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THURSDAY, MARCH 21, 2019

VOLUME 10 EDITION 12

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Searching
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RECORD PHOTO BY BRETT MITCHELL

Larry Robinson, the Marine Museum of Manitoba's restoration manager, pictured centre, and Shaylene Nordal, the museum's manager, left, were busy moving archives, displays and other items from the lower levels of the ships to higher ground last Thursday afternoon. Flood preparations are now in full swing in Selkirk and surrounding area communities with warmer temperatures on the way. For a story, see Page 3.

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Bracing for a rising Red River

Flood preparations in full swing with warmer temperatures on the way

By Lindsey Enns and Justin Luschinski

Rising Red River water levels are on the way, according to the province's latest flood outlook.

With favourable weather, the province's flood forecast at this stage indicates the Red River would rise to 2011 flood levels. With unfavourable weather conditions, water levels will be higher than 2009 levels by almost one foot at Emerson and by one-in-a-half feet at Ste. Agathe and reach 22 feet at James Avenue in the City of Winnipeg.

"Heavy snows have fallen in the northern United States and across the Red River Valley," the province stated in its updated flood forecast released on Monday afternoon. "The Assiniboine River system will see limited flooding, so the focus at this time is on the Red River and its tributaries, as they will see substantial flooding."

The Amphibex ice breakers have wrapped up their operation along the Red River and are headed north this week in an effort to prevent more ice jam related flooding this spring.

Darrell Kupchik, executive director of North Red Waterway Maintenance Inc., said on Monday that their equipment is being deployed to Riverton and then they will make their way to Brokenhead Ojibway Nation and Fisher River Cree Nation. Kupchik said there is also a chance they will be needed to break ice near the Portage Diversion.

The 14th season of the ice breaker program began on Feb. 25 and wrapped up last Sunday morning just outside Selkirk. Kupchik said crews



RECORD PHOTO BY JUSTIN LUSCHINSKI

Shawn Trudeau shovels some snow in front of his father-in-law's house on Patricia Drive near Netley Creek, which is prone to spring flooding, last week.

"worked around the clock" to finish ahead of schedule this year.

"We're actually quite happy with how fast the operation was completed," Kupchik said when reached by phone on Monday morning. "We started one week later and we finished exactly when we usually finish."

"We got off the Red River earlier than we anticipated."

With warmer temperatures expected to arrive this week, Kupchik said it's important for property owners near the Netley Creek area and along the Red River to brace for the possibility of rising water.

"Warmer temperatures could lead to a rapid melt," he said. "You're gonna want to make sure that if you have any outflows or culverts that everything's done and watch the Red River for any signs of ice jamming."

Shawn Trudeau's sister and some of his in-laws live on Patricia Drive in the RM of St. Andrews beside Netley Creek. The area is frequently prone to flooding, and every time it happens,

Trudeau offers them a place to stay, helps them pump out the water and recover whatever they can from their homes. Trudeau said his family members are already bracing for spring flooding.

"My relatives called me a few days ago, asking if I had any room in my basement, because they're coming by for sure," he said "They said they've already booked time off of work, they'll have to try and save some of their stuff."

"It's incredibly frustrating, because we never really had these problems before (the dredging program) was stopped."

Officials in Selkirk and surrounding area communities say they are watching the spring melt closely and their flood preparations are in full swing.

St. Andrews Mayor Joy Sul said they've already started working with their emergency measures organization.

Continued on page 4

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> BRACING FOR A RISING RED RIVER, FROM PG. 3

"Currently, we have 3,000 sandbags worth of sand, which residents can pick up right now (at the RM office), and our fire department is looking into setting up some tube dams," Sul said. "The problem is, we don't get any notice when the province decides to open the floodgates. They let us know a few hours before they do it."

Sul said they're trying to work with the province so their RM can better prepare for an increase in water levels. Sul also wanted reassure St. Andrews residents that they are being proactive, and are monitoring the situation very closely.

Trudeau said around Netley Creek, properties along Murdoch Drive and Patricia Drive, are prone to flooding.

Kevin Just, who owns a cottage on Patricia Drive, says he's vacationed there for 20 years. He said this spring he's extremely concerned for his property.

"I'm very worried," Just said. "Usually, when it floods ... I have to pump it out, take time off work to pump it back into (Netley Creek), then I got to put fans everywhere, and hope it doesn't get moldy before the summer."

"We get floating debris, which damages our cottage, we are on the hook for all of it. I had to spend a lot of money to raise the cottage."

For information regarding sandbags in the RM of St. Andrews call the RM office at 204-738-2264 or visit the "2019 Flood Information" tab on their website, rmofstandrews.com.

In Selkirk last week, Marine Muse-



RECORD PHOTO BY GREG BERG
Ice breakers make their way up the the Red River in Selkirk near the Selkirk Waterfront last Wednesday evening.

um of Manitoba staff and volunteers were busy moving archives, displays and other important items to higher ground. Museum manager Shaylene Nordal says it's all part of their own flood preparations.

"We're a little worried," Nordal said. "There's always a concern when you think there's going to be flooding coming."

"THERE'S ALWAYS A CONCERN WHEN YOU THINK THERE'S GOING TO BE FLOODING COMING."

"I know we can hold the water back but it's the ice jams that are a major concern for us."

Nordal said during the 2007 flood, some of their archives were damaged so they are trying to prevent that from happening again.

"The artifacts can't take another hit like that."

The rural municipalities of St. Clements and West St. Paul are also closely monitoring the spring melt.

In West St. Paul, sandbags will be available to residents for pick up at Public Works located at 1159 Kape-lus Dr. when and if overland flooding does occur. The RM has also begun inspecting all dikes, including the Baldock dike, and are clearing drains of snow and ice to minimize the possibility of overland flooding.

The RM of St. Clements is also preparing their ditches for spring. The RM says if ditches are not draining water or if residents are in need of sandbags for overland flooding, call the RM office at 204-482-3300.

Merch to start hosting stand-up comedy nights on March 26

By Justin Luschinski

Do you like to tell jokes or love to laugh? Then The Merch in Selkirk wants to start seeing you on Tuesday nights.

The Merch will start hosting a Stand-Up Comedy Night every Tuesday evening starting on Tuesday, March 26. It will be open mic style, so participants can sign up before the show starts, and share their best jokes with an audience. The event is being hosted by Jimmy Skinner, and features a few Winnipeg comedians who are driving up to give Selkirk a nice show.

Dean Peterson, owner of The Merch, said they've been thinking about hosting a comedy show for a while.

"My wife is really into comedy, and we have a lot of staff that go to Rumors in Winnipeg. It's always a fun time, and I thought 'why can't we do that here?'" Peterson said. "I'm pretty excited. It's never really been done (in Selkirk), and I'm excited to watch it grow."

The Stand-Up Comedy Night will run every Tuesday evening starting on March 26. Peterson said he has a lot of experience with the local music scene, but not comedy, which is why he's brought on Skinner to host. He hopes the open mic can inspire some residents to take the stage, and maybe begin a career in comedy.

Skinner said he's already been getting some interest from aspiring comedians in Selkirk and the surrounding areas.

"I've been getting a lot of messages. There's some very funny people out here, who can't do a set in Winnipeg, but they're thinking about coming out to (The Merch)," Skinner said. "I think this is something new that people want to see, and be a part of. If you enjoy comedy at all, stop by, it'll be a great time."

Skinner said he's looking to bring some Winnipeg heavy-hitters to help give Selkirk a good show. He confirmed that Chris Stanton, a regular finalist for Winnipeg's Funniest Person With A Day Job, will be making an appearance and he's got a few more special guests planned for the first show.

Stand-Up Comedy Nights will also feature beer and cocktails specials and Frank's Pizza by the slice. Sign ups start at 7 p.m. with the show beginning at 8 p.m.



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Charities looking to fill Easter baskets for kids

By Justin Luschinski

The Manitoba Association of Women's Shelters and Ronald McDonald House Charities Manitoba is teaming up once again in hopes of filling Easter baskets for children this season.

The Easter Baskets for Community Kids Donation Drive is asking individuals and businesses throughout the community to contribute either monetary donations or items to be included in each basket.

Discovery Toys Educational Consultants will be assembling the baskets and are seeking donations of small packages filled with treats, toys, and necessities. The baskets will be distributed to children currently staying at women's shelters across Manitoba, including Nova House in Selkirk.

Tanya Pilat, one of the co-ordinators of the project, said that many people donate during Christmas but children deserve to feel special during other holidays as well.

"Everyone thinks about the kids at Christmas. We don't often think about them during other holidays, I know my kids love the chocolate and the Easter egg hunts," Pilat said. "Children leaving an abusive situation can't look forward to an egg hunt. There are other times of the year where they need to feel special, and we're able to provide that."

Last year, they were able to distribute more than 200 baskets and this year they are hoping to do the same. They are hoping to have the baskets packed and ready to go by April 12.

Pilat is urging people to donate, as many parents are extremely thankful for their support.

"We get letters from our shelters, especially for our moms. They feel like (being in a shelter) is a low point in their lives, and they're trying to be the best parents they can in a tough situation," Pilat said. "Last year, a woman contacted me, she stayed in a shelter for over a month, and now that she's in a stable position, she sponsored a basket. She said 'you have no idea how much it means to the parents, and the kids.'"

Pilat said they constantly receive letters from the shelters, talking about how thrilled the mothers are that they can provide some joy to their children.

For more information, contact Tanya Pilat directly by calling 204-453-6984, or via email at tanyapilat@yahoo.com.

Spotlight shines on local skaters

RECORD PHOTOS
BY LINDSEY ENNS

Talented local skaters of all ages took the ice during the Selkirk Skating Club's annual Ice Show at the Selkirk Rec Complex last Saturday afternoon. This year's theme was Broadway featuring skaters from the club's Can Skate/Learn to skate groups, Star Skaters, Future Stars (Bridging) Group, Edges Circles and Agility Group, and Competitive Skaters.



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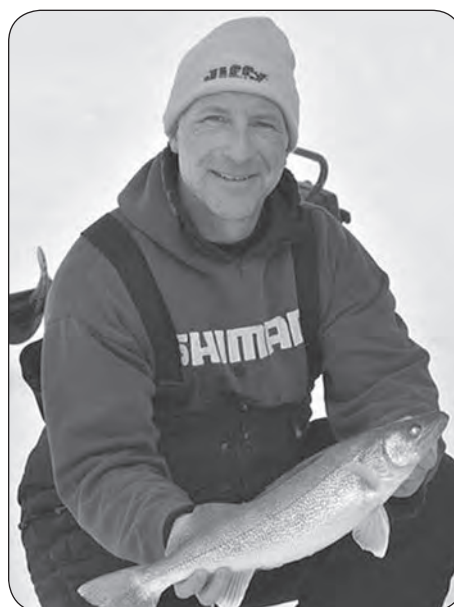
Fishing derbies create pride, memories

Hi folks.

I think it's fair to say there has been an explosion of ice fishing derbies in Manitoba in the last decade. During that time I've noticed each derby seems to have its own character based on the folks in the community who put it on. I must admit to having a soft spot in my heart for the Grand Marais derby as well as other small town derbies like it. That little town has tried so hard making access roads to the ice in winter to attract anglers for ice fishing, including derbies to raise funds for a new harbour. They lost their pier to a vicious storm years ago.

Just ask Mel Smith, a tiny, well meaning, charming gal with light brown hair in pig tails, a brilliant smile and tons of energy. Speaking in quick half sentences as I stood with her on the deep snow cover on the Lake Winnipeg ice, surrounded by this year's derby participants, she spoke passionately about the towns' endless drive to regain a marina, perhaps in their beautiful natural lagoon and her love of fishing. They didn't have enough money this year to snow plow an area for the anglers to fish on but the local folks and visitors took it in stride and shoveled out spots for themselves while volunteers helped drill holes. Local folks or those who had a connection with the town gathered and as I went around talking to them there was a sense of closeness and good hearted feelings as they intermingled shaking hands and catching up with people they hadn't seen since last year.

Mel laughed when I asked her if she had a fishing story for us. She said the first time she went ice shack fishing with friends here on New Year's Eve years ago she no sooner got her baited hook below the ice and a fish struck. With only a little line out from her rod she hauled up hard and a pickerel came jumping out of the holes water, slipped her hook and without so much as a thank you took a nose



RECORD PHOTO BY ARNIE WEIDL
Dean Stockman with his first place winning walleye catch at the Grand Marais Ice Fishing Derby.

dive disappearing into a neighboring ice hole!

Later, at the end of the derby Dean Stockman, from the area won first prize with a nice pickerel which he proudly held up for us. Thanks Dean and congratulations.

I was cruising up and down the ice of the Red River a couple of weeks ago on a hazy afternoon and saw a chap standing beside his SUV nursing two short rods with lines in ice holes. I pulled up to him and asked if he was having any luck. "Not much," our new friend, with a pleasant face, short grey hair and full body that moved with ease responded. "What's your name?" I asked getting out of old red. "I'm Herb Block and my wife's first name is Ruth, but just because the first letter of our first names are "H" and "R" doesn't mean we're connected to the income tax guys," he kidded. I thought that one over for a moment before

asking Herb, an obvious joker, if he had a fishing story. He did and it went like this.

Some time ago Herb got Ruth to go up to Waterhen Lake north of Dauphin to fish with him. It was her first time and standing on the shore with new fishing gear on a bright, windy morning, she promptly caught two master angler sized pickerel. Weeks later, at home in Winnipeg when Herb asked her to come fishing again she said, "No, I've done it once and it was ok but I'm gonna quit while I'm ahead!" It's so great to see you and your wife have a sense of humor Herb.

Rarely have I met an angling brother who had so many fishing stories we had to take a coffee break between the telling of his experiences. Such a man was Richard Stocki of Winnipeg whom I recently met. He was a robust fellow of average size with a round face covered by a white beard, short grey hair and an air about him that made you feel as though he had been your buddy for years. Here is one of his stories. It was the last day of deer hunting years ago and Richard wanted to go try his luck but his brother persuaded him to go fishing on Netley Creek. Richard thought to bring his gun in case he saw a deer but again his brother told him to forget it. Off they went. They drilled ice holes with a hand auger in maybe six inches of ice. They were happily landing pickerel and jack, yapping back and forth while eating sandwiches and washing them down with coffee, until they heard a snort. They looked up and there stood a five point buck staring at them. "See," Richard shouted at his brother, "my gun's at home and we wind up with a huge buck twenty feet away!" The buck regarded them with a blank uncaring look then gingerly turned and made for the bush cover of the creek bank!

Till next week my friends, bye for now.

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Daffodil Days for cancer society to take place in Selkirk on March 22, 23



PHOTO COURTESY OF METRO NEWSPAPER SERVICE

Daffodil Days will take place on Friday, March 22 and Saturday, March 23 at Canadian Tire in Selkirk. All of the proceeds from the sales will go the Canadian Cancer Society.

By Lindsey Enns

A group of dedicated volunteers are once again teaming up to sell fresh bouquets of daffodils for a good cause.

Volunteers will be at Canadian Tire in Selkirk on Friday, March 22 from 11 a.m. to 7 p.m. and on Saturday, March 23 from 10 a.m. to 6 p.m. selling fresh daffodils for \$7 a bunch and daffodil pins will also be available by donation to the Canadian Cancer Society.

Diane Smolinski, a Canadian Cancer Society volunteer who lives near Clandeboye, said since she's a cancer survivor herself, this annual fundraiser is near and dear to her heart.

"A huge 'thank you' to Canadian Tire for welcoming us back to their store and to the great group of volunteers

who continue to support the Canadian Cancer Society with their time and energy," Smolinski said.

In 2018, more than \$300,000 was raised in Manitoba during Daffodil Days, she added.

"The money raised funds cancer research, prevention, advocacy as well as informational services," she said. "The Canadian Cancer Society's door-to-door campaign will also take place across Manitoba throughout the month of April."

Those interested in placing a pre order or wanting more information about Daffodil Days can contact Diane Smolinski directly by calling 204-738-4408.

Clandeboye church hosting monthly jam sessions

Staff

St. George's Wakefield Anglican Church located in Clandeboye is now hosting jam sessions for anyone interested the last Friday of every month.

The jam sessions, which feature anything from rock, blues, gospel and old time music, kick off at 7 p.m. and everyone is welcome to attend.

For more information about the St. George's Wakefield Anglican Church, visit stgeorgeswakefield.ca.

Selkirk library to host Red River North Tourism AGM March 27

Staff

Those interested in tourism in our region are invited to attend the Red River North Tourism annual general meeting later this month.

The volunteers organization's AGM will take place on Wednesday, March 27 beginning at 6:30 p.m. at the Gaynor Family Regional Library.

St. Clements Mayor Debbie Fiebelkorn, Selkirk Mayor Larry Johansson and St. Andrews Mayor Joy Sul will share their views on tourism in the region during the meeting.

For more information about Red River North Tourism, visit redrivernorth-tourism.com.

Staggered campground bookings get underway for the season

Staff

Reservations for Manitoba campgrounds are now open and are being staggered in three stages.

"Manitoba campers are anxiously looking forward to another great summer in our parks, and staggered opening days is the best way to spread out the demand and make our reservation system more efficient," said Sustainable Development Minister Rochelle Squires. "We look forward to welcoming Manitobans back to our provincial parks for another summer full of fun and adventure."

Opening day of the parks reservation began on Monday for cabins, yurts and group use areas as well as Birds Hill Provincial Park campground.

On Monday, April 1 at 7 a.m. campsite reservations will open for Winnipeg Beach, Betula Lake, Big Whiteshell, Brereton Lake, Caddy Lake, Falcon Beach, Falcon lakeshore, Nutimik Lake,

Opapiskaw, Otter Falls, West Hawk Lake and White Lake campgrounds.

On Wednesday, April 3 at 7 a.m. campsite reservations will open for all remaining provincial park campgrounds.

Customers making online reservations are advised to check their user IDs and passwords prior to the opening days. For more information, see manitobaparks.com or call 204-948-3333 (in Winnipeg) or 1-888-482-2267 (toll free).

Walk-in reservations and in-person payment arrangements can be made at 200 Saulteaux Cres. in Winnipeg and will be available Monday through Friday from 8:30 a.m. to 4:30 p.m. for the parks and facilities described above.

Annual provincial park entry passes can once again be purchased online through Canada Map Sales at canadamapsales.com as well as at retail outlets or provincial park offices.

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Tournament of Aces brings ESP community together

By Justin Luschinski

One of the longest running hockey tournaments in Manitoba exists right in the RM of East St. Paul.

The East St. Paul Community Club played host to the Tournament of Aces Hockey Tournament from March 8 to 17. The tournament has been running since the 1970's and it's often regarded as the "playoffs" for many young hockey players in the community.

Nancy Plustwa, the general manager of the East St. Paul Community Centre, said the event is a fundraiser, and this year they hope to replace their aging goalie gear.

"I've been here for five years, the equipment was already 10 years old by that point. It's the old stuff, it's really heavy, and as the generations go by, kids get bigger ... It doesn't really fit them anymore," Plustwa said. "When I saw what the goalies were using, I thought 'that's what we need to put our money towards.' We don't want to raise our club fees, so this is how we can help out."

The tournament is held for children ages eight and under. According to Plustwa, since there isn't really any playoff games for that hockey division, the Tournament of Aces is considered the finale for their season, and the children get really hyped up for it.

Plustwa added that quite a number of costs are covered through their club fees, or through sponsors such as Tim Hortons, who provide things like jerseys. But anything that might revolve around training or equipment, including pylons, blue pucks, and goalie equipment, that cost has to be paid for by either the parents or the club.

The event has also become a major gathering for the community of East St. Paul, even for families who don't play hockey.

Candace Birch and her seven-year-old son live in East St. Paul. She's been



RECORD PHOTOS BY JUSTIN LUSCHINSKI

The East St. Paul Community Centre played host to the Tournament of Aces Hockey Tournament March 8 - 17. The event is the crown jewel for East St. Paul's young hockey players, and has become central to the community, even for families who don't play the sport.



way. But when you come here, you see so many new faces," Birch said. "Yes, it's a hockey tournament, but there's so much going on, that everyone really gets into it."

Birch said this tournament is the "crown jewel" of the children's hockey season. The event also features a host of activities for non-hockey players, such as beer gardens, kids bingo, a magician act, and a big dinner on Saturday, with the ticket proceeds going towards the new goalie equipment.

Plustwa said any excess funds raised will go towards another hockey program in need, and she will attempt to sell the old equipment to another club, or possibly give it to a child who wants to try hockey, but can't afford the gear.

For more information about the East St. Paul Community Centre and upcoming events, visit esppc.ca.

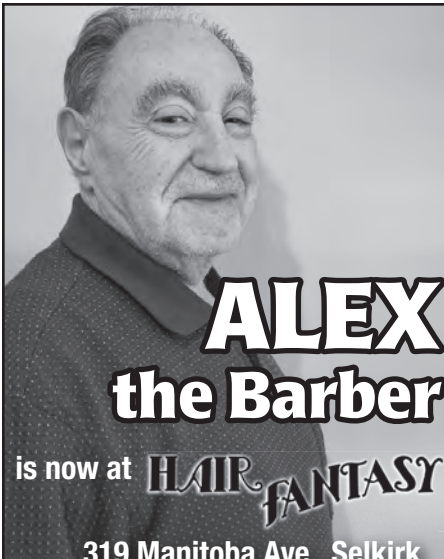
volunteering at the tournament for six years, and her son has one more year in the tournament before he ages out.

Birch said this tournament helps her

connect with parents she might not have met otherwise.

"(East St. Paul) is a small community, but you don't realize how connected

everyone is. You have your little circles, maybe your kids are in class together, and you meet that



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St. Andrews church hosting events to mark 170th anniversary

By Lindsey Enns

A historic landmark in the heart of the RM of St. Andrews is celebrating its 170th anniversary this year.

This year marks the 170th anniversary of the completion of the Old St. Andrews on the Red Anglican Church and to help mark the occasion, there is a series of special events planned.

Barbara Gessner, chair of the church's anniversary committee, says the local church has been in her family for many years and she's been a member since she was a young girl.

"It's definitely a visional landmark. You can see it coming along River Road so you know it's there," Gessner said, adding this anniversary is a special one for the church and the community. "We're sort of honouring all of the work that our previous generations have done and we're keeping it up."

"We've always been in the community, we're always trying to do things in the community."

Gessner said the church helped mark the start of the St. Andrews community.

"It was sort of the starting point really of what it is today," she said, adding she also helped plan the church's 160th anniversary. "It just sort of gets who we are out there and that we're still an active church and that's something that I think is very important."

"We're not just a historical site."

St. Andrews is now the oldest church in Western Canada in continuous use. Services are held at 11:15 a.m. every Sunday. Gessner says between 50 to 55 families currently attend the church.

To mark its 170th anniversary, the church will be hosting a series of events over the next few months. The first event is a performance by the En-



RECORD FILE PHOTO BY JUSTIN LUSCHINSKI

The historic St. Andrews on the Red Anglican Church stands tall on a sunny afternoon in this August 2018 photo. The church is celebrating its 170th anniversary this year with various events throughout the year.

harmony Group on Saturday, April 6 at 7 p.m. This is a group of singers who are selected from the Winnipeg Youth Chorus based on their ability to bring their individuality and voices together and blend into one sound. There will also be a small music ensemble accompanying them. Tickets are \$10 per person and are available at the door. Refreshments will also be served. For more information, call 204-338-7483.

Other events planned include:

- Saturday, May 11: Historical Talks with Peter St. John, Bob Coutts, and HBC Archives representative Heather Beattie at 3 p.m.,
- Saturday, June 1: High Tea with harpist Larry Fisher (times to be confirmed),
- June 23: Indigenous People's Day, part of service,

• Sunday, July 7: Novel Afternoon - Four local and Winnipeg authors will talk about their books at 3:00 p.m.

• Saturday, August 10: Flower Show with Tuckett Family (times to be confirmed)

• Sunday, October 6: Musical Afternoon with the Back Pew Boys at 2 p.m.

• Saturday, December 14: Old Fashioned Christmas with Celtic Music

(time to be confirmed).

Anyone interested in volunteering for the church's anniversary committee can contact Barbara Gessner directly by calling 204-338-7483 or via email at bbg@mymts.net.

In 1831, a wooden church was built to accommodate 340 people at the now historic site and its wooden outline can still be found directly behind the present church. But several years later the community had outgrown that structure and a new church was built by Duncan McRae and designed by W. Cockran made of stone. Construction began in 1844 and was completed in 1849. The church was consecrated on Dec. 19, 1849 by Bishop Anderson and was given the name St. Andrew after the patron saint of Scotland.

The cemetery surrounding the church is also steeped in Manitoba's history. According to the church's website, the hardships of plagues such as influenza, diphtheria, typhoid and tuberculosis are revealed as the inscriptions on the tombstones in the older part of the cemetery. Many people who played a role in the Red River Settlement and Manitoba's history can also be found in the cemetery.

For more information about the Old St. Andrews on the Red Anglican Church and upcoming events, visit standrewsonthered.ca.

Mighty Kiwi turns two



RECORD PHOTO BY LINDSEY ENNS

The Mighty Kiwi Juice Bar and Eatery owners Jocelyn Kreml, pictured left, and Miranda Schmidt, celebrated their business's second anniversary with a special event last Saturday. The event featured free cake and samples, live music, a photo booth, prizes and more.

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Seth Prince, Portage la Prairie SD
Taylor Stewart, Lord Selkirk SD
Grace Minsky, River East Transcona SD
Victoria Guerrero, Winnipeg SD

Student Citizenship Award Recipient (Group)

Trinity Harry and Joseph Ginter, Winnipeg SD

Clearing the air when it comes to recycling

By Justin Luschinski

Selkirk and the surrounding area residents need to be careful about what they throw into their recycling bin.

Multi-Material Stewardship Manitoba (MMSM) urges residents to check with their local RM offices, and see which types of plastic can be recycled, and which cannot.

Although some local residents are good when it comes to recycling, any bad products could contaminate and stall the machines that process those materials.

Karen Melnychuk, (MMSM executive director, said there are many ways that Manitobans can recycle better.

"Make sure to check with your RM about what they accept," Melnychuk said. "There are certain plastics that cannot be recycled, and if it's sorted with the other recyclables, that could contaminate an entire section of materials."

Melnchuk said typically, plastics designated as "number six plastics" cannot be recycled. When a resident fills up their blue bin, their recycling is thrown into a machine that sorts the material, running everything through a series of filters to catalogue everything coming in.

These machines are delicate, and they cannot discern between the dif-

ferent materials, so if a paper towel is put inside of a cardboard box, it could contaminate the cardboard when it's processed.

Melnchuk also urges residents to not stuff materials into other recyclables, such as putting a water bottle inside of a cardboard box. Residents need to make sure all the items are separate, so the machine can discern between the different materials.

Duane Nicol, the City of Selkirk's CAO, says Selkirk is doing pretty well in terms of recycling, but residents need to reduce their contamination rate.

"One of the biggest drivers of our municipal taxes is waste. The more we're able to (recycle), the less our waste costs will be. We have to find creative ways to reduce how much is going into the landfill," Nicol said. "Sometimes, the items you're putting in the blue bin don't belong there. For example: Tim Hortons coffee cups, (those are) not recyclable. People think they can be, but no."

According to Nicol, in 2017, each Selkirk resident recycled an average of 88.1 kg of materials, which is higher than the province's 77 kg per capita average. Selkirk's diversion rate, measuring how many materials get reused instead of going to the dump, is around 26.7 per cent, higher than



PHOTO COURTESY OF METRO NEWSPAPER SERVICE

When it comes to recycling, every community is a little different. To find out what you can and can't recycle in your hometown, visit simplyrecycle.ca.

Manitoba's average. He added that waste management costs for many RMs are going up with more increases on the way.

According to the MMSM, some examples of recyclable items include newspapers and flyers, aluminum food and beverage containers, gable top containers, box board as well as glass food and beverage containers.

Some examples of unaccepted materials including aluminum foil, foil pie plates or foil food containers, dishes, ceramics or crystal, electronics, foam packaging of any kind, paint or oil

cans, paper towels, tissues or napkins, window glass, mirrors of broken glass, steel pots and pans or scrap metal, wax or foil coated paper as well as plastic bags or cellophane.

Some recycling tips from the MMSM include tossing your recyclables loosely into the bins without stuffing containers together, you don't have to remove lids or labels, just make sure your bottles are containers are clean and empty.

For more information on what you can and cannot recycle, visit simplyrecycle.ca.

Almost 40% of Manitobans aren't taking their medications properly, poll suggests

Submitted

Almost forty per cent (39 per cent) of Manitobans are not taking their prescription medications properly, according to a new survey conducted by Insights West on behalf of London Drugs.

This includes one in four (26 per cent) who say they stop taking medications before advised, one in five (22 per cent) who admit they take less than prescribed or don't fill prescriptions given to them, and around the same number (20 per cent) admit

they make adjustments to prescription dosage, size, or frequency without consulting a healthcare professional.

"There are several factors that contribute to the improper use of medications, including forgetfulness, inconvenience, and a lack of medication literacy. Some patients may not fully understand

why or how their medication should be taken," says Danny Lee, a Pharmacist at London Drugs in Winnipeg. "Either intentional or unwitting failure to take medications as prescribed decreases the effectiveness of treatment and endangers patient health."

A quarter (25 per cent) of Manitobans attribute their nonadherence to forgetfulness, saying they have had trouble remembering when or if they have taken a medication.

"It's not uncommon for some patients – especially those who have chronic health conditions – to be prescribed multiple medications at a time. These drugs can interact with each other in unpleasant or even dangerous ways," explains Lee.

Pharmacists are trained to identify a wide range of medication issues and ensure the safe and effective use of prescriptions. While awareness about their expertise in this area is high, the poll revealed that Manitobans aren't getting — or asking for — as much

help as they could be from pharmacists. For example, the vast majority (89 per cent) say they are aware that pharmacists offer counselling on the safe use of medications, but only four in ten (39 per cent) say they use this service. Eight in ten (85 per cent) say they are aware pharmacists can review current prescription medications to help minimize drug interactions and ensure maximum effectiveness, yet only about four in ten (38 per cent) say they have consulted a pharmacist on this topic. Just under half (47 per cent) report asking pharmacists for advice for managing side effects and drug interactions.

The vast majority (88 per cent) of Manitobans agree that it is important to follow prescription instructions exactly, including 64 per cent who strongly agree.

The survey results are based on an online study conducted from Feb. 13 to 28.

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Selkirk Inn to host 5th annual Hypnosis and Hilarity event April 6

By Justin Luschinski

The fifth annual Hypnosis and Hilarity event will once again take place at the Selkirk Inn and Conference Centre next month.

The annual event, which features comedy hypnotist Matao, whose real name is Matthew Prychun, and raises funds for the Heart and Stroke Foundation, will take place on Saturday, April 6. Doors will open at 6:30 p.m. will the show beginning at 7:30 p.m.

For tickets and more information, visit Matao.ca or call Smitty's Restaurant at 204-791-4295.

Prychun created the event after his father passed away from a stroke in 2013, and wanted to use his talents to help find a cure, so others don't have to suffer like he did.

Prychun said it's a comedy show first, and the hypnosis comes second.

"It's a great event, a big production. The show is heavily based on comedy, but people often get freaked out about the hypnosis stuff," Prychun said. "It's actually very scientific. It's basically psychology, I just use it for comedic effect. It's very fun, very entertaining, I hope people come out."

Prychun said on average, he does around 250 performances a year, mainly in the United States and in Canada. The only show he does in his hometown of Selkirk is the Hypnosis and Hilarity event. To date, Prychun



MATAO

has raised a little over \$3,000 for the Heart and Stroke Foundation, and he intends to keep doing the event for the foreseeable future.

Prychun holds the event around the same time his father died every year. He said it's a tough weekend for him, but he puts all his energy into the show.

"It's tough. You say it's five years ago, but it feels like it happened yesterday. It's tough on me physically and emotionally, there's a lot of work into getting the production ready," Prychun said. "But, as the old saying goes, 'the show must go on.' It's something for me to do, and it's something I can do in his memory. It keeps me focused and grounded."

A&W celebrates 100 years of root beer



RECORD PHOTO BY LINDSEY ENNS

Selkirk A&W owner Grahme Macfarlane, pictured left, and the A&W bear give a thumbs up to the local restaurant celebrating 100 years of root beer last Saturday. The day-long event included breakfast with the bear, face painting, a root beer drinking contest, cake and prize giveaways.

Glow Fitness turns one



RECORD PHOTO BY LINDSEY ENNS

Glow Fitness for Women in Selkirk staff, pictured above along with Selkirk Mayor Larry Johannson, celebrated their first full year in business with a special event last Saturday afternoon. The event featured wellness-themed hors d'oeuvres as well as other refreshments and cake. Glow Fitness is a women's-only gym and yoga studio located in downtown Selkirk. In addition to the gym, Glow offers yoga, pilates, meditation and Tai Chi classes for women seven days a week. More than 50 women have worked out more than 100 times at Glow since last March.

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First female firefighter in St. Andrews still passionate about fire safety

By Justin Luschinski

Marjorie Paradoski was the first female firefighter in the RM of St. Andrews history, and one of the first in Manitoba.

She started with the St. Andrews Fire Department in 1970, and now at the age of 78, she's still passionate about fire safety.

She recently decided to stop by the Age-Friendly Building in St. Andrews for a small event and was flooded with memories. Because the Age-Friendly Building used to be the home of the St. Andrews fire hall, and she was there "90 per cent of the time."

Paradoski said at the time, there were only six volunteer firefighters. She felt like she had to step up, and help.

"My husband (Tony Paradoski) started in 1970, and I used to sit in on the meetings, because they were held in our basement. When we got the fire hall, it was my job to find guys to go out, but I started just going myself," she said. "One time, I grabbed a truck, and threw my three-year-old kid in the back, and drove out to stop a fire. I told her 'don't touch anything, I'll be back.'

"I was shaking the whole time."

Paradoski said when she attended to the fire, there were two firefighters on the scene, trying to contain the flames. She quickly figured out that it was an electrical fire, and told the pair to cut the power to the house. The fire was contained after that, and she drove back to the station, and went back to taking calls.

At the time, the firefighters had a system of communication when they discovered a fire: The husband would go out to fight the fire, while the wife



RECORD PHOTO BY JUSTIN LUSCHINSKI

Marjorie Paradoski, 78, holding a photo of herself, was the first female volunteer firefighter in the RM of St. Andrews. Paradoski was also the first Manitoban female firefighter to receive a Governor General's Award.

would call another volunteer firefighter on her list. This volunteer would then call another firefighter, and so on until everyone was notified.

But she found that this system worked well in theory, but not in practice. Eventually, she started going out by herself, bringing along whomever was around. She said she started fighting fires around 1973, but the crew didn't acknowledge her as a firefighter until around 1975.

"They just couldn't get rid of me," she said with a smile.

The fire department was ill-equipped at the

time. They didn't have a dedicated fire truck, it had to be driven up from Clandeboyne every time there was a fire. Paradoski said she would gather whomever they could, and just wait for the truck to come before putting on their gear.

Paradoski said she made the decision to become a firefighter after her grandparents home burned to the ground.

"When I was five, we lived with grandma and grandpa. The house caught fire in the middle of February, and we went over to a friend's house, and I watched the house burn down," Paradoski said. "A few years later, my grandfather died in another house

fire. He was overcome by smoke, nobody was around to help him. That really sealed it, that was it, I had to do this. That's my job, I have to prevent this from happening to anyone else."

Paradoski eventually rose to the rank of lieutenant, and in 1996, she was the first female firefighter in Manitoba to receive the Governor General's Award.

She volunteered for the fire department until 1983, when she got a job with the Selkirk ambulance service. She had to retire from being an EMT in 1991, when she injured her back, and was unable to do any heavy lifting. She currently resides in the RM of St. Andrews.

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Snak Shak opens for the season

RECORD PHOTO BY JUSTIN LUSCHINSKI

Snak Shak Dairy Bar owner Shawna Witko smiles while holding up a burger and Pepsi inside the restaurant last week. Snak Shak, which underwent a major renovation last year, officially opened for the season last Tuesday.



Your Local Community Home Real Estate Section

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Preparing garden beds for spring and beyond

Gardening enthusiasts may have been thinking about their landscape plans throughout the winter, eager to once again get their hands dirty with soil. Whether a home gardener is making preparations for edible crops or beautiful flowers, he or she must take time to make the soil amenable to planting. To establish hearty, durable plants, gardeners can focus on three main areas: addressing soil composition, cultivating and adding nutrients.

Soil composition

Many gardeners prefer growing a variety of plants in their gardens. Such an approach requires taking inventory of the type of soil in one's garden and making the necessary modifications so that the types of vegetables, herbs, shrubs, or flowers that will be planted can grow in strongly. In fact, according to the plant company Proven Winners, the most important step to developing good roots is preparing the soil.

Take a sample of the soil and examine it to see what is present. If the soil is too full of clay, too sandy, too dense, or too loose, that can lead to problems where plants cannot grow in strong. Work with a garden center to add the right soil amendments to make a rich soil. This may include organic compost or manure, which will also add nutrients to the soil.

Cultivation

Cultivating the soil can involve different steps. Removal of weeds, errant rocks, roots, and other items will help prepare the soil. Mother Earth News suggests working on garden soil when the soil is damp but never wet; otherwise, garden soil can become messy and clumpy. Use a digging fork or shovel to lightly turn the soil when it's mostly dry. Gentle tillings also can open up the soil to incorporate the nutritional amendments and relieve compaction that likely occurred from freezing temps and snow pressure. Tilling also helps with drainage and oxygen delivery to roots. The DIY Network suggests turning over soil at a depth of 12 inches to work the soil - about the length of a shovel spade. However, the resource Earth Easy says that existing garden beds have a complex soil ecosystem and simply top-dressing with compost or manure



Begin preparing garden bed soil early for new plants.

can be enough preparation for planting. Gardeners can experiment with the methods that work best for their gardens.

Nutrition

Testing the pH and the levels of certain nutrients in the

Continued on page 14



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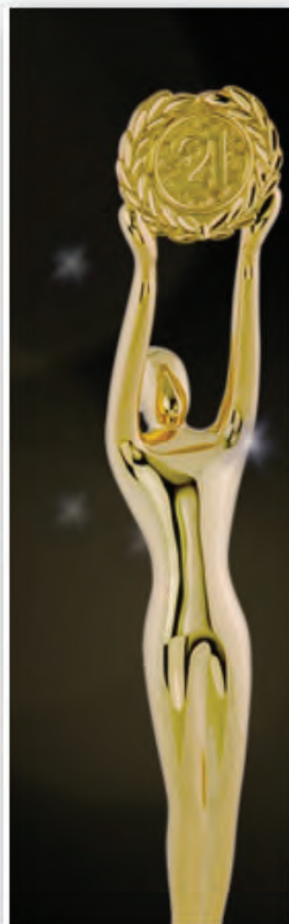


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the wall may begin to shift and may have to be straightened and reinforced with steel braces. Big money for what may have been a small fix. At Brown and Sons we have repaired this and many other foundation issues over the last 20 years. We have the professionals and the experience to provide affordable, timely and permanent repairs. Our office is located at Main Street and Young Avenue, at the Selkirk Soil yard (It's always a sunny day at Selkirk Soil!). If you need a free estimate or some free advice, please call us or drop in and let us see if we can help. www.brownsconstruction.com

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> GARDEN BEDS, FROM PG. 13

soil, namely nitrogen, phosphorous and potassium, will give gardeners an idea of other soil additions that may be needed. Soils with a pH below 6.2 often can benefit from the addition of lime several weeks before planting. Soil tests will determine just how much fertilizer to add to the soil. Complete fertilizers will have equal amounts of nitrogen, phosphorous and potassium. Individual fertilizers can amend the soil with only

these nutritional elements that are needed.

Top-dressing empty beds with a layer of mulch or compost can prevent weed growth and preserve moisture until it is time to plant. If existing shrubs or plants are in garden beds, use more care so as not to disturb roots or dig too deeply.

Preparing garden beds takes some effort initially, but can be well worth the work when plants flourish throughout the growing season.

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Host A Successful Open House

When selling their homes, homeowners can employ several strategies in an effort to drum up interest among potential buyers. One such strategy is to host an open house, which invites prospective buyers to tour the property.

Realtors have long used open houses to introduce properties to the market, and a well-planned open house can help sellers generate numerous offers in a single day. Whether working with a realtor or listing homes on their own, homeowners can follow a few simple tips to ensure their open house is a success.

- Generate publicity online. Nowadays many prospective home buyers do the bulk of their research via their computers and devices. By advertising their open houses online, sellers have the potential to reach a wide array of buyers. Many real estate agents employ sites such as realtor.ca to promote open houses and showcase properties, so sellers can make sure their agents are taking advantage of these wildly popular sites. Some even allow sellers to list their homes on apps that buyers can peruse on their smartphones.

- Generate publicity in traditional ways as well. Traditional publicity should not be overlooked when promoting an open house. A \$5 "Open House" lawn sign is an effective and inexpensive way to attract buyers who are driving through desirable neighborhoods looking for their next homes. While the Internet is a valuable resource to promote your open house, the sheer volume of online listings can make it hard to reach potential buyers. A traditional

lawn sign and a listing in your local newspaper are budget-friendly promotional opportunities that can generate interest in your open house.

- Invite your neighbors. Neighbors can be great salesmen for your home and the community where you live. Invite friendly neighbors to your open house and encourage them to chat with prospective buyers. Buyers will appreciate neighbors' firsthand knowledge about the community, and their friendliness can help to create a strong first impression that increases buyer interest in your home.

- Consider some changes to your home decor. When hosting an open house, you might not need to go so far as to stage your home, but you may want to make some changes to the decor to make your home more neutral and appealing to buyers from all walks of life. Remove any potentially controversial artwork or decorative items, replacing them with more neutral items that won't offend or distract any potential buyers.

- Leave the hosting to the professionals. Unless you're



selling the home on your own, resist the temptation to attend your open house. Let your realtor do the work. Your absence can make it easier for potential buyers to see themselves in your home, while your presence may make them uncomfortable or hesitant to explore the property and ask any questions.

When hosting an open house, sellers can take several steps to make their homes more appealing to buyers.

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Proposed mesh size change could put commercial fishers at risk

By Patricia Barrett

Lake Winnipeg commercial fishers say they may be destined for premature retirement after Sustainable Development offered them a buyout deal and announced a mesh size change that will effectively put them out of business.

The department announced a quota buy-back program March 11 (with a deadline of March 21) for the lake's South Basin and Channel areas, and the implementation of a 3 ¾-inch net that's expected to take effect later this year on Nov. 1.

Sustainable Development Minister Rochelle Squires said in a news release there are "early warning signs the sustainability of fisheries resources in Lake Winnipeg is at risk."

The department noted in accompanying documentation its strategy is focused on walleye (pickerel) in order to increase its "reproductive potential," and that past "experience" on the lake and other Manitoba lakes have shown that mesh sizes of less than 3 ¾ catch walleye before they've spawned.

Robert T. Kristjanson, who's fished Lake Winnipeg for about 70 years and received the Order of Manitoba in 2018 for raising concerns about algal blooms, said the move to a 3 ¾ net will fail to promote a sustainable fishery as it will target large walleye.

"The 3 ¾ is the worst net you can have," said Kristjanson. "You're going to be taking every single solitary spawned fish (walleye) out of the lake."

The net won't catch goldeye, perch, tullibee and sauger, which require a smaller mesh, or most whitefish, which requires a mesh larger than 3 ¾.

The 100-year-old commercial fishery has flourished, said Kristjanson, because fishers back off when a particular species starts to thin. A sustainable fishery means "leaving the fish alone instead of setting more and more nets. You switch to a different size net and go fish another species. That's how it's worked all down the line."

In addition to reducing catches, the mesh change will mean a personal loss of about \$100,000 to Kristjanson, who sells a variety of nets to fishers across the province. It will be equally difficult for young fishers.

"Young guys have bought into the fishery. My two grandsons have and there's others, too," said Kristjanson. "A lot of them are in a tremendous amount of debt and they won't make it on just fishing that one net size. That's all we'd be doing is fishing one fish – pickerel."

Also at stake is the economic sustainability of communities with businesses that rely on the fishery. That includes restaurants, gas stations, fishing



RECORD FILE PHOTO BY PATRICIA BARRETT

Lake Winnipeg commercial fisher Kris Isfeld says a 3.75 inch net will reduce catches by 80 to 90 per cent.

equipment suppliers and snowmobile and boat retailers, he said.

If fishers ignore the new regulation and continue using different net sizes, the department would have to "put a man on every fisherman, make a crook out of every fisherman," said Kristjanson.

The department currently has four conservation officers in Riverton, and has not indicated whether it intends to hire more to enforce compliance.

In a statement posted on the Manitoba Métis Federation website, Turtle Island Commercial Fisheries Co-op manager Arnold Asham slammed the Pallister government for promoting the "dismantling of the industry" and making decisions "without considering the effects on our small communities."

The department's simultaneous offer to buy quota and the introduction of a one-size-fits-all mesh change is designed to induce fishers to exit the industry, fishers say, because they know the forthcoming 3 ¾ net won't provide them with a livelihood.

The department's announcement comes without scientific data on fish stocks. It has catch records, but those don't indicate overall stock numbers. Fisher Bill Buckels, who serves as the Lake Winnipeg Fishery Co-management Board's Area 2 representative, said the department cannot go ahead with the mesh change without solid evidence to back it up.

"We're not in a position where we have scientific data to make a decision on our fish stocks. All we have are catch records, anecdotal comments from a bunch of anglers about fish dropping off and single-species data gathered

on walleye," he said. "That has nothing to do with the health and management of the lake. It has more to do with the management of a single species. We can't have an ecosystem managed on the basis of a single species."

Buckels said he thinks the announcement arose as a result of the department's misconception of how a natural fishery operates, with expected fluctuations in population. The walleye population began to increase about 30 years ago and is now starting to taper off.

"The province contends this walleye spike should be the natural state of Lake Winnipeg forever. But that great surge of walleye which started in the 1990s and continued to grow like crazy right through the mid-2000s is starting to go."

Tremendous pressure will be put on that walleye year class if every fisher is forced to use a 3 ¾ mesh, he said.

Like Kristjanson, Buckels' capital assets (nets) will have no value should the mesh change come into effect and will represent a substantial economic loss. "It's too difficult to manage a business," he said, "when your inventory becomes obsolete overnight."

Kris Isfeld, who also represents Area 2 on the Co-management Board, says the mesh sizes the department wants eliminated account for 80-90 per cent of the fish they've historically caught. Delivery data, furthermore, has been stable and consistent.

"There's ups and downs, of course, because it's a wild-caught fishery (as opposed to farmed fish), and it's been going up and down for 100 years," he said. "And this year, the 2018/2019 season that's just ending, shows it's

up significantly over last year. There's tons of walleye. The data the province says is evidence of declining walleye is manipulated."

The department is focusing on walleye because that's the species anglers are worried about, and an increase in angling revenue could prove lucrative for the province, he said. But once the walleye decline, anglers will pick up and go elsewhere.

"If we don't harvest the small walleye, they're going to overtake the lake, they'll eat all the available feed and they're going to crash their own biomass," said Isfeld. "It will be down in two or three years and the angling fishery will be done."

The department's announcement is all the more puzzling given it abolished single-desk marketing and opened up the commercial fishery to competition in 2017. Investors such as Canadian Fish Guys in Riverton and Arctic Blue in Gimli built fish processing plants, expecting a stable supply of fish. And the Freshwater Fish Marketing Corporation has a burgeoning market for tullibee roe. All that could be affected by a 3 ¾ mesh.

Recognizing the impact the mesh change could have on jobs, fishing families and the local economy, RM of Gimli Coun. Thora Palson said she's in the process of drafting a resolution in support of fishers and will present it to council.

"I understand the provincial government's commitment to sustainability of the lake," she said, "yet I can't help but think that instead of proposing to effectively eliminate our most marketable products, there could be more focus on resources for regulatory oversight and further efforts to protect fish spawning grounds."

Palson said she's very interested in seeing the data the province used to formulate its announcement.

That announcement could not have come at a worse time, fishers say, as they'll be working on the lake until the winter season closes on March 31. Having to make a potentially life-changing decision (to sell or not sell quota) within a two-week timeframe has put them under a lot of stress.

"It's been a very long cold winter," said Palson when asked about the timing. "Why not wait until after the season closes to make this announcement?"

The *Record* asked Sustainable Development what data it used to determine the risk to Lake Winnipeg's stocks and what impacts on fishing communities it anticipates, but was unable to connect with the minister or obtain email comment.

get inspired

> MEAL IDEAS

RED RIVER CO-OP FOOD STORE



Fresh Pork and Kalamata Flatbreads

Cut pork tenderloin into 3/4-inch cubes.
Heat oven to 400 F. In large skillet over medium-high heat, heat olive oil. Stir-fry pork 8-10 minutes, or until well browned.
Unroll pizza dough and press onto greased sheet pan, about 18-by-13 inches; cut into six rectangles.
Drain tomatoes, reserving oil. Brush tops of flatbreads with sun-dried tomato oil, reserving about 1 tablespoon. Top with pork, drained tomatoes, olives and rosemary, pressing into dough lightly with fingertips.
Bake 18-21 minutes until edges are golden brown.
Remove from oven. Drizzle remaining sun-dried tomato olive oil evenly over flatbreads; let stand on baking sheet 2 minutes before serving.

Prep time: 5 minutes
Cook time: 35 minutes
Servings: 6
1 Smithfield Roasted Garlic & Cracked Black Pepper Marinated Fresh Pork Tenderloin
1 tablespoon extra-virgin olive oil
1 can (13.8 ounces) refrigerated pizza crust dough
3/4 cup sliced sun-dried tomatoes in olive oil
1/2 cup sliced Kalamata olives, drained
1 teaspoon crushed dried rosemary



Jamaican Punch

Serves about 16 to 20

1 bottle wine rum or vodka
Sugar, to taste
3 lemons, sliced
1 starfruit (carambola), sliced (optional)
1 pineapple, cut lengthwise into long wedges, then crosswise into triangles
Sprigs of mint, to serve
Put the lime juice, ginger wine, rum or vodka, and sugar into a pitcher and stir until the sugar dissolves.
Fill a punch bowl with ice, add the sliced fruit, and pour the ginger wine mixture over. Stir well and serve with sprigs of mint.

CROSSWORD

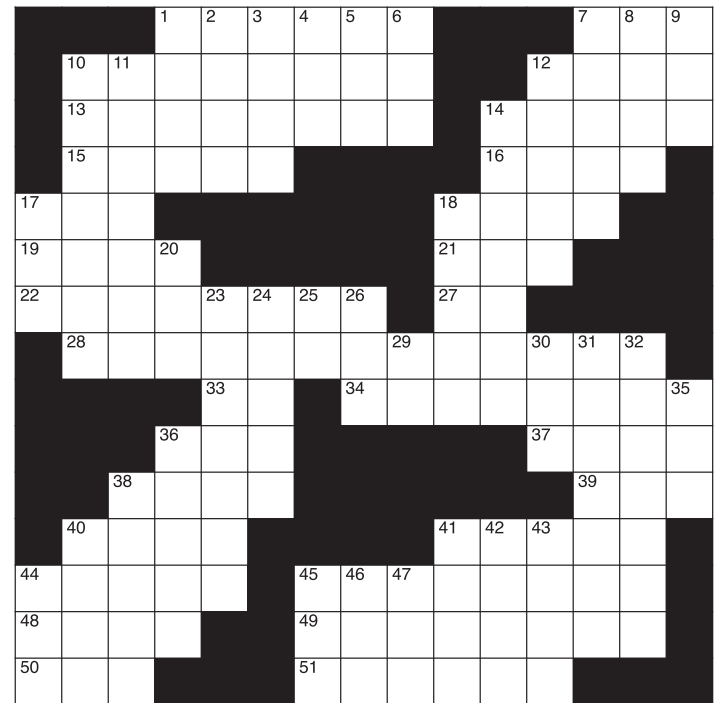
CLUES ACROSS

1. Submit
7. When you hope to arrive
10. Ducks
12. Ancient Dead Sea region
13. Hatch
14. Genus of finches
15. Knives
16. Towards the oral region
17. Bitter-flavored beer
18. Brews
19. Hideouts
21. Where one sleeps
22. Unbroken view of a region
27. Hammer is one
28. Racing legend
33. Commercial
34. Understood by just a few

36. Global design effort
37. Portuguese folk song
38. Traditional woven cloth
39. Oil barrel (abbr.)
40. Cupbearer of the gods
41. Spiritual leader of a Jewish congregation
44. Dabs
45. Bedspread
48. Visionary
49. Prime Ministers
50. Criticize
51. Teeter

CLUES DOWN

1. Bird genus
2. A baseball team
3. Taxis
4. Baseball stat



5. Insecticide
6. Midway between east and southeast
7. Icelandic poems
8. Rocker Rundgren
9. Doctors' group
10. Inform wrongly
11. TVs used to have one
12. Long-__: donkeys
14. Weasel-like mammal
17. Payroll company
18. Conductance unit
20. Fifth note of a major scale
23. Prepares
24. Yellow-fever mosquitos
25. Partner to Pa
26. They __
29. Canadian

- province (abbr.)
30. Official
31. More colorless
32. Goodies
35. Sanders was one
36. Talkative
38. Rips apart
40. Chinese Muslim
41. Rapid eye movements
42. Song
43. Spent it all
44. Sombre
45. Cycles per second
46. Naturally occurring material
47. "Orange is the New Black" character

Please see classified section for Answers

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BINGO
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Roll up the rim win

RECORD PHOTO BY BRETT MITCHELL

By Rrrolling up the Rim of his Tim Hortons cup, Henry Hall of Petersfield, pictured second from right, is now the owner of a new 2019 Jeep Compass Compact SUV, the grand prize in this year's RRRoll Up the Rim to Win contest at Tim Hortons. The group gathered for a photo outside Selkirk Tim Hortons on Main Street on Tuesday morning. The RRRoll Up the Rim to Win contest runs until April 17 or while cup supplies last. Prizes may be claimed until May 3.



Local dancers shine

PHOTO COURTESY OF MACKENZIE KLOTZ

Selkirk and District Ukrainian School of Dance participated in the Manitoba Ukrainian Dance Festival (Hosted by Troyanda) in Winnipeg last week. Pictured above: Level 3 dancers hold up their gold medals last weekend.

Province unveils plan to allow safety officers in hospitals, other public institutions

Submitted

The Manitoba government is introducing amendments that would create a new institutional safety officer designation to better support security guards in hospitals and other public institutions with expanded authority, prescribed training and appropriate protections.

"Security personnel working in hospitals, universities and government offices work hard every day to keep Manitobans safe, so we are enhancing the authority, training and skills they already have to ensure they continue to do this critical work effectively," said Justice Minister Cliff Cullen. "Institutional safety officers would be responsible for the security of people and property at their facility, providing an initial response and then working with the local police agency as needed. The amendments would set out these roles, outline their enforcement responsibilities and identify where they may be a valuable addition to ensure public safety."

The Police Services Amendment Act (institutional safety officers) would provide individuals currently working as security guards in these specified locations with the legal authority to enforce and exercise powers under provincial statutes. Their role would be modeled after similar, existing positions including community safety officers and First Nation safety officers.

"This legislation further enhances the abilities and authority of security officers at hospitals to respond to individuals who are in severe distress and pose a risk to themselves or others," said Health, Seniors and Active Living Minister Cameron Friesen. "The role of an institutional safety officer is built on what we've heard from health providers and others about improvements that can be made that benefit patients, visitors and staff."

Following consultation with health officials and other stakeholders, regulations would set standardized expectations for training, uniforms and equipment as well as the specific powers and duties of institutional safety officers.

Under the proposed legislation, institutions would include hospitals, specified post-secondary institutions, and government facilities or other locations designated by the province.

sports & recreation

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Selkirk curler wins Manitoba's Hit Draw Tap Provincials

By Ty Dilello

On the Sunday morning of the recent 2019 Tim Hortons Brier in Brandon, Selkirk's Kaimen Doyle won the Hit Draw Tap Provincials just hours before the Brier semi-final got underway at Westoba Place.

Hit Draw Tap is a youth curling skills competition where kids between the ages of 6-13 years old compete as individuals. Once signing up, the children are put into age categories to perform three different shots – a "Hit", a "Draw" and a "Tap". The difficulty of the skill is based on the age category. CurlManitoba had 33 curling club's and over 800 children across the province participating in Hit Draw Tap.

A lifelong fan of the game, Doyle got into the game as a young kid because of a family member who is very connected in the curling world.

"My uncle Norm Gould curled a lot and he kind of helped me out a little," said Doyle. "So someone in my family knew how to curl and it gave me a better opportunity to curl as a kid."



Kaimen Doyle won the 2019 Hit Draw Tap Provincials in Brandon earlier this month.

At this year's Brier, Doyle was supporting the Wildcard team skipped by Brendan Bottcher that got all the way to the final before losing a last-rock decision with fellow Alberta rink Kev-



Selkirk's Doyle releases a rock during the provincials. **RECORD PHOTOS SUBMITTED**

in Koe. It's only fitting as Doyle like's sliding flat-foot, very-low, in a similar manner to Bottcher.

"Shayne Merritt is my coach at curling at the Selkirk Curling Club and

I was curling with him a lot and he recognized that I was doing well," said Merritt, "and then they did Hit

Continued on page 21

Selkirk Royals' athletes on track at the U of M

Staff

The Selkirk Royals had several outstanding performances at the 2019 High School Series Indoor Track and Field Championship on March 13 at the University of Manitoba.

Brooke Sumka placed second while Mia Loeppky was third in the junior varsity girls' triple jump.

Loeppky and Sumka were also part of Selkirk's 4 x 200m relay team that placed third. Hailey Witko and Sophia Horne were also part of that strong foursome.

Heath Kurys ran well in the varsity boys' 800m race, finishing third.

Evan Skrupski also brought home a bronze after a strong performance in the junior varsity boys' long jump.

The Royals' team of Luke Fjeldsted, Ben Kelly, Tyrell Cook and Kurys placed third in the varsity boys' medley race.

Selkirk also had several top-10 finishes in various events at the one-day meet.

The Royals will be back at the U of M on Wednesday when they compete at the KPAC Indoor Championship.



RECORD PHOTOS BY MATT PEARSON

Pictured clockwise from top left, Brooke Sumka flies through the air to a second-place finish in the junior varsity girls' triple jump at the High School Championship last week. The Selkirk Royals' team of Luke Fjeldsted, Ben Kelly, Tyrell Cook, and Heath Kurys raced to a third-place finish in the varsity boys' medley race. Selkirk's Evan Skrupski placed third in the junior varsity boys' long jump. The Royals' Mia Loeppky, Hailey Witko, Brooke Sumka, and Sophia Thorne were third in the junior varsity girls' 4 x 200-metre race.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Royals make a major splash in water polo

By Brian Bowman

The Selkirk Royals' water polo program had a tremendous season in the pool.

Selkirk had an outstanding turnout of players with 20 on the junior varsity side and 19 more at the varsity level. That's the most that the Royals have ever had come out for the sport.

And that group of young athletes had a great amount of success as the junior varsity team reached the final before losing 7-1 to Garden City. The varsity squad, meanwhile, placed fourth in the A-side provincials, which boasted several very good teams.

"That Garden City team is a very good team and it would have been difficult for us to win that game," said longtime Royals' coach Stephen Grahame, now in his 25th season at the helm. "To get to the final, we beat Glenlawn, which is the real story for us."

Selkirk had lost 10-4 to Glenlawn in their first game of the season and then trailed 3-1 last weekend before mounting an impressive comeback to beat the Lions 6-4.

"I was very, very pleased with that win," Grahame said. "We've been working all year on playing defence and being back on defence and not allowing them to get any breakaways."

"We were really able to execute that.

The other team had a couple of provincial team players but we were able to wear them down and tire them out and that's why we were able to come back and win."

Only three players on the junior varsity team had ever played water polo before and this group improved a ton over the course of the short season, which began last month.

"We were coming from nowhere," Grahame said. "They were fantastic athletes and a really nice group of kids that picked up the game and worked hard at practice. They were very coachable - nice kids."

The sport of water polo is an extremely tough one to play.

"When people come and try it, they'll tell you it's the hardest sport they ever did," Grahame said. "It's tiring and exhausting. The (opposing player) is only six feet away from you but he might as well be a half a court away because it takes a long time to get through the water."

"Until you play it, it's very different."

Grahame really enjoys the challenge of teaching young athletes a sport which, in many cases, they have never played before.

"You get a kid in Grade 10 and he has never played before but by Grade 12 I can make a really good water polo player out of him," Grahame



RECORD PHOTO SUBMITTED

The Selkirk Royals junior varsity team reached the water polo final last weekend. Pictured, back row Jannika Kelz, Bibi Tozzi, Brett Zeller, Pablo Gonzalez, Spencer Grahame, Cade Chisholm, Ryan Van Kooten, and Soren Eramchuk. Middle row Brandon Stamm (coach), Megan Duff, Hannah Wood, Hailey Witko, Daniel Suarez, Talin Thompson, Hope Human, and Pam Grahame (coach). Front row Reece Worth, Josh Jehle, Melissa Hurley, Kendra Boychuk, Annika Goodbrandson, Brandon Doucet, and Steve Grahame (coach).

said, noting Brandon Stamm and Pam Grahame also coach the team. "I get to teach right from the basics up. It's challenging in that way but by the time they come in Grade 10, they want

to learn how to play so they pay attention and listen and all those things.

"After all the years of coaching, I have a pretty good idea of what works and what doesn't."

Selkirk District Curling Club ends another successful season



RECORD PHOTOS SUBMITTED

The 2018-19 Selkirk District Curling Club season ended last week with the men's and women's champions and aggregate and consolation winners being crowned. Presentations were made by club president Kathleen McCallum. Garry Dola's team of Larry Specaluk, Keith Beerling, and Ray Mills captured the Thursday aggregate and Thursday Men's Championship. Dola's team of Larry Specaluk, Alan Campbell, and Ray Mills won the Tuesday Men's Aggregate.

Pictured far left, the Men's Overall Club Champions and the Tuesday Men's champions - the Tom Want team, including Tom Matheson (lead), Keith Duff (third), and Orest Bybow (second). Second from left, the Men's Extra End Winners, the Scott Szydluk team of Zachary Adams (lead), Terry Szydluk (second), and Aaron Adams (third). Missing from the photo is Brady Szydluk (fifth).

Second from right, Women's Club Champions and Aggregate winners, the Michele Polinuk team of Elaine Laye (lead), Char Henrikson (second), and Sue Geard (third). Far right, the women's consolation winners - the Kat Marsch team of Tara Nore (lead), Bek Fredborg (second), and Jodi Howarth (third). Missing from the photo is Alyson Heureux (fifth).

sports & recreation

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KPAC all stars



RECORD PHOTO BY BRETT MITCHELL

The Selkirk Royals' Paige Stokowski of the junior varsity girls' basketball team and the varsity girls' Abby Benson, pictured here, will be representing their school at the KPAC all-star game on Wednesday.

Selkirk couldn't stop Flames in WWHSHL final

Staff

An outstanding season by the Selkirk Royals girls' hockey team came to a bitter end last week.

The St. Mary's Academy Flames downed Selkirk 3-1 in Game 2 of their Winnipeg Women's High School Hockey League best-of-three final on March 13.

St. Mary's won Game 1 by a 4-1 score. The Flames captured their second consecutive CTV Division 1 championship.

The opening goal of Game 2 was

scored by the Flames' Maia Ehmann in the first period.

St. Mary's Clare Hibbert and Ehmann added third-period goals while Selkirk's Amy Maclaren answered with a goal in the final frame, assisted by Amy Carter and Brooke Johnstone.

Ehmann finished the game with three points. The Flames' Haley Steciuk and Julia Bird had assists in the game.

The stars of the game were St. Mary's Jenny Kim and Ehmann and Selkirk goaltender Jodi Clifton.



RECORD PHOTO SUBMITTED

The Selkirk Royals were finalists of the Winnipeg Women's High School Hockey League after getting swept by the St. Mary's Academy Flames in their best-of-three final last week.

> HIT DRAW TAP, FROM PG. 19

Tap Draw for our whole club and the top 3 from my age group got to go to Beausejour to make the provincials."

Doyle won the regionals in Beausejour to advance to the provincial championship in Brandon during the Brier and had a blast to say the least.

"Brandon was a great experience. I got to stay in a hotel and then watch the Brier semi-final which was awesome and it was really fun to curl on

that ice. It definitely curls a lot more playing on arena ice compared to Selkirk or anything I'd seen."

Doyle won the Hit Draw Tap Provincials with nine points in the 11-13-year-old age group he was placed in. Going forward, Doyle hopes that his success with Hit Draw Tap will carry on into a regular junior team.

"My goal in the future for curling is to pursue it and hopefully get better

and maybe get into a better league and move up. On my teams right now I'm the lead so hopefully I'll be able to be a skip at some point in the future, that would be cool."

Curling Clubs all across Manitoba are encouraged to host a Hit Draw Tap competition as part of their Junior Curling Programs. The winners from each curling club will progress to a sport region competition and from

there the sport region winners will advance to the provincial competition. This year, the provincial competition was held at the 2019 Tim Hortons Brier in Brandon on Sunday, March 10. It was a wonderful experience had by all and preparations are already in the works for next year's Hit Draw Tap Provincials.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Raiders even playoff series with Stonewall Jets

Staff

Things didn't look too good for the Raiders Jr. Hockey Club on Sunday in Stonewall.

Already down 1-0 in their best-of-seven quarter-final series and trailing 2-0 in the second period of Game 2, the Raiders suddenly got rolling by scoring five unanswered goals in a 5-2 victory.

After Brendan Labossiere and Keeven-Daniels Webb gave the Jets a 2-0 lead, the Raiders responded with second-period goals from Milan Horanski and Elisha Bambridge.

The visitors then broke the game open with goals by Liam Noga, Auzzie Loewen-Palmer and Bambridge.

Logan Thiessen, who suited up with the Selkirk Steelers this past season, posted the win in goal.

The Jets started the series with a 4-3 road win over the Raiders last Friday.

The first period was a wild one as Stonewall grabbed a 3-2 lead after 20 minutes.

Aiken Chop, Jared Hulme, and Branden Storey scored for the Jets in the first period. Storey's goal came with just 10 seconds remaining in the period.

Bambridge and Horanski replied for the Raiders in the opening frame.

After a scoreless second period, Chop scored his second of the game at 16:16 of the third to give the visitors a 4-2 lead. But the Raiders' responded with a goal from Dale Mounk with 1:09 remaining in the third.

Both goals came on the power play.

Special teams played a huge role in the game as the Jets were 3-for-4 with the man advantage and the Raiders finished 3-for-3.

Curtis Beck made 24 saves for the victory.

Game 3 of the series will be played Wednesday at the Seven Oaks Sportsplex and then Game 4 is set for Friday in Stonewall.

Both games start at 7:30 p.m.



RECORD PHOTO BY LANA MEIER

The Raiders' Milan Horanski has scored in the first two games of the MMJHL playoff series against the Stonewall Jets.

Fishermen even series with wild third period

By Brian Bowman

The first two periods of Game 4 were a bit of a defensive struggle on Sunday as the Selkirk Fishermen led the Lundar Falcons 2-1.

The third period, however, was a whole different story.

The two teams combined for 10 goals as Selkirk skated to a wild 8-5 home victory in their Capital Region Junior Hockey League best-of-seven semifinal series.

The series is now tied at two wins apiece.

"If you missed the first two periods, just come for the third because that had all the action," quipped Fishermen head coach Chris Poponick. "It's really hard to pinpoint one thing, but it seems like both teams, everything that went towards the net went in. A couple of lucky ones."

"Bounces were funny around the net and it ended up on the right stick at the right time and in it went. It was pretty crazy."

Selkirk's Nico Morrow-Litke scored the lone goal of the first period and

then the Falcons' Storm Swan and the Fishermen's Dawson Courchene traded second-period goals.

The third period, which had the teams tied at 2-2 and then 4-4, saw Selkirk receive three goals from Travis Spratt and singles by Chad King, Kobe Campbell, and Jordan Donald.

"(Travis) was a man possessed last night in all of the right ways," Poponick said. "The game before, he played hard and found himself in the penalty box quite a bit. He figured out how to drive hard and he had lots of good opportunities. He got, and really deserved, a good game."

Josh Wilkinson replied with a hat trick for Lundar in the third while Drake Zimmerman also tallied.

Selkirk's Evan Bedard finished the game with three assists.

Austin DeBoer made 38 saves for the victory. Selkirk had seven affiliated players in their lineup for various reasons.

Last Friday, Lundar stunned Selkirk with a 6-2 road win at the Rec Com-

plex.

The Falcons scored three first-period goals and then added three more in the middle frame.

"We couldn't really get anything going early in the game at all," Poponick said.

Keegan Sigurdson led Lundar with a goal and an assist while Braden Paulic, Colby Choken, Shayne Desjarlais, Xavier Halterman, and Brandon Abraham also tallied.

Campbell and Spratt replied for Selkirk.

Chris Lesage made 31 saves for the win. Riley Bannerman and DeBoer split the goaltending duties for the Fishermen.

Game 5 of the series will be played this Saturday in Selkirk. Game time is 7:30 p.m.

Game 6 will return to Lundar on Sunday for a 7 p.m. matchup.

If necessary, Game 7 is slated for Tuesday in Selkirk. Puck drop is 7:30 p.m.

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Semi Finals vs Lundar Falcons

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7:30pm in Selkirk

Game 6: Sun. Mar. 24
7:00pm in Lundar

Game 7: Tues. Mar. 26
7:30pm in Selkirk If necessary



Meet the Fishermen

#17 Kayden Kotowich, Forward



Steelers lose eight players as they age out of junior hockey

By Brian Bowman

As the Selkirk Steelers cleaned out their lockers this past week after losing to the Virden Oil Capitals in their MJHL quarter-final series, several of those players will be doing so for the very last time.

Selkirk will see eight players age out of junior hockey.

That is a large turnover over one season and next year's edition of the Steelers will have plenty of new faces.

"We knew that going in and, unfortunately, we're out now," said Nick Lubimiv, the Steelers' head coach and director of hockey operations, Tuesday afternoon. "We thought we had a team that was built to go a little bit longer."

A lot of the Steelers' up-and-coming talent is on the younger side.

"We do have some high-end 16 and 17 year olds coming," Lubimiv said. "They're younger but certainly skilled and capable. The future is bright, it's not like we're going to be rebuilding for a bunch of years. We have some guys ready to step in and help, without a doubt."

The Steelers' will lose their top two scoring forwards - Nate Halvorsen and Connor Barley - from this past season.

But Lubimiv is confident players like Carter Barley, Ryan Piwniuk, Brett



RECORD PHOTO BY JASON MCWHIA/DIRECTED MEMORIES

Ryan Sokoloski, Brady Pupp, Will Middleton, Connor Barley, Nate Halvorsen, Nolan Ferguson, Colby Dudek, and Wayne Johannesson have each played their final game of junior hockey.

Namaka, and Noah Basarab can pick up the slack.

"Those guys can all put up points," Lubimiv said. "There will be more ice time for them, too, so hopefully they can take advantage of it."

On the back end, Selkirk will lose Wayne Johannesson, Nolan Ferguson, Colby Dudek, and Brady Pupp as they age out.

"We'll have to fill four or five spots," Lubimiv admitted. "I think we have

three guys, for sure, coming from the States or out of province. Throughout the year, we've been recruiting and keeping track on some guys and we have a couple of good guys on our list that we have drafted as well.

"We'll be younger back there, there's no question about that, but we'll be good. We'll be able to move the puck but there certainly will be some growing pains."

In goal, Selkirk should be strong if

both Zachary Bennett and Levi Mitchell elect to come back for another season.

"Both goalies are very good," Lubimiv said. "We hope to find Benny a scholarship and he played really well and, in time, he'll get one. I think they're coming back but you never know what the future holds."

"We like both of them and they're both capable of being a No. 1 guy in our league."

Oil Capitals KO Steelers in first-round playoff series

Selkirk loses once again early in the postseason

By Brian Bowman

Another season - and another first-round playoff loss - for the Selkirk Steelers.

Selkirk was ousted from this year's Manitoba Junior Hockey League playoffs after a 3-2 road loss to the Virden Oil Capitals on Sunday evening.

Virden won the best-of-seven series in six games.

"I think there's a lot of disappointment in the room and I thought we gave a couple of games away and it ended up costing us," said Nick Lubimiv, the Steelers' head coach and manager of hockey operations. "(Virden) makes you earn everything and there's nothing easy against them. Their special teams are really good but nothing seemed to surprise us.

They frustrated us and they got some timely scoring."

After a scoreless first period in Game 6, Virden went up 3-0 as Parker Brakebill scored and Kolten Kanaski tallied twice in the second. It was Kanaski's seventh and eighth goals of the series.

Brady Pupp scored at 16:28 of the third period and then he tallied again with 19 seconds left in the game on the power play.

Virden took a 3-2 series lead with a 3-1 road victory on Saturday in Selkirk.

The Oil Capitals' Dylan Halliday scored the game-winning goal at 12:20 of the third period, beating Selkirk netminder Zach Bennett.

Steelers' forward Ryan Piwniuk gave the home side a 1-0 lead with a goal

11:03 into the game.

But Kanaski tied the score at 1-1 about five minutes later. Ben Dalke then sealed the win with an empty-net goal with 35 seconds remaining in the third period. Selkirk outshot Virden 47-29 as Riley Wallace posted the win.

The Steelers had evened the series at two wins apiece after a great 4-3 comeback overtime win over the Oil Capitals in Virden last Thursday.

"That was a crazy game," Lubimiv said. "It was an interesting game and one we thought we should have been winning earlier on. But we stuck with it and the boys persevered."

Piwniuk tied the score at 3-3 at 18:35 of the third period and then Will Middleton netted the game winner in OT.

After a scoreless first period, Kanaski and Selkirk's Nate Halvorsen traded goals in the second.

Dalke put the Oil Capitals up 2-1 at 8:40 of the third but the Steelers' Nolan Ferguson answered just 1:07 later.

Virden regained the lead, however, when Hunter Cloutier tallied at 17:23 of the third.

Bennett made 36 saves for the win.

On March 12, the Steelers doubled the Oil Capitals 4-2 in Selkirk.

Needing a win in a huge way to get back into the series, Selkirk's Noah Basarab scored just 29 seconds into the contest.

Halvorsen made it 2-0 midway in the opening period and then Virden's Hunter Cloutier and Dudek traded second-period goals.

Selkirk, once again, scored in the first minute of a period as Blake Burr put the Steelers up 4-1 when he tallied 56 seconds into the third.

Virden's Jesse Mistelbacher then closed out the scoring at 16:42.

Piwniuk and Ryan Sokoloski each had two assists in the game.

Selkirk was 2-for-2 on the power play while Virden finished 0-for-3.

The Steelers outshot the Oil Capitals 42-26 as Bennett earned the victory.

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We can close our eyes and pray that you'll
come back OR

We can open our eyes and see all you have
left us.

Our hearts can be empty because we can't
see you OR

Our hearts can be full of the love we shared.

We can turn our backs on tomorrow and live

yesterday OR

We can be happy for tomorrow because of
yesterday.

We can remember you and only that you are
gone OR

We can cherish your memory and let it live on.

We can cry and close our minds and be sad
OR

We can do what you'd want:
Smile, open our eyes, love like there is no
tomorrow,

And carry on with our dreams.
You'll always be by our sides.

You have left us a lifetime of memories.

-Love you forever
Tony, Erin, Connor

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IN MEMORIAM



Tara Lamb (Wachal)

July 4, 1973 - March 24, 2005

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Laughing, loving, sharing.
Your memory never fades and
Your light burns brightly in our hearts.
We could write a million pages,
But still be unable to say...
Just how much we love you and
Miss you, every single day.

-Lovingly remembered,

Mom, Dad, Shannon (Mike) and Jay

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James Berry

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of a dear husband, dad,
grand dad and great-grand dad
who passed away March 25, 2017

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For life is not the same to us,
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OBITUARY



Anita Lamoureux
(nee Fournieux)

Peacefully and surrounded by family, Anita passed away at the age of 78, on March 15th, 2019.

Wife of the late Art Lamoureux; sons Kevin (Lorelei), Wayne (Norma) and Michael (Yvonne); grandchildren, Calvin, Logan and Taylor, Bronte, Craig and Kirk; brother Richard (Linda) and sister Eveline as well as numerous nieces, nephews, family and friends.

A celebration of life will be held Friday, March 22nd, 2019 at 2:00 p.m. in the Gilbert Funeral Home, 309 Eveline Street, Selkirk, MB.

In lieu of flowers, please donate to the Gordon Howard Seniors Centre (Vintage Club) in memory of Anita.

Condolences, pictures and videos maybe left on Anita's tribute wall at www.gilbartfuneralhome.com

Gilbert Funeral Home, Selkirk in care of arrangements.



OBITUARY



Joanne Marie Couture

Joanne Couture, aged 59 years of Selkirk, Mb, passed away Saturday, March 16, 2019 at the Health Sciences Centre.

She is survived by son Cory and daughter Kristen; missed by parents Ed and Irene Couture; sister Michelle Semenchuck; brothers Robert and Terry; sister-in-law Janet also many nieces and nephews Robert Couture and wife Sarah and Wesly.

Viewing and Memorial Luncheon took place on March 20 at Gilbert Funeral Chapel in Selkirk, MB.

Condolences may be left on her tribute wall at www.gilbartfuneralhome.com

Gilbert Funeral Home, Selkirk in care of arrangements.



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