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RECORD PHOTO BY AUSTIN GRABISH

Five lucky students from Happy Thought School received iPod Nanos from the East Selkirk Fire Department for designing fire escape plans for their homes last Tuesday. Pictured from left to right, Raeanne Peters, Petra Pearson, Riplee Fey, Ken Webb, principal Nancy Lovenjak, East Selkirk fire captain Rob Couture, and Sparky the Fire Dog. Missing from the photo is student Sean Clarke.

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East Selkirk sewer, water project receives \$3.5M funding boost

More than \$3.5 million in Green Municipal Fund loan and grant contributions are helping pave the way for safer drinking water and wastewater treatment for nearly 300 homes in the East Selkirk area.

"This means we can now grow in a sustainable and environmentally friendly manner," said RM of St. Clements CAO D.J. Sigmundson, adding the project, which began in the fall of 2010, should be completed by the end of this year. "This announcement helps make that affordable."

Along with providing clean drinking water, Green Municipal Fund loan and grant contributions of \$3,567,926 for the RM of St. Clements will also go towards the installation of new systems to provide wastewater treatment and better fire protection for the East Selkirk community, Selkirk-Interlake MP James Bezan announced on May 20.

"Our government is helping municipalities across the country to achieve their goal of a cleaner and healthier environment for their citizens through the Green Municipal Fund," Bezan said in a release. "I am proud of our government's support for a project that will provide safe, clean drinking water and reliable sewage treatment for the residents of East Selkirk for years to come."

St. Clements Mayor Debbie Fiebelkorn said not all of the nearly 300 homes located in the "local improvement district for the East Selkirk area" are hooked up to these new systems just yet, but will be once the project is completed. She added East Selkirk's new for past council, and we are pleased to be able to

"Protecting drinking water has been a top priority said.



RECORD PHOTO BY BRETT MITCHELL

Selkirk-Interlake MP James Bezan announces Green Municipal Fund loan and grant contributions of nearly \$3.5 million for the RM of St. Clements in East Selkirk on May 20, which will go towards the installation of new systems to provide potable water, wastewater treatment, and better fire protection for hundreds of homes in the community.

water treatment plant could service up to 600 homes. continue to move this agenda forward," Fiebelkorn

The new water treatment plant and lowpressure distribution system helps make clean water available for drinking and other household uses, while the wastewater collection system and aerated treatment lagoon will gather and treat waste, and the fire hydrants will enhance safety measures.

This project aims to address water and wastewater issues in the community, which has previously relied solely on private wells and septic systems.

East Selkirk has a 40-year history of drink-

ing water quality issues and in 2001, water tests on individual wells resulted in a long-standing boil water advisory.

This project is also benefitting from more than \$3.3 million in funding through the federal Gas Tax Fund. In 2006, federal, provincial, and municipal funding of \$4.6 million was announced under the Canada - Manitoba Municipal Rural Infrastructure Fund for this project.

The Government of Canada provided the Federation of Canadian Municipalities with \$550 million to establish the Green Municipal Fund, which promotes partnership funding to reach higher standards of air, water and social quality, and climate protection.

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NDP vows to revive Canada Post home delivery if elected this fall

Door-to-door service 'essential' for some, MP Pat Martin says

By Austin Grabish

Canada Post's plan to eliminate door-to-door mail delivery could be dead in the water if the federal NDP is elected this fall.

The NDP is promising to restore door-to-door mail delivery to five million homes while the postal service plans on eliminating home delivery as part of a five-year companyrestructuring plan.

Selkirk's door-to-door service was expected to be phased out for good later this year, and once complete, mail will be delivered to new community mailboxes.

Winnipeg NDP MP Pat Martin and other party members promised to restore the service last Thursday if the New Democrats win the federal election this fall.

"This is about fairness. The cuts to home delivery impact seniors and persons living with disabilities the most. For them, this service is essential," Martin said in a release.

Martin added hundreds of mayors across Canada have complained about the decision to replace the door service with community mailboxes.

Canada Post is currently in court fighting several mayors and the Canadian Union of Postal Workers' who are suing the crown corporation for its decision to end home delivery.

The corporation has indicated it is ready to take its fight all the way to the Supreme Court if necessary.

But Selkirk Mayor Larry Johannson isn't one of the mayors fighting Canada Post.

He said he's talked to several people in Selkirk and hasn't received any negative feedback about the removal of the door-to-door service.

"I haven't had too much negativity on it," Johannson said. But he said a few people have raised concerns over the locations of the new community mailboxes.

Martin said despite cries from Canada Post and the Conservatives that the public mail service is losing money, the corporation has in fact brought a wad of cash to the public

Last year, before taxes the corporation reported a profit of \$194 million. It had lost \$125 million in 2013.

"The government told us from the start that the decision to end home mail delivery is a financial one, but this is not true," Martin said.

Canadian Union of Postal Workers president Mike Palecek said job cuts and the elimination of home mail delivery has become an election issue.

"The people of this country deserve a chance to vote on such a major change," Palecek said in a press release.





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Lake Winnipeg cleanup effort pours into Brokenhead wetland



PHOTO COURTESY OF CENTRE FOR INDIGENOUS ENVIRONMENTAL RESOURCES

This marsh on the Brokenhead Ojibway Nation will be the subject of a two-year monitoring and restoration project. The wetland has become polluted in recent years, according to officials.

By Austin Grabish

A polluted marsh on Brokenhead Ojibway Nation will be monitored closely for two years as part of a Lake Winnipeg cleanup effort, and the project could start as early as this summer.

The Centre for Indigenous Environmental Resources received an \$8,000 grant earlier this month from the Lake Winnipeg Foundation.

The grant will go towards monitoring and restoration efforts that if successful, will help curb the effects of pollutants and nutrient runoffs that have wound up in the Brokenhead wetland.

"It's a monitoring and restoration project for the wetland," said Morgan Vespa, a research associate at the Centre for Indigenous Environmental Resources.

Vespa said there is concern for the health of the wetland, because an increase in nutrients like phosphorus has run through it, and it is connected to Lake Winnipeg, which is already suffering from a number of health problems.

"There's concerns for the wetlands because flooding and erosion, and potential invasive species,"Vespa said. "Essentially we're addressing some of the issues that are facing the wetlands."

A few residents living in Brokenhead will be trained and tasked with keeping track of the marsh's health, Vespa added

The volunteers will be shown how to take samples and be taught how to enter that information into a national lake monitoring database.

"Basically what we want to do is build the capacity of some folks in Brokenhead Ojibway Nation to conduct regular wetland monitoring," Vespa said.

The start date of the project has yet to be determined as the centre is still seeking additional funding, but they hope to get the project started sometime this summer.

Vespa said restoration efforts would also include the planting of native vegetation.

Alexis Kanu, Lake Winnipeg Foundation executive director, said keeping the wetland healthy is critical, because the marsh is on the cusp of waters that enter Lake Winnipeg.

"The shorelines of the lake are the last line of defence for removal of nutrients and contaminants that might enter our waters," Kanu said.

She said despite a recent surge in lake cleanup efforts, Lake Winnipeg is still far from healthy.

"We will be working on this for years to come. It's not a problem we're going to fix and walk away from," Kanu said.

'Looking Good Just Might Kill You'

High school student awarded for plan to replace traditional nail polish with eco-friendly product

By Austin Grabish

Angelica Soares knows beauty products aren't always so pretty for the environment, and that's why she's enacted a plan that will see the Comp's hairstyling department use chemical-free nail polish instead of traditional gloss.

Soares was recognized as a top contestant for her "Looking Good Just Might Kill You" project at the provincial Caring for our Watersheds contest in April.

The Grade 12 student came in sevent place, and won a \$450 cash prize for her plan from contest sponsor Agrium. She also received \$500 to purchase the polish, and Agrium also gave \$450 cash to her school for a future environmental project.

Soares fought against more than 250 other contestants, but was recognized by judges because her project was realistic, she said.

She got the idea after seeing a picture of eco-friendly nail polish on Instagram.

"I thought that would be a good idea," Soares said.

Soares said regular nail polish contains toxic chemicals like formaldehyde, and the vegan replacement she found does not.

"It's missing five chemicals that are commonly found in other ones," Soares said.

Biology teacher Angela Bajt said although the project was a class assignment she wanted students to find potential environmental hazards at the Comp.

"I really encouraged the students to do like an honest assessment of our school," Bajt said.

Bajt said the Caring for our Watersheds contest is great because it lets students make real and meaningful change in their school or community.

"They're supposed to be doable action plans," Bajt said.

She called the contest a "real win-win" because whenever a student makes the competition's Top 10, the school also receives funding.



RECORD PHOTO BY AUSTIN GRABISH

Angelica Soares won a \$450 cash prize at the provincial Caring for our Watersheds contest for her plan to swap traditional nail polish with a more eco-friendly product.

Soares is still working on finalizing her project, but it should be complete before she graduates. "It's going to be a complete followthrough until about June," Soares said.





Peat fire smoke irritates St. Clements residents

RM working with province to find a solution

Bv Austin Grabish

Smoke from a peat fire that caused a nine-car pile-up earlier this month continued to smolder last week, and attempts to extinguish the burning moss were unsuccessful.

Roughly three feet of peat has been burning for more than a month now in a farmer's field near Highway 44.

Smoke from the fire has been billowing on and off for several weeks now despite both a downpour of rain on the May long weekend and several visits from firefighters, who have dumped water on the moss.

St. Clements director of protective services Ken Sim said fire crews were out at the site at least two times last week, and that's in addition to several visits fire crews made previously.

Sim said there are no flames coming from the peat, but it continues to smoke regularly.

"It's very irritating for the neighbours," Sim said.

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RECORD PHOTO PHOTO COURTESY OF AL LAING

This photo taken last Thursday shows smoke from a peat fire smoldering in St. Clements resident Al Laing's backyard. The same fire caused a nine-car pile-up earlier this month and continued to smolder last week.

St. Clements resident Al Laing is fed up with waking up to the smell and sight of smoke.

He can see the massive pile of peat from his home, and smoke constantly blows into his yard.

"This is going on way too long," Laing said. "My grandson comes over and he can't play on his swing, because the smoke comes. It's just ridiculous."

The burning peat is composed of years of vegetation, and is next to a

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provincial drainage system.

"The crews are trying to expose the peat and we're pumping out of the drainage system now that it's full of water after all those rains," Sim said.

Laing said he has voiced his concerns with both the province and the RM of St. Clements, but he feels lost in the bureaucracy.

Sim said St. Clements is working with several provincial departments

to find a solution to the problem.

"We're all parties in this process," he said adding the farmer who lit the peat will not face a fine since winds could have played a factor in the fire, and he didn't know it would get out of control and smolder.

"There's no point in pursuing a fine," Sim said. "We can't actually take him to task for the heavy winds and what they thought was extinguished."



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Record welcomes new editor

By Lindsey Enns

Hello Selkirk Record readers, allow me to introduce myself.

My name is Lindsey Enns and I am the new editor of this exciting community weekly newspaper that's doing some incredible things.

But before I tell you more about that, I'd like to share a little bit about what's brought me to your community.

My passion for storytelling has taken me all across Northwestern Ontario and Manitoba.

Since completing my education at both the University of Manitoba and Red River College, I have written for several Winnipeg publications, worked for a weekly newspaper in Dryden, Ont., and more recently I was previously the designated education reporter at the daily Brandon Sun.

These past five years of experience and adventures have now happily brought me back to my hometown of Winnipeg.

After interning at the Record for a short time while I was a journalism student in Red River College's Creative Communications program, years later I am proud to be officially



Lindsey Enns

part of this amazing team.

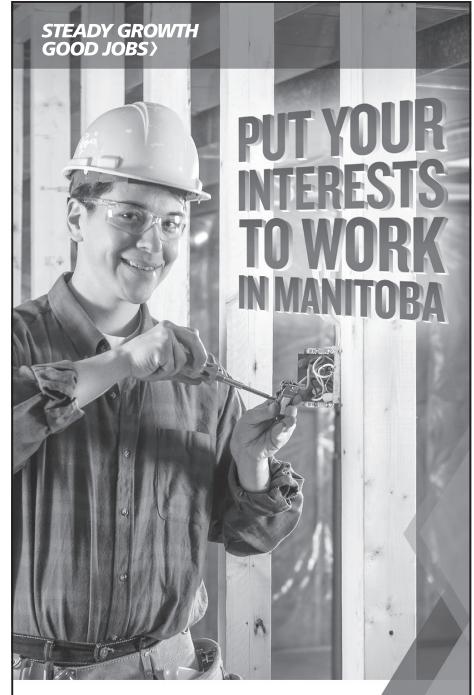
Along with being a multiple awardwinning community newspaper, the Record is also independently owned and operated.

Since it's inception, the Record's mission has always been to provide grassroots reporting that helps connect people with their communities while making them stronger. As the Record's new editor I plan to contin-

ue doing this with a pair of fresh eyes and a new perspective on this growing city.

With that in mind, if you have a neat

story to share or a story idea in mind, please don't hesitate to contact me directly at news@selkirkrecord.ca.



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PRODUCTION

Debbie Strauss



Allana Sawatzky

* ARNIE WEIDL Fishing tales from the open water

Welcome, my outdoors sisters and brothers.

If you've been fishing lately, you've probably been shaking your head seeing how the low water and last week's storm has scattered the fish making a nice day's a catch hit and miss. Anyway, don't get discouraged things will get back to normal real soon.

Last weekend found me sitting on the tailgate of old red on the Hanusa pier facing the silvery shimmering grevgreen open waters of Lake Winnipeg. By my side jammed into a crevass in the truck box my South Bend rod was not displaying any fish catching magic, unlike the chap beside me, Sheldon Kobewka from Winnipeg.

Sheldon hauled in a good eating-sized pickerel as his daughter Natasha and her boyfriend Ty Riel and I watched. We chatted back and forth as we waited for more bites and Sheldon told of a time last Father's Day when they came here. Giant wind driven waves were splashing completely over the pier. Feeling brave though, he urged his van along the dock until a huge wave slammed into it pushing it sideways. He turned around and went straight home!

Nothing makes me happier than to find someone willing to share a humorous fishing story with us, which happened when I was at a fish fry party at Gigi and Dino Anniuk's place in St. Andrews on Sunday. I happened to be talking to some guests about the long history of our Selkirk Record when a chap, Don Cardineul, with a perfectly shaped snow-white full beard and long white curly hair who had just joined the party, said that he had been in a CBC movie years ago which showed Lord Selkirk's journey to Manitoba that had a connection to our paper. This emphatic, fast talking, wise-cracking guy and I started joking around and it wasn't long before he came up with quite a tale.

It seems there was an angler who bragged to a friend that he had caught a 30" pickerel where upon the friend, unwilling to let a whopper of a lie like that get the better of him, retorted that he had hooked and landed an old lantern that was still lit! The first fellow said, "no way that can't be! "Then, with a grin, the second fellow came back at his friend saying, "I'll blow my lantern out if you'll cut the length of your fish in half!"

In the middle of last week I drove over to Balsam Bay hoping to find somebody with an interesting story for us. As I came down the sloped road to the dock I spotted a young, tall guy that had been working on his boat harboured there, so I strode over to him asking if he had done any fishing. He smiled to himself as he told me he had fished only once in his life and would never do it

That set me back! I had to find out why! Our new friend, Steven Gilbertson, went into his story saying when he was



RECORD PHOTO BY ARNIE WEIDL

Sheldon Kobewka with a pickerel he caught on the Hnausa pier.

only 14 he went fishing with an older friend in the Lake of the Woods. It was a cold windy day and Steve soon found himself trapped in a boat with a controlling person who told him repeatedly not to make any noise as it would scare the fish. When he lost two pickerel rigs to the rocks below, well, apparently it was the end of the world as far as his friend was concerned, oh, and God help him if he moved anything in the boat.

So, on the way back to Winnipeg, Steve swore he would never put a baited hook into the water ever again. Now, years later, he loves to tour around slowly with his boat listening to his favorite music and enjoying the scenery.

I bet avid angler Darla Gregg who we met around Selkirk last week could change his mind! Speaking of Darla

and all the other catfish anglers in our area, the Lockport Catfish Contest during June is just around the corner; call 668-5831 if you want in.

Well, have good fun outdoors this week my friends, so-long for now.



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Christy Brown, Distribution Mgr.: 204-467-5836

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Family escapes Mercy Street townhouse fire

Bv Austin Grabish

A family of three managed to escape a grease fire in their Selkirk home unharmed, but the Mercy Street townhouse was left charred and suffered a substantial amount of smoke damage.

The fire broke out around 2:30 p.m. last Friday at the townhouse in the 300 block of Mercy Street and neighbours said they could hear the sound of grease popping as smoke gushed through the home's windows.

Leah Pichor lives next door to the home and called 911 after another neighbour alerted her to the fire.

"I was scared," Pichor said. "The fire guys told us to get out."

Alyssa Sanderson's backyard is just feet away from the doorstep of the home that caught fire.

She also called 911 and said several firefighters, police, and paramedics all arrived within minutes of the call.

She said the father and his two kids along with the family's two cats who all live in the home made it out of the house OK without any injuries.

Selkirk fire Chief Dan Thorstein-

son confirmed the fire was caused by grease and he advised residents that cooking oils should never be used in a pan to deep fry food, because once they hit a certain temperature they can cause a fire.

He said an actual fryer should be used instead of an open pan, because deep fry machines are designed to control high temperatures.

"Be very very careful if you have oil," Thorsteinson said. "You should really only heat it up in a proper receptacle and not an open pan."

Crews called to roof fire

Firefighters were called to a business on the 200 block of Manitoba Avenue Saturday afternoon after hot tar ignited a small fire on the roof while it was being worked on. Selkirk fire chief Dan Thorsteinson said workers were heating up the tar when it caught fire, and although firefighters were called, the fire was minor.

"It just lit up a little bit," he said.



RECORD PHOTO BY AUSTIN GRABISH

A woman looks through the window of her neighbour's home, shortly after a grease fire ripped through its kitchen, which caused substantial damage to the townhouse on Mercy Street last Friday.

Province opens door to in-store brewing services

Manitobans will soon be able to make their own wine and beer at local stores and take their creations home when they are ready for consumption as part of a new wave of liquor law

The Liquor and Gaming Authority of Manitoba is now accepting applications from Manitoba retailers that sell home wine and beer making supplies as their primary business to offer instore brewing services to their customers, Mineral Resources Minister Dave Chomiak, minister responsible for the Liquor and Gaming Control Act, announced on May 22.

"During our consultations on modernizing liquor laws, Manitoba consumers and businesses expressed interest in opening up opportunities for in-store wine and beer making," Chomiak said in a release. "In-store brewing offers an opportunity for Manitobans to enjoy and learn about beer and wine making even if they do not have the space in their homes, or don't wish to purchase, operate and clean the equipment themselves."

Wine and brew-making supply retailers will be able to help their customers select the ingredient kits for beer and wine, and provide instruc-

tional advice, equipment and manufacturing space for the production of wine and beer for home consumption. In-store brewing facilities already operate in the majority of other Canadian jurisdictions including Saskatchewan and Ontario.

This change is made possible by the

which came into effect April 1, 2014, as part of the Manitoba government's

ongoing modernization of liquor laws that will offer businesses increased opportuni-

new Liquor and Gaming Control Act, ties to respond to evolving consumer demands, eliminate red tape and improve public safety.



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Top store award hits home for building centre owners

By Lindsey Enns

Selkirk is now home to 2014's best Home Hardware Building Centre in Canada after the local store stood out among nearly 1,100 other locations across the country.

Selkirk Home Hardware Building Centre owners Rob Borthistle and his brother Scot say they were humbled to receive the Walter J. Hachborn Store of the Year Award for 2014 during a recent gathering in Ontario.

"We were just blown away, completely stunned, we had no idea that we were going to get that," Rob said. "I think we have a really good store ... definitely the staff has been a big part of that."

The top store award is based on all aspects of the business including marketing and administration.

"Selkirk Home Hardware Building Centre embodies everything the Walter J. Hachborn Store of the Year Award stands for and is a great champion of the Home brand," Home Hardware Stores Limited spokesperson Rob Wallace said via email. "As a national retail network with nearly \$5.7 billion of annual retail sales from our close to 1,100 stores, it truly is a prestigious honour to be the top store."

Both Rob and Scot have owned the local building centre for nearly three years after taking over for their parents who first opened its doors in 1986.

The Borthistle's have been home hardware store owners for more than 40 years after they started their first store in Swan River.

Rob said one of his favourite aspects of his job is getting to watch their team of employees fall in the love with the business just as much as he and his brother did at an early age.



RECORD PHOTO SUBMITTED

Pictured from left to right, CEO of Home Hardware Stores Limited Terry Davis, Selkirk Home Hardware Building Centre owner Rob Borthistle, Krista Borthistle and store owner Scot Borthistle after receiving the 2014 Walter J. Hachborn Store of the Year Award. Rob said they plan to hang the award in their office for everyone to enjoy.

and passion for the business and helping people and learning about the products," Rob said, adding they currently have roughly 85 full and part time employees."They really are a diverse group of people of all ages."

Rob said that although they've previously been named top store for the Northwestern Ontario "Just watching them grow and get that excitement and Manitoba region three consecutive times, this

award means a lot to their family.

"Our parents were really proud but it goes back to them as well," he said. "It isn't something that we did on our own ... we kept the momentum going that they started and built on it.

"We won the award, the store won the award, the staff won the award but they definitely won the award as well."

Loan program enhancements aim to address higher cattle prices

By Lindsey Enns

Farmers battling higher cattle prices across the province are warmly welcoming changes to the Manitoba Livestock Associations Loan Guarantee program.

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"We've been waiting for this for probably two years hoping that it would come," said Ken Vaags, supervisor of A-1 Cattle Co-op in Oakbank and user of the program. "This has been a very important announcement

Borrowing limits under the Manitoba Livestock Associations Loan Guarantee program have now increased to up to \$8 million from \$5 million for associations and up to \$500,000 from \$300,000 for individual association members. Changes to borrowing limits were needed to reflect higher cattle prices and increasing livestock operations across Manitoba, Agriculture, Food and Rural Development Minister Ron Kostyshyn announced on May 13.

"Based on recommendations from livestock associations and livestock producers, the expansion will help ensure producers can access the financing they need to manage their farms effectively," Kostyshyn said in a release.

The loan program provides producers who are members of livestock associations more favourable financing terms than they would be able to access individually, as well as reduced handling costs due to higher volumes of cattle sold through the associa-

tions.

Producers can use the funds to purchase feeder or breeder cattle with repayment terms of up to one year and up to seven years, respectively.

"The increase in borrowing limits will go a long way

in making the program a viable option to finance the purchase of cattle required for expanding operations with the new reality of dramatically higher prices," Association of Manitoba Feeder Cooperatives executive director Rob Smith said in a release.

A representative from the Interlake Cattlemen's Co-op Association declined to comment until they've had more time to review these changes.

As a cattle farmer for most of his life, Vaags said the cost of feeder cattle is "at least double" what it used to be so these increases are much appreciated.

The Manitoba Livestock Associations Loan Guarantee program, which is administered through the Manitoba Agricultural Services Corporation (MASC), provides a 25 per cent guarantee of the loans made by private-sector lenders to livestock as-

In 2014, MASC approved a total loan amount of \$21.6 million for eight livestock associations with more than 200 association members, Kostyshyn noted.

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STARS celebrates 30 years in Canada

Ste. Anne woman says air ambulance service saved her life four years ago

By Austin Grabish

If you asked Maranda Lanouette about STARS air ambulance four years ago, the then 25-year-old wouldn't have known what the lifesaving service was.

But now the Ste. Anne resident can't say enough about the air ambulance she credits with saving her life.

"I didn't even know about this organization until I needed it, which is probably everybody's case," Lanouette said. "I wouldn't be sitting here with you today had I not had them."

In 2011, Lanouette was riding an ATV when she lost her balance, fell off the machine, and shattered her neck.

Out in the middle of the bush somewhere in Ste. Anne with no cellphone service, she remembers panicking.

Her family rushed to the closest store to dial 911, but when a ground ambulance came it couldn't make its way through the bush so STARS air ambulance was called in.

"We were in the middle of nowhere," Lanouette recalls.

Lanouette remembers lying on the ground and losing sensation in her body before her saving grace arrived.

"I waited there, I instantly lost all feeling in my body," she said.

A STARS air ambulance landed within just feet of Lanouette, and before she knew it she was on route to a hospital.

"They had me up in the air in absolutely no time," Lanouette said." Within minutes I was safe and I'm very thankful for that."

The now 29-year-old shared her story at a STARS open house in Winnipeg last Saturday.

The air ambulance was celebrating 30 years of service in Canada, and has been in Manitoba for the last four

STARS have responded to hundreds of calls during its short time in Mani-

Last year, the air ambulance responded to seven calls in Selkirk, Brokenhead, Lester Beach, Libau, and St.

The air ambulance flies on average once per day, and has saved countless

But the service has come under fire in recent years, and in December



RECORD PHOTOS BY AUSTIN GRABISH

ABOVE: STARS flight personnel were on hand for the air ambulance's open house at its Winnipeg Hangar on Saturday. BELOW: Alan Mart, a STARS air ambulance flight nurse prepares for landing during a media flight in Winnipeg on Saturday.



2013, the provincial government temporarily suspended the service after serious concerns were raised about patient safety.

The suspension came shortly after a woman died in one of STARS' air ambulances. Provincial officials at

the time said it appeared the patient had not been properly ventilated with oxygen.

Betty Lou Rock, vice-president of Manitoba operations for STARS, said changes have been made to increase patient safety.

She noted new alarms on patient oxygen machines ring when air levels are low.

"We put additional safety measures in there to mitigate the risk as much as we could," Lou Rock said.

Province invites Manitobans to become Eco Explorers

Visitors to various tourist attractions could earn prize

Staff

A new province-wide program is encouraging Manitobans to become home-grown tourists by visiting attractions across Manitoba.

"We have so much to offer visitors, and it's easy to take our own attractions for granted because we live here and can see them any time," Tourism, Culture, Heritage, Sport and Consumer Protection Minister Ron Lemieux said in a release on May 25. "From the Assiniboine Park Zoo to the Narcisse snake dens and the Oak Hammock Marsh, Manitoba is where Canada's Heart Beats."

This summer, visit a participating Eco Explore site, learn about the environment and the provincial ecology and then take a photo of yourself at the site and post it on Instagram using the hashtag #ecoexploremb. Visit three sites, post your photos and you will receive an Eco Explorer e-certificate, Lemieux added. At the end of the summer, the person who completes the most experiences will qualify to win a prize package from some of the participating organizations.

"We are pleased to participate in the Eco Explore program and can't wait to welcome visitors to Assiniboine Park and Assiniboine Park Zoo for this exciting challenge," said Lorne Perrin, vice-president, park services, Assiniboine Park Conservancy. "The Eco Explore program is a great way for us to facilitate exploration of our province, not only here at the park and zoo, but at all of the participating destinations."

Participating Eco Explore attractions include:

- Alfred Hole Goose Sanctuary, Whiteshell Provincial Park;
- Assiniboine Park and Zoo, Winnipeg;
- Brokenhead Wetland Interpretive

Trail. Scanterbury

- Churchill Northern Studies Centre Learning Vacations, Churchill;
- Fort Whyte Alive Bison Safari, Winnipeg;
- Living Prairie Museum, Winnipeg;
- Narcisse Snake Dens, Narcisse;
- Oak Hammock Marsh;
- Spruce Woods Park Centre, Spruce Woods Provincial Park;
- The Manitoba Museum Lake Winnipeg: Shared Solutions, Winnipeg;
- Weston Family Tall Grass Prairie Interpretive Centre, Stuartburn; and
- Whiteshell Fish Hatchery, Whiteshell Provincial Park.

To learn more about the Eco Explore program, visit ecoexploremb.com

Involvement groups to represent community voices in health care

Submitted

Interlake-Eastern RHA hosted its first Local Health Involvement Group (LHIG) meeting on April 29. The meeting brought together the region's 27 LHIG representatives for a one day familiarization and planning session with Ron Van Denakker, CEO, and Oral Johnston, chair of the RHA's board of directors.

"We have been waiting for this day for a long time," Johnston said. "We heard very clearly in the consultation process that our residents want to see accountability in health care and we strive for that. Now the board has formalized partnerships in place through our LHIGs that give us expanded reach into our region."

When the Province merged Manitoba's regional health authorities from eleven to five in 2012, it mandated the creation of LHIGs to preserve com-

and Sanford offices to:

munity voices in the regions.

To determine the structure and function of LHIGs, regional health authorities hosted public consultations across Manitoba in 2012 and early 2013. In Interlake-Eastern RHA, public consultations in Ashern, Selkirk, Beausejour, Lac du Bonnet and Gimli attracted more than 100 people who shared their opinions. People also had the opportunity to provide comment online. A provincial working group reviewed feedback and created recommendations for LHIGs that were approved by the Minister of Health. Each region was responsible for submitting its own LHIG plan to the Minister of Health for approval.

Interlake-Eastern's approved LHIG plan consists of three geographic based LHIGs, east, west and central, and one regional patient advisory committee.

The RHA called for LHIG applicants through local media press releases, direct communication with stakeholders, information in RM and town council offices, displays in health facilities and application information on the Interlake-Eastern RHA website. Thirty-five individuals applied to sit on the LHIGs. Applicants were reviewed by a sub-group of the RHA's board.

LHIGs will next meet in June. They will be given a question, defined by the Interlake-Eastern RHA's board, for public consultation, discussion and response to the board. Later in the year, each LHIG will have the opportunity to suggest to the board a question they would like to focus on.

Representatives from each LHIG will present their findings to the RHA's board. The board will respond

by identifying to LHIGs how their contribution informed the board's strategic planning process.

Once the board has defined the question for LHIG consideration, the RHA will provide opportunities for members of the public and other community/regional health care groups to provide feedback for LHIG consideration. Background information on the LHIGs is available at www.ierha. ca, "About us", "Community Involvement", "Local Health Involvement Groups".

2015-2016 Interlake-Eastern RHA Local Health Involvement Groups

Central Local Health Involvement Group Board liaison: Randeep Saini Board liaison alternate: Denis Fitzpatrick and LHIG members: Judy Bergson - Beausejour; Bob Carmichael -Beausejour; Shawna Cromie - Selkirk; Linda Gmiterek - Beausejour; John Paulsen - Oakbank; Leonard Pleskacz - Beausejour; Mary Wernicke - Beausejour; and Eleanor Zieske -Beausejour.





Visit **masc.mb.ca** for a map to this new location.

New Office Location

MASC has relocated its Stonewall







Historic homes, buildings to open their doors May 31

Staff

Selkirk and area community members are invited to check out 11 historic or architecturally interesting buildings and homes on May 31 as part of this year's Doors Open tour.

"Our goal is to help you satisfy your curiousity about the characters and stories in our local area by exploring the places where they lived," Rob Sarginson, chair of the Regional Heritage groups of Red River North said via email. "Visit the oldest house in Selkirk or the house that was built to keep a wife free of the Red River floods, or the building owned by a

rum-runner who died while being pursued by the G-men."

The local event coincides with Doors Open in Winnipeg happening this same weekend.

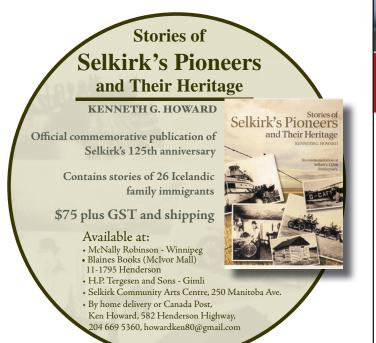
Passports for this heritage adventure are on sale for \$10 at the Gaynor Family Regional Library.

All of the sites are listed in a brochure with maps and descriptions and tours are available from 12 p.m.

Any profits raised will go towards future projects of the Regional Heritage Group, such as the restoration of the Stuart House.

RECORD PHOTO BY BRETT MITCHELL

Shirley Muir's home, located in the 100 block of Pacific Avenue, is one of the historic homes you can visit during Selkirk's Doors Open tour on May 31 from 12 p.m. to 4 p.m. Muir is pictured alongside Regional Heritage Group chair Rob Sarginson.





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Vikings, Métis dancers to join Scottish clan at 49th Highland fest

By Austin Grabish

They will ditch their pants to showcase their Scottish heritage, and when Celtic bagpipers and drummers dressed in kilts parade around East Selkirk's Legacy Park next month, their culture will be celebrated.

The 49th annual Manitoba Highland Gathering takes place June 20, and this year Métis dancers and Vikings will join the Scottish clan.

The day will start with a pancake breakfast and the real fun will begin at the Highland dance competition.

The rest of the day is filled with traditional Highland athletic competitions such as the caber toss, hammer throw, and stone put.

There will also be activities for kids including a petting zoo with sheep and goats, and other games will make up for the popular adult hammer throw.

"It's a good fun family event," said organizer David Carey.

Carey said it makes sense to have Métis dancers at the event, because a lot of Scottish folks married aboriginal women when they immigrated to Canada.

"Everybody thinks of Métis as

French, but there's a lot of Scottish Métis," Carey said.

He said by bringing Viking re-enactors to the event, people will get a better understanding of Scottish history.

"A lot of people ask how that ties in with the Scottish theme and that is because the (Vikings) used to come across the top of the Scottish coast and they would hit the Scottish Highlands and try to steal what they could,"

Carey said.

"The Celts would basically go to war with them and they would fight it out."

Carey said the Celts and Vikings would sometimes come together at gatherings though, and fighting between the two clans would come to a standstill.

"It gave them something to do and it gave them a way of bonding," he said. It's the second year the Highland Gathering will take place in East Selkirk, and Carey Said Legacy Park is a perfect fit for the festival.

He said he expects as many as 1,400 people to come out to the event, and even if it rains hundreds will likely still show up for the annual event.

"They're Scottish they're used to the rain," Carey laughed.

Tickets can be purchased individual-



RECORD FILE PHOTO

Willow McCarthy throws a stone during the Heavy Games at the 2014 Manitoba Highland Gathering in East Selkirk. This year's event takes place on June 20.

ly or as a family pack in advance or at the gate, and they range in price from \$4 - \$25

More information is available online at manitobahighlandgathering.org



Chrohn's and colitis to hold Gutsy Walk June 7

News Release

Crohn's and colitis severely impacts one's quality of life. What healthy individuals take for granted are frequently considered luxuries to a Crohn's and colitis sufferer. A reduction in the ability to work, the unnecessary burden of a social stigma as well as bathroom access concerns and limited choices of travel options are just a handful of their everyday challenges.

Now in its 20th year, the GUTSY WALK, has seen year-over-year growth in walk site locations and participants. The GUTSY WALK is the signature fundraiser for Crohn's and Colitis Canada, raising millions annually to fund

much needed Crohn's and colitis research and bring medical breakthroughs and better treatments into your community and the lives of its children and adults affected by these chronic diseases

This year's walk will be held on June 7 at the Canadian Mennonite University, at 500 Shaftesbury Blvd. in Winnipeg. Registration opens at 11 a.m. and the three kilometre walk begins at 1 p.m. We have two honored guests attending: Honourable Sharon Blady, Minister of Health and Micaella Stone Miss Teen Manitoba.

Participants can register at gutsywalk.ca



Sunday, May 31
Boston Pizza at Noon
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Comp students shine at 17th annual art show

Hundreds get a chance to showcase various pieces during public event

By Lindsey Enns

A wide array of drawings, paintings, sculptures and more were on display at the Comp during Selkirk high school's 17th annual Student Art Show.

Art teacher Brad Bamford and visual arts teacher Sandra Lee helped start the annual event which showcases pieces from both the visual art and advertising art students from Grades

"Every year the show has a different flavour to it ... from year to year it's interesting to come and see the changes," Bamford said during the show on May 21. "It's basically pieces students have done in response to a range of different assignments."

Bamford said being able to see all the different art pieces in the same place at the same time is "really fan-

A portion of the Comp was transformed into an art gallery for the show, which featured work from nearly 200 students.

Standing proudly next to a colourful canvas she created using acrylic paint, Grade 12 student Shanyn Thorarinson said the annual art show is a great opportunity for students to show off all their hard work.

"It just feels cool looking at other people look at your art while you're here," Thorarinson said while browsing the pieces at the show alongside her mother. "It's a lot bigger than having your art sitting on your fridge at home.

"A lot more people are going to see it and to almost get yourself out there if you plan to pursue a career in art."

Thorarinson added she's been interested in art from an early age and her parents always encouraged her to pursue it.

Since she will be graduating this year, Thorarinson said her art will become more of a hobby while she pursues a science degree.

"But I defiantly want to keep art in the picture," she said. "I still want to pursue it and keep growing my skills."



RECORD PHOTO BY LINDSEY ENNS

Grade 12 Comp student Shanyn Thorarinson stands next to one of her pieces during the school's 17th annual Student Art Show. The event was open to the public, giving students a chance to showcase their hard work.



Veterinary act changes to provide clear cost for care

By Lindsey Enns

One Selkirk pet owner is welcoming changes to the Veterinary Medical Act that would ensure clear upfront pricing for veterinary care.

The province's proposed amendments could help eliminate the shock factor for pet owners when they go to pick up their pet, said cat owner Lynda Blackburde who also runs Pawed Pals Animal Rescue.

"This should eliminate a lot of issues," she said.

The Manitoba Veterinary Medical Association (MVMA) plans to work with veterinarians over the next year to create a pricing transparency bylaw that would ensure the new rules are fair for clients and practical for the nature of veterinary care, Tourism, Culture, Heritage, Sport and Consumer Protection Minister Ron Lemieux announced on May 20.

"Pet owners love their animals and know they can't put a price on their well-being, but they have a right to know what fees they are facing when they take their pet in for veterinary care,"Lemieux said in a release."Veterinarians provide life-saving animal care and we know the vast majority offer upfront pricing to their clients. Our proposed legislation would ensure this practice is the rule for all veterinary clinics in Manitoba."

Another issue that sometimes arises for pet owners Blackburde said is how some procedure prices can vary across the province.

With that in mind, Blackburde advises pet owners to shop around and ask for a quote when their pet is in need of a particular procedure.

"When you're taking your animal in be sure to know how much it's going to be and go from there."



RECORD PHOTO BY LINDSEY ENNS

Lynda Blackburde of Pawed Pals Animal Rescue cuddles with her cat Molly during a recent visit to the Selkirk Record office.







TGIF walk helps raise funds for YFC programs

By Austin Grabish

About 30 members of the Youth for Christ group were celebrating the Lord as they walked around Selkirk for the Thank God It's Friday (TGIF) Walk-a-Thon.

Both youth and adults started the walk by parading around Selkirk Park before making their way to the Youth for Christ Centre on Clandeboye Avenue last Friday.

The five kilometre evening stroll was a fundraiser for the Youth for Christ Centre, and proceeds raised will help pay for its programming.

YFC Director Ryan Galashan said it was the first time the group has walked to raise money.

"We used to do an ice fishing derby, (and) we thought we'd try something new," Galashan said." Not only does it get the kids involved to raise the money, it gets the community involved and gives us some exposure."

Hanna Norwell took part in the walk, and said she was happy to raise money for a group that has helped her feel a sense of belonging.

"It's helped me because sometimes I've felt a bit alone and whenever I go

to Y-Church I feel like part of a family,"12-year-old Norwell said.

Norwell has been dropping in at the centre for the last three years and enjoys the free lunches it has as well as Wednesday's youth church sessions.

"There's ... really nice people there,"

YFC volunteer Carolyn Schmidt said the organization helps foster relationships and gives kids in Selkirk a safe place to hangout.

"It provides a place for them to just be themselves," Schmidt said. "There's a lot of youth who come from broken homes or difficult situations and when they come to the youth centre there's people there that they know really care about them."

Natasha Gibbons also goes to the centre regularly to hangout with friends and worship God. The 13-yearold said she goes because "it's fun."

Participants collected pledges from friends, family, and the public prior to the walk but the total amount of money raised wasn't available by press

Galashan said YFC couldn't survive without the support of the commu-



RECORD PHOTO BY AUSTIN GRABISH

Youth for Christ members take a stroll through Selkirk Park at the TGIF Walk-a-Thon last Friday.

"We really rely on the community, donations, and fundraisers," Galashan

He said although they are a faithbased organization, all youth are welcome and aren't forced to accept God into their lives.

"We want kids to explore it and if they want to great and if they don't want to there's no pressure."





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Province works to ban conversion therapy

Blady says the sexual reorientation practice is 'a violation of human rights'

By Austin Grabish

If so-called gay to straight conversion therapy is happening in Manitoba, Health Minister Sharon Blady wants to know about it.

Blady sent a sharp message to health care providers that the so-called therapy has no place in Manitoba's heath care system at a press conference in Winnipeg last Friday.

"That's just not appropriate," Blady said while speaking with reporters. "It's a violation of human rights. I want everyone in our health care system to be treated the way that you would all expect to be treated as individuals," Blady said.

The sexual reorientation therapy is meant to change a person's sexual orientation from gay to straight. It has widely been denounced by the medical community, but still is practiced by some medical professionals and religious organizations today.

"We know that other issues have come up for conversion therapy in other jurisdictions," Blady said. The minister said her department did a sweep of Manitoba's health care system and found nothing to suggest the therapy is being performed.

She called the practice unethical, immoral, and harmful.

Her announcement comes just over a month after Manitoba Liberal Leader Rana Bokhari called for a ban on the therapy.

Blady said her concern individuals in the health care system could have been masking the therapy as something else and billing for it prompted her to make the announcement.

"I don't want somebody misusing our medical system for those purposes," Blady said.

The Rainbow Resource Centre in Winnipeg, which provides counselling services to Interklake youth, often sees clients who have undergone some kind of sexual reorientation therapy.

"We have heard about it happening to people in Manitoba," executive director Mike Tutthill said.



RECORD PHOTO BY AUSTIN GRABISH

Health Minister Sharon Blady says so-called conversion therapy shoud not be happening in Manitoba.

Tutthill called the practice harmful, and explained that being gay or lesbian is not a decision someone makes.

"While it can be fluid it really is not a choice," Tutthill said. "It's an inherent part of who someone is, so to be able to have to deny that from someone creates great shame in them."

He added evidence has shown the therapy doesn't work.

"It might change behaviours, but it's not changing the feelings people are having," Tutthill said.

Ron Van Denakker, CEO of the Interlake-Eastern Regional Health Authority, said the RHA supports Blady's position.

"We fully support the minister's statement that conversion therapy has no place in Manitoba's health care system," Van Denakker said via email.

Blady and Tutthill both noted discrimination based on sexual orientation is banned under Manitoba's Human Rights Code.





Happy Thought student raises over \$2K for **Heart and Stroke Foundation**



RECORD PHOTO SUBMITTED Happy Thought School phys-ed teacher Natalie McConnell and Grade 3 student Dyson Leach during school's Jump Rope for Heart event on May 20. Leach helped raise more than \$2,000 for the Heart and Stroke Foundation.

By Lindsey Enns

With a smile from ear to ear, Dyson Leach said he was happy to be able to give back to an organization that helped him and his family get through some pretty tough times.

The Grade 3 Happy Thought School student credits Facebook for helping him raise \$2,235 for the Heart and Stroke Foundation of Manitoba during his school's Jump Rope for Heart event.

"I feel happy," said Leach during a break in activities at the East Selkirk elementary school on May 20.

Leach's mother Denise said her son has had three heart surgeries throughout his lifetime and his last

Continued on page 22

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and brush out, it will reduce shedding for months to come and that means less hair on your clothes and furniture! At Canvasback we have a De-Shedding Treatment we can use on your dog that works wonders and will keep your dog looking and smelling fresh for weeks! We also have the U-Wash facility available for after those long days at the park or when your dog decides to dig up the garden. Call 204-757-2701 to book your appointment today!

Upsetting storm



RECORD PHOTO BY NICOLE DOLA

Trees are shown turned over and uprooted near a cabin in Winnipeg Beach days after a wicked storm on May 17 wrecked havoc on the area. Instead of having a warm first long weekend of the summer, Manitobans instead were dealt whiteout conditions on highways, lengthy hydro outages, and strong winds.

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Local dancer to represent Manitoba at Canadians

By Patricia Barrett

When she first slipped on a pair of ghillies, or Scottish dance shoes, at the tender age of three-and-a-half, she probably didn't envisage herself becoming one of Manitoba's Highland dance representatives at the age

But West St. Paul's Mya Pilat tied for first place with another dancer in the seven and under 10-age category at the Manitoba Closed Premier Championship in Winnipeg two weeks ago.

"When it comes to the last two or three people (competitors), I feel kind of stiff," said the dancer, who currently trains with four-time Canadian champion Donna Cram. "But I know I've got to push through it."

It might look effortless, but Highland dancing is no doddle. It requires strength, stamina and grit.

"You can compare it to running a mile," said Pilat's mother Allison. "You're jumping in the air constantly for five or six minutes straight."

The determination to press on is only one part of a dancer's competitive strategy. Shoe preparation is another. Like ballet dancers, who've been known to break in their pointe shoes with a hammer, Highland dancers have their own shoe rituals.

"I stretch them in the bathtub. I walk around in the water," said Pilat, who also plays soccer. "Then my mom has to put her feet in them."

Her mother also uses a Sharpie to mask scuff marks.

With shoes fully primed, and the pleats of her Milne green kilt neatly pressed, Pilat competed in four dances. Three considered authentic Highland dances,

according to the Trivia Page on the Manitoba Highland Dancers Association website. Each one is loaded with symbolic meaning.

The Sword Dance, for example, is allegedly based on an 11th-century Scottish king's incursion against England. To celebrate his opponent's death, the king placed both their swords on the ground in the form of a



RECORD PHOTOS BY ALLISON PILAT

Mya Pilat (centre) tied for first in the seven and under 10-age category at the Manitoba Closed Premier Championship in Winnipeg.

cross and danced over them.

The Seann Triubhas (or old trousers) Dance is thought to be associated with a mid-18th century act outlawing the kilt, passed by George II of England. The dancers' shake down the leg

represents an attempt to shed the trousers.

The Highland Fling is considered to reflect the movements of a stag turning in circles with the antlers held high - when looking for a mate.

Competing boils down to more than just an ability to hold the arms aloft and hop for extended periods of time. How dancers hop can make or break them during competition.

"The highest jumper doesn't necessarily win," said Gaelyn McGregor, principal teacher at the McGregor Studio of Dance in Winnipeg. Having served as adjudicator for dance competitions across Canada and overseas, she knows what it takes to catch the judge's eye.

"You've got to have the right elevation and the right technique. And you have to do it all while staying in time to the music."

Springing higher than the requisite height can actually cost a dancer points, said McGregor, who has taught Highland dancing for about 40 years. She said there are compulsory steps dancers have to execute in order to earn marks.

And there's no telling who will shine as a dancer.

They have to overcome both physical and mental challenges, said Mc-Gregor, whose own storied dance career has taken her around the world and won her championships and other awards.

"The constant ballistic movement can cause shin splints or knee and hip problems," she said. "Can dancers sacrifice parties and going out with friends in favour of practising? Can they handle competition?"

McGregor said she has seen dancers collapse and throw up on stage from the stress of competing.

For Mya Pilat, who turned nine a few weeks after her win, competing is a passion. She won a trophy at seven when she danced at the novice level.

"I can go compete and travel everywhere. I get to wear cool outfits," she said."And I get to meet Scottish people. They have cool accents."



West St. Paul's Mya Pilat will be representing Manitoba at the Highland Canadian Championship July 6-10 in London,

Her energy and enthusiasm for the sport is keeping her mother Allison on her toes. Representing Manitoba, Pilat will compete at the Canadian Highland Dancing Championship July 6 to 10 in London, Ont.

Scottish heritage is not a prerequisite for Highland dancing. Everyone is welcome to chance his or her heel in a fling. The Manitoba Highland Dancers Association provides a list of teachers and dance schools in Winnipeg and around the province.

For more information about Highland dancing and competitions, visit the organization's website at mbhighlanddance.com.



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> HEART AND STROKE, FROM PG. 19

She said most of the donations Dyson received were made by local businesses, friends and family members, and some people from out of province that were also touched by the family's story.

"It feels amazing to give back because we needed that help when he had his surgeries," Denise said. "We're hoping this money goes towards another family that goes through the same crisis so they can just concentrate on their kid and not have to worry about the financial aspect."

Happy Thought School phys-ed teacher Natalie McConnell said this is the largest amount an individual has raised in Manitoba through Jump Rope for Heart for the foundation in the past five years.

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one was when he was only four years old. because of his history and what his family has gone through," McConnell said. "He's just an amazing kid ... he's very generous and outgoing."

Roughly 230 students in Grades 1-4 took part in the school's Jump Rope for Heart event this year and fundraising was optional.

For more than 30 years, the Heart and Stroke Foundation's Jump Rope for Heart has been encouraging children to get active by skipping rope while they collect pledges for heart disease and stroke research.

Over the last 60 years the foundation has invested more than \$1.39 billion in heart and stroke research, according to the Heart and Stroke Foundation of Manitoba website.

RM of Brokenhead man dead after truck collides with tree

An RM of Brokenhead man is dead after his truck went off road and collided with a tree in the RM of Springfield.

On May 18, 2015 around 4 p.m., Beausejour RCMP responded to a report of a single-vehicle collision on the north side of Springfield Road approximately one kilometer east of Colony road.

The initial investigation showed that a pickup truck was travelling

westbound when it went off road and then collided with a tree before coming to a stop in a ditch.

The driver and only occupant in the vehicle, a 58-year-old man from the RM of Brokenhead was pronounced dead at the scene.

At this time, the RCMP has not yet confirmed the contributing factors to this collision.

A RCMP Forensic Collision Reconstructionist is assisting with the ongoing investigation.

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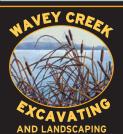
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Local life coach takes dream building approach

Cindy McKay's passion lies in helping others achieve happiness

By Stefanie Lasuik

A Selkirk-based life coach certified to teach the Dream Building program wants to help put people on the right path towards happiness.

Cindy McKay's passion lies in helping others create the life they love to live. McKay notes a discrepancy between "wanting" and "loving" a lifestyle, the latter of which involves creating a dream unbound from debilitative thinking.

McKay states that people tend to engage in circumstance-based thinking. That is, they limit the scope of their thoughts by constraints in their life, such as money or peer expectations. In McKay's Dream Building program, no limitations are to be placed on thought.

"You're not to look to your circumstances in order to dictate what you want," McKay said.

McKay believes that everyone can obtain a happy lifestyle.

"We all have our licenses to live a higher order of being," she said.

McKay started on the path to becoming a Dream Builder coach when her marriage fell apart, her magazine fell through and she felt at a loss both personally and professionally.

She found a webinar on Facebook in which a lady asked her the question, "What would you love?" McKay remembers not being able to answer that question and for the first time she felt she had strayed too far from her own path to really know

"WE ALL HAVE

OUR LICENSES

HIGHER ORDER

TO LIVE A

OF BEING."

After signing up for an online Dream Building course, McKay ascertained several things she already knew about herself, one of which was to help people. Dream Building, for McKay, is one more step up that ladder. Reflexology is another rung, an additional certification of McKay's, which she uses to increase others' general health.

In the Vision workshop McKay gave to participants gathered at Stonewall Regional Library on May 14, she detailed simple thinking strategies that help people cope with fear, guilt and worry.

She said that when such thoughts arise, it is best to schedule time to deal with them, without having to dwell on them in the present. This way, McKay said, the thoughts aren't pushed away in an unhealthy manner but promised better resolution at a later

McKay also outlined the three words that she believes can override any negative belief. McKay said that "up until now" allows people to focus on the type of life they want to lead in the future.

"You are not your past, you are your future," McKay stated.

During the workshop, McKay had participants build their own dreams. For McKay, the biggest reward was feeling the energy and seeing the liveliness emitted from people as they shared their dreams.

"They were animated, the looks on their faces of satisfaction and contentment were so amazing," McKay recalled.

McKay's confidence in her program also encourages her in her own dream for life.

Knowing that the dream builder program actually works, that I can actually help them deliver that life, it's extremely rewarding work. I truly believe this is my calling because it hit every pinpoint of what I set out that I wanted in a career."



RECORD PHOTO BY STEFANIE LASUIK

Cindy McKay operates on the principle that people are the best experts of their own lives. In keeping with this, her evocative coaching method allows clients to decide what is best for them and McKav helps to quide them towards those goals.

McKay offers motivational speaking, as well as workshops for businesses or organizations. She can be contacted at 204-739-3897.



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MP James Bezan comes to Grand Marais bearing gifts

By Laura Tutlies

MP James Bezan on behalf of the Honourable Leona Aglukkaq, Minister of the Environment, Minister of the Canadian Northern Economic Development Agency and Minister for the Arctic Council, announced federal funding of \$8,500 to the Rural Municipality of St. Clements on May 21.

The funding notice was presented to the St. Clements Heritage group and to RM Mayor Debbie Fiebelkorn at the entrance to the newly launched Heritage Museum in the Grand Marais Community Central building along #12 Highway. The gift comes to the delighted Heritage group less than two weeks since their Heritage Wing at the Centre was showcased in a 'sneak-peak' presentation of the museum.

It was evident when Fraser Stewart, of St. Clement's Heritage thanked Bezan for this gift, that gratitude to both levels of government (provincial and federal) was not just a gesture of politeness.

"You are spending this grant well," said Stewart.

"Heritage and water stewardship are closely linked and the goal to provide education, public awareness and health for the Lake are realized by projects such as the Heritage Wing of Grand Marais".

Mayor Fiebelkorn was equally pleased.

"You {the Federal government departments} continue to support the project in Grand Marais along with others that realize our promised commitment {as a municipality} to support responsible drainage into the Red River and into Lake Winnipeg. This fits with both areas of our consciousness; water stewardship and our continuing diligence to honour the heritage that began along these

waters."

"With this grant, the education and awareness of our rich history in St. Clements is not only acknowledged but enhanced."

Fiebelkorn recognized her council delegates along with the members of both the Grand Marais Heritage group plus the greater St. Clements heritage society before offering the crowded room of guests, a tour of the site.

Both Fiebelkorn and Stewart advised the crowded room of spectators to 'take a look' at the www.rmofstclements.com and especially the link created to profile information for events and opportunities 'Community Profile - Heritage Committee'. Then gated by the huge active aquarium at the entrance of the museum, guests had a chance to enter the experience of the Heritage Wing of Grand Marais Community Central. Grant money has been diligently spent to support the goals of education and awareness that are integral to the sensibilities of water stewardship. A series of vignettes contain artifacts, pictures and opportunities to hear living history. These preliminary displays capture history and a sense of the power and influence Lake Winnipeg. They also take one beyond the oral and visual presentations of the past to understand how the present day amenities (and lifestyles) of the three major beaches - Victoria, Patricia and Grand came to be.

Bezan had a one-on-one tour with the museum designer Sherry Dangerfield of 's.dangerfield interpretive planning'. Ms. Dangerfield lives in the East Beaches and beyond her obligations as a designer is passionate about the health of Lake Winnipeg and of education through history. Bezan appeared to completely enjoy all



RECORD PHOTO BY LAURA TUTLIES

MP James Bezan announced federal funding of \$8,500 to the RM of St. Clements last Thursday. Bezan pictured with Heritage Museum designer Sherry Dangerfield discusses some of the options for education and support for water stewardship along Lake Winnipeg.

the place has to offer. He stopped for some time at the huge display which replicates Grand Beach when the Canadian National Railway first established a tourism venue nearly a hundred years ago. It goes beyond the railway representation because in fact CN subsequently created the actuality of alternative means of access to the area. First were the waterways, then dirt roads and in the early 1900's the railway. The railway display is not a replica but it is very representational of access to Grand Marais via the "Moonlight Express".

When Bezan made his offering of the grant contribution, he said, "the purpose of this grant is to create a sustainable Lake Winnipeg exhibit that offers education to visitors and support to water stewardship."

He also gave recognition to the volunteers who have worked so hard to create the site and he said to the crowd.

"This is one of my favorite places to visit. It is the commitment of the volunteers here that makes me proud to be able to deliver funding on behalf of the Federal government for the projects in this area."

It was also apparent, that those humble volunteers long ago recognized and understood the link between history and educational awareness and support before any grant application was ever written.

Paramedics should be self-regulated as health professionals

News Release

Assurance of highest standards, best patient care are reasons to move forward: Pallister

Manitoba paramedics should be designated as health professionals with self-regulation under provincial legislation. The change under the Regulated Health Professions Act is necessary to ensure the highest standards in paramedical care for patients.

"It's time to allow the important, life-saving work of Manitoba's paramedics to be done independently under their own regulatory college," said Opposition Leader Brian Pallister. "If the Progressive Conservatives form government, we will make that change in the interests of safety for patients."

Paramedics in this province currently work, in part, under regulations enforced by the Manitoba Health Emergency Medical Services Branch in a way that does not ensure public accountability within their profession. The association has long asked that their practice be designated under the Regulated Health Professions Act, as are 22 other health care professions. The NDP government has committed only to studying a move toward self-regulation.

"We need an independent body that puts patients first," said Health Critic Myrna Driedger. "The public also needs to be confident paramedics are accountable for their actions and their work is rigorously reviewed in a transparent manner."

"The purpose of regulating health professionals is to ensure the public is protected when they receive health services," said Eric Glass, Administrative Director of the Paramedic Association of Manitoba.

SDOPTS&recreation INSIDE > OUTSIDE > UPSIDE DOWN

Royals make return to MHSAA baseball provincials

By Brian Bowman

For the first time since 2009, the Selkirk Royals are headed to the MHSAA baseball provincials.

The Royals punched their ticket to the provincials after defeating the Garden City Fighting Gophers 3-1 last Friday at Shaw Park in Winnipeg.

Ryan Moroz, a Grade 11 studentathlete, was fantastic on the mound for Selkirk, giving up just one run in seven innings of work.

"He pitched brilliantly," said Royals' head coach Michael Buffie. "He was great and had the hitters off balance the whole time by changing up his pitches. And he was aggressive, too."

A huge play in the game was a defensive gem by Selkirk outfielder Brittney Langlais in the third inning. With Selkirk leading 2-1, Garden City had a runner on second with two outs before a single brought a close play to the plate.

Langlais, also a very good pitcher, gunned down the Gopher player at the dish to preserve the lead.

"It was awesome," Buffie said of the defensive play of the game. "The Garden City bench was, 'Wow, what just happened?""

Offensively, Moroz scored in the first inning for the Royals and then Selkirk's Braydon Chwartacki crossed



RECORD PHOTOS BY LANA MEIER

The Royals are headed to the MHSAA baseball provincials in Cartright beginning today. Pictured left to right, back row: Ryan Coffin (assistant coach), Derek Petrasko, Brett Boudreau, Jack Purvis, Andrew Steinke, Connor Spratt, Bailey Rhule, Connor Tompkins, Austin Addison (assistant coach, Michael Buffie (head coach); front row: Michael Singleton (manager), Ryan Moroz, Brennen Cheasley, Brittney Langlais, Braydon Chwartacki, Harlan Perchotte, Kaelyn Lelonde and Nico Morrow-Litke.

the plates in the third. Baily Rhule scored the Royals' third run in the

Buffie said the experience of playing

Royals' pitcher Ryan Moroz was brilliant on the mound, giving up just one run in seven innings at Shaw Park on Friday in his team's 3-1 win over the Garden City Fighting Gophers.

in the Winnipeg Goldeyes' home park was a real good one.

"It was awesome," he stressed. "It's always a great experience when they get to play there. The team gets there early and they really take it in and embrace the moment. And that's what I told them, 'Go out and play the game but enjoy the moment.' It's a great experience being out there."

To reach the league final, Selkirk held on for a 10-6 win over the Kildonan East Reivers last Thursday at St. James Optimist Park. The Royals built a 10-1 lead – scoring seven runs in the third inning – helped out by six straight hits.

Selkirk had three consecutive singles, followed by three straight dou-

"That was good to see," Buffie said. "We put together a nice little hitting display there."

Derek Petrasko gave Selkirk another strong start, giving up just one run in five innings of work.

Selkirk will begin its provincial run today in Cartwright. The schedule had not been finalized at press time but the teams had been announced. Boissevain and Altona will be there and are considered two of the top high school teams in Manitoba this season.

To be successful at provincials, Selkirk will have to do the little things right. Of course, pitching and timely hitting will also help, too.

"We'll have to do the same that we did in the finals at Shaw Park," Buffie said. "We have to pitch well and play strong defence. That will beat hitting any day of the week and if we do that, then I think we have a shot."

Buffie is confident that Selkirk has the pitching staff to be very competitive at provincials. The Royals won a silver medal back in 2009, losing 5-1 to the WC Miller Aces in the championship game.

"We have four or five guys and girls that can go in there and pitch us a solid game," said the Royals' head coach confidently."I think we have the depth that we can make a little bit of a run.

"But we have to make sure our pitchers are efficient and pitching to contact – we have to try to keep the pitch count low."

A banner day for track and field athletes









Photos from left to right: The Royals' Ian Boychuk (middle) and Tristan Allen (right) competed in the varsity boys' 800-metre at the KPAC track and field meet in Selkirk last Thursday. Hayley Wiebe (left) and Tiffany Addison competed in the varsity girls' 800-m. Addison also launches herself into the sand for long jump. Jordy Longbottom runs the junior varsity boys' 800-m. **RECORD PHOTOS BY BRETT MITCHELL**

Royals girls' rugby ready for playoffs

Bv Brian Bowman

The Selkirk Royals girls' rugby team went into this past Tuesday's playoff game not knowing until Monday evening who their opponent would be.

There was a game Monday between St. John's Ravenscourt and West Kildonan, which determined if Selkirk played either St. Mary's or West Kildonan.

But what was known, however, was the fact that Selkirk was going into the playoffs on a nice roll after posting an impressive 4-1 record. The Royals cruised to wins over Maples Collegiate (32-10), Stonewall Collegiate (22-14), Daniel McIntyre (61-10), and Sturgeon Heights (20-0).

Selkirk's lone loss this season was a 17-12 defeat to St. Mary's.

"We completely dominate in size (and) our physical game is why we are 4-1," said Jamie Shuhyta, who coaches the Royals along with Garret Groves. "Most teams can't match our size and strength on the field.

"We also have a few track athletes in wing positions to provide speed."

Shuhyta said it really didn't matter who Selkirk played on Tuesday.

"Either way, it comes down to playing a full 60 minutes of rugby," said the Royals' co-coach."Our one loss to St Mary's was due to a poor start. We started slow and they took advantage

"The second half, we played full out and it was a totally different game. We need to finish our rucks for the full 60 minutes."

Selkirk started the season with about 40 players and pared that number down to 24.

"Girls' rugby continues to have a very strong base/culture here at the Comp," Shuhyta explained. "About 50 per cent are Grade 12s while the other 50 per cent are Grade 10s. (It's a) good split between veterans and youth."

Three of the Royals' key players are three-year seasoned vets. Hailey Hygaard, Kaitlin Wolf, and Shayne Smellie bring a wealth of experience and knowledge of the game that they pass on to the younger players.

Shuhyta said this year's Royals' team is a very good one to coach. That usually results in success on the field.

"Garret and I agreed that this is one of the best teams we have ever had, on and off the field," he said. "Positive attitudes, mixed with athletic abilities, makes for a strong team. The girls work well as a unit."

Royals bucked by Miles Mac in KPAC semis

Bv Brian Bowman

The Selkirk Royals definitely gave the effort, but unfortunately did not get the result they were looking for in their KPAC semifinal game against the Miles Mac Buckeyes.

Miles Mac held off Selkirk's valiant attempt to tie the game in the final 20 minutes to edge the Royals 2-1 on May 19. The Buckeyes then proceeded to lose 2-1 to West Kildonan in the

"It was a very competitive game," said Royals' coach Kevin Lopuck."The first half was pretty much equal on

Selkirk took a 1-0 lead late in the first half but Miles Mac came out really strong in the second half, knotting the game at 1-1 on a penalty kick. The

Buckeyes were awarded the free kick after the ball touched a Selkirk player's arm inside the box.

It was a tough break for the Royals.

"It's reminiscent of two years ago when we were in the quarter-finals of the provincials," Lopuck explained. "The same thing happened. The ball was in the box and one of our defenders was guarding his post and the ball hit him in the hand.

"What can you do? It was a bad break and it's not their fault."

Miles Mac then netted the eventual game winner past Royals' goalkeeper Dan Preun with about 20 minutes remaining. But Selkirk controlled the play after that, narrowly missing good scoring opportunities to tie the score.

"Our guys battled like heck," Lo-

puck said proudly. "They were all over Miles Mac and the ball rarely left Miles Mac's half of the field. But we just couldn't find a way to get a foot on the ball in the box to stuff it behind

"I'm really happy with our guys and their response. It may have come just a little too late but when they did respond, they responded very well."

Based on that great effort in the loss, Lopuck forwarded a bid to the MH-SAA soccer provincials requesting a wildcard berth. He admitted it's a bit of a long shot that they will receive one and it was not known at press time if they were awarded a wildcard.

The MHSAA soccer provincials will take place this Friday and Saturday in Winnipeg.



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SDOPTS& recreation INSIDE > OUTSIDE > UPSIDE DOWN

Clegg, Taylor lead WinMan to national title

Mikael Clegg and Austin Taylor have played alongside each other on the volleyball court since Grade 7.

That familiarity - combined with some outstanding play by the pair - resulted in a gold medal for their WinMan Wesmen 18U boys' team at Volleyball Canada's National Championship in Calgary earlier this month.

"It's truly indescribable (to win a national title)," said Clegg last Saturday morning. "There was a lot of excitement (after that final point)."

WinMan went a perfect 9-0 - never losing a set - to capture the title, culminating in a 2-0 sweep over the Nooks Volleyball Club (Alberta's provincial champions). WinMan won the match by scores of 25-21 and 25-10 in

"Our play elevated and capped off at the end quite nicely," said WinMan head coach Michael Stephens. "Consistency is probably the main key to our success."

This is one of those special teams that don't come along very often.

"We have a really good chemistry and we come together as a group when it matters," Clegg said. "We're really big and athletic. Our average height in our starting lineup is probably 6-foot-3, 6-foot-4 and were athletic and fast.

"We know what we're doing on the

The national championship for the WinMan Volleyball Club was their 10th overall since its existence in 2003. No club across Canada has won as many titles as WinMan, which is based in Winnipeg and draws its athletes from that city and surrounding communities.

Clegg, an extremely talented 6-foot-5 setter, is from Selkirk while Taylor, a right side/power hitter, is from Lockport.

Clegg was named a tournament allstar at the nationals along with teammate Seth Friesen of Brandon. The tournament MVP was WinMan's Eric Loeppky from Steinbach.

Clegg said it was a great experience winning a national title with a long-time teammate like Taylor. Both players were also part of the Selkirk Royals varsity boys' team that reached the MHSAA "AAAA" final this past season.

"It was (great) having played with someone since Grade 7 all the way through to Grade 12," Clegg said, noting the national club tournament is a step up in level of play from high school volleyball.

Next season, Clegg will be playing at an even higher level as he makes the transition to university volleyball with the Winnipeg Wesmen under veteran head coach Larry McKay.

"I'm really excited to go there and



RECORD PHOTO BY BEV CLEGG

Mikael Clegg (left) and Austin Taylor won a National club title in Calgary.

learn a lot from the coaching staff and guys who are still playing," he said. "Josh McKay is their setter right now and he's going into his last year. I think that works out well because I'll get the reps at that level with the guys on the team and then I'll be ready for my second year."

Stephens feels confidently that Clegg is one of the top setters in Canada. He also believes his blocking ability is already at a CIS level.

Taylor was not available for comment for this story but Stephens liked his serving ability this past season.

"His strongest asset is his serving, for sure," Stephens noted. "He brings a good, quality serve that can put the opponent in a hole."

Stephens said both Clegg and Taylor work real well together on the floor.

"They have that quiet chemistry and knowledge where the other one is going to be," he explained. "They play exceptionally well together and Mikael knows exactly where Austin is going to be and he puts the ball where it needs to be for us to be successful."

MJHL Bantam draft to be televised live

Submitted by the MJHL

Manitoba Junior Hockey league fans will be able to watch the 2015 Bantam draft live on television and online for a national audience.

This year's draft six rounds in total is being held June 7 in Neepawa.

The entire event, which begins at 9 a.m., will be televised live on NAC-TV, which is currently available in over 1.2 million homes across Canada through MTS and Bell TV services.

For those without MTS or Bell TV, the draft will also be streamed live on nactv.ca.

For the MJHL, partnering with NAC-TV and the Neepawa Natives to televise the draft live provides an exciting opportunity to involve all of its fans, players, potential draft picks, and future draft picks in one of the league's most important annual events.

"The draft is an exciting time for our league

every season," MJHL commissioner Kim Davis said in a media release. "A lot of time is put into preparing, and scouting, for this event. Teams are making decisions that will provide the building blocks for their teams for years to come.

"We are happy to give our players and fans the opportunity to take part in the draft process this year. This is also an exciting announcement for young hockey players and their families."

The MJHL draft is an important step in many young hockey players' careers.

"These athletes have dedicated much of their lives to their hockey career," Davis said. "Our league and teams are committed to building communities and relationships, and we are proud of the potential this provides for families, friends and even entire minor hockey teams to watch the 2015 MJHL draft together and celebrate their accomplishments."

The live feed through NAC-TV will feature commentary from MJHL team personnel, interviews with all teams and Davis. Viewers will be provided with information on all draft picks throughout the morning and round recaps.

A total of 66 players will be selected in the 2015 draft.



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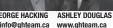








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MISCELLANEOUS

Men's light blue suit, coat & blue shirt sz. XL, pants sz. 38-40, pants in-seam (leg) 30 out seam 36, \$100; men's purple pinned striped suit, coat & white shirt sz. XL, pants measurements same as above. \$100 - both suit, coats & pants have recently been dry cleaned. Had very little use. LN sz. 9 safety shoes EC, only worn about 2 wks. \$60; BN never used EWO student desk study lamp still in box \$15; 2 -BN never used 1 black & 1 brown leather wallets w/change purse & side lock, \$15 ea.; Sunbeam 2 - slice toaster in EWO \$15. 204-785-8598 Selkirk.

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MISCELLANEOUS

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FURNITURE FOR SALE

Solid maple dining table with two leaves, extends from 42" round to 64" long. In very good condition. Asking \$135. Ph. 204-482-5125.

NOTICE

St. Clements' Church Altar Guild Ladies wish to thank all perwho attended sons our Spring Tea & Bake sale. To those who donated baking, crafts and items for our silent auction table goes a special thank you. Winners of the draw are: Kathy Dugard, \$100; Bennett, \$100; Doris Andrew Canvin, \$50; Woycheshen, Shirley \$50; Pam Burnett, \$25; Susan Bowman, \$25. God Bless and may you have a great summer.

FIREWOOD

Bonfire wood \$135.00. ½ ton truck load, Bundles available. Ph. 204-485-0706

SHARPENING

Carbide blade, up to 30 teeth - \$8.00 ea.; Saw chains - \$6.00 ea. Ph. 204-482-4051.

UPCOMING EVENTS

"Metaphysical counters" - Sunday, May 31st, 10:30 - 1:30 p.m. Sunova/West St. Paul Rec Centre, 48 Holland Ave. This is a fundraiser for our church, The Spiritualist Church of The Light, so bring your friends! Coffee/tea and a dainty available. 204-338-5505.

Join the fight against Prostate Cancer. The 7th annual Manitoba Motorcycle Ride for Dad happens Saturday, May 30, 10 a.m., Earl' s Polo Park Shopping Centre. You can register or make a pledge by visiting www.ridefordad.ca/manitoba Proceeds stay in Manitoba for Prostate Cancer research and education.

HEALTH

Are you suffering from joint or arthritic pain? If so, you owe it to yourself to try elk velvet antler capsules. Hundreds have found relief. Key compounds that work to stimulate red blood cell production & cartilage cell regeneration & development, Stonewall Elk Products Ltd., 204-467-8428 or e-mail stonewoodelk@hotmail.com

WATER TREATMENT **PRODUCTS**

Wholesale Water Filters!! New Waterite water softeners, 30,000 grain/\$550. All sizes avail. Reverse osmosis systems. \$220. Paterson iron removers/\$490. Greensand iron odour removal systems, \$690. All Seasons Furnishings 204-661-8581.

POTATOES FOR SALE

Red, Yellow & Russett potatos for sale. Sunflower seeds, wild bird seed & deer feed, Call 204-886-2676 Interlake Potato Farm.

McSherry Auction Service Ltd **MOVING & ESTATE**

Wed June 3 @ 4:00 pm Stonewall, MB #12 Patterson Drive Yard Items, Tools, Antiques, Household, Always Lots of **Exciting Items!**

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McSherry Auction Service Ltd **ESTATE OF JOE LAPKA** Sunday May 31at 11:00 am

Inwood,MB North 11 Miles on Hwy #17 Contact: (204) 981-7232

JD 350 Crawler * JD 2010 3PH JD FEL * Deitz D13006 w/ Leon FEL MH 44 gas * Equipment 2) NH 850 RD Baler NH 456 9' Trailer Sickle Mower * Vicon 6 Wheel Hay Rake * JD #5, 7 Sickle Mowers * 6 Wheel 24' Steel Frame Deck Hay Trailer * Cord Wood Trailer* Livestock Equip Maternity Pen * 2) RD Bale Feeders * 7) Metal Corral Panels * Tools* Stihl 236 Chainsaw Table Saw * Lincoln 180 Welder * Air Comp Power Tools * Tap & Die Set * Various Shop Supply *Honda EP 2500 Watt Generator * 2000 lb Pressure Washer * Plus More Tools * Farm Misc*

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POTATOES FOR SALE

Red potatoes for sale. 50 lb. bag large potatoes -\$15; 50 lb. bag small potatoes - \$12. Call 204-757-2155.

LIVESTOCK

Charolais yearling bulls for sale. Red factor or Good prices. birth weights. Good Call John at 204-383-

McSherry Auction Service Ltd **EQUIPMENT**

CONSIGNMENT Sunday, June 21 10:00 pm

Stonewall, MB #12 Patterson Drive Tractors, Equip, Vehicles, Trailers, Yard & Recreation, Farm Misc, Tools. Book in vour Items Now!

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Good quality two-year old Charolais bulls for sale. Semen tested. free delivery, Al sired. Bar H Charolais, Grenfell, 306-697-2901 or 306-697-2988.



McSherry Auction Service Ltd VINTAGE VEHICLE AUCTION AL THOMPSON Sat. May 30 11:00 am

Wpg, MB 5 Mins East on Hwy 1 From Jct 100 Perimeter then 1 ¼ North East on Settler Rd. 80 MGB 2D Convertible 60 Pont Perisianne * 51 Chev Sedan * 2) 51 Chev Deluxe * 2) 49 Fargo 3/4 Ton *Vintage Farm Tractor & Fouinment Kubota B600 w Roto Vator * Al 15' Roat Olypia Hockey Arena Scraper

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190 Allis Chambers diesel, heated CAB tractor with heavy front end loader. \$7,000. Text Rick 1-204-481-0843.

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AUCTION SALE WAYNE SPAKOWSKI

Saturday June 6, 2015 @ 10:00 am

Komarno, MB - North 4 Miles on Hwy #7 Then East 2 Miles on Rd 106 Then 1/4 North Contact: (204) 643-5182 or (204) 206-0120

Tractors: J.D. 4020 Dsl Cab 540/1000 Hyd w J.D. FEL 8051 Hrs * J.D. 3010 Dsl 3PH 540 Hvd w J.D. FEL 5104 Hrs * J.D. 301A Dsl H.L. 540 Hyd w Allied 580 FEL 4536 Hrs * Ford 8 N 3PH J.D. 3010 Dsl NR- Parts * Equip: 2) N.H. 489 9' Haybine * New Idea 486 RD Baler Elec. Auto Tie * J.D. 38 7' Semi Mt. Mower * J.D. 37 9' Trailer Mower * J.D. 11 9' Trailer Mower * H.M. 28' Dump Rake * M.F. 124 Square Baler * 3PH 3 Wheel Rake * 1000 gal Water Trailer * Farm King 7 Ton 4 Wheel Trailer * J.D. 16' Tandem Disc * Int 645 18' Cult * Case 7' Breaking Disc * 15' Crowfoot Packer * 3PH Rock Pull * MF 3PH 2B Plow * 3PH 7' Cult * Coop 15' Oneway Discer * Hang Up Harrows * Livestock Equip: 87 W.W. 16' Stock Trailer * New Roller Mill ' 25) 10' Metal Corral Panels * 6) Metal RD Bale Feeders * 4) Metal Creep Feeders * 2) Calf Shelters * Ferrier Squeeze Chute* Chicken Plucker * Vehicles: 83 GMC Sierra 1/2 Ton 3 95 GMC 1500 4 x 4 * 99 Merc Grand Marquis * 80 Chrysler Codoba *79 Lincoln Town Car 400 * 94 Jimmy 4 x 4 * 91 Ford Explorer 4 x 4 * 78 Nova Rally 305 * 50's Austin Camrian * 59 Ford 600 Dually w 12' Gravel B & H * Over 10 Vehicles for Scrap * Utility Trailer * Recreation & Yard: 72 Boler 10' Camper Trailer * Crafts 11 HP 36" R. Mower * 85 Yamaha 350 CC Quad NR * Misc & Tools: Galva Channel 3 Used Sheet Metal * Lumber * Welding Cable * FEL Bale Forks * Saw Mandrel * FEL No Cyl * Tractor & Implement Parts * 18.4 - 34 Duals * Metal Band Saw * Miller AC/DC Tig Welder * Power Tools * Hand Tools * McCormick Mower Dump Rakes * J.D. 9' * Implement Seat Brass Bells * Hood Ornaments * Oil Tins ' Anvils * Wrenches * Saw * Cream Cans * Antiques: Coca Cola 4' Porcelain Sign Lighted Palm Clock * C.P. Rail Track Signs * Walnut Humidor * Singer Sewing Machine * Cast Boilers * Wood Barrels * Mail Box Coffee Grinder * Crocks * Copper Street Light Coleman Lanterns * Gas Iron * Scales * Folding Camera * Tonka Toys Tobacco Tins * Crescent Crate & Bottles * Pop Bottles * 22 GUNS- 22 Cal * Rifles * Shot Guns * Go to Web **Hunting Accessories:** Binoculars * Ammo * Gun Cabinet * Knives *

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McSherry Auction Service Ltd

AUCTION SALE LLOYD & HELGA SAMPSON

Sunday June 7th @ 11:00 pm

Dugald, MB East 6 Miles on Hwy 15 then South 1/2 Mile on Millbrook Rd. Contact: (204) 999-9721

Commercial Steel Construction Open Wide Span Sheet Metal Building 60' x 100' x 16' w 30' x 30' Addition 12' x 16' OH Doors **TO BE MOVED * Subject to Owners Approval of last Bid** Tractors: Int B 275 Dsl, H.L. 3PH 540, 2189 Hrs * MF 90 Dsl H.L. Shuttle Dual Hyd. 540 1280 Hrs.* MF 135 Gas H.L. 3PH Hyd., 6841 Hrs. * Ford 9N Gas 3PH * JD 850 Dsl H.L. MFWA Cab 3PH 540 Hyd JD FEL1660 Hrs. * Case IH 495 H.L. 3PH Dual Hyd. 540 Turf Tires 840 Hrs. * Vehicle Trailers 98 Dodge Cummins Dsl. 4 x 4 Ext Cab 3/4 Ton, 300,000 Km Sfty * 82 Ford 1 Ton Dually 5.7 L w B & H * 61 Sunbeam Alpic * 87 Chev 1/2 Ton * B.H. 14' Flat Deck Tandem Trailer * B.H. Trailer w Box 12' * 4 Wheel Farm Wagons Equipment Farm King 3 PH 7' Tandem Disc * McKee 3PH 5' Snowblower * 3 PH 5' Cultivator * 3 B Plow * 7' Spring Tooth Cult * Yard 94 Yamaha Phaser II 485 Exc. Cond Ryan Com. 30" Airiator * Gas Rear Tiller Attach *Along with Tools * Building Supply * Antiques * Some Household *

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Maverick went missing on April 12, 2015 from her farm yard west of Teulon RM of Rockwood corner of road 96N and 2nd Road East. Has your neighbour a new dog and maybe does not realize that the owner is frantically looking for her? 6 yrs old, tattoo XGG78, female shepherd cross, floppy ears, brown eyes, wide short muzzle, large paws, medium size, around 60 lbs when last seen, dark brown back (almost black) with light brown under body, no collar, timid of people. She is more than just a dog to me. Maverick is my family member, a companion, best friend, my life, and my heart is broken. There is a **reward** for information that brings her home.



Contact Frances Kwasny 204-886-7772 or 204-886-2419

nnouncements Selkink Regard

ook Your Classified Ad Today - Call 785-1618 or Email lucy@selkirkrecord.ca

ANNOUNCEMENTS

CARD OF THANKS

Thank you from Lorraine Still. I would like to send a special thank you and blessings to everyone who put on the beautiful 80th Birthday Party for me at the Selkirk Friendship Centre. Special thanks to all who worked so hard and a special thanks for the flowers, gifts, hugs and all the blessings I received. Thank you to Lloyd, Joe and Dawna for the great music. It was wonderful to see so many dancing. For those unable to attend, we love and missed you. A very special blessing to those who came from far away, sister Margaret from Nova Scotia, sister Gayle from Sechelt, B.C. and my grandchildren, James, Ryan, Amanda, Thomas and William from Bruderhiem AB.

-With Love Lorraine

ANNOUNCEMENTS

NEW APPOINTMENT



Stop in and say Hello to the new Barmaid, Lisa Helgason, pulling pints at the Rover Return Pub just across the pond on Coronation Street.

OBITUARY

Martin George Meyers

On May long weekend 2015, Martin George Meyers, resting peacefully at his home, passed away.

Marty leaves behind his daughter Kara; siblings, family and many

Marty was a good man who enjoyed nature and the quiet of the earth. A dad and best friend to his daughter Kara, he always put others first. He will be remembered for his smile and the friendship he gave to others. Marty is at peace and wishes that all would celebrate life and humanity.

A service in his honor will be held in the Gilbart Funeral Chapel, Selkirk, MB, on Thursday, May 28, 2015 at 1:00 p.m.

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



ANNOUNCEMENTS

BIRTHDAY



Happy Sweet 16 Keianna! May 28th We are so proud of the young lady you have become. Have fun and be sure to make everlasting memories In all your adventures coming your way this year. We love you with all our hearts baby girl! -Mom, Dad, Cole and Kaleb xo

Lucky Star Wash & Service
is looking for an experienced
mechanic in the Heavy Truck/
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ANNOUNCEMENTS **IN MEMORIAM**



Larry Motkaluk

drums. At times those drums got on my them for Christmas from one of our sons. They our son gave you one of the boxes to open. he didn't and boy did you enjoy playing them. When the three boys were small they would on an old drum set. They loved watching their father play. On weekends you would go to our your best friend, Big Al, whom we miss deeply. to be strong and there for each other.

-Love your wife Shauna, Sam, Troy, Kelly and



OBITUARY Edward (Ted) David Hotchkiss RPN. RN

Suddenly, surrounded by family at his daughter's residence in Fargo, ND, on Tuesday, May 19, 2015, Ted Hotchkiss aged 76 years, passed away.

A Celebration of Ted's life will be held on Friday, May 29, 2015 at 11:00 a.m. in the St. Clement's Anglican Church, Interment will follow in the Churchyard cemetery.

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



OBITUARY

Vernon Stanley Calder

Peacefully on May 18, 2015 at Selkirk General Hospital, Vernon Stanley Calder beloved, father, grandfather, uncle, great-grandfather, and friend passed away at the age of 85.

Left to forever cherish his memory are his children David, Darlene (Ross), Brenda (Greg), and Douglas; grandchildren Samantha (Adam), Christopher (Pam), Jaqueline (Steve), Jeremy and Matthew, and great grandchildren Veronica, Riley, Cole, Maddex and Lotus and furry grandkids Itty Bitty, Thelma and Louise.

Dad was predeceased by his daughters Jacquline and Barbara, parents and siblings.

We cannot forget Dad's special buddy Buster.

Dad was born in Selkirk, Manitoba, to Alice and Archibald Calder on December 21, 1929. At a young age he started his long career with the Manitoba Rolling Mill where he earned his ticket as a millwright. After a dedicated career of 37 years he retired early and spent many years enioving his family, friends and hobbies.

Dad's hockey career started with the Selkirk Junior B Fishermen, and he played on various teams including the Brandon Wheat Kings, Winnipeg Black Hawks, Flin Flon Bombers, Pine Falls Paper Kings and the Selkirk Senior Fishermen. Dad was a phenomenal hockey player and his most honorable memory and hockey career highlight was when he was invited to the Detroit Redwings training camp. For his family, it has been an honor and a privilege hearing the numerous praises of his hockey journey and being the smoothest skater they ever saw.

Dad was a talented golfer and was the first winner of the prestigious "Calder Cup", a yearly family golf tournament that brought everyone together. He participated in many tournaments throughout his life and his passion for the game has been passed down to his children and their children. Dad was very proud of being a Legion #42 member, he loved music so much and one of his favorite social activities included

"Old Time" dancing at least three nights of the week at various legions. He valued time spent at the Gordon Howard Senior Center playing competitive pool with his friends.

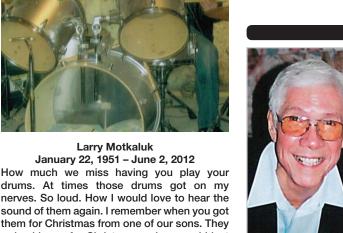
Dad kept up with the world and his quest for knowledge and events was always apparent during conversations and debates. He showed initiative to technology when he purchased a laptop in 2014 and spent countless hours expanding his knowledge.

A memorial service took place on Tuesday, May 26, 2015 at 2:00 p.m. in the Gilbart Funeral Chapel,

Dad, Grandpa, Uncle, Great Grandfather and Friend, we love you and you will forever be in our







nerves. So loud. How I would love to hear the sound of them again. I remember when you got arrived home for Christmas and you and I just got home and we walked into the kitchen and there were all those large boxes. Not knowing what was in them, and on Christmas morning "A drum". Then he gave you all the boxes to open and all you could say to him was, take those back, these are way too expensive. But sit on the basement stairs watching you play friends Grants' place to jam. Packing all those drums every time. You even had groupies come watch you guys play. Your biggest groupie was Our sons and I miss you so much. You were the strength of our family. Our family has learned





Buttermilk **Blueberry**

Ingredients 1 cup (250 mL) buttermilk 1 cup (250 mL) pitted prunes 3 tbsp (45 mL) canola oil 1 tsp (5 mL) vanilla 1 cup (250 mL) whole wheat flour 2 tbsp (25 mL) wheat germ 1 tsp (5 mL) ground ginger 11/2 tsp (7 mL) baking powder 3/4 tsp (4 mL) baking soda 1 cup (250 mL) fresh blueberries

Directions

In a food processor or small food chopper, puree 3/4 cup (175 mL) of the buttermilk with prunes until prunes are in very small pieces and mixture is thickened. Pulse in oil and vanilla.

In a large bowl, whisk together flour, wheat germ, ginger, baking powder and soda. Pour buttermilk mixture over top and remaining buttermilk and stir gently to combine. Fold in blueberries.

Scoop batter into greased or paper lined muffins tins and bake in 375 F (190 C) oven for about 15 minutes or until tester inserted comes out clean.

Tip: These muffins can be made ahead up to 3 days or frozen for up to 1 week. Wrap individually and freeze or store in the refrigerator. Pop the muffin in the microwave to warm through if desired.

Prep time: 10 min | Cook time: 15 min Makes: 12 muffins

www.heartandstroke.mb.ca

Peanut

Ingredients

- 1 cup all-purpose flour
- 1 cup whole-grain pastry flour
- 1 teaspoon pumpkin pie spice
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 teaspoon ground cinnamon
- 3/4 cup packed dark brown sugar
- 3 tablespoons unsulfured molasses
- 3 tablespoons canola oil
- 2 large eggs, divided
- 1 cup canned (solid-pack) pumpkin
- 1 teaspoon vanilla extract
- 3/4 cup low-fat buttermilk
- 3/4 cup roasted salted peanuts, chopped, divided

Cooking spray

Preparation

Preheat oven to 400°F. Coat a 12-cup muffin pan with cooking spray, or line it with muffin papers.

In medium bowl, whisk together the first six ingredients until well mixed.

In large bowl, whisk together brown sugar, molasses, oil and one egg until combined. Add the other egg, pumpkin and vanilla, and whisk again until combined.

Gradually add flour mixture to wet ingredients, alternating with buttermilk, until just combined, being careful not over mix.



Stir in 1/2 cup peanuts.

Pour batter into prepared muffin pan, filling each one about 3/4 full. Sprinkle top of each muffin with remaining 1/4 cup chopped peanuts.

Bake until puffed and golden brown, and a toothpick inserted into the center of a muffin comes out clean, about 20 minutes.

Cool muffins in the pan on a wire rack for 15 to 20 minutes. Slide a knife around edges of muffins to loosen them from pan if no paper was used. Serve warm or cool; store in an airtight container or resealable plastic bag for up to 4 days, or freeze for up to 4 months.

Makes 12 muffins

Squash and Banana M

Ingredients

- 1 1/2 cups allpurpose flour
- 1 cup quick oats (uncooked)
- 2 teaspoons baking soda
- 1/2 teaspoon salt
- 1/2 teaspoon pumpkin pie spice
- 11/4 cups thawed frozen pureed winter
- 3/4 cup firmly-packed light brown sugar 3/4 cup mashed banana (about 2 medium bananas)
- 2 tablespoons canola oil
- 1 cup dried cranberries

Preparation

Preheat oven to 350°F. Prepare mini muffin pan with vegetable pan spray. In large bowl, stir together flour, oats,

baking soda, salt and pumpkin pie spice. In medium bowl, whisk together squash, sugar, banana, egg and oil. Make a well in center of flour mixture; whisk in squash mixture until just combined. Stir in cranberries.

Fill cavities 2/3 full with batter. Bake 12-14 minutes or until toothpick inserted into center of muffin comes out clean.

Makes about 48 mini muffins

Chunky Maple-Apple Sauce Topping

Ingredients

- 2 cups chunky apple sauce
- 1/3 cup maple syrup
- 1/3 cup raisins
- 1 tablespoon lemon juice
- 1/4 teaspoon ground cinnamon

Preparation Combine all ingredients in medium saucepan. Simmer over medium heat 2 to 3 minutes, stirring frequently to allow flavors to blend. Remove from heat; cool. Store in airtight containers in refrigerator.

Makes about 2 cups

Thursday nights

at the Selkirk Friendship Centre

Early Birds at 7:00 pm Regular Bingo

Full House in 51#s or less \$1,600 Poker Flush \$5,392+ Lucky 7 in 24#s or less \$4,721+ Bonanza \$1,677+ Loonie Pot \$363+





6:45 early birds • 7:15 regular games

FINAL BINGO MAY 27, 2015

ALL ACCUMULATORS MUST GO! Doors open 4:00.

Please come early to reserve your own seats! Bring a sweater set up in rink area License #595

ODD/EVEN: \$7.344 MINI LOONIE: \$1,187 LOONIE GAME: \$865 LUCKY 7: \$340 LETTER C: \$300

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