTO

Lillian and Kenneth Taylor of Selkirk won a total of \$100,006 on the Feb. 13 Lotto 6/49 and Extra draw, with a ticket they bought at The Marketplace at Selkirk.

By Dave Baxter

A Selkirk business has once again sold a jackpot-winning lottery ticket.

Lillian and Kenneth Taylor of Selkirk won a total of \$100,006 on the Feb. 13 Lotto 6/49 and Extra draw, with a ticket they bought at The Marketplace in Selkirk.

It's not the first winning ticket sold at the Selkirk grocery store. Back in December 2014 they sold a \$1 million winning scratch ticket to Selkirk resident Cheryl Buus.

Marketplace manager Mike Domino said the store will likely see a spike in lottery sales now that another winning ticket has been sold.

"When we sold the million dollar scratch ticket a lot of people came to buy tickets here just because they felt the place might be lucky," Domino said. "People are superstitious when it comes to lotteries, so there is a good chance we'll start noticing that spike."

Domino believes when winning lottery tickets are sold in smaller cities like Selkirk, it convinces others to try their luck.

"When it happens locally people start to think 'maybe I do have a chance,' because it could be someone they know or a neighbour, or someone they have talked to."

A Selkirk business selling two jackpot-winning tickets to Selkirk residents is something Domino is excited about.

"It's always nice to hear it was sold to someone local and ultimately there is a better chance the couple will be reinvesting the money into the community."

In a statement Lillian and Kenneth said they have not yet decided how they will spend their winnings, but they're thinking of putting some of the money towards education.

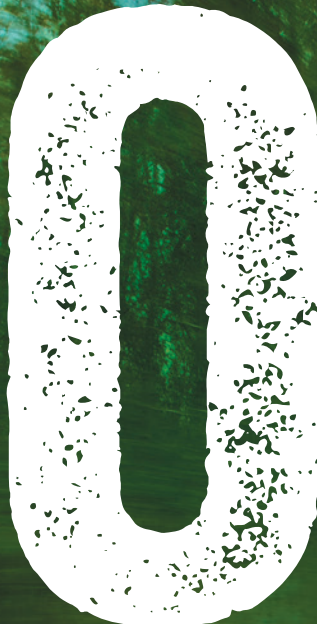
"You get used to winning free plays or small prizes," Lillian said. "It didn't really sink in right away that we had won a major prize."



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Prescription drug abuse among youth on the rise

More awareness needs to be raised about the dangers, organization says

By Dave Baxter

A woman who works with at-risk youth in Selkirk says there needs to be more awareness raised about the dangers of prescription drugs.

"I would definitely say a lot of people don't understand the dangers as well as they should," Selkirk Team For At Risk Teens (START) program co-ordinator Tammy Thompson said. "I think they believe because it's from a doctor it can't be that bad.

"Prescription drug use is extremely serious, so awareness is huge in our community."

It has been reported that the recent murder of Winnipeg teen Cooper Nemeth was allegedly tied to a prescription drug deal gone wrong.

Thompson said she did not want to comment specifically on Nemeth's situation, but did say recently she is seeing more prescription drug use and addiction in Selkirk.

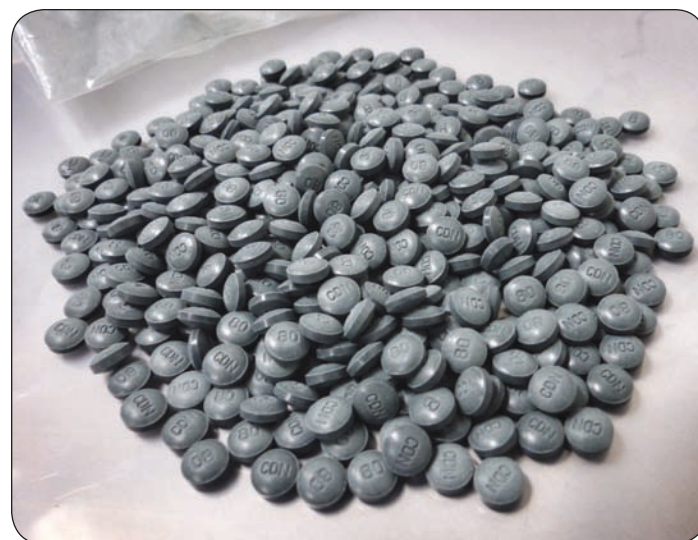
"I think there is always going to be drugs that are new to an area and this is what has happened lately with prescription drugs here," she said. "I've had quite a bit of involvement with youth using prescription drugs in the last three years."

She said many still believe schools are the main place where drugs are bought and sold, but lately teens are looking to the Internet.

"I hesitate to say things are going around high schools, because they are going around communities, especial-



Selkirk Team For At Risk Teens (START) program co-ordinator Tammy Thompson says parents and youth need to be far more aware of the dangers of prescription drugs such as Fentanyl, pictured above in pill form.



ly with social media," she said. "That is the route a lot of the time for someone that wants to buy or sell and they have their code words because they're savvy."

Percocet and fentanyl are two prescriptions drugs that Thompson is seeing youth getting addicted to.

She said if youth start using prescription drugs, they often don't realize how difficult it can be to stop.

"There is physical and psychological addiction. The physical outcome is you feel terrible and the physiological addiction is you feel that you need it," she said. "If you deal with both at the same time, it makes getting off it really, really difficult."

Prevention of prescription drug use starts with parents and caregivers, Thompson said.

"Even if you do not expect anything, have a conversation with your child and ask them if they have exposure to it," she said. "The biggest concern is

people don't want to talk about it, but almost every kid has run into it. It opens up a dialogue.

"Just be open to communicating and listen, because they need to know they can go to you."

Thompson said if parents start to notice any issues with their children, they need to be aware they could be related to drugs.

"When they get really involved it becomes their priority," she said. "Things like school or family are no longer a priority, but I find parents don't want to believe this can happen to their child."

Thompson added the way youth are getting the drugs can be just as dangerous as the drugs themselves.

"Youth can be exploited sexually when they are addicted, so it becomes sex for drugs," she said. "We see that more often with females and with males we start to see more theft and criminal behaviour."

Addictions Foundation of Manitoba (AFM) CEO Ben Fry said there is no way to know if prescription drug use is on the rise, because there is no way to track who is using.

"We know the abuse of prescription medication is often not reported and not all deaths related to it are reported in that way," Fry said. "So the reality is if it is trending up is still unknown."

Fry believes educators should be aware of the dangers of prescription drug use.

"I think it's important for school councillors and teachers to be aware that prescriptions drugs are a concern."

Fry said fentanyl is about 100 times more potent than Morphine.

"That is a fact that those who are misusing it might not even know."

Anyone wanting to access supports for an at-risk youth can contact the START program at 204-785-4001 or AFM at 204-944-6253.

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RECORD PHOTO BY BRETT MITCHELL
Your-Life Fitness co-owner and personal trainer Frankie Scribe, pictured centre, poses with performers following a laughter workout entitled "MIDDLEhood" written and performed by Kim Zeglinski, pictured far left, at the Selkirk Legion on Sunday afternoon. The event, presented by Your-Life Fitness, helped raise funds for the Brigham and Women's Hospital 2016 Life Giving Breakthrough Boston Marathon Team.

Stonewall doctor suspended, under investigation

Dr. Pooventhiran Pillay's patients are encouraged to find a new doctor

Staff

Due to a "confidential matter," an Interlake physician has been suspended and is under investigation.

According to media reports, Dr. Pooventhiran Pillay is being investigated by the College of Physicians and Surgeons of Manitoba, which was unable to provide a comment before the *Record's* deadline.

However, a spokesperson for the Interlake-Eastern Regional Health Authority said that the issue is a "confidential matter."

"We are reaching out to patients that do require regular physician care to ensure that they are connected with another physician. Technically, that is something that a physician is required to do when they leave practice," the spokesperson said.

"They need to ensure that their patients are taken care of, but I'm not sure if that is happening in this scenario from the physician's side. The RHA is working to ensure that happens."

Patients are encouraged to register



DR. POOVENTHRAN PILLAY

with Family Doctor Finder at www.gov.mb.ca/health/familydoctorfinder/ or by calling 1-866-690-8260.

"If a physician is available who is accepting patients in your neighbourhood, you're one of the first people to get into see that physician if you're registered with that service," said the spokesperson.

"If you don't register, you won't be on the radar, so it's going to be more difficult for you to get connected. You'll be up to your own devices to get connected."

When registering with Family Doctor Finder, Pillay's patients can indicate that their physician has left, the spokesperson added.

"They can indicate that it was Dr. Pillay that they had been seeing and we can ensure that we connect them."

Community makes a new feathered friend



**RECORD PHOTOS
BRETT MITCHELL**

LEFT: Ten-year-old Juree Allard of Selkirk got up close with "Rusty" the owl during a presentation by Jim Duncan, director of fish and wildlife with Manitoba Conservation and Water Stewardship at the Comp last Tuesday night. **BELOW:** "Rusty" the owl flies around the room during a presentation on owls by Jim Duncan at the Comp last Tuesday.



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COMMUNITY CENTRS

Lesser known tax benefits for students and their families

Funding an education is expensive and important. Studies and real life experiences clearly show that those pricy years of education will typically pay dividends in the form of more personally rewarding and better paying jobs. At any time, and especially these days, students and their families need to make every penny productive. Yet many overpay their taxes because they overlook lesser known tax benefits like these.

- Tax deductions for students
- Full time post-secondary students who move to go to school may be able to claim moving expenses.
- Students may deduct expenses from scholarships, bursaries, research grants and employment or self-employment income.
- Child care expenses may be claimed by the higher earning spouse when the lower earning spouse is enrolled in either secondary or post-secondary education. Limits increase for a single parent or when both members of a two parent family are attending school full time.
- Tax credits for students
- Canada employment credit – available on the first \$1,000 of employment income.
- Tuition fees credit – for fees of over \$100 per year paid to a Canadian university, college or other educational institution; if attending school outside Canada, the student must be enrolled in a university course of 13 weeks or longer leading toward a bachelor degree or higher.
- Education and textbook credit – available to students enrolled in a qualifying education program at a university, college or other designated educational institution.
- Unused tuition, education and textbook credits may be carried forward by the student for use in future years or transferred to a spouse, supporting parent or grandparent to a maximum of \$5,000 minus the amount used by the student.
- Public transit credit – available for monthly or longer public transit passes; parents may claim for a dependent under 19.
- Student loans interest – must be claimed by the student; unused claims can be carried forward for five years.

Other tax efficient approaches for financing an education can include making an interest-free loan to a student and using the right Registered Education Savings Plan and Lifelong Learning Plan withdrawal strategies. Nova Scotia, Saskatchewan and Manitoba have also introduced tax credit programs for the recovery of tuition fees after graduation if the graduate stays in the province.

Talk to your professional advisor about the best ways to get the biggest bang for all your education bucks.

Dan would like to hear your tax questions. For a personal response, e-mail or call him with your questions at the address and number below.

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getfishing

RED RIVER > CHALET BEACH > LAKE WINNIPEG

> ARNIE WEIDL

Oscar Mayer's family fishing on the Red

Hi fishing enthusiasts, thanks for dropping in. As our fishing closure of April 4 - May 14 looms ahead coupled with the early disappearance of the ice on our lakes and rivers because of the mild weather, everyone is wondering if we're in for a longer fishing lay-off. Realizing that I might need more stories for us during that time I've been gathering extra experiences from our angling brothers and sisters.

The fine folks they are, they've given us enough stories to carry us through. One such person is Gary Nelson over at Birchwood Ford in Winnipeg. I was in there a few weeks ago getting a car but it wasn't long before Gary and I started swapping fishing stories.

He recalled one where years ago he and his future wife had gone camping with her young brother 9 year old Mike. They went fishing below the falls at Manigotagan and after not having any luck all day they headed for their campground along the river. Mike not yet willing to give up hope kept his baited line in the mucky, frothing waters as he walked along. No sooner had Gary asked Mike to reel in his line, which was getting clogged with weeds, he got a bite. At the end of his line a big jackfish broke the waters' surface thrashing about making a tremendous sound. Everyone shouted with excitement as they encouraged Mike to land his prize fish.

Land it he did and they took it back to camp to prepare it for supper. It was only after they were relaxing following their meal they realized they hadn't taken a picture of Mikes' first catch so being very inventive he held up the fish now only a head, backbone and tail to snap a picture for posterity.

I met a chap from Oakbank by the name of Brett Chelle about a month ago and he had a story about a buddy of his, Kevin, who he described as "the luckiest guy I know."

Last summer when they were fishing



RECORD PHOTO BY ARNIE WEIDL

Richard Mayer shows off a pickerel he caught on the Red recently while ice fishing.

in Lake Winnipeg Kevin caught something that was so heavy he was not sure he was going to be able to land it. He worked it for what seemed like an hour and finally when he brought it up to the side of the boat, to his surprise, he saw that he had hooked a giant jackfish not by the mouth but through the tiny eyelet of a pickerel rig hook that the fish had previously struck and escaped from when the line had broken.

Brett also said that Kevin was the only guy he knew that could go out for lake trout and catch a 54" master musky.

On the Red, north of Selkirk a few weeks ago I was touring around on the ice visiting anglers and came by a very large portable shack. In the warm calm sunny afternoon I slowly pulled up to a bearded chap and a number of other men jigging their rods in ice holes. I left my truck and shook hands with Richard Mayer from Vita and his friends Mike, Ed and Russ Unrue from Gruthal. I remarked to Richard that it must take a while to get here for just an afternoon of fishing. He smiled

and motioning to the tent said that when they come here they stay on the ice overnight.

He also said their favorite place to fish was right here on the Red. As we traded stories he mentioned that he had a lot of relatives in the States, one of them, his great grandfather Oscar Mayer the famous food producer.

While we were talking I noticed off to the side a young lady fishing by herself. I went over to her and asked if she was with Richard and his bunch.

On her knees working a fishing hole, Jenny Rowland told me that originally she was from Nova Scotia and grew up in a fishing family. When she was transferred to Pinawa she wanted to continue with her love of fishing so now if her boyfriend can't take her out she finds partners on the internet like Richard. Sounds like a winning idea to me.

Well, I can hear geese as they fly overhead. I think I'll go for a walk. So long for now.



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getheard

EDITORIAL > VIEWPOINTS > LETTERS

> AUSTIN GRABISH

Is Kinew's apology enough?

Wab Kinew has apologized, but is that enough?

The so-called "star" candidate who is running for the NDP in Fort Rouge was finally starting to feel the heat last Friday, as the Liberals called for his resignation over previous tweets he made the party deemed offensive.

The tweets, which poke fun of gays, lesbians, First Nations children and fat women, came to light last Monday, a day after the 34-year-old faced criticism and re-apologized for past misogynistic and homophobic song lyrics he wrote while he was a rapper.

But the criticism for Kinew wasn't a problem — people seemed to believe

Kinew's apology and the media didn't scrutinize him for his tweets.

Yet just a week prior, the NDP called on Jamie Hall, a Liberal candidate, to resign over social media posts he made that referred to women as "whores" and "skanks."

Hall, unlike Kinew, was rightfully scrutinized in the media and then stepped down.

Some argued an apology Kinew made years prior for his lyrics was good enough, but it's hard to use that apology as justification for ignoring his tweets.

The tweets, which were dug up by Winnipeg political consultant David

Shorr, who is the former director of communications for the Liberal Party, are disturbing.

Kinew tweeted "Riding in my limo back to my king sized sweet feeling really bad for those kids in Attawapiskat #haha #terrible #inative."

The Ontario First Nation is plagued by poverty and other social issues and was dealing with a housing crisis at the time of Kinew's tweet.

In a reply to a 2009 tweet about H1N1, Kinew asked: "Is it true you can get it from kissing fat chicks?"

In another tweet, Kinew said he was going to wrestling class "Because jiu-jitsu wasn't gay enough" and "My bro is convinced that 'Do you like the 90s?' is a gay pick up line."

Kinew also tweeted about running over a cat and posted a photo of an aboriginal person sleeping on the ground.

But perhaps even more troubling is that these tweets were made when

Kinew was employed as a broadcaster at the CBC and was the associate vice-president of indigenous affairs at the University of Winnipeg.

Last Friday, Kinew told media during a press conference that he's been an "open book," transparent and accountable.

He said the tweets were made when he was an angry young man suffering from self-hatred and arrogance.

But that arrogance seemed to continue as he snapped at reporters, who pressed him while he stood next to Premier Greg Selinger last Friday.

At one point, Selinger had to tell Kinew to keep his cool.

So, is Kinew really sorry?

Or does the 34-year-old still need an attitude change?

— Austin Grabish is a reporter with the Selkirk Record. He majored in human rights at the University of Winnipeg and studies Creative Communications at Red River College.



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WARNING!

Thin ice conditions on Cooks Creek and the Red River in East Selkirk

In accordance with its operating licence, Manitoba Hydro's Selkirk Generating Station may be operating on an intermittent basis throughout the winter season. This will result in thin ice conditions on Cooks Creek.

The area affected extends from the mouth of Cooks Creek at the Red River, upstream on Cooks Creek to the discharge pipe near the generating station. The second thin ice area is on the Red River, at the location of the pump house near the station.

Please exercise extreme caution in these areas.



Interlake Thunder looks to get girls in the game

By Dave Baxter

Isabelle McDonald doesn't hesitate when asked what her favourite part about playing tackle football is.

"The hitting," McDonald said. "I like the contact and there's a big adrenaline rush when you're playing."

The 14-year-old played for the Interlake Thunder Senior Girls team last season and will play for the team again this year.

Both the Interlake Thunder Senior and Junior girls teams are currently looking for new players to sign up for the upcoming season and were recruiting players at the Spring Recreation and Leisure Fair in Selkirk last Saturday.

McDonald said she knows some people still believe that football is a game for boys, but she said girls football is "just as competitive" and it's a great way to bond with others.

"Once you get out there you know you are with people that have your back and you are completely focused on the game," she said.

The Interlake Thunder football organization offers local girls and boys from the Interlake the chance to play tackle football and last year was the



RECORD PHOTO BY DAVE BAXTER

Pictured from left to right: Isabelle McDonald, Ashley Deverill and Grace McDonald are preparing for another year of football with the Interlake Thunder. Both the Interlake Thunder Senior and Junior Girls teams are currently looking for new players to sign up for the upcoming season.

first year they had two girls teams.

Ashley Deverill, 14, is about to start her second season with the senior team and said if any girls are think-

ing about playing, they shouldn't feel intimidated.

"I was definitely nervous at first, but once I got into it I stopped being nervous and it was just fun," Deverill said. "I really got into it quickly."

Interlake Thunder president Joel McDonald said they are always looking for new players for the boys and girls teams and offer football for Interlake youth aged seven to 17.

Joel added he doesn't want parents to keep their children away from football because they are concerned about

the hitting.

"Injuries are a factor in any sport, but they are no more of a factor in football than in hockey, or a lot of other sports," he said. "They play against kids the same age and with the young kids you don't see the big differences in size."

"When you get into midget some kids are bigger, but by then you've learned the skills to properly make a tackle and take a tackle."

The leagues the Thunder teams play in allow no hits to the head, and Joel said the quality of equipment allows for greater safety on the field.

Football is a great game for those learning how to work as a team, he added.

"Football is the ultimate team sport and there is a camaraderie built into it, because with football everyone is an integral part on the field," he said. "You can't win because you have one superstar and one player can not dominate."

"You all have to work together, and you pick each other up."

Interlake Thunder Girls registration will take place on Tuesday, March 22 from 6 to 8 p.m. at the Selkirk Recreation Centre, and on Saturday, March 26 from 10 a.m. to 1p.m. at the Veterans Memorial Sports Complex in Stonewall.

Interlake Thunder will start sign ups for boys teams in early May.

For more information, contact Joel McDonald via email at president@interlakethunder.org, or visit interlakethunder.org.

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Rec fair offers up lots of options



RECORD PHOTO BY DAVE BAXTER

Selkirk Dolphins coach Michelle Stamm gives a sticker to Kaiden Brydges at the Spring Recreation and Leisure Fair in Selkirk last Saturday, where she was promoting the Selkirk Community Pool. The fair was a chance for different organizations to show residents some of the recreational options available in Selkirk.

Father, daughter team up for art show at Gwen Fox

By Dave Baxter

A father and daughter have joined forces to show off their artwork in Selkirk.

Paul Salnikowski and his 10-year-old daughter Charlotte are putting on the Dad and Daughter Art Show at the Gwen Fox Gallery in Selkirk this month, featuring work from both Paul and Charlotte.

"We're both passionate artists and I figured this was a chance for us to exhibit our work together," Paul said.

Paul said he has watched his daughter grow as an artist and the art show is another way to encourage her.

"I am really not concerned if we sell one thing here, I just want her to know that every artist's work is important and there is no good or bad art," he said. "With any artist there can be an element of insecurity, so it's important to just get your work out there."

Charlotte said her and her dad work on their art independently, but show each other their work and discuss it.

Paul's work ranges from paintings to work with pencil and pencil crayons, and a lot of his works are recreations of portraits.

"It's a lot of photo realism," Paul said. "If someone's face catches my attention, I will do something with it."

The show in Selkirk features portraits of everyone from Marilyn Monroe, to former Winnipeg Jet Tie Domi, and rock star David Lee Roth.

Paul is a former drag racer and said lately a lot of his work is themed around cars and race car culture.

RECORD PHOTO BY DAVE BAXTER

Paul Salnikowski and his daughter Charlotte check out Paul's David Lee Roth piece currently hanging at the Gwen Fox Gallery in Selkirk. Their Dad and Daughter Art Show will be on display at the Gwen Fox Gallery until the end of this month.

Charlotte's work features bright colours and abstract themes.

Gwen Fox Gallery member Pat Johnson said having a father and daughter showcase their work together makes for a "unique" show that the gallery is excited about.

"It's wonderful because it's great work by both of them, but with the show you also get to witness a supportive father," Johnson said. "We love having kid's art on the walls because it can push other young people to try art."

The Gwen Fox Gallery, located at 101-250 Manitoba Ave., is open Tuesday to Saturday from 11 a.m. to 4 p.m.



Icebreakers reach Selkirk



PHOTO COURTESY OF JO-ANNE DEJONCKHEERE WILSON

The province's three amphibious icebreakers make their way through Selkirk as seen here from the Selkirk Bridge last Tuesday. The icebreakers are now headed to other areas of Manitoba including the Icelandic and Fisher rivers and Brokenhead River to cut and break ice.

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The Manitoba Building Code requires all new homes to have a heat recovery ventilator (HRV) installed. This mechanical ventilation system brings in outside fresh air, which is preheated by inside stale air that is exhausted outside.

The HRV lets you control air quality in your home. In winter, excess moisture and odours are exhausted out through the kitchen and bathroom fans when the HRV is on. Fresh air is brought in through the furnace ducting and distributed throughout the home by the furnace fan, which automatically operates whenever the HRV is on.

It's important to know how to operate your HRV's automatic and manual controls to avoid humidity issues in your home. Many HRV controllers also have a dehumidistat switch, so always check the operating instructions to learn how to use both functions.

Here are some things to consider when using an HRV.

- If the unit is set to run continuously, you could be drying out your house more than you want, particularly in cold weather.
- Be careful not to over-ventilate as that could result in increased heating/cooling costs, and uncomfortably low humidity.
- During the winter, set the dehumidistat just low enough to prevent condensation on the windows.
- During the spring/summer, running the HRV continuously or too often may contribute to hot, humid air in the home and the air conditioning will run more frequently.
- Shutting off or unplugging your HRV permanently is not a solution. This can result in high humidity levels which can lead to mold and mildew growth and unhealthy living conditions.

All of the above recommendations can be managed with an HRV auto controller which will help you keep your home comfortable, at the correct moisture levels and help you save on your energy bill. Lastly, check your maintenance manual for important information on how to maintain your unit for maximum efficiency.

If your home does not have an HRV, check with a reputable ventilation contractor to ask about installing an HRV in your existing home, or upgrading your controls. The purchase and installation of an HRV is eligible for financing under Manitoba Hydro's Power Smart* Residential Loan.

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'It's very Canadian'

Moccasin, mukluk maker sets out to share her passion with others

By Lindsey Enns

An East Selkirk woman has quickly turned her passion for making moccasins and mukluks into a full-time business.

"I've worked very hard over the last 15 years to get where I am," Amber Cook said with a smile.

Cook's interest for designing and creating suede and leather goods was sparked while she was living in Gil- lam as a child in the early 1970s.

Cook said back then moccasins and mukluks weren't just fashionable, they were a necessity.

"Back then everybody wore them, it was a matter of warmth and a way to identify yourself and it was a beautiful art," she said. "I knew lots of people who were makers out there."

While living in Lockport before moving to East Selkirk, Cook met a man who taught her how to make her own and she's been hooked ever since.

"From day one I've been an addict," she said.

Cook now teaches classes on how to make moccasins and mukluks



RECORD PHOTOS LINDSEY ENNS

ABOVE RIGHT: Amber Cook, pictured right, gives Kim Drabik of Winnipeg some tips during her mukluks class at the Comp last Thursday night. The six-week course is part of the Lord Selkirk School Division's Continuing Education program. ABOVE: Kim Drabik stitches a colourful flower into her grey mukluks at the Comp last Thursday. BELOW: Jane Brown of Clandeboye measures out her mukluks at the Comp last Thursday.

through the Lord Selkirk School Division Continuing Education program at the Comp.

Cook also offers classes in Beausejour, Lac du Bonnet and Winnipeg.

Kim Drabik from Winnipeg said since she works shift work, she didn't mind making the trip to Selkirk to take Cook's evening mukluk class.

"Apparently the mukluk class is the hardest class that she teaches ... and I don't think people realize how hard

mukluks are to make," Drabik said while stitching some colourful floral designs into her grey mukluks at the Comp last Thursday night. "It's only a six week class ... and all of a sudden



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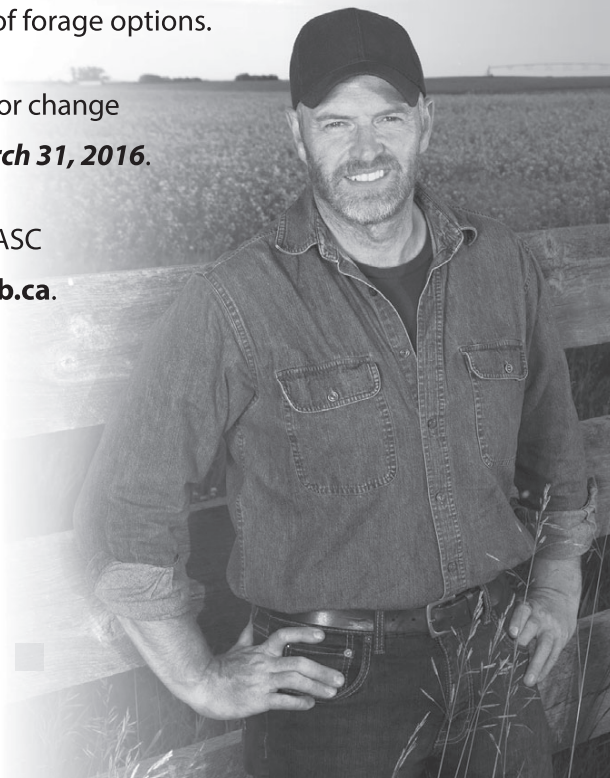
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Drabik said despite the warmer spring weather approaching, she can't wait to show off her new boots.

"I know we're coming into spring but I'm wearing them,"

she said with a smile.

Drabik said one of her favourite parts of taking the class was that she didn't have to go out and buy anything. Included in the cost of the class is a kit with all of the supplies needed to make a pair of moccasins or mukluks.

"You tell her what you want to make and in what colours and she'll put the entire kit together," Drabik said. "She's amazing."

"She simplifies the class for anyone and she makes you feel amazing about your work."

Continued on page 15

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'This is something you can't afford not to do'

Disability advocate makes case for local businesses to be inclusive employers

By Lindsey Enns

Mark Wafer says the biggest barriers those living with an intellectual or physical disability face while trying to get a job is an employer's attitude.

Wafer, who is deaf and owns six Tim Hortons locations in Toronto and has employed more than 100 people living with disabilities over the last 20 years, told a room full of Selkirk Biz members at the Canalta Hotel last Thursday that they can't afford not to be an inclusive employer.

"Of course it's the right thing to do to be an inclusive employer ... but we're not going to make significant change by focusing on the fact that it's the right thing to do," Wafer told the crowd. "We've got to talk to businesses about the fact that it has a positive effect on your bottom line."

"This is a competitive advantage, this is something you can't afford not to do."

During his lunchtime keynote presentation, Wafer explained the benefits of hiring people with disabili-

ties and how they have benefitted his businesses.

Increasing innovation in the workplace through different problem solving skills and low employee turnover were just some of the perks he mentioned.

"Accidents happen in the workplace because we break the rules, people with disabilities tend not to be rule breakers," Wafer said, adding in his 21 years employing 130 people with disabilities, he has never filed a workplace injury insurance claim.

Wafer added people with disabilities also solve daily problems differently.

"In order to get through their day, they have to do things differently and solve problems differently," he said. "Different problem solving skills breeds innovation."

As for employee turnover, he said the average employee turnover in a quick service industry such as Tim Hortons in Toronto is 100 to 125 per cent per year.

In his six stores, over the last eight



MARK WAFER

years, his employee turnover was less than 40 per cent, which means he's spending less money having to train new employees.

Wafer and his wife Valerie bought their first Tim Hortons in Toronto 21 years ago.

While hiring new staff, Wafer met a young man by the name of Clint who had down syndrome and was looking for a job.

"Because of the barriers I faced being a deaf youth, I knew that he was not going to find a job," Wafer said. "So I gave him a chance."

Wafer then enlisted the help of Community Living Toronto to help train him, which took about two weeks.

Community Living helps train people with intellectual disabilities with locations across Canada, free of charge to any company, Wafer said.

Not soon after Clint was on the job, Wafer said he became his "best employee."

Wafer said Clint would come to work early, wouldn't take a break and he had a tough time getting him to leave at the end of his shift.

"Where else do you find that kind of loyalty?" he said. "I started to see a pattern, those individuals with intellectual disabilities never took time off, never called in sick, they required no supervision at all."

Wafer now employs people living with intellectual and physical disabilities.

"You can't afford not to be involved."

Selkirk Biz executive director Sheri Skalesky said Wafer's talk gave local business owners some "great food for thought."

"He gave such great guidance and some great stats on why a business should consider it," Skalesky said. "It has to be a good fit."

"It would be great to start that dialogue."

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Brides might garner most of the attention on a couple's wedding day, but dashing grooms also will get their share of attention. As a result, grooms must be just as diligent as their blushing brides with regard to grooming and appearance on their wedding days. To look picture-perfect, grooms may want to include these grooming tips in their wedding day preparation.

Hair

Schedule a haircut with a professional stylist roughly a week before the wedding to get your hair shaped and trimmed. Although trendy hairstyles may show off creativity, keep in mind that photos last forever, and it's often better to stick with a classic cut. A barber or stylist may suggest styles that best suit your face shape and hair texture. Above all, the haircut should be neat. Resist the urge to wash your hair every day before the wedding. Allow some



natural oils to build up and make your hair shine in a healthy way.

Shaving

Shaving is another thing grooms must consider. If you have a beard, make sure it is clean, combed and trimmed. Men who shave the day of their weddings may find their skin is sensitive and irritated, which can lead to redness. Unless your facial hair grows especially fast, shave the evening before. This is a good time to splurge on a professional shave with a straight razor at a barber shop. A hot shave from a professional will produce a close shave with the least amount of irritation when done correctly.

Hands

Grooms also may want to book a manicure. Keep in mind that salons

Continued on page 17

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Your Wedding



Tame wedding day nerves

When couples tie the knot, many changes are in store, many compromises will be made and many lasting memories will be created. But in the weeks and months before their big days, couples can easily get caught up in the whirlwind of wedding planning, never taking inventory of their feelings until their wedding days have arrived.

Come their wedding days, couples should not be surprised if some nerves set in. A survey from the anxiety self-help resource The Fear Source indicated 71 percent of brides-to-be suffered from some type of nerves during the lead-up to their weddings. Ninety-two percent of brides experienced nerves on the day of the wedding or the evening before, while 66

percent reported that it affected their daily lives prior to their weddings or hampered their performance and enjoyment during the day itself.

According to Psych Central, a modern online voice for mental health information, emotional support and advocacy, pre-wedding jitters are common and can be the subconscious telling a person that something needs to be remedied. Wedding nerves do not mean a wedding is doomed; it just means certain issues may need to be worked through. The following are some ways to tame wedding day nerves.

- Keep an open dialogue. Speak with your future spouse about the things that may be causing your anxiety. Maybe you have doubts on financial

choices or where you will be living after the wedding. Communicating openly and honestly is one of the foundations of a strong relationship.

- Slow down and breathe. Wedding planning involves making many decisions, and sometimes couples move at breakneck speeds. Make slowing down a priority. Try to enjoy a quiet dinner with just the two of you. When enjoying peaceful moments, take deep breaths, which can be calming and revitalizing. If need be, consider signing up for a yoga or tai chi class to force you to slow down.

- Address performance anxiety. It's easy to build up the big day in your mind and hope that everything goes according to plan. But it's impossible to plan for each and every outcome on your wedding day. Focus on everything that can go right, rather than worrying about what might go wrong. Also, realize that your guests are your

friends and family members who will be forgiving of any hiccups along the way. You're bound to recover gracefully from any mishaps.

- Work on confidence. Wedding fears may stem from inadequate self-confidence. Give yourself a pep talk and surround yourself with positive people. Keep the worry-warts at arms' length for the time being.

- Recruit more help. Weddings are huge undertakings, so it's no surprise that couples sometimes feel overwhelmed. Ask reliable relatives or friends to double-check all of the last-minute details. This way you don't feel it is all on your shoulders.

Wedding day nerves are to be expected and often have little to do with the decision to get married. Planning such a big event can be nerve-racking, but there are ways to combat any anxiety that builds up as the big day draws near.

> GROOMS, FROM PG. 16

will do men's non-polish manicures and pedicures, and they can be well worth the investment. Photos of entwined hands or close-ups of the ring exchange will have guests zeroing in on your fingers. Have hands look their best with clean, shaped fingernails and trimmed cuticles.

Skin
Get plenty of sleep the night prior to the wedding. Being well rested will help reduce puffy eyes, dark circles and sallow skin. It will also put you in a more positive mood, which can help you enjoy the day even more.

The day of the wedding, shower using water and a mild soap. Avoid any skin irritation by patting your face and body dry, rather than rubbing it with the towel. Moisturize your skin to avoid dry patches. Stores sell many moisturizers geared toward men's needs, often in unscented or more masculine fragrances.

Reducing shine is key for wedding day photos. Rely on face and hair products that will not add unnecessary sheen to your skin or hair to avoid making you look greasy. Matte hair waxes and sprays will tame tresses. Also, ask your fiancé to pick you up a package of blotting tissues if you are prone to oily skin. These absorbent, typically rice-paper sheets will remove oil from your face and keep sheen to a minimum.

Smile

Make sure your teeth have been thoroughly brushed and that you have used a minty mouthwash so you're primed for that first kiss. Many grooms also opt for whitening treatments prior to the wedding so they have a dazzling smile. On their wedding days, grooms will likely be photographed more than any other time in their lives. That means putting extra effort into personal grooming to look their best.



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Dewar opens campaign office



RECORD PHOTO BY BRETT MITCHELL

Selkirk MLA Greg Dewar (centre left) officially opened his campaign office in Selkirk last Friday. Family, friends and supporters of Dewar showed up to the office located at 228 Manitoba Ave. for the grand opening, as Dewar prepares for the April 19 provincial election. Dewar has held the title of Selkirk MLA since 1990.

STARS lands in Selkirk four times in one week

Staff

STARS air ambulance had a busy week in Selkirk late last month.

From Feb. 22 to 28, STARS landed in Selkirk four times, according to STARS spokesperson Cam Heke.

Three responses were for medical emergencies including respiratory illness, heart attack and stroke, while the fourth flight on Feb. 23 was for an injured man from Winnipeg who fell four storeys off a roof, Heke told the *Record* via email.

"The worker who fell was in very stable condition with non-life threatening injuries during the transport, and he did not require critical care," Heke said. "The STARS nurse and paramedic landed at the hospital in Selkirk where they met with ground EMS, and then went with the patient in the ground ambulance to the Health Sciences Centre in Winnipeg."

As reported in last week's edition

of the *Record*, the 21-year-old Winnipeg man fell four storeys off a condo building being built along one of Selkirk's main drags.

On Feb. 23 at around 10:30 a.m., the Bjornson Roofing Ltd. construction worker was shingling the roof at the new complex going up at 1027 Manitoba Ave. when he suddenly slid and fell, hitting the concrete ground roughly 38 feet below him.

The employee, who has been working with the roofing company for more than two years, spent one night in hospital with minor injuries before being sent home to recover.

In total, STARS air ambulance responded to 16 emergencies across Manitoba from Feb. 22 to Feb. 28.

"There are times when STARS is automatically launched when the reported mechanism of injury has a high likelihood of a patient requiring critical care," Heke said.

RCMP warn about ongoing

email, phone scams

Submitted

Every year, people fall victim to fraud. Most people don't think it could happen to them, but fraudsters are using increasingly sophisticated methods to target citizens of all ages.

March is Fraud Prevention Month and the RCMP wants to warn citizens about some recent fraud schemes.

The RCMP and the Canada Revenue Agency (CRA) have been warning Canadians about an ongoing scam in which taxpayers across the country receive phone calls or emails from individuals impersonating CRA employees. These people are scammers. The scammers tell taxpayers that they either owe money to the CRA or have a tax refund. Taxpayers are threatened with arrest or jail time if they do not take immediate action and provide money or personal or financial information.

Over the past few months, police in multiple jurisdictions have received complaints from residents who say they were phoned by someone pretending to be a police officer in order to obtain personal information from them.

For more information on fraud prevention, please visit the RCMP website.

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Pharmacists in Manitoba should have an expanded role, survey shows

Staff

Manitobans are more aware and supportive of the expanded role pharmacists are playing in delivering health care services including flu shots, advice on medications, and treatment of common ailments, according to a new national survey.

The survey by Abacus Data for Canadian Pharmacists Association and Pharmacists Manitoba, to coincide with Pharmacists Awareness Month, found that Manitobans are increasingly familiar with the services pharmacists can provide.

Manitobans realize that pharmacists can meet and sit down for a review of medications (67 per cent), administer a flu shot (82 per cent) and other vaccines (56 per cent), and prescribe medications for some minor health conditions (48 per cent).

According to the Abacus survey, 96 per cent of respondents have a positive impression of pharmacists. Ninety-three per cent of Manitobans surveyed believe pharmacists play an essential and important role in the health care system, slightly higher than national average of 82 per cent.

Manitobans are recognizing the advantages of expanded scope. Specifically, a strong majority of Manitobans expressed their trust in pharmacists to manage both common ailments and chronic health conditions and provide advice on healthy lifestyle changes, medicines and vaccinations. These levels of trust are comparable to doctors and nurses.

"Manitobans know that when pharmacists have the authority to provide health services it leads to better care, better health and better value for our health care dollar" said Sharon Smith, Pharmacists Manitoba president said in a release last Friday.

Manitobans agree that allowing pharmacists to do more for patients will improve health outcomes (76 per cent) and reduce health care costs (82 per cent).

The survey on perception and attitudes about pharmacists was conducted online with a representative sample of 3,824 Canadians and 500 Manitobans aged 18 and older.

The survey was completed from February 19 to 25, 2016 by Abacus Data.

Pharmacists Manitoba is a not for profit, voluntary organization representing pharmacists in Manitoba.

getheard

EDITORIAL > VIEWPOINTS > LETTERS

> SELKIRK ON THE RECORD BY KEN HOWARD

Selkirk as a summer resort for Winnipeggers

In 1882 the Town of Selkirk was incorporated in the wake of Prime Minister Macdonald's decision that the transcontinental railroad and bridge would pass through Winnipeg, not Selkirk.

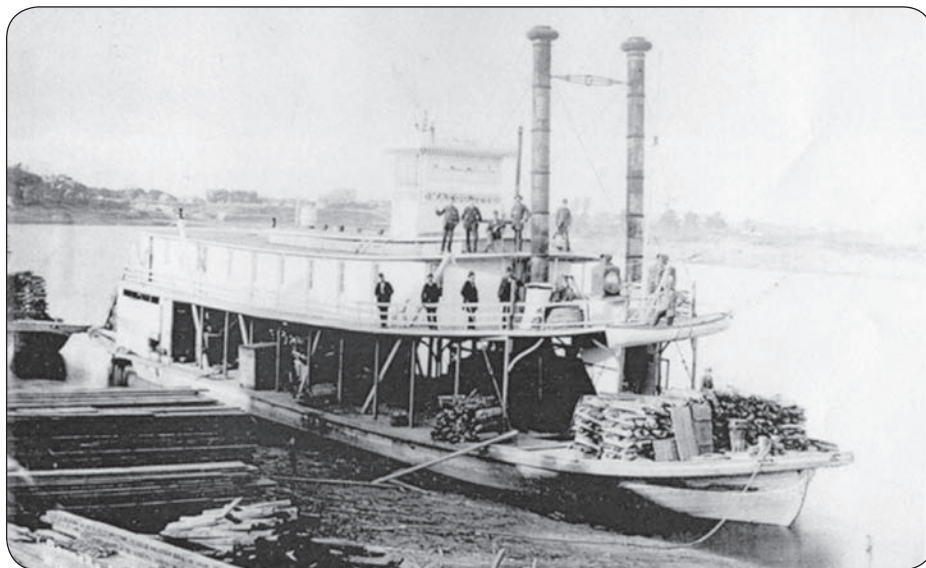
In his book "Selkirk - The First Hundred Years," published in 1981, Barry Potyondi noted that though the dream of the community leaders was shattered, visionaries had long cradled another less ambitious aspiration—that of the town becoming a summer resort for Winnipeggers.

The completion of construction of the CPR branch line to Selkirk the following year, 1883, served as the key to fulfilling this dream. Shortly, every summer thousands of visitors travelled by train and boat to gather, relax and picnic, relishing especially the natural beauty of the riverbanks' flourishing ferns or to rent one of the small sailboats from fish companies at the docks.

The greatest inflow of visitors occurred on holidays, especially the Queen's birthday, Victoria Day.

On May 24, 1884 Winnipeggers arrived aboard the train and the steamer Marquette, "a shallow-draft vessel fully capable of lurching over the treacherous St. Andrew's Rapids."

Owned and built in 1881 by the



SUBMITTED PHOTO

Owned and built in 1881 by the Northwest Navigation Company, the Marquette, pictured above in this S.S. Marquette Archives of Manitoba photo, was used on the Assiniboine River. She burned in Selkirk in 1894.

Northwest Navigation Company, the Marquette was used on the Assiniboine River and later on a run between Winnipeg and Grand Rapids. She burned in Selkirk in 1894.

In preparation for this festive event the town Council ensured that the "thistle inspector" had attended properly to his duties in town and at the fairgrounds and that Constable White had managed to swear in six "specials" at \$12 for all six, to keep order.

In the mid-summer months, picnics held primarily

by the CPR and Ashdowns Hardware Company blossomed, featuring a broad array of sporting events, three-legged races, horse races, long jumping contests, aquatic exhibitions, enthusiastic bands, dancing platform for the adults, wheels of fortune, and pleasure boats for cruising down the Red. Picnics of this nature continued to be very popular during the 1930s and 40s.

I remember scrambling on my bike, lured on by the joyous peals of music arising from bands in the heavily-treed park and once there, squeezing into the lineup for a free ice cream cone.

Stories of Selkirk's Pioneers and Their Heritage

KENNETH G. HOWARD

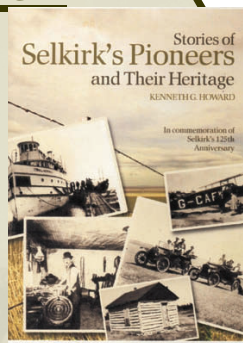
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sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

St. Malo stuns Selkirk with pair of road wins

By Brian Bowman

So far, home ice has been a disadvantage in the South Division final between Selkirk and St. Malo.

The home team has failed to win a game in the best-of-seven series, which St. Malo now leads 2-1 after a 4-0 victory last Saturday in Selkirk.

"They're doing a real good job blocking things out and not giving us any access to the net and any good scoring opportunities," said Fishermen head coach Chris Poponick. "And we're clutching the stick a little tight and getting a little too close to the net. The combination of the two resulted in a goose egg for us."

Three of St. Malo's goals came with the man advantage. Jeff Froese and Kyle Fortin scored power-play goals in the first period and then Bryden Johnson tallied in the second.

Johnson then added his second goal of the game on the power play late in the third.

"We spent a lot of time in the sin bin and they had a couple of 5-on-3s," Poponick said. "We had nine power-play opportunities against us and they scored on three of them. Our penalty kill has been fantastic all year but they got some really good shots from the point with deflections and got some good opportunities."

Selkirk evened the series at a game apiece after doubling the Warriors 4-2 in St. Malo last Friday. The Fishermen played really well in the much-needed road win.

Dylan Kulbaba scored the game winner with 5:54 remaining in the third period and then Drayton Mendrun added an empty-net goal with just a second left on the clock.

Karl Fey gave Selkirk a 1-0 first-pe-

riod lead and then St. Malo's Dustin Wiebe and Selkirk's Jeremy Pachkowsky traded goals in the second. Pachkowsky's goal came on the power play late in the middle frame to give the Fishermen a 2-1 lead.

The Warriors tied the score, however, at 5:31 of the third when Jessi Freund beat Fishermen goaltender Jordan Liske.

Liske made 29 saves for the win.

St. Malo took a 1-0 series lead after a 4-1 win March 8 in Selkirk.

"We worked hard all year to get home-ice advantage and we're really not taking advantage of it," Poponick said. "Fortunately for us, it's a best-of-seven and not a best of three so we (had) another crack at them on Tuesday."

St. Malo's Riley Hunter scored the first two goals of the game midway in the opening period and then Milan Horanski replied for Selkirk at 13:24 of the game.

The score would remain that way until 13:36 of the third when Johnson put the Warriors up 3-1. Jared Magne then closed out the game's scoring with 2:56 remaining in the third.

St. Malo outshot Selkirk 53-32, including a whopping 44-23 margin in the first two periods.

"That was probably one of the worst games that any of our clubs have played in the three years, as far as I'm concerned," Poponick complained. "We've never given up that many shots in a game in three years and to do that in the first game of the semifinals (wasn't very good)."

Game 4 of the Selkirk/St. Malo series was played Tuesday evening but no score was available at press time. Game 5 is set for Saturday (7:30 p.m.)



RECORD PHOTO BY BRETT MITCHELL

The Fishermen's Nigel Hoydalo battles for the puck in front of the net.

in Selkirk while Game 6, if necessary, is scheduled for Monday in St. Malo (8 p.m.).

If needed, Game 7 will be played Tuesday in Selkirk at 7:30 p.m.

In the other division final, Peguis leads OCN 3-1 in their best-of-seven series. Peguis won games by scores of 9-3, 3-2, and 6-1. OCN won 7-6 on Sunday to stave off elimination.

Next Home Game
KJHL SEMI FINALS
St. Malo Warriors
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 Game 7 - Tues. March 22nd
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Terriers the top dog against the Steelers

By Brian Bowman

The fact that the league-leading Portage Terriers have a 2-0 lead on the Selkirk Steelers in their best-of-seven playoff series is not too surprising to many people.

After all, Portage won 29 more games - and had 54 more points - during the regular season.

But what has been surprising, however, is how the Steelers have played against the defending RBC Cup champion Terriers.

Selkirk has kept pace with Portage in both games, including Sunday evening's 4-2 home loss to the Terriers.

"We're playing them pretty hard right now," said Steelers' interim head coach Jeff Mitchell before Monday's practice. "That's what Dustin and I expected from our group. We expected the compete level to keep rising and it has."

In Game 2, the two teams combined for five goals in the first 14:29 of the game and then Chase Brakel iced the win for Portage with a goal at 17:50 of the third period.

Austin Douglas and Jake Dudar scored for Selkirk in the first period while Dean Stewart, Jeremy Leipsic and Shawn Bowles, on the power play, scored for Portage.

Former Steeler goaltender Nathan Park made 22 saves for the win.

Portage took a 1-0 series lead after a 6-3 home win last Friday. The score was tied at 2-2 late in the second period before Portage scored three consecutive goals.

"It's been a three-, four-, five-minute stretch where they get a few quick ones on us," Mitchell said. "And then they get a two-goal lead and you obviously have to battle back."

Former Steeler forward Adam Worwyk led Portage with two goals and an assist while Nick Henry scored a pair of goals early in the third period.

Kain Stevenson and Brett Orr scored second-period goals for the Terriers while Dudar, Ezra Hall (on the power play) and Riley Derlago replied for the Steelers.



RECORD PHOTO BY BRETT MITCHELL

The Steelers' Cole McCarten and Portage's Riley Thiessen race for the puck in playoff action Sunday night.

The Steelers advanced to the quarter-final series with the Terriers after sweeping the Dauphin Kings in a best-of-three Survivor Series.

Selkirk secured the series win after a solid 4-2 victory over the Kings in Dauphin March 8.

Ty Kraus, Dallas Starodub and Mark Wilson scored first-period goals for Selkirk and then Hall tallied midway in the third.

Kirklan Lycar and Tyler Garrioch replied for Dauphin.

In Game 1, the Steelers beat the Kings 6-5 in overtime.

Game 3 of the Selkirk/Portage series was played

Tuesday evening but no score was available at press time. Game 4 will return to Selkirk on Friday. Puck drop is 7:30 p.m.

The Steelers need to find a way to beat Portage real quick or their season will abruptly end.

"It's going to be tough going back into their rink for Game 3," Mitchell admitted. "But we're just going to stick to our game plan and we have to limit those few minutes that we have been giving up each game where they seem to get a couple of goals on us. "If we can eliminate those mistakes and start capitalizing on our power plays and our chances, then we should be fine."

Royals' season ends with quarter-final provincial loss

By Brian Bowman

The Selkirk Royals opened the MHSAA "AAAA" Junior Varsity Girls' Provincial Basketball Championship with a great effort in a 42-38 win over the Shaftesbury Titans.

Selkirk's reward for that win? A matchup with the No. 1-ranked Vincent Massey Collegiate Trojans.

Selkirk had a real good look at why the Trojans are highly considered the top JV team in the province after a 71-25 loss to end their season.

"They are unbelievable," said Royals' head coach Sue Gilmour. "They could probably beat the majority of varsity teams. I would put them as a top-10 varsity team - they're that good."

The Trojans did a great job finishing against the Royals and also often converted second- and third-chance baskets.

"They had very few possessions where they didn't score," Gilmour said, noting Vincent Massey often outmuscled Selkirk for loose balls. "They drive well,

they shoot well, move the ball well and defensively they played us man-to-man and we could hardly get open."

Renee Partyka, a guard, led Selkirk offensively with 10 points while Charlotte Wilmott had six.

In the win over Shaftesbury, Selkirk built a comfortable 16-point lead and then hung on for the victory. The Royals had 12 of 13 players on their roster score in the game.

"I was pretty happy after that game," Gilmour said. "And we were able to get everybody on the floor for good minutes. We had, pretty much, everybody contribute."

Wilmott, a guard, led Selkirk in scoring with 11 points while Kelysian Warmington, a post player, had 10.

Selkirk did a good job creating offensive chances in the win.

"We were driving very well and a little more confident taking the ball to the basket than we normally

are, which created a lot of opportunities," Gilmour noted. "And our wing players did a good job finding the holes. They were reading the plays and cutting to the basket."

The Royals had a real good season, winning plenty of games before advancing to the quarter-final of the provincials.

"I think it was (a) fabulous (season)," Gilmour stressed. "It was an excellent season. A lot of the parents were impressed with the growth of the team and they made comments as to how much they improved over the last few months."

Gilmour, a long-time JV coach with the Royals, will be moving up with this group to the varsity level next season. She is very excited to coach these girls in the higher age bracket.

"It will be nice to see how these girls improve over the next couple of years," Gilmour said. "I'm very excited to be with this particular group because they have a lot of talent."

Mandryk leads Blues to national volleyball title

By Brian Bowman

What's better than winning a national university volleyball title?

How about doing it in your home province in front of a bevy of friends and family?

Lockport's Madelyn Mandryk enjoyed the volleyball experience of a lifetime last weekend, leading her University of Toronto Varsity Blues women's volleyball team to their first-ever national title.

"Everybody stepped up this weekend," said Mandryk, Toronto's ultra-talented starting setter, Monday evening. "It was amazing. I had so many options and everybody was on fire, so that made my job really easy because everybody was playing well."

Toronto defeated the defending-champion Trinity Western Spartans 3-0 (25-21, 25-18, 25-12) in the gold-medal match of the CIS championship on Sunday evening in Brandon.

"It's very special and an amazing moment, for sure," Mandryk said. "It was so nice. All of my family was able to come watch."

Mandryk's family was able to watch an outstanding Toronto team. The Varsity Blues finished this season with a perfect 25-0 record, including a 19-0 regular-season mark that saw them drop just three sets.

"It was an unbelievable season," Mandryk stressed. "I am so lucky and privileged to be a part of that."

Toronto went 3-0 in their conference playoffs to claim their second straight OUA title and became the 12th CIS school since 1971 - and the first OUA team since 1976 - to win the national banner.

So what made this Varsity Blues' team so good?

"It was a bunch of factors," said Mandryk, a fourth-year player. "We definitely had coaching leadership, which was very strong. Our coaching staff had a really clear vision of what we wanted to do and, obviously, there was a lot of commitment on the part of the team."

"Players pushed each other hard in practice every day."

That hard work definitely paid off with their stellar play at the nationals. But it wasn't an easy path to the title. In fact, Toronto squeaked past McGill 3-2 (18-25, 25-17, 25-27, 25-23, 15-13) in a tense quarter-final matchup Friday afternoon.

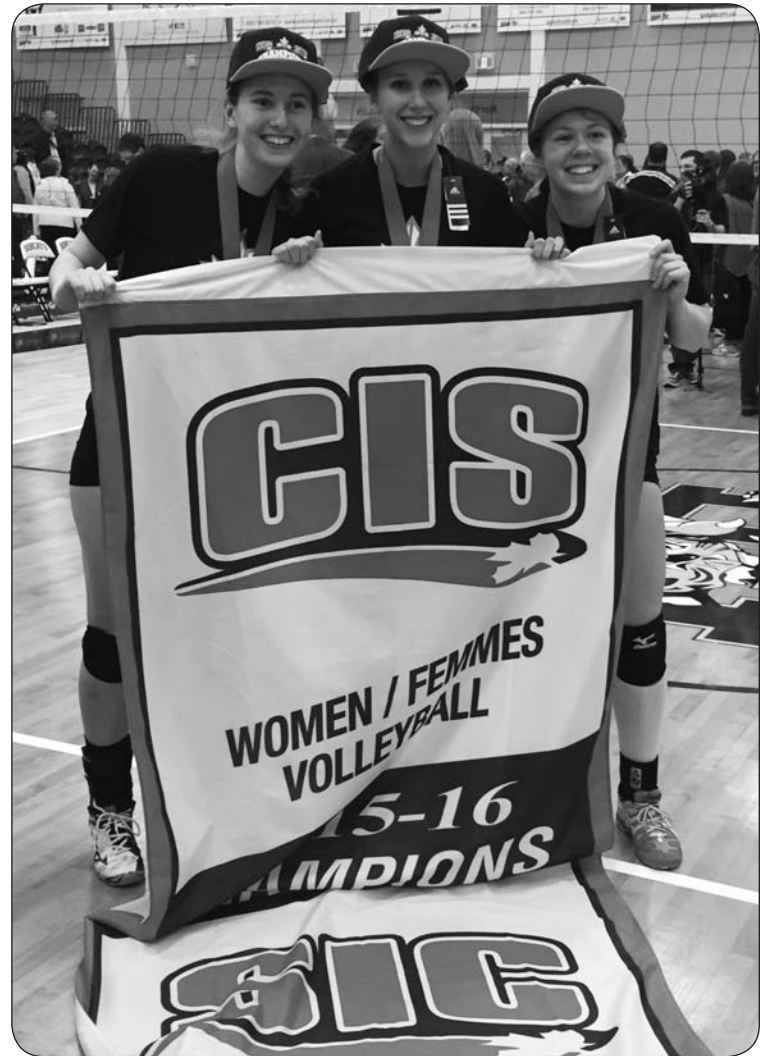
"We almost didn't make it out of there," Mandryk noted. "We won 15-13 in the fifth set and, in the fourth set, we were down 23-19 and they could have won right there. We were almost out in the first game."

On Saturday, the Varsity Blues defeated UBC Okanagan 3-1 by scores of 21-25, 26-24, 25-22, and 25-21 in a semifinal match.

Like all great teams, the Varsity Blues found ways to win at the most important time of their season. Mandryk felt competing at the nationals last season helped their club this year.

"We lost a really tough semifinal last year to Alberta and we were forced to play in that bronze-medal match and that's never a good feeling," she said, noting her club will lose three starters from this year's team.

"A lot of the same players came back and I think we all felt that the final was where we all wanted to be."



SUBMITTED PHOTO

Lockport's Madelyn Mandryk, far right and the University of Toronto Varsity Blues won a National title in Brandon last weekend.

Preds trail Vics in Bantam Female 'AA' hockey final



RECORD PHOTO BY BRETT MITCHELL

Predators' captain Cienna Palmer (4) takes a shot on net during Bantam Female "AA" playoff action.

By Brian Bowman

The North East Predators were down 2-0 to the Victorias heading into last night's Game 3 of their best-of-five Bantam Female "AA" final.

The Victorias defeated the Predators 3-1 on Sunday afternoon and then 2-1 on Monday evening. Both games were played in St. Andrews.

"It's been back and forth," said Predators' head coach Todd Cook. "The shots have been even and it's been a good couple of games. We just have to come back now."

Cook said it's been a physical series with plenty of penalties. The key for the Predators to get back into the series is to simply stay out of the penalty box.

Converting on their power-play opportunities would also help, said Cook.

"That's where we're losing out," he noted. "The power play has gone dry for us in the series so far."

The Predators reached the league final after winning their best-of-five series against the Saints in five games. North East won Game 5 by a 3-2 score last Friday.

North East, which is made up of "10 or 11" local players and others from River East, finished the regular season in third place with a solid 16-11-0-1 record and 33 points.

The Predators scored 78 goals while giving up just 56.

"We're defensively strong," said Cook, noting the Predators' coaching staff also includes locals Tyler Farrant, Korey Park, Kurtis Park and Kelly Mendrun. "The girls have gelled well together."

If necessary, Game 4 of the series will be played tonight (6 p.m.). A series-deciding Game 5 is set for Saturday (12:45 p.m.). Both games would be played in St. Andrews.

The winner of this series advances to play against the Eastman Selects.

Royals reach semis of hockey provincials

By Brian Bowman

The Selkirk Royals had quite the experience at the MHSAA "AAAA" boys' provincial hockey championships in Winnipeg last week.

Some of it was good. Some of it was not so good.

The good saw Selkirk reach the Final Four after splitting a pair of overtime games in pool play. The Royals lost 5-4 to the Vincent Massey Trojans from Winnipeg and then nipped the Dauphin Clippers 2-1 to advance to a semifinal matchup with the St. Paul's Crusaders.

In the semifinals, St. Paul's stormed past Selkirk 10-3. The Royals and Crusaders were tied at 1-1 after the first period with Selkirk outshooting St. Paul's 9-3.

But from there, it was all downhill for the Royals.

"The score wasn't really a good indicator of the game," Fredborg said Monday evening. "We were playing (well) and they got a lucky bounce and scored one midway in the second period."

The floodgates opened from there with St. Paul's turning a close game into a rout.

But despite the lopsided loss to end their season, Selkirk should be very proud of reaching the Final Four of the provincial boys' hockey champi-

onship.

"The score looks pretty bad but, overall, to get to that position and have an opportunity was a pretty good feat for the boys," Fredborg said. "It's a tough grind to get to (provincials). There are a lot of teams vying for the spots."

Most of the games at the provincials were extremely tight. A major highlight for Selkirk was, obviously, the exciting win over Dauphin. Chad King scored the game winner in OT.

"We played a really good game against Dauphin," Fredborg recalled. "We controlled the play for the most part and had the opportunities but their goalie played really well."

Selkirk will lose eight seniors from this year's team and many of those were very good players in the Royals' program. The key for next season will be to reload this program with a young influx of new talent from the area.

"Most of the top high school teams have a good chunk of seniors or Grade 12s on their team," Fredborg explained. "When teams are younger, they're kind of rebuilding, so it kind of goes up and down."

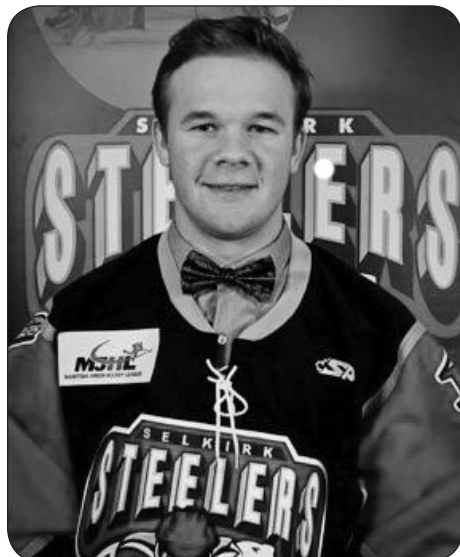
"Every year, you have to say goodbye to the Grade 12 kids. We have had these kids for three years, so they will be tough to replace."



RECORD PHOTO BY LANA MEIER

The Royals' Jordy Longbottom breaks away from a Dauphin player during provincial action last Friday.

Kuczek named MJHL Recycle Everywhere Player of the Week



Dexter Kuczek

Staff

Selkirk Steelers' forward Dexter Kuczek was named last week's MJHL Recycle Everywhere Player of the Week.

The 18-year-old forward recorded four points (three goals and an assist) in four games. The East St. Paul product also scored the overtime winner in Game 1 of the best-of-three Survivor Series against the Dauphin Kings.

The runners up for the award were defenceman Carter McMurdo, 19, of the Swan Valley Stampedes and forward Tristan Keck, 20, of the Winkler Flyers.

Selkirk Judo Club wins medals in Edmonton

Staff

The Selkirk Judo Club brought home four medals from the 2016 Edmonton International Judo Championships last weekend.

Justin Ekosky won a gold medal in the U16 male -66kg division while Joseph Kuch finished atop the U18 male +90kg division.

Damian Ekosky earned a silver in the U18 male -73kg category and Bailey Malinowski took home the bronze

in U16 male -66kg.

Other Manitoba medals winners featured:

*U18 female -57kg - Sasha Zigic - Nakamura Judo Club - silver

*U21 female -63kg - Alisha Kaegi - Keisatsu Judo Club - silver

*Senior Female -48kg - Lorena Kaegi - Keisatsu Judo Club - bronze

*Senior Female -63kg - Alisha Kaegi - Keisatsu Judo Club - silver

The Selkirk Record

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PROGRAM COORDINATOR

The STAR (Southwest Teens At Risk) Program is looking for a dynamic individual with diverse skills to case-manage at-risk youth within the Southwest Interlake region to fill the position of Program Coordinator. This position will be a 0.8 term position (August 1st 2016 - June 30th 2017). Our ideal candidate will have a degree or certificate in Social Services or an equivalent combination of education and experience. Familiarity with multi-agency initiatives, experience in working collaboratively within a team environment and an administrative background will be considered an asset. Salary will range between \$21.00 - \$23.00 dollars per hour depending on education and experience. Valid Criminal Records and Child Abuse Registry checks required. The successful candidate will be required to undergo an enhanced law enforcement security screening. Resumes will be accepted until 5:00 pm, Monday March 21st 2016. Please forward your resume to:
Danelle Guenther
STAR Program, 404-3rd Ave. South
P.O. Box 903, Stonewall, MB R0C 2Z0
danelle.guenther@rcmp-grc.gc.ca

COMMERCIAL SPACE

Commercial space for lease - Selkirk Industrial Park 534 Mercy, 2100 sq. feet (42 deep x 50 wide) 16 ft. ceilings 12 ft. door, in floor heat. Good for plumber, electrical or warehouse. \$1495 per month pay own electric and taxes. 1-204-482-7297.

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HOUSE FOR SALE

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PT/FT restaurant waitress, must have experience and p/t house-keeping. Days, evgs. & weekends. Call Sheri at 204-467-2354.

Full time Phase 2 Dental Assistant required for a dental office in Selkirk, MB. Please send resume to reception@redriverdental.ca

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Attn: Kris

Classified booking deadline is Monday 4 p.m. prior to Thursday's publication. Call 785-1618

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VOLUNTEERS are required for both our organizing committee and to assist at our July 2nd & 3rd 2016 50th Anniversary Event.

Please call Joyce at 204-794-6587 or email communications@manitobahighlandgathering.org



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Applications will be accepted until Monday, March 28, 2016, at 12 noon. Please include 3 references.

We thank all those who apply. Only candidates selected for an interview will be contacted.



CITY OF SELKIRK

PUBLIC NOTICE

SPRING WEIGHT RESTRICTIONS

The Public is hereby advised the 2016 Spring Weight Restrictions will commence for all affected streets in the City of Selkirk as follows on **March 11, 2016**

And will remain in effect until **May 31, 2016** unless otherwise notified.

Spring Weight Restrictions shall prohibit gross weight per axle assembly on City of Selkirk streets from exceeding **60 kilograms** in weight per 10 millimeters of width of tire.

65% of normal axle loads on residential streets
90% of normal axle load on truck routes

The purpose of Spring Road Restrictions is to protect roadways from damage during spring thaw conditions.

Council requests the co-operation of its citizens and the commercial industry.

For further information regarding Spring Weight Restrictions please contact the City of Selkirk, Operations Department at 785-4930.

Operations Department
City of Selkirk

East Selkirk Fire Dept. Fire Fighters Wanted

The East Selkirk Fire Department is currently accepting applications for Fire Fighters. Applicants must be a resident of the RM. of St. Clements and reside within the East Selkirk Fire Department's Fire District.

Applicants:


- Must be 18 years of age or older
- Must have Grade 12 Education (High School Diploma or GED)
- Must be medically and physically fit for Fire Fighting duties (Doctor's Certificate must be provided)
- Must have or be able to obtain a Manitoba Class 4 Drivers License with "Air Brake Endorsement"
- Must supply a Driver's Abstract
- Must have or be able to obtain Standard First Aid & CPR
- If selected for an interview must provide a Criminal Records check including Vulnerable Sector Clearance. Must have Level 1 Accredited Firefighting Certificate or must be able to obtain.

Applications will be received for the above position until **4:00 PM Friday April 15, 2016**

Interested persons are asked to submit a resume clearly marked "East Selkirk Fire Department" by mail, fax or email to the address listed below.

The East Selkirk Fire Department would like to thank all who have applied and advise that only those selected for an interview will be further notified.

Ken Sim, Director of Protective Services
R.M. of St. Clements
1043 Kittson Road, Box 2 Group 35 RR1
East Selkirk, Manitoba R0E 0M0
Telephone: Selkirk 204-482-3300
Winnipeg: 204-474-2642
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UPCOMING EVENTS

Grand Marais Recreation Centre Fish Fry Saturday, March 19, 2016, 4:30 - 7:30 PM Tickets \$15.00

UPCOMING EVENTS

Annual General meeting Monday, March 28, 2016 at 7:30. We need volunteers to fill executive positions and to keep the club running.

Vendors Wanted. Buy/Sell/Trade/ & Crafters Event. Sign up for \$20.00 and have yourself a Vendor's Table... For one day only! Saturday, April 23, 2016 Memorial Hall, 376 Jemima Street, Selkirk. You can display and interact with buyers and sellers. Lunch café bar available. Call Rhonda @204-485-3224 for further information.

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NOTICE TO CREDITORS

IN THE MATTER OF THE ESTATE OF RONALD EDWARD STILL, late of the Village of Loon Straits, In the Province of Manitoba, deceased. All claims against the above estate, duly verified by Statutory Declaration, must be filed with the undersigned at their offices at 407 Main St., Selkirk, MB, R1A 1T9, on or before the 23rd day of April 2016. DATED at the City of Selkirk, in Manitoba, this 10th day of March 2016. DAVID MOORE LAW Solicitor of the Administratrix

Don't forget to send your special wishes to your friends and family with a message in the Record

ANNOUNCEMENTS GRADUATION



Tanner Ochitwa

Congratulations on graduating March 7, 2016 as an RCMP Constable. Good luck with your B.C. posting. We know you won't miss the snow. We're very proud of you!
-Love Mom, Dad and Tyson.

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OPEN HOUSE SATURDAY, MARCH 19 1-3pm
205 VAUGHAN AVE. SELKIRK **\$224,900**
Showings start Friday February 26th, offers as received. Don't miss out on the potential this property has! Looking for a house to make into your dream home with large yard in town? Looking for income from potential subdivision or buy sub divide, upgrade the existing home and build new? This large 99' x 115' three lot property featuring 1568sqft 1 3/4 story home with 3 bdrm, 2 full bath home has all that! Turn the upper level laundry room into a 4th bdrm or expand the 3rd bdrm while moving the laundry in the large 4pc bath on the upper floor. House needs some upgrades and some work was started but not completed. Large kit., RM, LR and second 4pc bath make up the main floor. Call today!

OPEN HOUSE SAT & SUN MARCH 19 & 20 1-3pm
493 HETHRINGTON AVE. WINNIPEG **\$199,900**
Cute 2 bdrm, 1 bath + den in Fort Rouge. Mins to Osborne Village & downtown Winnipeg, featuring 3 season sunrm, fenced in yard, hrdwd firing, 9' clings & original woodwork. Perfect for a small family, young couple, singles or an income property. Priced to move! Book your showing today!

1 MEADOWLARK BAY ST. ANNE **\$539,900**
Stunning 2205sf, 1 1/2 Story Cust Blt Open Concept Timber Frame Executive Home in the Semi Gated Lake Riviera Estates. Features a main flr lrg MBdrm w/stone faced FP, 4pc ensuite w/2 person jetted tub, WIC & walk out to 160sf 3 season sunrm on 55'x40' deck, fenced in yrd next to Seine River. Cath. clings in GR & kit, DR. 2 BRs (w/htd WIC) w/open loft. One of a kind both inside & out w/pet friendly fenced yrd. Many more great features. A "Must See" that is part of a co-op which incl 160 acres of common land with a lake. Common fees \$90/month.

119 SWINDON WAY, WINNIPEG **\$158,900**
BELOW ASSESSED VALUE! OPEN TO OFFERS! Fully reno 1 bedrm, 1 bath 801 sqf main flr unit, Tuxedo Village. Extensive Kit & bathrm upgrades & renovation, New carpet/bsebrds in LR & lrg MBdrm. In-suite laund w/newer washer/dryer. High Eff. furn. 7 yrs old. Tuxedo Village features an in-ground pool, Tennis Crt, beaut Indscping and close to great amenities. All goods are included as well as the furniture if you want. Call now its easy to show! NOTE: Fireplace is decommissioned

8 RIVIERA DRIVE ST. ANNE **\$479,900**
Welcome to Riviera Estates! Stunning raised bung, beautifully Indscped in semi gated community mins from Ste. Anne, Steinbach & 30 mins to Wpg. Open concept main flr features 10' clings, oak hrdwd flrg, ceramic tile, bright/open kit w/ granite counters. 3 lrg bdrms on the main flr incl. the master w/his & her closets, 4 pc ensuite w/jetted tub & deck access. Lower level has 9' clings w/another 3 lrg bdrms, lrg fam. rm w/dry bar, lrg utility rm & laund. rm.

353 EVELINE ST. SELKIRK **\$479,900**
829sqft commercial space for sub-lease in the Selkirk Medical Clinic. High Traffic area.

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ANNOUNCEMENTS

CARD OF THANKS

We would like to thank everyone who attended Bette Dalman's Celebration of Life on March 5, 2016. Your presence was a great support for us. Thank you to family who travelled from out of province to be there on this memorable day. To those who were unable to attend but sent prayers and messages, it truly was a comfort to us. Special acknowledgments to Rev. Ken Pawluk for officiating and Rev. Godfrey Maweije for the Bible reading. Thank you to all who participated in the service to make it the special day of remembrance we will cherish forever. The flowers, cards and donations received are greatly appreciated.

We would like to express our gratitude to Rob Laycock and Gilbert Funeral Chapel staff for their guidance and support during this difficult time. Thank you to Leanne Gilbert who did a beautiful rendition of "In the Garden" and to Donnie Little Catering for the delicious lunch following the service.

-Lovingly, Dalman Family

ANNOUNCEMENTS

IN MEMORIAM



Joe Wyspinski

October 27, 1929 – March 15, 2013

Though your voice is gone forever,
And your hands we cannot touch;
Thanks for all you did for us,
And for loving us so much.

-Lovingly remembered by
Elsie and family

IN MEMORIAM

**Denis Still and Ed Still
In Loving Memory**

It's been 18 long years since you left us, Denis
And Eddy who left us on December 7, 2015 to
reside

In Heaven with our Heavenly Father and Jesus
our Lord.

We still miss you and love you and wait patiently
to be with you both.

-Lovingly remembered by Lorraine and Karin,
and family

IN MEMORIAM



Don Pearson

March 14, 2013

In loving memory,

-Brenda

ANNOUNCEMENTS

IN MEMORIAM



William Gamble

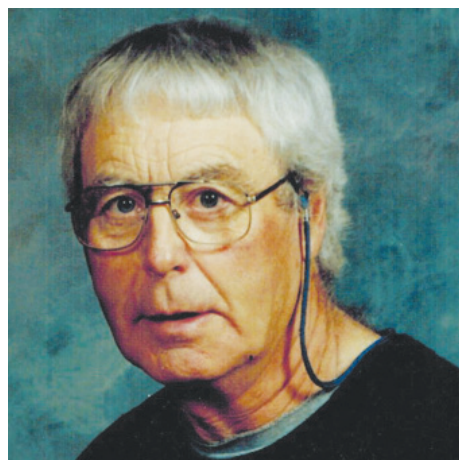
December 18, 1969 – March 15, 2005

With love in our hearts

You walk with us forever.

-Love Mom, Dad, Tracey,
Bryan, Holly and Clair

IN MEMORIAM



Grant Panting

September 23, 1940 – March 22, 2011

**In loving memory of our beloved
Husband, Dad and Papa.**

It has been five years now and
Remembering you is easy,
We do it every day.

But missing you is something
That will never go away.

-Sadly missed by wife Helen,
children Barb and Brent, and
grandsons Cam and Diaz.

IN MEMORIAM



**In Loving Memory of
Donohoe Pruden**

August 29, 1940 – March 17, 2015

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.

-Pat, Troy and Heather, Jason and Sheri,
Scott, Amber, and Tyler and Ryan

Announcements

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OBITUARY



Dorothy May Stewart (Atkinson)

August 21, 1917 – March 4, 2016

Celebration of Life conducted from

Selkirk Bethel Chapel

11 a.m., Friday March 11, 2016

Dorothy was born on August 21, 1917 to Abe and Annie Atkinson, in Glen Ewen, Saskatchewan. She was the third daughter in a family of four girls: Mary, Laura, Dorothy and Ruth. In 1922 Dorothy's father bought land in Northern Saskatchewan in the Spruce Lake area, where he built a home of hewed logs and a cottage roof. The family happily settled in. Six short years later, on January 3, 1928 Dorothy's father, Abe, was helping a neighbour move a granary; he fell off the granary and was badly injured. Within 15 hours of the

accident he died at the young age of 45 years. Abe's brother Ross, and his wife (Annie's sister) Kate, moved to the area with their family to help Annie with the farm work. That summer Annie had a new lumber home, built with a lot of help from Uncle Ross and the neighbors. Uncle Ross and Aunt Kate's daughter Jean and Dorothy were fast friends at the age of three, and the two became lifelong friends.

In 1935 Dorothy married Earl Barker, and they had four children: Madeleine, Earl, Melba and Gerald. Earl and Dorothy farmed in the Spruce Lake areas until 1955, when they moved to Selkirk, Manitoba. In 1980 Earl passed away. Dorothy worked at the Selkirk General Hospital and at the Selkirk Mental Health Centre, and retired in 1982.

Dorothy met and married Elgin Stewart and they lived in Rapid City, Manitoba for a time. Elgin passed away in 1985, and Dorothy returned to Selkirk.

On November 15, 2015, Dorothy went into the Selkirk General Hospital. She passed away on Friday, March 4, 2016. She will be so missed by her family and friends.

Dorothy was predeceased by sisters Mary, Laura and Ruth and daughter Melba and her good friend Jean. She leaves behind sister Florence (Bob), daughter Madeleine (Milton), sons Earl and Gerald (Aurise), son-in-law Jerry Wery, daughter-in-law Charlene Barker, very special friend Lila Smith, and many grandchildren, great grandchildren and great great grandchildren.

We will all miss Dorothy in our own ways, but we are thankful to the Lord for the many years we had with her. If you wish, donations may be made in Dorothy's memory to Selkirk Bethel Chapel or the Gideons Society.

-Love, all your family and friends

OBITUARY



Ronald Denis McRae

Peacefully, on the morning of March 12, 2016, Ronald Denis (Denny) McRae passed away in his 82nd year.

Denny will be remembered by his children, Audra (Joby), Tracy (Barry), Donna (Jim) and Debra; grandchildren, Jessica, Carter and David; his sisters Betty and Heather (Phil) as well as many nieces and nephews. He is predeceased by his wife Joyce; his parents William and Rachel; siblings Garry and Connie; his brother-in-law Allan, parents-in-law David and Alma; sister-in-law Katie as well as his niece Ashley.

Denny was born in Winnipeg, MB on March 24, 1933 and raised in the Meadowdale District. He met and married his sweetheart Joyce on November 14, 1964, whom he affectionately called "Mommy". They continued to live in Meadowdale where they farmed and raised their family.

He enjoyed curling, hunting, snowmobiling, taking his girls for airplane rides around the neighbourhood, winter roads, and traveling to Florida Keys, Alaska and Palm Springs. Most satisfying to him was taking the grandchildren to town for ice cream.

We would like to thank the many friends, neighbours and family that so generously gave of their time to visit and keep Dad up to date with what was going on in the neighbourhood, the caregivers at Tudor House personal care home for taking such great care of Dad during the seven years he resided there, and the Good Shepherd Lutheran Church congregation for their spiritual support and care packages. We would also like to thank the emergency doctors and nurses at Selkirk General Hospital in times of need, and most recently, Gilbert Funeral Home for their gentle guidance and support.

A Celebration of Denny's life will take place on Saturday, March 19 at 11:00 a.m. in the Gilbert Funeral Home, 309 Eveline Street, Selkirk Manitoba, with Rev. Erik Parker officiating. Cremation has taken place and interment will follow at a later date.

In lieu of flowers, donations in memory of Denny may be made to the Selkirk and District Community Foundation 200 Eaton Ave., Selkirk, MB R1A 0W6 or online through endowmanitoba.ca

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



get inspired

> MEAL IDEAS

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Macwich

Prep time: 5 minutes
Cook time: 10 minutes
Servings: 4
8 slices garlic bread, frozen
1 package Macaroni and Cheese
4 slices cheddar cheese
16 dill pickle chips (optional)
1 can tomato soup, prepared (optional for dipping)
In large non-stick skillet over medium-low heat, heat 8 bread slices for 3 minutes and flip over to evenly warm through.
Prepare macaroni and cheese according to package directions.

Place 1/2 slice of cheddar cheese on each piece of garlic bread.
On 4 pieces of garlic bread, evenly spoon 4 ounces (about 1/2 cup) of macaroni and cheese on top of cheddar cheese/garlic bread slices.
Place remaining 4 slices of garlic bread on top of macaroni and cheese stack.
Toast both sides for an additional 2 minutes or until bread is toasty brown and cheese is melted. Serve with dill pickle chips and tomato soup for dipping.

Mushroom and spinach pasta



5 mL (1 tsp) dried thyme
1 L (4 cups) sliced mushrooms
30 mL (2 tbsp) all-purpose flour
500 mL (2 cups) 1% milk
500 mL (2 cups) chopped fresh spinach
125 mL (1/2 cup) chopped fresh basil or parsley
2 mL (1/2 tsp) pepper

Directions
Cook pasta according to package directions. Drain.
In large non-stick skillet, heat oil over medium-high heat; cook garlic, onion and thyme, stirring, for about 1 minute. Add mushrooms; cook, stirring often, for about 8 minutes or until starting to brown. Sprinkle with flour; cook, stirring, for 1 minute.
Gradually stir in milk; bring to boil and cook, stirring, for about 3 minutes or until thickened. Stir in spinach, basil, and pepper; cook just until spinach is wilted. Toss with pasta.

Makes 4 to 6 servings
This side dish is perfect to accompany a chicken or beef dinner any night of the week.
Preparation time: 15 minutes
Cooking time: 15 minutes

Ingredients
375 g (12 oz) whole wheat rotini, rigatoni or farfalle pasta
15 mL (1 tbsp) olive oil
3 cloves garlic, minced
1 onion, chopped

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