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VOLUME 10 EDITION 49

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RECORD PHOTO BY GEORGIA CAMPBELL

Alia Campbell serves up snacks and beverages to vendors and customers at the 8th annual Black Friday Craft Sale held at Memorial Hall last Saturday. The craft sale showcased over 40 local vendors and was held in conjunction with the Selkirk Biz Black Friday event.

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Controversy on West St. Paul housing development

Residents oppose Terracon Developments planning, public hearing scheduled for Dec. 12

By Ligia Braidotti

Some West St. Paul residents are worried about a potential new development coming to their suburban neighbourhood.

Terracon Developments requested the rezoning of a piece of land to change it from agricultural to residential to develop housing on River Springs Drive. The rezoning by-law received its first reading on Nov. 14 and was passed by council, despite residents' requests against it.

Approximately 80 residents signed a petition against the rezoning and presented it to council. They are concerned that the development will increase traffic, will change the character of the neighbourhood with smaller and narrower lots. In addition, residents claim that it does not comply with the Middlechurch Secondary Plan guidelines, which states that "Development within Middlechurch will respect the existing physical character of buildings, streetscapes and open space patterns in the community," including general size and configuration of lots.

"I can't emphasize enough how the proposed new development would change the lives of present River Springs residents," said resident George Penner. "Presently people living on River Springs Drive enjoy quiet privacy. With the larger lots there are few parked cars on the street and with no sidewalks people walk their dogs and children ride their bicycles. The long, narrow, cul-de-sac is not designed to handle traffic and parked cars, and the intersection with Highway 9 is already hazardous. Until now I could think of no better place than River Springs to live but that could all change."

Another concern is that the development will chop off centuries-old oak trees which are located at a virgin territory.

"Fifty percent of the development will be on existing forested lands. The most Easterly portion of these lands consists of a large grove of old-growth burr oak trees," said Henry Bakker, a resident of River Springs Drive and a spokesperson for the community. "These oaks were already well established when the first settlers came to Manitoba by canoe. This development should not be permitted to destroy this Heritage Site, as it would contravene the Middlechurch Secondary Plan's requirement to 'maintain and improve the health and integrity of natural ecosystems' and its requirement to 'Preserving and enhance the urban forest.'"

West St. Paul Mayor Cheryl Christian said there seems to be some confusion as to the purpose of a first reading and what is allowed.

"The intent of a first reading for a zoning by-law amendment is to determine if the application meets three criteria, as per the Manitoba Planning Act Section 80(2) in order for our planner to research the application and advertise a public hearing. I read the three criteria at the meeting. We are legally obligated to accept an application for our planner to research, provide council with a recommendation to approve or reject and to bring about a public hearing if those three criteria are met as per the legislation," she said.

Although residents claim that they are 45 foot lots, Christian said there are no lot sizes indicated in the application and that lot sizes would take place at the subdivision stage.



RECORD PHOTO BY GEORGE PENNER

A current home at a 135-foot lot on River Springs Drive.

"We do not have information at this time as to the size of lots proposed other than what was presented to residents at the developer's two open houses. Council and area residents have not seen a final subdivision plan with lot sizes. Subdivision requires a separate application and approval from council," she continued. "This zoning ensures any future lots are serviced with water and sewer. Council did not approve any specific lot size. The majority of council approved accepting the application, as per legislation, in order for our planner to research the application and trigger a public hearing so our community members have an opportunity to speak on this matter. We want our residents to have the opportunity to speak at a public hearing as per legislation."

The development supports the growth demands that West St. Paul has seen over the last couple of years.

"West St. Paul is a wonderful place

to live and raise a family. We welcome new residents to our community while at the same time encouraging existing residents to provide their input into future development at open houses, public hearings and our recent community strategic planning process," Christian said.

She also clarified that, as per the Manitoba Planning Act, they legally cannot have the developer, supporters or objectors speak at the first reading — that must take place at a public hearing.

"We were elected to follow proper process and follow the law. Every resident who wishes to speak to council on this matter will have that opportunity at the public hearing because a majority council approved first reading. I believe every property owner should be heard and respected."

The public hearing will take place on Dec. 12, at 6 p.m. at the council chambers (3550 Main St., West St. Paul).

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BIG DOLLAR

Phosphorus loading, loss of wetlands and zebra mussels

Cottage Season is over but residents are still concerned about the health of Lake Winnipeg

By Katelyn Boulanger

Manitoba residents interested in learning more about the health of Lake Winnipeg and wanting to learn what can be done to take action with regards to invasive species and algae blooms were invited to an information session on Nov. 30.

"We are a grassroots non-partisan collective that is interested in learning and sharing in the health of Lake Winnipeg and the health of those who rely on the lake," said Lynnette Fyoese, President of the Hillside Beach Community Association and member of the Coalition to Save Lake Winnipeg.

The Coalition to Save Lake Winnipeg is a relatively new group in our community which began forming at a meeting hosted by the Lake Winnipeg Foundation in April of 2018. There was then a series of meetings involving lake associations and municipal representatives, which resulted in 19

representatives coming to the Gaynor Family Regional Library in September which became the Coalition to Save Lake Winnipeg.

At the meeting on Nov. 30, Dr. Alexis Kanu, the executive director of the Lake Winnipeg Foundation, Vivki Burns of the Lake Winnipeg Project and Hogwatch Manitoba, Pasqual Badiou PhD. A Research Scientist with Ducks Unlimited, and Fyoese gave presentations about the current state of Lake Winnipeg.

Kanu's presentation focused on phosphorus in our water system, its correlation to the increase in algal blooms, and how we can reduce the amount of phosphorus that finds its way to Lake Winnipeg.

"When it comes to phosphorus loading there is unfortunately no one single silver bullet solution. We're going to need to be smart and strategic in a variety of areas," said Kanu.

One of many ways that the Lake



PHOTOS BY KATELYN BOULANGER

Above: Dr. Alexis Kanu of the Lake Winnipeg Foundation speaks at the Coalition to Save Lake Winnipeg event on Nov. 30.

Winnipeg Foundation is working to lessen the phosphorus is by helping to establish a standard for wastewater treatment and specifically working to lessen the phosphorus coming from the City of Winnipeg's North End Water Pollution Control Centre which at five per cent is the single largest

source of phosphorus to Lake Winnipeg.

"We want to work on phosphorus faster in order to reduce the environmental impacts of the plant.

Continued on page 5



Selkirk Mayor Larry Johannson speaks at the Coalition to Save Lake Winnipeg event on Nov. 30.



Vicki Burns of the Lake Winnipeg Project and Hogwatch Manitoba.

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> KANU SAYS, FROM PG. 4

Our proposal is to retrofit the existing plant infrastructure based on methods used in eastern Canada in order to reduce phosphorus loading," explained Kanu.

Though this solution requires minimal space and construction, is relatively cost effective, straightforward to implement, and could be incorporated into future upgrades, the city of Winnipeg currently cannot handle the increase in sludge that would come from the phosphorus being removed from the water.

Residents spoke up as this information came out amidst increased algae blooms on the lake and the city took notice passing a motion to try different phosphorus solutions starting no later than February of 2020. After the results are tallied the city has given itself 14 months to implement a solution. Kanu expressed concerns that the city still has the option to ask for an extension with its current plan.

"You can help us out by speaking out to your MLAs by reaching out to the Minister of Conversation and the Environment," said Kanu.

Burns took the stage next speaking about toxins in blue-green algae

and the impact of the hog industry on Lake Winnipeg.

"There are toxins in some of the blue-green algae blooms. There aren't necessarily toxins in all of them but you can't tell by looking at the bloom whether it has toxins in it or not so you really have to be cautious about it," said Burns.

She explained that some toxins are being tested for in algae blooms in Manitoba, however, not all toxins are being tested for and there is increasing evidence that has linked these toxins to illnesses. She advocates for a precautionary approach.

Burns then spoke about the hog industry in Manitoba and how there is no evidence linking the hog industry directly to phosphorus in the lake system because the information has not been collected yet.

"Let's collect actual scientific data on what phosphorus is running off these fields and then that can help us to determine when barns are allowed to expand, whether there's new barns, whether they should be downsized because right now it's all theoretical,"

The reason she advocates for the collecting of evidence in this area is that there is currently data indicating a correlation between algae blooms and the expansion of the hog industry but that data cannot be proven to be a direct relationship.

Badiou of Ducks Unlimited then took his turn speaking about why losing wetland habitat is important to Lake Winnipeg.

"For the entire Canadian prairie pot-hole region we've lost over the past 40-60 years we've lost roughly half a million hectares of wetlands so that's pretty significant," said Badiou.

He explained that this has had a significant effect on the flow of water throughout the region converting areas that would have been water sinks and allowing them to flow which also allows the phosphorus to flow along side it.

"When we see more water moving coming off the landscape connecting all at once that usually when we see the higher degree of [algae] blooms on the lake," said Badiou.

Fyoese then spoke about zebra muscles and blue green algae blooms in the lake and how there is a relationship between them as the zebra muscles will eat the good algae but do not eat blue-green algae.

"Reporting algae blooms are incumbent on the citizens that observe the bloom. I didn't know that," said Fyoese.

After the speakers there was a question and answer session in which residents were able to voice their questions to the presenters. An attendee proposed that the group band



Pasqual Badiou PhD. A Research Scientist with Ducks Unlimited.

together in writing a letter to the provincial government asking that they implement the Lake Winnipeg Foundation's plan to remove phosphorus from the North End Water Pollution Control Centre.

Selkirk's mayor Larry Johansson then spoke up saying that water could be diverted to Selkirk's new wastewater treatment plant which should be operational in the coming months and meets current phosphorus guidelines.

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Don't give the girls your ice holes

Hi gang. Once again I think we should thank the Provincial Road guys out of Selkirk for civilizing the 320 road out to Breezy Point. Just days ago it was flooded over because of the ice jam on the Red River and as soon as the water receded they got out there and pushed off the ice.

Driving along what used to be a gravel road last week, I was presented with a good surface. Graded ridge rows of ice chunks on either side were piled truck wheel high. The trees beyond the road held sheets of ice imprisoned on their trunks like table tops, a grim reminder of how high the flood waters had been. At the Breezy boat landing the ice was flat and I saw a young chap kneeling over one of his fish finders. He was maybe ten car lengths out on the ice and as I left Old Red I yelled, "Did you catch anything?" "I just got here," he called back.

My boots made a crunching sound as I made my way out to him, the dusting of snow over the ice gave good footing. Soon I was standing beside a brown bearded, very thin and agile guy. "Hi, I'm Arnie Weidl, looking for a fishing story," I said handing him my card. "Oh, I'm Chad Legan-chuk from Stonewall," he responded. "Yeah, I think I can give you one," he said slowly, thoughtfully.

"My Grampa, Albert, used to live by Erickson and we fished Audy and Jackfish Lakes. We had a family aluminum boat that everybody used with an old nine horse Merc motor and an electric trolling motor."

"That Merc," Chad grimaced, "it would never run!" It was Grampa's motor and he wouldn't let anyone but himself repair it. Unfortunately he was not a good mechanic and would forget to put all the parts that were supposed to go back in it-in it! Time after time Chad, Gramps and other men in the family would get the boat out on the water and even though Al-

bert swore he had fixed that old Merc, it would refuse to start. As always they would crank up the trolling motor and get on with fishing.

This exercise in frustration went on for some twelve years until Albert became too old to go fishing so he gave the boat, the Merc and the trolling motor to Chad. Chad still uses the boat and trolling motor but the Merc; it hangs silent, as was its lot years ago, in a special place on the wall of his garage. Every time he goes near it though, he gives it a little touch in memory of Gramps.

You may remember enjoying Cindy Kovach's story about fishing with her sister on the Winnipeg River on floating lounge chairs that I shared with you back in September. Turns out her sister, Shary Cormier, has a winter ice fishing story for us. Apparently last winter the girls went to fish one of their favorite spots on the Red River but when they got there three, grey haired brother anglers had already taken their spot. Shary and Cindy having been hard core fishers for years didn't take offence but chose to set up close by. They put up their portable ice shack and began auguring ice holes with their hand auger. Yes, I said a hand auger!

As Shary toiled making a hole she saw one of the men looking her way with a condescending smile. She called out asking if the guys would make a couple of holes for them. "No, we're almost out of gas," the "smiler" said. "Well you've made a lot of holes and I've made one, could we use one of yours and put our tent over it?" Shary asked.

"Oh, let them have one," another of the trio said to his friends. So Cindy took the hole in the tent and Shary took the one outside. Soon the girls began catching fish. They could feel the three men who were fishing in the open wondering why the girls were catching and they weren't! Time after



RECORD PHOTO SUBMITTED
Shary Cormier pictured with her giant jackfish prize.

time the ladies would catch a fish and toss it onto the ice to the dismay of the men. Then, well into morning Shary felt a hard hit. The end of her little rod shot down the hole.

"Don't muscle it," Cindy came to her side, cautioning. They looked down the hole to see a huge hooked jackfish stop sideways broadside of the hole. Shary let out just a little line and the fish sank lower in the water. As soon as the head was abreast of the hole she hauled up. It worked! The fishes head and part of the body thrust up the hole, its tail trashing in the water. Cindy leapt forward and grabbed it by the gills hauling it onto the ice. There it laid a near four foot long jack! The men stood transfixed for a moment then with exclamations of frustration, turned, packed up their gear and left!

Till next time. Bye for now.

View the Selkirk Record online at selkirkrecord.ca



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Podcast focuses on community building and collaboration in region

By Katelyn Boulanger

The Winnipeg Metropolitan Region is moving from documentaries to podcasts in its latest endeavor to bridge gaps between municipalities in the area.

"It's called Creative Resolution in Action. It's hosted by Colleen Sklar who is the creator of Creative Resolutions as well as the executive director of the Winnipeg Metropolitan Region and she has a long career of collaborating and community building in the cross sectors of the community and with local government," said Jennifer David, Director of Communications for Winnipeg Metropolitan Region.

The podcast which launched on Nov. 21 is available to both Android and iPhone users via Apple Podcast, Google Podcast.

"We have an incredibly abundant group of expert leaders who are building strong communities across our province and the stories and the innovative vision that it took to put their ideas into action is the inside scoop of what you're going to get from the podcast," said David.

The group decided to experiment with the medium of podcasting wanting to get their message out in a way that was accessible to many people.

"It's a very accessible platform and it's very affordable being free on iTunes and we've been looking at the mediums that are being highly engaged with at this time in order

to tell the story of the work, not only that we're doing here at the Winnipeg Metropolitan Region, but what business and leaders are doing across Manitoba," said David.

The podcast will cover topics such as water security, managing extreme weather, and talking to trailblazers and municipal leaders who started the idea of working together across municipal boundaries.

"Colleen along her career has had the pleasure of meeting many leaders with quite interesting stories about how we are building our communities in Manitoba and how we are building safe strong and sustainable communities. She is really talking with leaders across sectors such as business, academia, people who have been former long standing politicians, and people that are looking to get along with the idea of regional planning and regional collaboration and working together as oppose to individual pockets of municipalities," explained David.

The first guest on the podcast is, former mayor of Winnipeg, Susan Thompson. She speaks about her time as mayor and why it is important to make collaboration a priority in order to streamline efforts and secure our future. Released at the same time were two more episodes featuring Larry McInnis, the president of the Manitoba Home Business Association and Chris Lorenc, the president of the Manitoba Heavy Construction

"WE HAVE AN INCREDIBLY ABUNDANT GROUP OF EXPERT LEADERS WHO ARE BUILDING STRONG COMMUNITIES ACROSS OUR PROVINCE AND THE STORIES AND THE INNOVATIVE VISION THAT IT TOOK TO PUT THEIR IDEAS INTO ACTION IS THE INSIDE SCOOP OF WHAT YOU'RE GOING TO GET FROM THE PODCAST"

- DAVID



RECORD PHOTO BY KATELYN BOULANGER

Creative Resolutions in Action Podcast

Association.

The new episodes will come out every other Monday and the Winnipeg Metropolitan Region welcomes comments and suggestions from listeners as to who they would like to hear from next.

Colleen Sklar can be reached by

email at colleen@wmregion.ca and more information along with the podcasts themselves can also be found at creativeresolutions.ca

Bezan pleased to remain Shadow Minister for National Defence

Submitted

James Bezan, Member of Parliament for Selkirk-Interlake-Eastman recently issued a statement in response to the recent announcement of the Conservative Shadow Cabinet for the 43rd Parliament:

"I want to thank our Conservative Leader Andrew Scheer for giving me the honour to continue to serve as the Shadow Minister for National Defence.

"Our Shadow Cabinet team combines experience and strength to hold Justin Trudeau and his Liberal gov-



James Bezan
MP Selkirk-Interlake-Eastman


ernment to account. I look forward to working alongside my colleague Richard Martel, Member of Parliament for Chicoutimi—Le Fjord as the Associate Shadow Minister for National Defence.

"Thank you to all the brave men and women of the Canadian Armed Forces and their families for the sacrifices they make every day to keep Canada the true north strong and free. In executing my duties as the Shadow Minister for National Defence, I will be fighting for you while you fight for us.


"I will continue to hold Minister Saj-

jan and the Liberals to account to ensure that they no longer mismanage military procurement, and we are using our forces in Canada's best interests and supporting our allies."

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Manitoba 

Mayors and councillors weigh in on pollution in Red River and Lake Winnipeg

By Patricia Barrett

Councillors and mayors from municipalities around Lake Winnipeg attended a meeting hosted by the newly formed Coalition to Save Lake Winnipeg to show support for halting damage to the lake from phosphorus overloading, which contributes to algal blooms.

The grassroots group includes property owner associations, First Nation communities, environmental groups and individuals concerned about the lake's demise. After another year of blue-green algal blooms besetting both sides of the lake, the coalition formed in the fall to press the Manitoba government to act.

The two-hour meeting at the St. James Legion in Winnipeg included presentations from the Lake Winnipeg Foundation (LWF), Hog Watch Manitoba and Ducks Unlimited, as well as overwhelming support from the 150 attendees for a petition asking the province – which is responsible for protecting the environment – to get the City of Winnipeg to stem the tide of phosphorus coming from its North End wastewater treatment plant.

The LWF said the plant releases an average of 600 kilograms of phosphorus a day – three and a half times above the limit in its provincial operating licence – into the Red River, which flows into Lake Winnipeg. Upgrades to the plant are expected to be completed sometime in the 2030s.

Gimli Mayor Lynn Greenberg, Selkirk Mayor Larry Johannson, St. Andrews Mayor Joy Sul and RM of Alexander Coun. Ken Danwich weighed in on the debate.

Greenberg recommended that the coalition forward its petition to the federal government as well as to the provincial government “because the feds have to be involved.”

“The province alone cannot clean up Lake Winnipeg,” said Greenberg.

Johannson said there was once a time when the Red River was clean enough to play in and “we weren't afraid to jump in,” but those days are gone.

Selkirk wanted to do its part to prevent polluting the river and, ultimately, the lake. With funding from the federal and provincial governments,



RECORD PHOTO BY PATRICIA BARRETT
Gimli Mayor Lynn Greenberg.

as well as from the City of Selkirk, the mayor said they're in the midst of building a \$36 million wastewater treatment plant.

“We're taking this very, very seriously,” said Johannson. “Not only will it clean the wastewater, but if there are any stricter reforms in the future, we'll be able to meet them. The wastewater ... will be so clean out of this plant, you could drink it.”

That wastewater will be recycled for use by “high-water users,” he said, which include laundromats, car washes and cannabis cultivators.

Johannson said if residents from St. Andrews write to their MLAs about pollution in the river, they should include a request for the province to redirect the flow of their wastewater from Winnipeg to Selkirk.

“This plant is a regional plant. The \$36 million was to service the region, which includes Selkirk, St. Andrews and St. Clements,” he said. “Well, St. Andrews is sending their wastewater to guess where? To the North End treatment plant in Winnipeg which is one of the worst polluters in Canada.”

St. Andrews Mayor Joy Sul said the municipality is negatively affected by having to send its sewage to Winnipeg instead of Selkirk.

The municipality is dealing with failing septic fields within the Red River Corridor. In



RM of Alexander Coun. Ken Danwich and RM of St. Andrews Mayor Joy Sul.

2009 the province mandated that the septic fields be phased out, and the municipality is establishing permanent sewer infrastructure in a series of phases.

Because the City of Winnipeg dumps raw sewage from its combined sewer outfalls about 22 times a year on average into the Red River, St. Andrews residents are the unlucky recipients.

“The pollution affects us,” said Sul. “That's what residents are so upset about because [their] sewage is going uphill to the North End treatment plant rather than to Selkirk, and they watch raw sewage coming back down the river. They have the photos.”

Communities along the east side of Lake Winnipeg's south basin were hammered this year by algal blooms, which are made worse by the lake's zebra mussel infestation. Mussels filter the water, allowing sunlight to penetrate deeper into the water column which in turn facilitates algae growth.

“Between the algae blooms and the zebra mussels, we're really having a terrible time,” said Danwich.


With thousands of zebra mussels washing up on beaches, the RM of Alexander teamed up this summer with property owners and the former provincial department of Sustainable Development (now Conservation and Climate) to initiate a pilot project for their removal from Hillside Beach. The goal was to determine how well the cleaning equipment

worked and whether a long-term program should be implemented.

The one-day clean-up of about 400 feet by 24 feet of beach entailed the use of a tractor with a specialized sweeper and other equipment rented from the province. The mussels were trucked to the Traverse Bay landfill facility by special permit from the province as zebra mussels cannot be moved.

In total 30,000 pounds of mussels (including other debris) were removed at a cost of \$6,700.

“This is new territory for everybody, but we're going to try our best,” said Danwich. “They're there one day, you clean it up and they're back the next day. It's really tough.”



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Loaf and Honey faces hurdles with cheese production

By Jennifer McFee

A culinary company with local roots is facing a situation that's not so sweet.

Loaf and Honey, made up of husband-and-wife team Dustin Peltier and Rachel Isaak, has spent the past three years trying to find a way to continue the legacy of a raw milk cheese made in Manitoba for more than 100 years.

The centuries-old recipe travelled across the ocean from France in 1893 and then across the country from Quebec in 1918. Since then, the Monk-style cheese has been made at the Trappiste Monastery in Holland, Man.

There, the monks made more than 9,600 wheels of cheese each year using a labour-intensive process. Distributed through a local wholesaler, this cheese remained a delectable ingredient for decades in the kitchens of many families and chefs, including Peltier and Isaak.

Since the monks were aging out of cheese production, Peltier and Isaak embraced their entrepreneurial spirit and asked the monastery's expert, Brother Alberic, if he would take on a protégé. Brother Alberic agreed, and the pair spent the next year learning how to make the history-infused cheese. They wrote up a business plan, built a commercial dairy processing facility and began production. Their product underwent testing by the Department of Agriculture, but they are yet to receive permission to proceed.

Last week, the pair announced that they have no more funds to continue trying to produce their prairie tradition cheese using raw milk.

"This is not only our story; it's the story of how artisanal food production across the province is being cut down by fear of liability. Governmental departments refuse to assume any risk, and our food culture is the blander because of it," they wrote in a press release. "This is the story of how the Department of Agriculture has brought us to our knees."

Since raw milk can contain bacteria that's not suitable for human consumption, the aging process is important.

"Regulations across Canada dictate that when batches of raw milk cheese are tested as too high in bacterial count, the cheese-maker must age the cheese for more time, where the aging process naturally produces microbes and cultures that lower the bacterial count and render the cheese delicious rather than dangerous," the release stated. "It's how the raw milk cheese industry works across Canada. And in Europe. And in the U.S.A. But we came to find that it is not how it works

in Manitoba anymore."

Peltier said that they invested \$65,000 to build their own cheese plant and buy equipment since the Department of Agriculture indicated that they couldn't just rent out a commercial kitchen to make their product.

"We have also spent more than \$20,000 on testing requirements that, had we been able to test at the U of M, it would have cost us around \$2,000. We have had to discard or roughly \$50,000 worth of product," he said.

"In that \$50,000, there were many batches that if we were allowed to age longer — a practice that happens in our industry — they would have been good to sell. Although we passed their required tests on numerous occasions, we were told we did not pass them good enough or we made changes so those tests didn't count."

Loaf and Honey's catering business has been financing their cheese company, making funds very tight for the past few years. Dustin's parents Gary and Silver are also involved with some daily operations of the cheese company, which allows Peltier and Isaak to continue with their catering.

"It's like we're being punished for doing it the right way — and it's not just us. There are a lot of other small processors that are dealing with sliding regulations or interpreting regulations differently," Peltier said.

"Nobody is able to make a go of it or you have to have such deep pockets as a processor to fight through and sift through all the regulations to be able to get ahead."

A spokesperson from the department of Agriculture and Resources Development provided a statement about its role and requirements.

"Manitoba Agriculture and Resource Development is responsible for overseeing the safety of food processed in provincially permitted establishments. This may require a processor to demonstrate that their process results in safe food. The province does pay some initial testing for the producer upon start-up, and surveillance testing on finished products. All testing is completed at a third-party, accredited lab," the spokesperson said.



RECORD PHOTO BY TAMARA LENTZ.

Peltier and Isaak make cheese locally.

son said.

"It's important to note that cheese made from milk that has not been pasteurized to kill pathogens poses a greater risk to consumers and has been linked to numerous food borne illness outbreaks. A consistent, validated production process must be followed, which includes lab testing at a third-party accredited lab. If a producer is able to meet all the appropriate standards and consistently produce a safe product, they are free to sell their product to the public. The department takes all matters regarding food safety very seriously."

Looking ahead, Peltier and Isaak plan to move forward with making a modified version of the traditional cheese using pasteurized milk.

"We're going to make it the same way that we make the other cheese," Isaak said. "It will be the same idea but we'll be making it with Stoney Brook's milk, which is an organic milk out by Steinbach that is not homogenized."

They're also looking at producing a ricotta cheese, but they need to build up enough demand to make it worth-


while.

So far, the couple hasn't had the chance to speak with Brother Alberic about the situation since the monastery has shut down in the last two weeks and he is currently in the process of moving.


For anyone who feels compelled to show support, Peltier and Isaak suggest writing letters to the Department of Agriculture to express their opinions.

"There is potential that the new minister could be more willing to work with small processors," Peltier said. "We're trying to get sitting at the table and sorting things out. That's the frustrating part."


For more information about Loaf and Honey, visit www.loafandhoney.com or follow the business on Facebook or Instagram.



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Help-Portrait comes to LSRCSS for 8th Year

By Katelyn Boulanger

The Lord Selkirk Regional Comprehensive Secondary School will be hosting its 8th annual Help-Portrait Selkirk Event at the school on Dec. 14 at 12 p.m. This event allows families that may not otherwise have access to family portraits or photos with Santa to be able to get their pictures taken free of charge in the community.

"It's something that's been going on for seven years now. It's really special to be a part of it and it's a good cause and I like to be a part of it and help people out," said Joshua Yeroschak a grade 12 student who is volunteering with the help-portrait event.

The idea for this event originally came from a take action project in the school's global issues class.

"The help-portrait event was originally the brainchild of then grade 12 student Austin Grabish, who is a former reporter with the Record, the idea of the take action projects in global issues is that students are supposed to take something that they are very keen about and meld that into social justice. So Austin's original idea, he was very passionate about photography, and so just in his looking up what to do about a project he found this organization help-portrait, a loose collection of professional and amateur photographers who donate their time and services to help the community by taking family portraits or pictures with Santa and then providing those people with those portraits," said Kevin Lopuck, teacher at LSRCSS and coordinator of this event.

Though this project is after hours for the students who volunteer becoming involved does help them better understand what is required for their take action projects.

"We're supposed to create projects like this one. So participating in this project will give us ideas for future projects and help the community

even more," said Yeroschak.

He is most excited to see the children's faces when they see Santa.

"For me as the teacher it's also the smiles and the enthusiasm on the faces of the students who are volunteering, to see them getting involved in something in the community, and knowing it is something special," said Lopuck.

Student volunteers will greet families, take down information, help Santa out, help the photographers out, and distracting children for pictures. Some who can't make it that day will also be donating cookies.

Lopuck explained that this project has become an institution in the community allowing people to get a physical picture in our now very digital world.

"In terms of people who are less fortunate sometimes they can't afford to get that photo taken or printed and it's amazing to think how much a printed photo of yourself means especially when in this day and age everything is digital. To have that physical copy of a portrait of you and your family, or a picture with Santa that's very meaningful," said Lopuck.

Grade 12 student and volunteer Bethany Bushie agrees in feeling that it's important for everyone to have a picture of themselves and looked for-



SUBMITTED PHOTO

Volunteers at last year's Self-Portrait event.

ward to pictures with Santa when she was younger.

"It was really scary at first because he was a bit scary at first but I got used to it, sitting on his lap and telling him what I wanted for Christmas," said Bushie.

"It's like something to look back at as a memory how good that year was and how much fun and enjoyment you had," she continued.

In past years in the two hours the project runs for they have had over 100 people pass through for the event.

"This is just so indicative of the community of Selkirk. We have the Rotary Club coming together, we have Sunova Credit Union sponsoring it, we have kids from the high school who are helping run it, we have teachers from the high school who are taking pictures for it and students helping to take pictures, and we have hairstyling coming in for people before they take the pictures. This is just an example of the amazing community it is," said Lopuck.

Questions that shape education

By Ligia Braidotti

The Lord Selkirk School Division wants to know what matters most to you in education.

LSSD used to hold a community forum annually to get feedback for their budget setting, but only a small fraction of staff and parents would participate, in some cases as few as eight participants. To make it more accessible and effective, the school division launched an online survey last year and received more than 700 responses.

The survey for the school division's 2020-2021 budget is now open for all community members to answer.

"We realize that people are busy and so to give up an evening to come to a forum can be challenging, so this way we felt that we were making the opportunity for feedback more accessible, people can do it when they have some free time," said Lena Kublick, chair of the board of trustees of the LSSD. "This (survey) was casting the net much broader so that we are getting a lot more feedback."

Kublick also mentioned that students are welcome to answer the survey, as they want their feedback and know that they may not be comfortable doing it at a school setting.

This year, in just four days the division received 744 completed surveys and she said they are expecting much more feedback. Once the surveys are completed, the school division will be holding a forum in February to hear how the information they received informed their draft budget.

"We need to have our budget process completed by the end of February, so we will have a draft budget using this information that we will present at the community forum. The results of the survey will be made available at that time as well as online," Kublick explained.

The eight-question survey explores provincial funding and what the community thinks should be done since the division has received two per cent less from provincial funding in two of the last three years.

Another question explores full-time kindergarten at all elementary schools, another is about technical and vocational programs that LSSD offer at the high school how they can improve.

"One of our board goals is improving graduation rates and we have services available through the Lord Selkirk Education Centre, through adult learning programs, and students services and other supports, and so the questions are 'are people familiar with the additional kinds of supports that we have in our division?'" Kublick added.

Families, staff and students are encouraged to give feedback, suggestions and comments around things students success for all Indigenous education, French immersion, Ukrainian Bilingual program, mental health, inclusion and more.

The survey can be found at <https://www.surveymonkey.com/r/Q6L26YY>

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Sensory Family Shopping makes Safeway more accessible

By Katelyn Boulanger

Selkirk's Safeway is making Thursday evenings between 6 and 8 p.m. accessible to a larger variety of people by reducing stimuli in the store that could be bothersome to some patrons.

"Sensory family shopping is a grassroots initiative that started with one store in Prince Edward Island. It's now in all Sobeys stores in Atlantic Canada and Ontario and 130 Safeway stores in Western Canada," said Harry Oppeneer, Manager of Selkirk's Safeway.

The first Sensory Family Shopping night in Selkirk was Nov. 6

Holden Whall, who has autism, and his mother, Holly Whall, have attended these nights and find the shopping experience suits them better.

"I am super excited that Safeway is a leader in our community by doing this. This is a first ever in this area. For us, for Holden to come shopping, even the florescent lights send off a buzzing sound which he can pick up on as well as the noises when you're going through the till. Everything is a lot quieter," said Holly Whall.

During these nights the PA is turned off and so if the cashiers need help they have a runner who is called for, the store makes sure that none of machinery will make noise during this time, and, although the blenders at Starbucks still need to operate to make drinks, the beans for the evening's drink are pre-ground in order to reduce noise.

Safeway has also partnered with Inclusion Selkirk with this project in order to make sure that it is implemented in the best way possible.

"When Harry approached us as a

"I THINK EVERYBODY, REGARDLESS OF WHAT YOUR CAPABILITIES ARE OR WHAT YOUR EXPERIENCE IS, NEEDS TO EXPERIENCE THIS BECAUSE...YOU COME HERE AND YOU'RE RELAXED AND THE SHOPPING EXPERIENCE IS A WONDERFUL EXPERIENCE."

- HOLLY WHALL.

community partner for this initiative, just to be present, it was a no brainer because our vision at Inclusion Selkirk is ultimately an inclusive community. So, by limiting the amount of stimuli in the shopping environment Safeway in creating an inclusive space in the community," said Cheryl Bacon the Director of Community Development for Inclusion Selkirk.

This is not the first time that Inclusion Selkirk has partnered with Safeway over the past several years as they also currently work in other ways to help create meaningful community engagement opportunities for people living with intellectual disabilities. Included in this partnership is work with their employment and training program, which has allowed for real



RECORD PHOTO BY BRETT MITCHELL

From left to right: Harry Oppeneer, manager of Selkirk's Safeway, Cheryl Bacon, director of community development with Inclusion Selkirk, Holly and Holden Whall at Selkirk's Safeway.

world experience with the end goal of paid employment.

Bacon explained that this particular program of reducing stimuli in the store can be beneficial to many people with a variety of conditions such as migraines, dementia, mental health issues, anxiety, fibromyalgia, and people who have experienced a stroke.

"For us it might just be distracting or annoying to have certain sounds or bright lights but for people that have health issues it can be incapacitating and can stop them from accessing their community to get the services they need. This allows them a time and a space every week, so not just a once a year event, to come and get their needs met," said Bacon.

A suggestion that surprised Oppeneer was to remove the balloons from the front of the store on Thursday evenings. He at the time was not aware that the potential for them to pop and the unexpected movement that they create can be upsetting to some people.

Holly Whall recommends the experience of shopping on Thursday evenings at Safeway.

"I think everybody regardless of what your capabilities are or what your experience is needs to experience this because, especially at Christmas with the rush and the anxiety and the go go go go, you come here and you're relaxed and the shopping experience is a wonderful experience," she said.

RCMP Selective Traffic Enforcement Program begins

The annual RCMP Selective Traffic Enforcement Program (STEP) begun on Dec. 1 and continue up to and including Jan. 1, 2020.

All RCMP Detachments and Traffic Services Units throughout the province will be participating in the program with the focus once again being on the detection and apprehension of impaired drivers and other high risk driving behaviours.

Last year, over 11,700+ vehicles were checked during 262 checkstops that resulted in 105 people charged with Criminal Code Impaired Driving offences and 30 roadside suspensions. Five people lost their lives in traffic related collisions.

"The RCMP is committed to ensuring the safety of everyone traveling on Manitoba roads and educating the

public in safe driving practices continues to be our priority," said Insp. Chris Moore, Officer in Charge of "D" Division Traffic Services. "We are doing our part by raising public awareness about road safety and conducting traffic enforcement programs, the driving public have to do their part by adjusting their driving habits to make Manitoba's roads safer."

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Nourishing Roots Retreats come to West St. Paul

By Katelyn Boulanger

Yoga instructor Kerry Mealey-Holmes and Author Lauren Carter are inviting residents to their first ever Nourishing Roots Retreats-Set Your Intention: Yoga and Writing Retreat, a one day yoga and writing workshop where participants are invited to start the new year by deepening their commitment to health and creative expression.

"[Writing and Yoga] seem so different but if you pull back the layers essentially it's the same thing. A lot of people when they attend yoga they find their voice where it becomes a really emotional thing for them and I believe the same thing is true with writing. People find their voice and they are able to express themselves," said Mealey-Holmes.

She and Carter met in March of this year and after learning more about each other thought that the combination of yoga and writing seemed a natural fit which resulted in this one day workshop.

"We decided on the one day because it's a busy time of year. We could say that about every season really but being able to start off the new year right

and taking that time off for one's self and taking that one day and spending really learning from each other but also the community. I find that when we bring together like-minded people magical things can happen, said Mealey-Holmes.

Along with considering time constraints, they also are aware that not everyone is able to get into every yoga pose and Mealey-Holmes can adjust these poses to allow everyone to participate making them accessible for all attendees.

"A really strong belief that we have is that this is for everybody and everybody that's another part that we really want to share with people is that anyone can do this sort of thing just take the time to have the desire," said Mealey-Holmes.

The class will mostly consist of slow restorative yoga. This slowing down will also connect to the writing portion of the class.

"A lot of writing is about slowing down and noticing the things around you and so the whole notion of grounding yourself within your body and your mind works for connecting with your creative voice," said Carter.



RECORD PHOTO SUBMITTED

The owners of Nourishing Roots Retreats Lauren Carter (left) and Kerry Mealey-Holmes (right).

The writing portion will focus on explorative writing with exercises and connecting with the pen and people have the option to share their work but they don't have to if they don't want to.

"As a writer, I really know the advantage of getting out of the deckchair and reconnecting with my physical

self," said Carter.

The retreat runs from 10 a.m. to 4 p.m. at St. Benedict's Retreat & Conference Centre on Jan. 11 with tickets costing \$160. This will include supplied yoga equipment, a notebook and pen, and a homemade lunch. To reserve a spot or find out more, visit www.nourishingrootsretreats.com

IEHF celebrates donors at appreciation event

Submitted

It has been quite a year for the Interlake Eastern Health Foundation, Legacy for Life. Close to \$370,000 raised, and numerous high priority equipment purchases including double electric beds and mattresses for palliative care, a scale for oncology, ultrasound machines for Beausejour, Stonewall and Eriksdale, wheelchairs, walkers, vital signs monitors, beds, chairs, and a number of items for the family birthing unit!

The McLeary family set up two endowment funds this year with the

Foundation. Bob and Wendy McLeary decided to establish a permanent fund as a legacy for their parents Jack & Astrid McLeary and Norman & Bette Dalman. The McLeary's wish is to have donations invested in perpetuity with income from the fund supporting the purchase of high priority equipment for Selkirk Regional Health Centre. Wendy says the fund means a lot to their family.

"As proud citizens of Selkirk we are pleased to be able to create two endowment funds that will honour the memory of our parents, leave a legacy for our family and help to enrich the lives of the people within our community."

Also announced at the Foundation's AGM was the latest capital fundraising campaign to develop the region's first regional Clinical Teaching Unit which will contribute to recruiting physicians to Interlake-Eastern region. The clinical teaching unit will be located in a primary care centre on the Selkirk Regional Health Centre's campus with the capacity to provide outreach services, through medical residents, to outlying communities. Medical students' rural experiences have been shown to be highly influential in recruiting physicians to prac-

tice in rural communities. The clinical teaching unit program will eventually provide training for up to eight residency practitioners annually in communities throughout the region.

Dr. Ian Alexander has a family practice in Selkirk, Manitoba at Selkirk Medical Associates and heads the region's medical residency program. Dr. Alexander says the clinical teaching unit will provide students the opportunity to put down roots in the Interlake-Eastern Regional Health Authority, in hopes they will eventually set up practice here - an opportunity he didn't have when he completed his residency.

"The clinical teaching unit will offer primary care residency opportunities in IERHA communities and become a regional hub for establishing family physician practices throughout the region. This is where the existing regional residency program will be integrated along with an inter-professional primary care practice team that will all be co-located making for better patient care."

Board chair DJ Sigmundson says the partnerships established with community groups is one reason the foundation was so successful.

"Much of our fundraising success



RECORD PHOTO SUBMITTED

Pictured left to right: IEHF Board of Directors at the November 28, 2019 event: Ted Lewis, Bill Bodman, Glen West, DJ Sigmundson, Melissa Fuerst, Dr. Dan Lindsay, Tracey Epp, Dave Cain, and Ernest Stefanson.

Missing: Brent Wynnyk, Cynthia Ostapyk, Karen Kost and Kelly Cook.

of the past year has come from our many partners throughout Interlake-Eastern. Our region is blessed to have many long serving dedicated organizations that have focused their energy on raising funds for much needed medical equipment in their community."

For more information, or to donate to the Foundation, including the clinical teaching unit fundraising campaign, contact Pamela McCallum at pmccallum@ierha.ca



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Easton Place to change views on health care

The medical clinic will open on the week of Dec. 16

By Ligia Braidotti

The time has come for the brand new Easton Place Medical Clinic soft opening.

Starting on the week of Dec. 16, Easton Place Medical Clinic will be welcoming patients to meet their family practitioners, dentists, audiologists, pharmacists, and more. After 10 years in the making, Dr. Anthony Anozie's vision is finally coming to fruition.

Easton Place is not your ordinary medical clinic. In fact, you may not even think and feel you're inside a medical clinic. Easton Place is a complex for wellness. The first phase to be finished is the medical centre, followed by a wellness centre and housing units.

"Easton Place is going to put us on the map," Anozie said. "It has not been easy, I mean, this is the kind of project that governments do and it's all private funding."

The clinic, which will have room for 15 doctors and an integrated system, will also feature a café and a food court, that are meant to become a community hub, a meeting place, for patients and non-patients.

"You don't have to be ill to go to Easton Place," Anozie added. "You don't have to be seeing your doctor to go to Easton Place. You can just meet a friend."

The medical clinic will also serve as a gallery with art exhibits for guests to contemplate.

Easton Place sits on a 16-acre property facing the Selkirk Regional Health Centre. Aside from it already being a massive health complex, there's still room to grow and adapt to new technologies to come.

"It's always a long wait for this, a long wait for that, and I guess we are all used to it, but I'm sure in years to come it will be a lot quicker," Anozie commented.

He also mentioned that Easton Place might change how people view medicine and health care.

"It will be a one stop shop for everything — wellness, health and teaching. It will be a destination. You don't just go there because you're ill, you go there because you're well," he continued. "It's a place where all disciplines will work together. All (departments) will share information to treat the patient as a whole. It's a more holistic view of doing things."

"You will have all the services at hand, and if you are a farmer who is retiring, wouldn't you like to be in a place where you have access to all this medical resources and the wellness centre? It will be a place where you can meet people, and you can just hang out. If you're in your 70s and 80s, you may experience a lot of loneliness. Easton Place gives you a sense of community."

Now that the clinic is set and done, Anozie is looking for people to form a committee and move on to the second phase of the project: the wellness centre which is connected to the clinic and the housing units.

He mentioned that the committee will be responsible for organizing fundraisers for the construction of the wellness centre. For those



RECORD PHOTO SUBMITTED

Easton Place is a one-stop shop for wellness. The first phase is finished and the medical clinic will be opening on the week of Dec. 16.

interested in getting involved and Anozie through the website easton-place.ca being part of the committee, contact

Local Eye Doctor Returns to his Roots

Ever since earning his Optometry degree at the University of Waterloo in 2012, Dr. Carl Durand has had a broad range of experience in his field. Dr. Durand has worked coast to coast in both Newfoundland and British Columbia. During his six years of adventures in Newfoundland, he had the exceptional opportunity to work beside a retinal specialist, which provided invaluable experience in the diagnosis and management of eye disease. He also worked with one of the preeminent LASIK/cataract surgeons and corneal specialist in Kelowna, BC. In between, Dr. Durand spent a year in Colombia working at a community college and improving his fluency in Spanish.

Outside of his career as an optometrist, Dr. Durand cares for his tree farm just outside of Selkirk. He grew up working on his family's tree research farm in Portage la Prairie, and is currently in the process of planting a commercial tree seed nursery, prairie fruit orchard, as well as a selection of trees for research evaluation. One of his personal goals is to reduce the carbon footprint of the Selkirk area through planting trees, and looks forward to working with the community to achieve that goal.

As of September 2019, Dr. Durand has joined



the team at Clarity Vision in Selkirk as the primary optometrist. He looks forward to meeting you at the Selkirk office located at 415B Main Street, at community events or maybe even at the curling rink!

Clarity Vision has offices in Winnipeg, Winkler, Portage la Prairie and Selkirk and provides premium glasses, contact lenses and optometric services. They are on the web at www.clarityvision.ca

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Selkirk Regional Health Centre receives donation from a physician for Family Birthing Unit



RECORD PHOTO SUBMITTED

A local physician donated \$8,500 for the purchase of a BiliBlanket for the Selkirk Regional Health Centre's birthing unit. Left to right, Jamie Brown - CRN, Jennifer Palsson - RN, Elyse Gillon - RN, and Sara Unrau - Clinical Team Manager (Surgery, Med/Surg, FBV).

Submitted by IERHA

A local family physician from the Selkirk Regional Health Centre (SRHC), has recently made an anonymous donation of \$8,500 for the purchase of a BiliBlanket for the hospital's family birthing unit. A BiliBlanket is a portable phototherapy device for the treatment of neonatal jaundice.

"I realized with our increasing birth rate at SRHC, that babies born jaundice are likely to come up more often and decided to help out our community by donating another BiliBlanket. I strongly believe in giving back to my community," says the physician who donated the funds, but wants to remain anonymous.

Jaundice is a yellow tint to a newborn's skin and the white part of the eyes which means there is too much bilirubin in the baby's blood. Photo-

therapy allows the skin to absorb the light which changes the bilirubin so that the body can more easily excrete it through urine and stool. Jaundice is estimated to affect 50 to 60 per cent of babies born at full-term and up to 80 per cent of babies born prematurely.

The physician says the donation came on the heels of a very busy few weeks inside the family birthing unit.

"We had several babies requiring phototherapy. Unfortunately, one of our two BiliBlankets has been out for repair, so we were down to one and we were also having to rely on the overhead UV lights. I've noticed that the babies in the BiliBlankets seem to settle better as you can still swaddle, hold and feed them while they receive treatment."

Executive director of the Interlake Eastern Health Foundation Pamela

McCallum was delighted to receive this physician's second donation to the foundation.

"We are so fortunate to have physicians in our region who care so much about their patients and who want to optimize the facilities they work in. I know staff and families are so grateful for this donation and I look forward to hearing about the success the family birthing unit has with this new BiliBlanket to treat jaundice."

The family birthing unit team says the donation brings new light to the

department.

"This blanket allows for uninterrupted treatment of babies diagnosed with hyperbilirubinemia and will allow us to support the current practice of promoting mother and infant bonding, as mothers are able to breastfeed and hold their newborns while they continuously receive treatment."

Interlake Eastern Foundation's mission is to raise funds that support health care in the Interlake-Eastern health region.

Province funds new ways to reduce rural crime

By Ligia Braidotti

The provincial government announced it will make a significant investment to support the expansion of the Royal Canadian Mounted Police crime reduction and enforcement teams.

On Nov. 26, Justice Minister Cliff Cullen said the Government of Manitoba will give the RCMP \$1.9 million every year with the goal of improving public safety for rural Manitobans, allowing more officers across the province.

"Our government is taking action in response to concerns from rural Manitobans who no longer feel safe in their homes and communities," said Cullen.

Crime reduction teams focus on serious, prolific offenders and drug dealers. The RCMP's current four-member team in the north will receive funding to expand to six officers. Funding will also be used to create two new teams in the RCMP's eastern and western districts, with five officers to be recruited for each location. Four officers will be added to the D Division Enforcement Team, a centralized unit that targets criminal organizations and street gangs that traffic drugs and guns throughout the province.

"We are pleased to be able to expand our crime reduction and enforcement teams to ensure there are dedicated resources throughout the province," said Assistant Commissioner Jane MacLatchy, commanding officer of the Manitoba RCMP. "Those who produce and traffic illicit drugs destroy lives, homes and communities. We remain committed to dismantling the drug networking and drug traffickers that bring drugs to our

towns and cities."

Cullen noted timely and relevant analysis of crime data is essential to support front-line policing in the province. As part of this new investment with the RCMP, the province will also fund two new crime analyst positions, who will help identify criminal trends and hotspots to inform enforcement.

The minister noted police agencies require specialized tools and training to continue to serve Manitobans more effectively. In the 2019-20 budget, the provincial Criminal Property Forfeiture Fund and the federal Proceeds of Crime Fund has provided nearly \$1.5 million to police agencies serving rural Manitoba, including the RCMP, Brandon Police Service and several others, to support these types of investments.

A press release stated that community mobilization hubs will continue as a proven method of connecting at-risk young people and their families with wrap-around community supports. The provincial government will continue to invest approximately \$1 million annually to establish, enhance and support these locally led partnerships between police, social service agencies, and families to address underlying issues and reduce contact with the criminal justice system.

The RCMP serves about 580 communities and are responsible for policing over 90 per cent of the land in the province, covering more than 465,000 square-kilometres. It currently has nearly 1,000 sworn police officers members and nearly 500 civilian employees.

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Healing walk for the community

By Ligia Braidotti

It was a cold evening, but the FireHeart Women's Drumming Group didn't give up on their first healing medicine walk.

On Dec. 2, the group met and drove to the waterfront to sing, drum, and present healing offerings to the water.

"The idea came from us and also Bear Clan because we joined them at a medicine walk in Winnipeg one or two years ago," Tara Campbell from Fireheart, said.

"I really believe in doing things like this whether it's gatherings, get togethers, medicine walk or drum groups and the Bear Clan. I have a really strong belief that a strong community is important. It's important for the kids, and each other, and to make the town safer."

The medicine healing walk was a vi-

sion of Carla Cook, who presented the offering to the water at the waterfront. Campbell said the walk is also important to help those who are hurting.

"There's a lot of people who have been through trauma and abuse, so I really want to reach out to those people, let them know they are not alone. We are here too," she continued. "The drums are really healing, but I really believe in making Selkirk a stronger, safer place. That's from my heart."

In Winnipeg, some of the group's members walked with the Bear Clan, stopping to speak to people and welcoming others who joined them on the way.

The goal is to turn the healing medicine walk in Selkirk into an annual event. All community members are welcome to join and walk with the FireHeart members.



RECORD PHOTOS BY LIGIA BRAIDOTTI

Members of the FireHeart Women's Drumming Group drumming in front of the Red River in Selkirk on Dec. 2 at their first annual healing medicine walk.



Carla Cook presents offering to the water at the FireHeart Women's Drumming Group healing medicine walk.



Tara Campbell (above) and Carla Cook (left) drum at waterfront with the other FireHeart Women's Drumming Group members.



T Is the story **Timely?**



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Dunnottar's duckweed research has potential to reduce wastewater and agricultural nutrients

By Patricia Barrett

Eco-friendly is not just a catchword the Village of Dunnottar bandies about, but something it puts into practice.

Faced with a worldwide climate crisis and environmental degradation that's proceeding apace, Dunnottar council, under Mayor Rick Gamble, has already installed solar panels at its administration office and a passive filter (a non-chemical biofilter) in its lagoon to reduce phosphorus and other nutrients in the village's wastewater. Duckweed may become its next secret weapon.

Given the amount of phosphorus and nitrogen being discharged into Lake Winnipeg from the city, from municipalities and communities ringing the lake and from agricultural operations, Dunnottar felt it imperative to look at a feasible, cost-effective way to prevent the further deterioration of water quality and incidences of algal blooms.

To that end, it launched a three-year research project with environmental architects Scatliff, Miller & Murray and the University of Manitoba to study how well duckweed can suck up phosphorus, nitrogen and other pollutants in the Dunnottar wastewater lagoon.

As this is only Year 1 of the project, it took the entire summer for the duckweed – which was placed on floating platforms in the lagoon – to grow and establish its root system.

"Next year will probably give us a much better idea of how the platforms are performing, what the nutrient up-

take is and how many platforms you would need in a certain area," said Gamble.

Samples of the duckweed were sent to a lab at the University of Manitoba to determine the level of nutrient uptake thus far, but researchers are primarily interested in seeing how it performs when the plant is well established.

Duckweed is a small fast-growing flowering plant with several species. It floats on the surface of ponds, sloughs and other calm waterways. Like cattails, duckweed grows naturally in wetlands, sucking up phosphorus, nitrogen and other harmful nutrients before they can enter and pollute waterways. They can help prevent the development of algal blooms by sequestering the phosphorus algae needs to flourish.

Not only can duckweed help purify municipal wastewater that's released into Lake Winnipeg each year, but it could also be used for treating agricultural runoff, hog manure lagoons and cattle feedlots.

"It has a lot of potential," said Gamble. "What we're working on now is meeting some producers in the hog industry to see if we can do some research and determine what effect duckweed could have on their holding ponds and also on some feedlots with cattle. We're just trying to work that out now in conjunction with the East Interlake Conservation District."

To the best of his knowledge, Gamble said Dunnottar is the first municipality in Canada to use duckweed to treat its wastewater. Devils Lake, N.D., has

been using it for a number of years and "they claim to have pretty good success" in removing contaminants. Duckweed has also been used to suck up hydrocarbon spills, although that requires a long period of time.

"If they ever get to this point [using duckweed] in the agriculture sector, which is a big part of nutrient loading in the lake, it could be very beneficial," said Gamble.

With a federal grant under the Lake Winnipeg Fund, five floating platforms were set up in the Dunnottar Lagoon. Staff from the conservation district, which oversees watersheds and water quality in the eastern part of the Interlake, gave researchers a hand by collecting the plants and putting them on the platforms.

As the duckweed grew, it began to send out "noodles," or a root system. Because it grows like a weed, pardon the pun, it had to be harvested every three weeks or so to stop it from spreading across the entire lagoon.

"It keeps multiplying as it gets established, and you have to harvest it, which is basically removing it and drying it," said Gamble. "Then you can mix it into compost. It's high in protein."

Gamble said they had a few issues to work out over the course of the summer. At one point they noticed the duckweed was disappearing. They thought ducks were eating it, so they built fences around the platforms.

"But it was still disappearing and it turned out it was a muskrat eating it. They love it," said Gamble. "We had to build a fence below the water level to



RECORD PHOTO COURTESY OF CITY OF DEVILS LAKE, N.D. The 58-acre Lemna (duckweed) Wastewater Treatment Facility in Devils Lake removes contaminants from effluent.

keep the muskrat out."

Another benefit to treating its wastewater with duckweed – should the research project demonstrate its efficiency – is that it will allow Dunnottar to treat a much higher volume of wastewater with the passive filter, which can run only between mid-June and mid-September as per provincial regulations.

"You can use duckweed to do nutrient uptake prior to June and after September," said Gamble. "Duckweed will be doing part of the work, so we can push more water through the filter a little quicker than what we have been doing."

Horsing around in the winter



RECORD PHOTO BY BRETT MITCHELL Ramona and Les Fay have been taking care of horses since 1996. Their 20-acre property north of Petersfield is a great space for horses to roam around in all seasons. With the harsh winter times approaching, their horses Duch-

ess and Wizard (Wiz), are getting ready to keep warm and out of the wind.

"Horses only need wind shelter because they are very warm-blooded animals. If you wrap your arms around them you can feel their heat," Ramona said.



She explained all horses need is food, water and shelter from the wind during the winter. And Duchess and Wiz sure love a good treat. Yell out oats, carrots, apples or molasses and they will come running at you.

get inspired

> MEAL IDEAS



Servings: 8
Cherry Filling:
 1/2 cup Domino Golden Sugar 1
 tablespoon cornstarch
 1/2 cup water or unsweetened
 cherry juice
 2 cups fresh or frozen pitted
 tart (Montmorency) cherries
 2 tablespoons cherry brandy
 (optional)
Cake:
 1 2/3 cups all-purpose flour
 2/3 cup cocoa powder
 1 1/2 teaspoons baking soda
 1 teaspoon salt
 1/2 cup butter, softened
 1 1/2 cups Domino Golden Sugar
 2 eggs
 1 teaspoon vanilla
 1 1/2 cups buttermilk
Stabilized Whipped Cream:
 1 teaspoon unflavored gelatin
 2 tablespoons cold water
 2 cups (1 pint) heavy whipping cream
 2 tablespoons Domino Golden Sugar
 chocolate curls or shavings, for garnish
 (optional)
 To make cherry filling: In medium
 saucepot, whisk sugar and cornstarch
 with water or juice then bring to boil
 over medium heat. Stir in cherries and
 cherry brandy, if desired, and boil 2-3



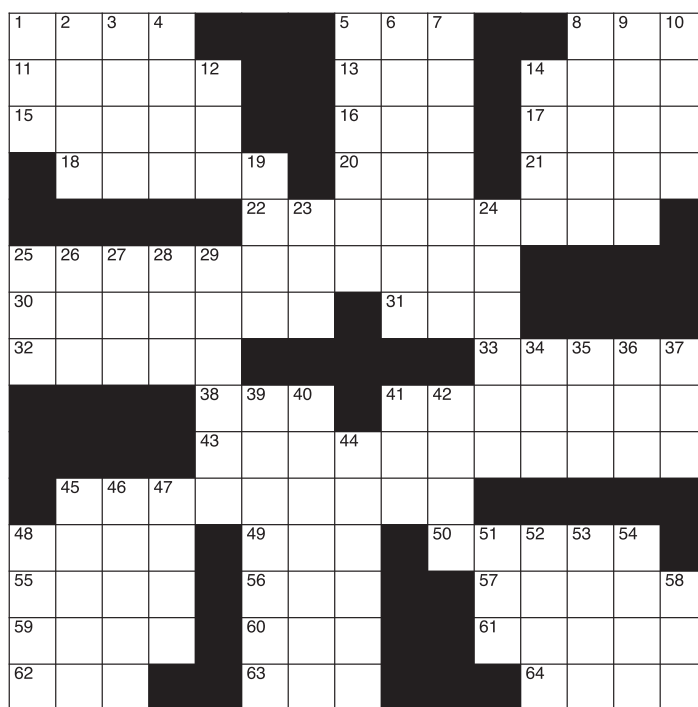
Black Forest Cake

minutes, stirring, until sauce is thick
 and translucent. Drain cherries from
 sauce and set both aside.
 To make cake layers: Heat oven to 350
 F.
 Line bottoms of three 8-inch round
 cake pans with parchment paper.
 Grease and flour bottoms and sides.
 In medium bowl, sift flour, cocoa pow-
 der, baking soda and salt.
 In mixing bowl, cream butter and
 sugar 2 minutes on medium speed.
 Add eggs and vanilla; beat 1 minute.
 Stir in flour mixture and buttermilk.
 Pour batter evenly among cake pans
 and bake 20-22 minutes, or until
 toothpick inserted in center comes out
 clean.
 Cool and remove layers from pans.
 To make stabilized whipped cream:
 In small pan or microwaveable bowl,
 combine gelatin and cold water; allow
 gelatin to bloom. Heat until gelatin
 melts and dissolves; set aside.
 In chilled bowl, whip cream with
 chilled beaters until soft peaks form.
 Add sugar and gelatin; beat until stiff.
 Prick tops of two bottom layers with
 fork and brush cherry filling over
 layers. Sandwich bottom layers with
 a 1/4-inch-thick spread of stabilized
 whipped cream. Sandwich second and
 top layer with same whipped cream.
 Spread remaining whipped cream
 over top layer and sides.
 Garnish with shaved chocolate,
 if desired, and decorate with any
 remaining whipped cream.

X CROSSWORD

CLUES ACROSS

1. Egyptian bull-god
 5. America
 8. Type of field (abbr.)
 11. Reagan's Deputy AG
 13. Negative
 14. Mother of Hermes
 15. Summer and Winter Olympics gold medal winner
 16. In shape
 17. Oh my goodness!
 18. People of Guinea or Sierra Leone
 20. A form of "to be"
 21. Succulent plant
 22. Estranges
 25. Honest
 30. Showing conviction
 31. High schoolers' test
 32. Implant
 33. Acknowledgment
 38. Cash dispenser
 41. Transferred to another
 43. Superhero group
 45. Photographers
 48. Small, rich sponge cake
 49. Power to perceive
 50. Heavy cavalry sword
 55. Israel's first permanent UN delegate
 56. Everything
 57. Afflicted
 59. Language spoken in Chad
 60. Pioneering MC Kool Moe
 61. Jewish spiritual leader
 62. Keyboard key
 63. Soviet Socialist Republic
 64. Impudence
- CLUES DOWN**
1. Type of degree
 2. Expression of sorrow or pity
 3. Large, predatory lizard
 4. River in Romania



5. Biased
6. Parties
7. TV's used to need one
8. Philly football player
9. Recognized ethnic group of China
10. Gradually disappear
12. Large, dark antelope
14. Vegetarians won't eat it
19. Takes the energy out of
23. Body part
24. Succeed in achieving
25. Where golfers begin
26. Computer memory
27. One who buys and sells securities
28. Midway between north and northeast
29. Quiet and rather dull
34. A limb on which to walk
35. It precedes two
36. Of she
37. Commercials
39. Necessary for sewing
40. Infectious viral disease
41. Expression of good wishes
42. Some are contact
44. More plentiful
45. Secret political clique
46. Behind the stern of a ship
47. Supernatural force
48. Altar in Orthodox churches
51. Swiss river
52. Impartiality
53. "Luther" actor Idris
54. They resist authority (slang)
58. Criticize

Please see classified section for Answers

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INSIDE > OUTSIDE > UPSIDE DOWN

Scott sensational in international speed skating

By Brian Bowman

Alexa Scott has always had big dreams for herself in speed skating.

Those dreams have definitely become a reality.

The speed skating star from Clandeboye won two medals last month at the ISU Junior World Cup #2 in the Netherlands.

She skated with the winning Canadian Ladies Sprint Team that won a gold medal. The talented team of Scott, Brooklyn McDougall, and Abigail McCluskey clocked the winning time of 1:33.799 in a close finish over Germany and China.

"We don't get a lot of opportunities to skate those distances much so it's really fun when you get to," said Scott earlier this week. "Brooklyn was a big sprinter so she got Abby and I going. It was exciting to be there and it's a big crowd pleaser."

Winning gold on an international stage is a fantastic accomplishment.

"That's the best of the best so it was pretty exciting," she said. "It was my first ever international medal and it was gold. It was really exciting for me and my teammates. "We always want to show what Canada can do and that was the best example of us working as a team."

Scott also won the silver in her 1500m Ladies Juniors race.

"That meant the most to me," she said. "I've been dreaming since I was a little girl to be a World Cup medallist and now I got it. It was big. I am just coming off of an injury, still working through it, so I didn't feel like I was skating my best. But to have that silver medal, and I did it all by myself, I felt



RECORD PHOTOS SUBMITTED

Scott will be competing at the Canadian Junior Championships in early January before heading off to Poland for the World Junior Championships.

a lot of recognition for all of the time that I put in."

Scott has put in countless hours over the years training to be the best that she could be in speed skating. She currently trains twice a day five days during the week and once on another day. She also coaches on Sundays.

"All of that time and effort, racing and practicing, I finally got something for it," she said proudly.

Scott raced at the American Cup 1 last weekend in Roseville, Mn. She will then compete at the Canadian Junior Championships in early January before she heads off to Poland for the World Junior Championships.

Scott's passport is sure getting a workout.

"It's so surreal because you get to go to the oval and everyone is wearing their team gear and you're like, wow,

I'm here skating around circles for my country and all of these other people are there. It's definitely exciting."

Scott immensely enjoys representing Canada on an international level.

"There's only a small amount of people that get to represent Canada, and there's even smaller amounts that get to win medals for Canada," Scott said. You're always proud to wear the maple leaf."

The 18 year old Scott is in her final season as a junior speed skater. She has a goal of making Canada's Senior World Cup team and, hopefully, some day representing Canada at the Olympics.

"That's kind of the big dream to do a full circuit of the World Cups," she said. "Very few people represent Canada and even fewer get to go to the Olympics and even fewer of those



Clandeboye's Alexa Scott skated to a silver medal in the 1500m Ladies Junior race and captured gold in the Ladies Sprint Team race at the World Under 18 Speed Skating Championships in the Netherlands.

win Olympic medals. But winning a World Cup medal puts it in perspective that I could reach that some day. It's a dream come to. I always knew this was my goal so I have to keep working at it.

"This is the first part of my dream coming true."



Fine form

RECORD PHOTO SUBMITTED

cutline - The East St. Paul Skating Club's Jade Pilat (from West St. Paul) and Emmet Dewar (East St. Paul) returned from the Skate Canada Challenge in Edmonton with two personal best performances and a ninth-place finish. The Skate Canada Challenge is the national championship for Pre-Novice level competitors.

The pair skated a clean short program, where their throw double loop jump received the highest score in the competition. The long program had one error on a side-by-side jump element, but once again, they nailed their two throw jumps and skated clean throughout the rest of the program, earning another personal best score.

St. Mary's stops Selkirk in girls' hockey

Staff

The Selkirk Royals had a lot of trouble stopping the first-place St. Mary's Academy Flames on Monday.

St. Mary's skated to an 8-0 victory in Winnipeg Women's High School Hockey League action at the Rec Complex.

The game was close for the first period as the Flames took a 1-0 lead on a goal by Kianna Saillant.

But St. Mary's broke the game open with second-period goals by Sophia Buckberger, Julianna Duma, Lex Schimnowski, and Julia Bird.

Two of those goals came while Selkirk was on the power play.

In the third, Buckberger, Saillant, and Nicole Howorth closed out the scoring.

Selkirk netminder Morgan Baker made an unbelievable 70 saves in the game.

With the loss, Selkirk's record drops to 6-4 in league play and the Royals were tied for third place with the Beliveau Barracudas.

Beliveau, though, had played three fewer games as of Tuesday afternoon.

The Royals visited the Jeanne Sauve Olympiens on Tuesday but no score was available at press time.

Selkirk will then play road games next Monday (4:15 p.m.) against the Kelvin Clippers at the River Heights Arena, on Tuesday (3:45 p.m.) versus the Sanford Sabres, and Friday (4:15 p.m.) with the Vincent Massey Trojans at Century Arena.



The Selkirk Royals' Anna Sternat chases down the puck during WWHSHL action Monday at the Rec Complex.

Royals ready for varsity girls' basketball season

By Brian Bowman

The Selkirk Royals have some high expectations heading into this varsity girls' basketball season.

Selkirk has six returning players, five that are in Grade 12, and plenty of talent this season. Two of those players - Abby Benson and Annika Goodbrandson - also played on the Manitoba provincial team last season.

"That's the first time since I've coach here that we have provincial team players on our roster, which is awesome," said Royals' head coach Sue Gilmour. "I'm hoping that will bring a higher level of competition to us this year."

This year's Royals' team features two Grade 10 players - Katelynn Visser and Sarah Boitson. Having three years

of varsity eligibility will only make those players much better by the end of their high school careers.

"Even for Annika (a Grade 10 player a year ago) going into this season, just having that level of confidence, should propel us a little bit ahead because we have that level of confidence and that level of experience coming from a Grade 11 player," Gilmour said.

Boitson is a talented post player that Gilmour is very high on.

"Thankfully, this year Sarah is over 6-feet tall and she's very confident on the inside," Gilmour noted. "We haven't had a big, confident post player in a while so that's going to add an element to our game this year that I think we kind of struggled with a bit

last year. She is very consistent inside."

This year's edition of the Royals boasts some very good outside shooters and players that can also drive hard to the basket to score points.

"From what I've seen with our few practices together is that we do have the speed and we do have the shooters," Gilmour said. "And now this year, we have that inside play that will take us to a little bit of a higher level."

Selkirk expects to be competitive in KPAC this season and is hopeful to crack the top 10 in the provincial rankings.

"We have a lot of returning experience and I'm optimistic that we should be a top-10 team," Gilmour

predicted. "But we have a big gap to fill between the JV Tier 2 program from last year coming into the Tier 1 varsity program. There is a bit of a learning gap between Grade 11s and returning players but we're hoping to bridge that gap in the next month."

Selkirk will be competing at a Winkler tournament on Dec. 6-7 and then will participate in the Pembina Trails Classic from Dec. 13-15.

"We're hoping that with two tournaments right off the hop that we will be able to give the JVs the experience to see that varsity level because there's a big difference between JV and varsity," Gilmour stressed.

Lockport wins bronze at Grade 8 boys' volleyball provincials

Staff

The Lockport Lancers won the bronze at the Grade 8 boys' volleyball provincials at the Dakota Fieldhouse last weekend.

Lockport defeated top-seeded Leila North in the bronze-medal game 2-0 (25-14, 25-15). The Lancers also beat an undefeated, first-place team, George McDowell, 2-1 in a tough quarterfinal. Lockport played its best game of the year in the win.

In the semifinals, Lockport lost to a team from Russell 2-1.

Sargent Park later defeated Russell 2-0 in the final by scores of 25-20 and 25-21.

Lockport's Grade 9 boys' volleyball team, meanwhile, also enjoyed an outstanding season, compiling a 30-0 record in games. The Lancers lost just two sets all season - finishing 60-2 - and won all four tournaments they entered (Lockport, River East, Miles Macdonell and Sargent Park).

Lockport also defeated their school's staff team. That was the very first time that the staff lost to the students.

There was no Grade 9 boys' volleyball provincial championship this season but it could easily be said that Lockport was the best team in Manitoba.



RECORD PHOTO SUBMITTED

The Lockport Lancers won the bronze medal at the Grade 8 boys' volleyball provincials last weekend. Lockport upset top-seeded Leila North 2-0 (25-14, 25-15) in the bronze-medal game.

Selkirk Steelers snap six-game MJHL losing streak

By Brian Bowman

The OCN Blizzard were just what the doctor ordered for the ailing Selkirk Steelers.

Selkirk snapped a six-game losing streak with a hard-fought 4-3 win over OCN on Saturday evening in Manitoba Junior Hockey League action at the Rec Complex.

"Snapping the losing streak was important and it was a long time coming," said Steelers' head coach Nick Lubimiv. "The boys felt good (after the win)."

Brayden Clark scored a first-period goal for Selkirk and then Patrick Comeau gave the home side a 2-0 lead early in the middle frame.

The Steelers played really well through the game's first 40 minutes, said Lubimiv.

But OCN tied the score at 2-2 with goals from Levi Thiessen and Trent Crane early in the third.

That's when the Steelers' power play came to life.

Cole Wigestrund scored with the man advantage at 12:54 of the third and then Comeau potted a power-play goal just under five minutes later.

Selkirk was an impressive 3-for-5 with the man advantage.

"We were really good," Lubimiv said. "We were snakebitten there during the (losing) streak. We went almost two weeks without (a power-play goal). It was good for them to get rewarded."

OCN's Boston Bird closed out the

game's scoring with 30 seconds remaining in the third period.

The Steelers outshot the Blizzard 52-34 as Levi Mitchell earned the win in goal.

Last Friday, Selkirk was doubled 8-4 by the Oil Capitals in Virden.

The Steelers led 2-1 after 20 minutes but had an ugly second period, getting outscored 5-1.

"There's no excuse for it," Lubimiv said. "Our starts have been good. Our first periods have been pretty good for the most part but (we need) to find consistency and bring it every shift. We have to avoid the mental lapses but we're a younger group and they're learning on the fly."

Blake Burr led Selkirk with two goals while Caiden Gault and Cole Wigestrund also tallied.

Tanner Pochipinski assisted on both of Burr's goals.

Tanner Andrew, Tristan Thompson, Hunter Cloutier, Josh Belcher, Nathan McInnis, Bradyn Smelski, Jayden Wojciechowski, and Kolten Kanaski scored for Virden.

Austin DeBoer stopped 33 Virden shots.

On Nov. 26, the Steelers were downed 4-1 by the Winnipeg Blues at the RINK Training Centre.

Trailing 4-0, Steelers' defenceman Colton Sun scored his first goal with Selkirk at 5:52 of the third period. The power-play marker was assisted by Ryan Ostermann.

Winnipeg, which held period leads



RECORD PHOTO BY BRETT MITCHELL

The Selkirk Steelers' Tanner Pochipinski races past an OCN Blizzard player during MJHL action Saturday at the Rec Complex. Pochipinski had two assists in Selkirk's 4-3 victory.

of 1-0 and 2-0, received two goals from Braden Fischer and singles by Matt Hill and Brayden Foreman.

Mitchell made 25 saves in the losing cause.

The Steelers, now 14-13-2-0, were in Dauphin this past Tuesday to play the Kings but no score was available at press time.

Selkirk will play a home-and-home series with the Portage Terriers this

weekend. The Steelers will be in Portage Saturday and then will host the Terriers Sunday.

Puck drop for both games is 7:30 p.m.

Meanwhile, on the trade front Sunday, Selkirk sent veteran forward Brett Namaka to Portage in exchange for forward Sheldin Howard, the MJHL list rights to forward Adam Ingram, and future considerations.

Fishermen fall to St. Malo Warriors in OT

Staff

It was a battle between the top two Capital Region Junior Hockey League teams.

The first-place Selkirk Fishermen took on the second-place Warriors on Saturday with St. Malo winning 4-3 in overtime.

Hayden Hildebrand scored the game winner in OT on the power play.

St. Malo's Evan Anstett had tied the score at 3-3 in the third period.

Evan Leeson and Josh Poponick scored first-period goals for Selkirk and then Kyle Melo tallied in the second.

Alex Murray and Brennan Schidlowsky scored St. Malo's other goals.

The Warriors were 2-for-6 with the man advantage while the Fishermen

were 1-for-4.

St. Malo outshot Selkirk 48-40 as Selkirk goaltender Riley Bannerman made 44 saves.

On Nov. 26, the Fishermen blanked the North Winnipeg Satelites 6-0 at Billy Mosienko Arena.

Jordan Donald led Selkirk with a goal and two assists while Cole Wasnie had a goal and a helper. Zach

Parkinson, Kasen Andrushko, Evan Bedard, and Braeden Hummel also tallied for the Fishermen.

Selkirk outshot North Winnipeg 44-20 as Brendon Hocaluk earned the shutout.

The Fishermen played the Satelites again this past Tuesday but no score was available by press time. Selkirk will continue on the road when they play the Ice Dawgs this Thursday in Arborg. Game time is 7:30 p.m.

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• VS Swan Valley Stampeders

Fri, Dec 13th 7:30 pm & Sat, Dec 14th 6:30 pm

• VS Portage Terriers Sat, Dec 7 7:30 pm • VS Steinbach Pistons Wed, Dec 11 7:30 pm

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Tomko loses first professional fight to former Olympian

By Brian Bowman

For the first time in his professional boxing career, Devin Tomko has lost a fight.

Tomko, formerly of East Selkirk and now training out of Ottawa, was defeated by Cameroon's Dieudonne WilfredSeyi Ntsengue at the Videotron Centre in Quebec City on Nov. 23.

"We had an eight-round fight and it was a tough fight," Tomko admitted. "He was good. I came out with a game plan and it was a war for the early parts of the round. He was a slick fighter and he got into his groove. I let him get into his groove and he slowly took over. I'm a fighter so I dug deep and tried to keep knocking him out with a shot but unfortunately I couldn't get the shot off.

"It didn't go my way."

The loss was an especially tough one for Tomko as the fight was for the World Boxing Council World Youth Light Heavy Title.

"It sucks, I'm not going to sugarcoat it," Tomko said. "I was very disappointed with myself. There are positives that I can take from it. I was fighting for a world title with only nine amateur fights and seven pro fights, so there are some positives that I can look at.

"But, at the end of the day, I didn't

win the fight and I need to get back into the gym and work on what I did wrong and come back a better fighter and that's exactly what I'm going to do. It's a learning experience, a learning curve, and it's going to make me a better fighter."

WilfredSeyi Ntsengue was a real tough test for Tomko. As Tomko continues to improve as a fighter, he's getting into the ring with some very accomplished boxers. These guys that he's bashing gloves with are certainly no slouches.

"He was definitely a step up," Tomko said. "I'm a fighter. There are guys that are taking fights with guys that the promoters bring in for them that have losing records and you can see with me that this was my second fight in a row against an undefeated guy. I'll take whatever I can get.

"I want to be the best in my division and I'm going to fight the best in my division. This fight presented itself and I'm not going to tip-toe around it. I took it head on and didn't make any excuses. I just took the fight. I'm a fighter and I'm going to fight who I have to fight to be the best."

The Videotron Centre is no small venue. In fact, it is the second largest arena in Quebec and hosts major events.

Tomko enjoyed fighting in the elec-



RECORD PHOTO SUBMITTED

East Selkirk's Devin Tomko, left, lost his first professional fight to a former Olympian in Quebec City on Nov. 23.

tric atmosphere that surrounded the boxing card in Quebec City.

"It was my first big venue and it was an amazing experience," Tomko said. "There was a lot of press, a lot of people. It was fun and another thing with the fight was that I had a blast every minute of that fight. I was having fun. I love to fight."

With the loss, Tomko now has a 7-1 professional record, which includes three knockouts. He will take some time off and will be home for Christmas.

After that, he expects to have another fight in either February or March.

"I'll take a little rest here and then get right back into the gym," he said.

Selkirk snaps seven-game WHSHL losing streak

By Brian Bowman

The Selkirk Royals' losing streak in league play was a lengthy one.

In fact, it reached seven games.

But that's all in the past now after the Royals defeated the J.H. Bruns Collegiate Broncos 3-2 in Winnipeg High School Hockey League action last Thursday at the Rec Complex.

"That (win) put some smiles on our faces, that's for sure," said Royals' head coach Michael Buffie. "We needed to get over that hump."

Selkirk had a great start to the game and, at times, dominated the play.

"We came out ready to go and it was one of the better first periods that

we've had in a while," Buffie said. "After the first two periods, we had them outshot 30-7 but in the third period we went back on our heels a little bit and J.H. Bruns battled their way back.

"But we were able to hold them off and get that win."

Selkirk's Grafton Hopkins and J.H. Bruns' Ryan Bauchnecht traded first-period goals before Hopkins and Royals' teammate Kyle Follhoffer tallied two minutes apart midway in the second.

"It got our confidence back up," Buffie said. "We went up 1-0 and we're looking good and then we had a defensive breakdown and they end-

ed up scoring to tie it and it kind of brought us down.

"But then a couple of our key veteran guys stepped up in Grafton Hopkins and Kyle Follhoffer. They scored a couple back to back to boost our confidence back up."

Aidan Einarson assisted on both of Hopkins' goals.

The visitors then made it a one-goal game when Christopher Besant scored 5:27 into the third.

The Royals, now with 12 points on the season, are back in action Wednesday when they visit the Steinbach Sabres. Game time is 4 p.m.

Selkirk will then host the Shaftes-

bury Titans on Thursday and the Sturgeon Heights Huskies next Monday.

Both games will start at 4:15 p.m. and be played at the Selkirk Rec Complex.

It's a very busy - and very important - several upcoming days for the Royals.

"We're looking at the standings here and if we could get a couple of wins, at least, it will shoot us up to the playoff chase and the middle of the pack," Buffie said. "We have Steinbach on Wednesday and Steinach on Thursday, both teams that we are chasing after, so there's a couple of big games right there."

Plowman named Manitoba AAA U18 Hockey League Goalie of the Month

Staff

The Manitoba AAA U18 Hockey League announced this week that Cole Plowman of the Winnipeg Thrashers was the Chicken Chef Goaltender of the Month for November.

Plowman, a Selkirk product, went 5-2 in his seven starts in November and also picked up one win in relief.

The 6-foot goaltender stopped 234 of 248 shots faced last month. He fin-

ished November with a stingy 1.71 goals-against average and .934 save percentage.

Plowman is in his second season with the Thrashers and holds an 11-5 record this season with a 2.11 GAA and .927 save percentage. He is listed with the Brandon Wheat Kings of the Western Hockey League and is protected by the MJHL's Selkirk Steelers.

Next Home Game
Fri. Dec 20 7:30pm
vs North Winnipeg Satellites

Next Away Games

- vs Arborg Ice Dawgs
Thurs., Dec. 5 - 7:30pm
- vs Lundar Falcons
Sat., Dec. 14 - 7:30pm



Meet the Fishermen



#10 Jordan Simko
Forward

At Dec. 20th Home Game, the Andrushko's Kare Campaign will be collecting donations for the Children's Hospital. Bring new unwrapped toys, books, blankets, crafts, gift cards, etc (NO plush toys are accepted). Contact Dayna: bdk@mymts.net for more info.

Classifieds



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AUCITONS

Bud Haynes & Ward's Fall Firearms Auction, Saturday, Dec. 7th at 10 a.m. 11802145 Street, Edmonton, AB. Over 700 lots, on-line bidding, antique & modern firearms, www.WardsAuctions.com. To consign, call Brad Ward 780-940-8378; Linda Baggaley 403-597-1095.

METAL RECYCLING

Autos, farm scrap, brass, copper & batteries wanted. 47 Patterson Dr. Stonewall Industrial Park. Interlake Salvage & Recycling Inc. 204-467-9344.

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STEEL BUILDINGS

Steel Building Clearance ... "Fall blowout - priced to clear!" 20X25 \$6,687. 25X29 \$7,459. 28X29 \$8,196. 30X35 \$9,840. 32X37 \$9,898. One end wall included. Pioneer Steel 1-855-212-7036 www.pioneersteel.ca

APARTMENT FOR RENT

Tollak Place has 1 & 2 bedroom suites, located at 40 Eveline Street. Spacious suites, with F/S, A/C, storage areas and large balconies; utilities are included, parking is extra. Tollak 2 is a 55 plus bldg., river view apts. with central air, F/S, DW & microwave; large storage area off the kitchen and a balcony; utilities and parking extra. Call the onsite office 204-482-2751 for AVAILABILITY.

HELP WANTED

Quarry Stonewall Dental Centre, Stonewall is looking for a part-time Hygienist for a term position starting January 2020. If interested contact Janice qdc 345main@hotmail.com or 204-467-2177 ext.4

MISCELLANEOUS

Set of 12 piece Christmas village houses that light up, ea. about 12" high. For sale at \$15 ea. or \$180 for set. Ph. 204-738-4765.

Ion X Electric 8" Ice Auger, used twice with 40V battery. \$700. Ph. 204-738-4765.

Premium Orange Amaryllis flower box kit for sale, \$15 ea. with all proceeds contributed in support of Huntington Disease. Available for purchase at The Selkirk Record office or call 204-785-1618 to order. Excellent Christmas gift idea!

MISCELLANEOUS

Batteries for everything. Automotive, farm, construction, ATV, marine, motorcycle, golf carts, phones, tools, radios, computers etc. Reconditioned, obsolete and hard-to-find batteries. Solar equipment. The Battery Man. Winnipeg. 1-877-775-8271 www.batteryman.ca

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UPCOMING EVENTS

Gerdau invites the public to attend the Community Advisory Committee meeting at 6:30 p.m. on December 10, 2019 at Gerdau (27 Main Street). The meeting location will be in the Main Office (just south of the guardhouse off Main Street) and in the downstairs north conference room.

Last Chance Craft Sale! 2 floors, up to 100 crafters! Sunday, December 8th, 11-5. Canad Inns, Club Regent Hotel, 1415 Regent Ave W. Winnipeg, admission \$3. katherinebialek@gmail.com

NOTICES

Royal Canadian Legion, Branch 42 Selkirk would like to thank all the people who supported our Grey Cup pool this year and would like to congratulate the following winners; I. Adams, T. Atkins, J. Goertzen, J. Henderson, J. Johnson, B. MacIntosh, P. Okun, G. Pronyk, C. Rapko, T. VanDriel. Thank you for supporting the Selkirk Legion and thus, our Community.

Christ Church Grey Cup Pool winners: Ryan Harris, Bob Saramaga, Lorraine Gauthier, Roberta Martin. Reverse Score - Darren Ryback, Brian Sinclair, Tim Nickerson, Wayne Harnden.

Winners ANAF Grey Cup: A. Sirman, D. Thor, Kathy Begg, M. Naayer, Ann Okrainec, Brad Smith, Preston Punton, and Mike Dodds.

NOTICES

Knights of Columbus Selkirk Council #6150 list of winners - 2019 Grey Cup. Brenda Halipchuk, Enzo Preziosi, Aaron Hoi-um, Murray Thomson, Glenn Lenton, John Ostermann, Mark Du-Val, Fr. Jerry Talarski, Cody Vandenboger, Brent Robertson, Darci Gagne, Dana Ewonchuk, Doug Smederovac, Brenda Tarnopolski, Mark Panaschuk, John Rarog.

LOST

Lost 1 Gold Rope bracelet, approx. Nov. 22 near Safeway or Shoppers Drug Mart parking lot. Chain is 8" long. Reward offered. Ph. 204-485-0777.

STRAW

Small square flax straw for sale. Leave message 204-482-5101.

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. Benefits humans and pets. EVA is composed of proteins, amino acids, minerals, lipids and water. Key compounds that work to stimulate red blood cell production & cartilage cell regeneration & development. Stonewood Elk Ranch Ltd., 204-467-8884 or e-mail stonewood elkbranch@mymts.net

NOTICE TO CREDITORS

In the matter of the Estate of EDITH JOAN ANDERSON, late of Selkirk, Manitoba, Deceased. All claims against the above estate, supported by Statutory Declaration must be sent to the attention of: Marlene Klimchuk, Estates Administration, at 155 Carlton St. Suite 500, Winnipeg, MB, R3C 5R9 on or before the 30th day of December, 2019. Dated at Winnipeg, Manitoba, this 18th day of November, 2019. DOUGLAS R. BROWN Public Guardian and Trustee of Manitoba

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NOTICE OF SALE

SURPLUS EQUIPMENT & SUPPLIES

The City of Selkirk intends to dispose of the following surplus equipment and miscellaneous items on an "AS IS, WHERE IS" basis. None of the vehicles have been safetied and none of the items are warrantied.

- Some items available will be: 2010 Chev 4500 Cutaway Van
- 2007 Ford E-350 Ford Cutaway Van
- 1991 Woods 72" Rotary Mower
- Onan 7.5 kW GenSet
- 2 Elite Sunray Heaters
- 1979 Bombardier with Plow

Equipment and supplies can be viewed at the Public Works Yard, 739 Sophia Street from Monday, December 9th to Friday, December 13th, 2019 between the hours of 8:30 a.m. and 4:30 p.m.

Bid sheets will be available on site. All bids to show PST and GST separately.

All offers are to be received at the Public Works Office, 739 Sophia Street, Selkirk, Manitoba, no later than 4:30 p.m. Friday, December 13, 2019. Pickup of items will take place on Thursday, December 19, 2019, no later than 4:30 p.m.

The City of Selkirk reserves the right to reject any or all offers. Dan McDermid, Director of Operations 739 Sophia Street, Selkirk, MB, R1A 2M1

PUBLIC INFORMATION SESSION

WHEN: Monday, December 9th, 2019 6:30 to 8:30 PM
WHERE: RM of St. Clements Municipal Office
WHY: The RM of St. Clements have been working to build a stronger emergency program to keep our residents safe. We have an evening of education and discussion planned to talk about community safety. Come and listen to Jeff Erwin from the Fire Smart program discuss ways to prevent wildfires; Shelley Napier, from Napier Emergency Consulting will be discussing Community Emergency Preparedness. Please join us and find out how you can become involved in this program.

Everyone is Welcome!



NOTICE CHANGE IN MEETING START TIME

Please be advised that the Rural Municipality of West St. Paul **December 12, 2019 Council Meeting will commence at 5:00pm. Planning items are scheduled at 6:00pm.** RM of West St. Paul 3550 Main St., West St. Paul, MB R4A 5A3 204-338-0306

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ANNOUNCEMENT

IN MEMORIAM



**In Loving Memory of
Charles Fryza**
who passed away December 3, 2012
There is a link, death cannot sever,
Love and precious memories last forever.
-With love from Mae, Bob, Evelyn,
Amber, Andrew and Brenda

ANNOUNCEMENT

IN MEMORIAM



Lorne Huculak
In loving memory of
my beloved husband,
our dad and grandpa
December 5, 2008
Always in our thoughts.
-Forever missed and loved,
by wife Shirley and children,
Shirleen and Brett, Jr. and Theresa,
and granddaughter Choyce

ANNOUNCEMENT

IN MEMORIAM



Stella Chorney
September 22, 1931 - December 6, 2018
Those we love don't go away,
They walk beside us every day;
Unseen, unheard, but always near,
Still loved, still missed and very dear.
-Lovingly remembered,
David, Harvey, Brian and families

ANNOUNCEMENT

IN MEMORIAM



Gail Lynn Frederick
February 5, 1972 - December 2, 2018
When I am gone, release me, let me go...
I have so many things to see and do,
You mustn't tie yourself to me with tears,
Be happy that we had so many years.
I gave to you my love, you can only guess
How much you gave to me in happiness.
I thank you for the love you each have shown
But now it's time I travelled on alone.
So grieve awhile for me, if grieve you must,
Then let your grief be comforted by trust.
It's only for a while that we part,
So bless the memories within your heart.
I won't be far away, for life goes on;
So if you need me, call and I will come.
Though you can't see me or touch me,
I'll be near,
And if you listen with your heart, you'll hear
All my love around you soft and clear.
And then, when you must come this way
alone,
I'll greet you with a smile and say,
"Welcome Home".
-Forever loved, deeply missed,
John and Oz,
Frederick family and Boyce family

ANNOUNCEMENT

IN MEMORIAM



Virginia Fewchuk
November 27, 2009
It's been 10 years and we have
Missed and loved you every day.
Ann has had 2 great boys, Xavier and Ben
And both love garage sales as much as you
did!
-Love sister Dawn, Joe and John,
Ann, Chris and family

ANNOUNCEMENT

IN MEMORIAM



Lily Safiniuk
August 9, 1928 - December 2, 2018
We lost a mother with a heart of gold,
How much we miss her can never be told.
She shared our troubles and helped us along,
If we follow her footsteps, we will never go
wrong.
She was a mother so very rare,
Content in her home and always there.
On earth she toiled, in heaven she rests,
God bless you Mother you were the very best.
Forever in our thoughts.
-Love your family

ANNOUNCEMENT

IN MEMORIAM



James David Scott
February 28, 1938 - December 5, 2011
father, brother, grandfather,
great-grandfather, uncle and cousin
Those we love don't go away,
They walk beside us every day.
Still loved, still missed, and very dear,
Always in our thoughts, forever in our hearts.
-Loved and missed from,
sisters Pauline Settee, Beatrice Bedard,
Laura Scott; daughters Corrina (Kevin),
Charlene (Doyle); son Jimmy;
all grand and great-grandchildren,
nieces, nephews, aunts, uncles
and cousins

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OBITUARY



Don Kordalchuk

On November 26, 2019, Don Kordalchuk, passed at the age of 58 years. He will be memorialized by his family in a manner reflecting the way he lived his life; quietly and privately.

Like many of us, Don's life was not without it's challenges but he strived to keep a hopeful outlook, adopting the motto of a book he shared with others, "Don't sweat the small stuff". He approached those he met with sincerity, empathy and kindness. Not a boisterous individual, he did possess a keen wit, family dinners won't be the same without his recapping of favorite t.v. shows, Mr. Bean and Monty Python Flying Circus.

Don was born and raised in Selkirk and later resided in East Selkirk where he appreciated the solitude of his property and his garden.

His favorite memories, shared with family, would be of times spent at Falcon Lake.

Don is survived by his parents Henry (Butch) and Jean Kordalchuk; sister Leanne and her family; and his daughters Crystal and Jennifer.

If you wish to honor Don's memory please consider a donation to the Heart and Stroke Foundation of MB.

The family would like to thank his co-workers and friends at CN rail for their concern at the time of his passing.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY

Russell Arthur Luining

Peacefully at his residence on Saturday, November 30th, Russell passed into the loving arms of his Lord Jesus Christ.

A service to celebrate Russell's life will be announced at a later date.

Arrangements entrusted to:

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SUDOKU

	9			2	6			
	2		9			4	5	
		7		5				
						2		
				8		3	9	
				6				
7		1		6	4			3
		8	3					
9				7				6

Fun By The Numbers

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

Level: Intermediate

Here's How It Works:

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

6	5	4	7	1	8	2	3	9
1	2	7	5	9	3	8	4	6
3	8	9	6	4	2	7	5	1
4	9	3	8	7	5	6	2	1
8	2	6	3	9	4	7	1	5
9	3	8	2	5	6	7	4	1
5	4	1	6	8	9	3	7	2
7	5	1	4	2	8	6	9	3

Sudoku Answer

S	S	V	S	S	R	S	S	T	L	V
I	B	V	R	D	E	D	V	F	V	M
D	L	E	I	V	L	V	N	V	B	E
R	E	R	S	P	S	E	P	V	B	A
N	E	W	V	P	E	A	M	E	C	A
S	R	G	N	E	A	V	H	T	A	V
D	E	I	L	T	M	V	A	T	A	V
V	A	N	O	L	V	A	D	M	B	E
T	V	S	T	S	N	V	V	E	R	T
N	E	R	V	P	S	N	V	A	V	T
S	E	S	N	E	L	V	A	T	A	V
L	O	V	A	R	E	S	U	S	U	S
D	V	E	T	I	F	N	V	G	V	E
M	A	I	N	O	N	G	C	L	E	G
E	M	F	U	N	A	V	A	V	A	B

Crossword Answer

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OPENING WINTER OF 2019!

Sudoku Answer

6	5	4	7	1	8	2	3	9
1	2	7	5	9	3	8	4	6
3	8	9	6	4	2	7	5	1
4	9	3	8	7	5	6	2	1
8	2	6	3	9	4	7	1	5
9	3	8	2	5	6	7	4	1
5	4	1	6	8	9	3	7	2
7	5	1	4	2	8	6	9	3

Crossword Answer

S	S	V	S	S	R	S	S	T	L	V
I	B	V	R	D	E	D	V	F	V	M
D	L	E	I	V	L	V	N	V	B	E
R	E	R	S	P	S	E	P	V	B	A
N	E	W	V	P	E	A	M	E	C	A
S	R	G	N	E	A	V	H	T	A	V
D	E	I	L	T	M	V	A	T	A	V
V	A	N	O	L	V	A	D	M	B	E
T	V	S	T	S	N	V	V	E	R	T
N	E	R	V	P	S	N	V	A	V	T
S	E	S	N	E	L	V	A	T	A	V
L	O	V	A	R	E	S	U	S	U	S
D	V	E	T	I	F	N	V	G	V	E
M	A	I	N	O	N	G	C	L	E	G
E	M	F	U	N	A	V	A	V	A	B

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DEC 12TH - 2 & 6:30PM

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Community mobilization got its START here

The Selkirk Team for At-Risk Teens got its start in Selkirk, spread to other communities and now, years later, is experiencing a second coming of sorts.

Better known by its acronym START, the program was born 17 years ago when representatives from the local RCMP, Child and Family Services, Lord Selkirk School Division and Probation Services joined forces in the name of supporting at-risk kids. All the agencies have a representative on the board, as well as Interlake-Eastern Regional Health Authority and Addictions Foundation of Manitoba.

"They all came together because they were feeling that they were all working with the same clients, trying to affect change with the same clients, which was young people or families, and not having a lot of success," said Tammy Thompson, Program Manager.

"So, they thought if they would come together and try to work together to help them make change, that they might have more success."

They were right. START now exists in four other communities - Dauphin, Stonewall, Gimli and Steinbach - and a new program, RESTART, began this year on April 1. Both are multi-agency community mobilization programs.

START brings together all the different partner agencies that are working with the youth, or that should be, and creates a plan to support and move them forward with what they need to work on. It's available to youth aged 11 to 21.

"Often what we have found is if people aren't part of START, everybody has a piece of the puzzle, but until everybody puts their piece on the table and we see the whole picture,

we can't really create change for people," Thompson said.

"We really focus on the program being a client-centered program. They're part of the process. They're at the table. Families are at the table. This isn't agencies just sitting around making decisions."

RESTART is for adults aged 18 to 29 and was born out of the success of START, which has shown to reduce the tendency to relapse or reconvict by 50 per cent. Manitoba Justice provided \$250,000 to get RESTART going. By December, the four other communities will have their RESTART programs up and running.

"One of the differences I'm really seeing with adult clients versus youth clients is that without the family support and the support of the schools, (because the schools do a really great job of supporting kids the hours that they have them), that our young people are really struggling with where to turn and where to find resources," she said.

Initially RESTART clients were referred through the Justice system, whether that be RCMP, Probation Services, a Crown Attorney or a Judge, but Thompson said word of mouth is seeing clients find them on their own.

"One of the things we've noticed is that people are hearing about the program and we have people self referring to it. I

even went to meet one new client who'd been referred by an agency and they brought a friend along who asked if they could be part of the program as well," Thompson said.

A third program, Community Reinforcement and Family Training, or CRAFT, offers support for loved ones of people who are using substances.

"It's a counselling program, one-on-one counselling, to help create some positive strategies around how to handle the difficult situation of having a loved one who's using substances," Thompson said.

"We've grown an awful lot in the last 17 years since the program has been in existence," Thompson said.

"It all began here and it's spreading across the province. We now have a provincewide network called the Manitoba Community Mobilization and Safety Initiatives Network where we meet with other types of programs that do community mobilization and we discuss how to help citizens in our province because we know that mobilization works."



RIGHT TO LEFT
TAMMY THOMPSON- PROGRAM
MANAGER START/RESTART,
CHERYL FATHERS- START
COORDINATOR
DONNA HENDERSON- CRAFT
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Message from the Chair

LENA KUBLICK

They say it takes a village to raise a child, and that couldn't be more true in 2019! In this issue of the Lord Selkirk School Division newsletter, you will read about people and resources available to support students and their families.

There's a lot more to school than just academics, and the challenges that students and families encounter spill over into the classroom and can impact learning. Equipping them with tools to meet those challenges is part of what we do in LSSD.

In this edition, you will learn about the inter-agency program that was the first of its kind in Manitoba, one that other communities are modelling theirs after. You will learn about the work of the Interlake Sexual Exploitation Educators (ISEE), about internet safety, after school programs, and supports for parents of preschoolers through to adolescents. If you have questions or would like to learn more, please don't hesitate to call the Board Office at 204-482-5942.

We welcome your feedback, and, as we did last year, we will be conducting an on-line survey to help inform our budget process, but also to hear from families and community members about what's important to them. The survey will be available from November 25 - December 20, 2019 and can be found on the division's website: lssd.ca or as a link on all the schools' websites. Thank you in advance for your participation.

page
2

Best to know your kids' Internet world



There are all kinds of things that move really fast, like light, which travels more than one billion kilometres per hour. Superman, perhaps not as fast, still claims to be "faster than a speeding bullet," so he's pretty quick too.

It's safe to say the Internet is also a quick mover, especially when it comes to changes to all the different apps and games and tools that travel over the Internet - they would give both light and Superman a run for their money.

Brett Sander, the Lord Selkirk School Division's Manager of Information Technology, understands if parents/guardians have a hard time keeping up.

"The Internet moves so fast. It would be very overwhelming for parents/guardians today to even know what's out there," Sander said.

"Technology changes so rapidly. Trying to keep up with it is always going to be a huge challenge."

But there's no need to throw in the towel. And Sander said it's important to know there's really no right or wrong way to deal with your child and social media. But it is important to get to know the Internet and any apps or games your child is using.

During digital threat assessment training, which dealt a lot with social media, Sander said the advice was to "meet kids where they are". So, if they're playing Fortnite, the parent/guardian should get to know Fortnite.

He also said kids today feel social pressures related to the Internet, whether it's the need to have the latest and coolest phone or the need to maintain a streak on Snapchat.

"Social pressure has always been there, the peer pressure, but I think it's just changed a bit with the Internet," Sander said.

If a child has a three-month streak on Snapchat with their best friend, and their parent takes their phone away and snaps the streak, it might seem trivial to the parent, but it's really important in the child's world.

"To the child, it's three months worth of work that's going to be lost. It means something to them."

He suggests setting ground rules early and revisiting them often, so both parent/guardian and child know what the rules are. One parent in particular, he said, went so far as to write up a contract for phone usage.

"On one hand it maybe seems a little extreme, but on the other hand, you know exactly what's expected of you. There is no right way, but that worked for that parent," Sander said.

Both parents/guardians and children need to be aware that not everything on the Internet is vetted. People

make the mistake of believing that because YouTube and Google are big companies, that everything on there is curated or reviewed by a person. It's not. Some 500 hours of fresh video is uploaded to YouTube every minute, making vetting impossible.

"Those companies are completely relying on users to report videos that violate their terms of service," he said.

"THE INTERNET MOVES SO FAST. IT WOULD BE VERY OVERWHELMING FOR PARENTS/GUARDIANS TODAY TO EVEN KNOW WHAT'S OUT THERE," SANDER SAID.

It's always good advice for children and parents/guardians for that matter, to remember that once you've put something out on the Internet, it's tough and often impossible, to take it back!

"I know in conversations I had with some students it's come as a big surprise that their potential employer checked their Facebook account," Sander said.

"What we put out there is permanent and as soon as it's out there, you've lost all control over it."

Messages on Snapchat disappear after a certain time period, but anyone can take a screenshot of what you post and keep it alive.

There are tools for parents/guardians to help educate them on the Internet and social media. Sander recommends

protectkidsonline.ca. He said the site provides information on current trends and parents/guardians can

sign up for alerts to keep up to date.

It's also broken down into age groups, so you can learn specifically about what your children might be interested in. It gives tips on behaviours to watch for in your child if, for example, they're being groomed by someone on the Internet. You can also report concerning behaviour.

Perhaps one of the best ways to look at the Internet is that in many ways it's a world that is no different than the actual world we live in, and our behaviour in one should mirror the other.

"In my circles we call it digital citizenship and in a recent conversation I was having, someone said, 'you know, we really have to stop calling it digital citizenship and just call it citizenship,'" he said.

"Because it's really just how you treat people in real life is really how we should treat people online or how you approach things online. You know, if it's too good to be true, it probably is."





MICHELE POLINUK

Message from the Superintendent

Schools are at the heart of communities and are often the reason families choose to move or live in the area. In Lord Selkirk School Division, we are small enough to establish partnerships with community partners, and large enough to offer programming options to meet the varying needs of our students and community.

The articles in this newsletter highlight schools, parents and the community working together to promote the health, wellbeing and learning of all students. Parenting is never easy. There is no manual. In this ever-changing world, particularly with technology, it's hard to know where to turn for help or expertise. If you need help, call the school. The school administrator or counsellor can either help you directly and/or

provide contacts. Awareness and involvement in the lives of our children and youth is critical. This is the work of all, starting at age zero. Studies have shown that when schools, parents/guardians, families and communities work together, attendance and success increases.

Our schools are busy places of learning and

gathering during the week and weekend with school, community groups and/or community events. The listing of many of our user groups are included in this newsletter. The Continuing Education Program also offers many learning opportunities during evenings and weekends (check our website

for diverse learning opportunities at lssd.ca). Concert season is upon us, often drawing many parents/guardians and grandparents into the schools as well. This newsletter provides a listing of all upcoming concert dates. Enjoy reading and learning about the supports offered in Lord Selkirk School Division!

Upgrading is the name of the game at Selkirk Adult Learning Program

It's a big step to decide to return to school and get your high school diploma, but for adult learners in the Selkirk area, a tiered approach will help you achieve your goals.

There's a spirit of cooperation that exists between the Selkirk Adult Learning Program (SALP) and the Lord Selkirk Education Centre (LSEC) - Adult Learning, and though the two names are similar, they offer different levels of learning.

Adele Plett Bartel, Coordinator/Teacher of Selkirk Adult Learning, said there's a difference between the two - her program offers upgrading and LSEC, located at 303 Main Street, offers credit courses.

"Somebody who is not yet ready to do a credit course would come to us, and we do referrals back and forth," Plett Bartel said.

"If somebody comes to us and they are ready for a high school credit course and that's what they want to do, we will refer them to LSEC. If they're not ready, and we determine that through an assessment, we work with them here. New to our program this year is that there is opportunity to work towards Adult Basic Education Literacy credits which are offered in coordination with LSEC."

Selkirk Adult Learning is a community-based program, Plett Bartel says, and offers its programming out of the Selkirk Friendship Centre, the Gaynor Family Regional Library and LSEC.

They offer upgrading in primarily literacy and numeracy, but also other skills, like a five-week computer class geared towards anyone new to computers.

"This computer class, it might be geared towards seniors or just people new to computers, who might not even have an email address," she said.

"It's a real basic computer class to get you started."

The aim is to help adults achieve the education goals they have, whatever they may be.

Much like LSEC, flexibility is key to success in adult learning, so classes are offered mornings, afternoons and evenings, and taught by Plett Bartel and Alexis Margolis.

Classes run from September to June and there is continuous intake. It's free, and learners can attend for the entire year, or only as long as they need to.

"If somebody wants to start in November, they can do that. We always set out a learning plan. A learner coming on now may be aiming to get into a credit course in February, so that would be what we're working on," she said.

"Some will stay the full year, some will work hard and try to get into the other program in the next semester. It's very flexible."

The program is open to anyone 19-years and older, and Plett Bartel said

TEACHER ALEXIS MARGOLIS AND COORDINATOR ADELE PLETT BARTEL.



ADULT LEARNERS WORKING ON UPGRADING THEIR SKILLS.

they have everyone from teens to seniors. Last year, 30 people were registered, and she'd love to have more.

She said the Adult Learning Program is funded through Adult Learning and Literacy (ALL) and administered through the Lord Selkirk School Division. Last year, LSSD provided them with new laptops and technical support, which has helped a great deal.

If you're interested in finding out more about the Selkirk Adult Learning Program, contact Plett Bartel at aplettbartel@lssd.ca or 204-482-7525.



Finding the truth in technology

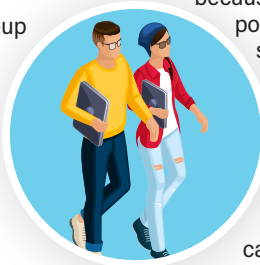
If fake news on the Internet could fool more than half the people living in a country south of the Canadian border then it could certainly cause pre-teens to be a little confused as well.

They're not likely looking at stories about political candidates, but the Internet is fraught with altered photos and images that suggest your life is substandard if you don't have the right shoes, shirt or cell phone.

St. Andrews School Principal Tamara DeiCont says young students with access to social media often could use a little guidance to help understand the new world they've clicked into.

"Everybody is posting their best vacation, their best meal, their group of friends, the activity that they went out to. Kids need to know, not to use that as a measuring stick," DeiCont said.

"That's not all reality. That's someone's best-doctored photo, shot with a filter or they took the photo multiple times to get it just right. It's not really reality, so we need to get kids to realize that."



Lord Selkirk School Division Social Workers Allison Savoie and Steve Wishanski spoke to St. Andrews School's Grade 5 and 6 students about how the Internet can impact your mental health and Dei Cont said it was eye opening for many of the students.

"I don't know if they actually ever linked those two concepts before, that their self esteem and their mental wellbeing can be affected by all that time they're spending looking at someone else's life," DeiCont said.

Selkirk RCMP Community Liaison Const. David Wong also came to the school and spoke to Grade 6 students about their use of social media like Instagram and Snapchat.

"We had Const. Wong come because we wanted a policing connection to show the students about safety and prevention."

Students aren't the only ones who need help navigating the online world and DeiCont said Savoie and Wishanski did a presentation to school parents called 'Plugged-in Parents - Keeping Kids Safe, Happy and Healthy in a Digital Age.'

It dealt with a wide range of topics, from cyber-bullying to myth busting.

DeiCont said parents were given strategies about keeping their kids safe and ideas

on parameters they can put in place for use of technology. Parents said with elementary school kids, there's a concern about cell phones but games too, and just how much time kids are spending playing.

There were about 15 parents at the presentation and the intimate atmosphere produced great results.

"It was a small enough group that they were able to actually talk amongst themselves and share strategies."

"EVERYBODY IS POSTING THEIR BEST VACATION, THEIR BEST MEAL, THEIR GROUP OF FRIENDS, THE ACTIVITY THAT THEY WENT OUT TO. KIDS NEED TO KNOW, NOT TO USE THAT AS A MEASURING STICK,"

The session pointed out that the Internet certainly isn't all doom and gloom, and that parents too can be guilty of spending too much time on their phone and not enough with their kids.

Parents were also given two website suggestions - commonsense.org and screenagersmovie.com - that can help explain the different apps their kids use.



LSEC allows adult learners to earn their diploma

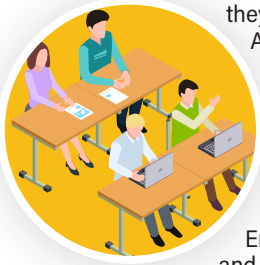
Right now, there are about 75 adults upgrading or earning their high school diploma through the Lord Selkirk Education Centre

(LSEC) Adult Learning Centre at 303 Main Street and according to Deanna Henderson one of the keys to success is flexibility.

That flexibility comes in the form of morning, afternoon and evening classes so that there's something for everyone.

"Some will take one course a year and it might take them longer to complete, especially if they're working full time," says Henderson, Director of LSEC Adult Program.

"A lot of the adult ed students have families, so I find a lot of them will come back once their youngest child has started school, so



they have more time during the day. At that point, they come back and take the courses as fast as they can."

Earning a mature student diploma requires eight credits - four of them have to be Grade 12 credits including Math and English, two other Grade 12 credits and four other high school credits.

The Centre is open to anyone from the community, 19 years of age and up, who has been out of high school for more than six months.

"There's a wide age range of those who come in as mature

students," Henderson said. Some of the younger students can come in and finish up credits and earn their high school diploma, but sometimes, even if they have 20 credits already, it's too time consuming.

"The program is great for those people that have fallen through the cracks and it's going to take them a significant number of years to finish the requirements for a regular diploma," she says.

"They can come here and they can finish their credits or they can do the mature student requirements"

Some students simply want to get their high school diploma, but others have their sights set on post

secondary education. For them, it's about tailoring their courses to their needs.

"If they want to go into nursing, they need chemistry and biology. If they want to go on to the University of Manitoba, you need five Grade 12 credits to be accepted," Henderson says.

"If a student knows they want to go in that direction, they'll take an extra credit, or they might come back and do it later, which is fine."

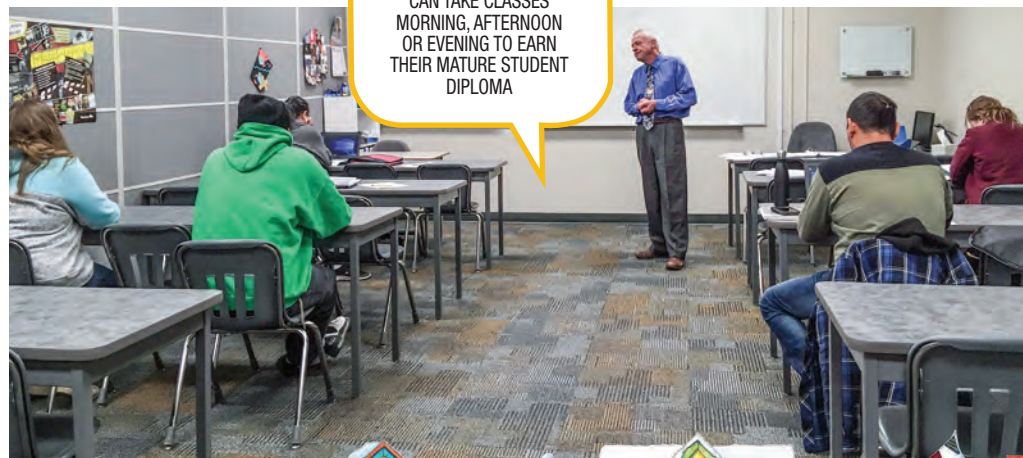
Henderson says they also have students who've graduated from high school the previous June, and come to LSEC.

"We do have a few students this year that graduated from the Comp in June and then either couldn't get into university because they're missing a credit or their marks weren't high enough, so they come here to take a new course or redo a course to get a better mark," Henderson said.

The LSEC Adult Centre has two terms, September to January and February to June. Registration is \$25 and second term registration runs from Jan. 20-31, 2020.

For more details, contact Henderson at dhenderson@lssd.ca or 204-482-2121.

ADULT LEARNERS CAN TAKE CLASSES MORNING, AFTERNOON OR EVENING TO EARN THEIR MATURE STUDENT DIPLOMA



When staying after school is fun

When you approach the classroom at Centennial School that houses the City of Selkirk After School Drop-In Program, there's no doubt kids on the other side of the door are having fun.

It's loud, it's full of energy and by all accounts, the program is a big hit!

"I like how we get to do crafts and activities and take them home. And there are lots of fun activities to do. Sometimes we go outside, sometimes we go down into the gym and we get free food. That's an important part," says nine-year-old Hayden Hirst, who's been attending the after school program for about four years.

Ten-year-old Ottawa Hogan agrees, and she has a couple of favourite things about the program too.

"Probably the gym part and when we do crafts. And the food, because it's delicious," Hogan says.

Centennial School Principal Heidi Holst says



the program is extremely popular with students and their parents. Centennial has a population of 117 students and 32 of them, or about one-quarter of the population, are registered for the free program.

"This is a benefit to families, because child care is really hard to find in Selkirk. A couple of days a week they have a program that's well run and safe and the kids are really happy and excited to be here," Holst says.

"And if the parents are working, there are a couple days a week when they don't have to rush."

The program runs at Centennial on Monday and Wednesday from 3:30 p.m. to 5 p.m. It also runs those days at Daerwood; Tuesday and Thursday it moves to Ruth Hooker and on Thursday and Friday it's at Robert Smith.

Jodie Chance is the City of Selkirk Supervisor of the program that gets

underway with a healthy snack and some crafts. After that, they either head to the school gym or outside for some physical activity.

The city provides each school with four leaders, usually high school or university students, who are trained by a facilitator from Fit Kids Healthy Kids, a Physical Literacy program founded as a partnership between Doctors Manitoba and Sport Manitoba.

Students must sign in upon entry and their parents/guardians sign them out when they leave.

The registration process includes a lengthy form that provides staff with any information they need about the children, such as allergies and phone numbers in case they need to call parents/guardians.

The city began with a pilot program at Daerwood School in 2011 and in 2012 and expanded to all elementary schools in Selkirk for one day a week. In 2017, a second day was added.

The objective of the program is to provide a safe and fun environment for youth in Selkirk to socialize, complete homework and be physically active outside of regular school hours.

Holst says the popularity of the program is evident in the numbers and also in the fact that students take it upon themselves to do public relations for it.

"The kids will come and then they tell their friends and then their friends tell their parents that they want to go," she says.

The after school program accepts students all year long. For more information, contact your child's school.

THIRTY-TWO CENTENNIAL SCHOOL STUDENTS TAKE PART IN THE AFTER SCHOOL PROGRAM, AND THEY LOVE IT!



Student video contest hopes to inform adults about sexual exploitation

If you're an adult and you think grooming refers only to personal hygiene or what your cat spends their day doing, then perhaps there's something you can learn from the young people in your life.

Interlake Sexual Exploitation Educators (ISEE) is holding a youth video contest for junior and high school students to make videos that will inform adults about grooming. As defined by Kids Help Phone, Canada's 24/7 national help line for young people between the ages of 5 and 20, grooming is described as 'tactics used by exploiters to gain trust'.

ISEE co-chairs, Trish Glass and Bonnie Peloski, say exploitation of youth isn't just a big city problem, it's a problem that exists wherever people live, and it's happening in Selkirk and other communities in the Lord Selkirk School Division.

"Adults need

to know that it is happening in Selkirk and we can't be sticking our heads in the sand anymore," Peloski said.

"And sexual exploitation is an exchange for sexual favours, for food, drugs, alcohol, shelter, clothing, for so many things."

Glass said having students create videos will help adults learn more about an important topic, which sadly, can impact kids of all socioeconomic backgrounds.

"There is this myth that it's kids that aren't getting great care at home and it's not - it's our kids, all of our kids," Glass said.

Students in LSSD learn about sexual exploitation through ISEE, which includes representation from 20 different organizations, from the RCMP to Youth for Christ and Interlake-Eastman Regional Health Authority.

Glass said they learn from the students who either confide in an ISEE member or

through anonymous questionnaires that inform them of exploitation activity in the area.

She said it's important for parents and guardians to listen to their children.

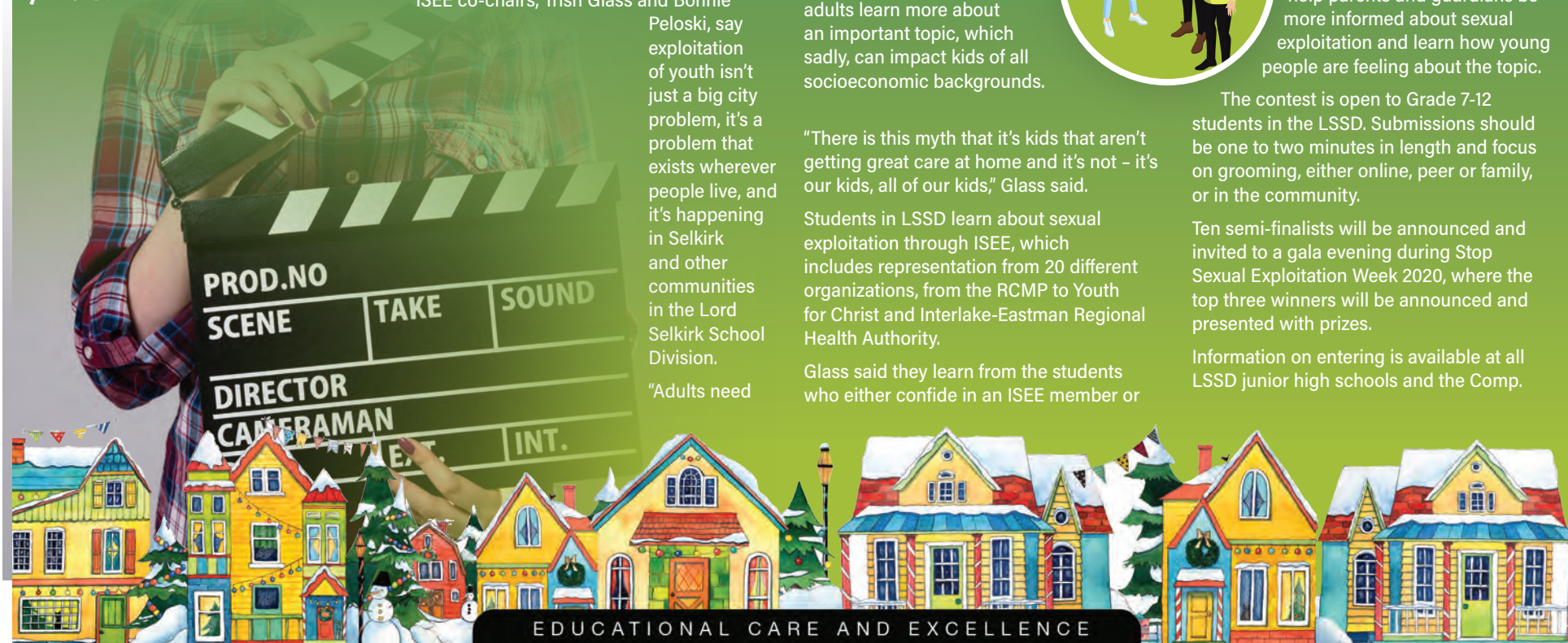
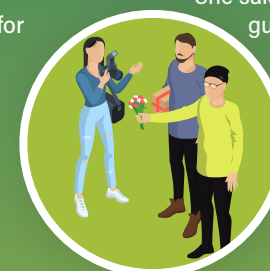
"Listen to your kids. Listen to what your kids are telling you."

The video contest hopes to help parents and guardians be more informed about sexual exploitation and learn how young people are feeling about the topic.

The contest is open to Grade 7-12 students in the LSSD. Submissions should be one to two minutes in length and focus on grooming, either online, peer or family, or in the community.

Ten semi-finalists will be announced and invited to a gala evening during Stop Sexual Exploitation Week 2020, where the top three winners will be announced and presented with prizes.

Information on entering is available at all LSSD junior high schools and the Comp.



Connected Parenting turns up the positive; turns down the negative

The road to success is rarely travelled alone and in the Lord Selkirk School Division everyone from teachers and educational assistants to social workers and parents/guardians play a big role in helping students achieve their goals.



to look at what's positive and reinforcing positive behaviour. We really want parents/guardians to be able to reflect on their parenting and what they are doing that reinforces the positive behaviour."

Connected Parenting is a five-week program for parents/guardians that runs twice a year. Along with learning how to increase positive behaviour, they develop a clearer understanding of their children's needs and gain an understanding of where and why they struggle with certain parenting challenges.

It's geared towards parent/guardians with newborns to 12 years old.

"Connected Parenting is really just relationship-based parenting and looking at how you can get kids to behave more positively just by knowing what their behaviour is about and meeting their needs," Mandryk said.

"It's about really looking at what the child's behaviour is telling you and looking at the why of that behaviour and looking at 'what am I doing as the parent that is going to be helpful for that behaviour.'"

Parents can be referred to the program by learning support teachers in schools, Child and Family Services or any number of community-based groups.

page 8

A program for parents called Connected Parenting, helps parents/guardians develop a clearer understanding of their child's needs and also to learn how to increase positive behaviour and decrease negative behaviour.

For LSSD social worker Sandra Mandryk, who facilitates the program with fellow social worker Allison Savoie, flicking the switch from negative to positive sometimes means rethinking long-held practices.

"I think that as a culture in the past we've tended to reflect on the negative and negative reinforcement in terms of punishment," Mandryk said.

"Now, we're flipping it to focus on trying



Family Connections links early childhood education with future success

Lorie Fiddler says you need look no further than the meeting table for the Interlake Early Childhood Development Coalition, better known as Family Connections, to see the dedication that exists for young learners.

"We have representation from almost anyone that would be connected to early childhood in the area," said Fiddler, who chairs Family Connections.

"We're pretty lucky. We have a huge group around the table every six weeks. We have probably 20 people at any given meeting, which is a lot when you think about everyone's coming from their own job and making time for it because the networking is really great."

Family Connections supports early childhood development programs in the Selkirk area, and its goal is to prepare pre-school aged children for learning when they get into Kindergarten and beyond.

"That connection is made through movement and play and singing and language and all those things that enrich children to have more of a love of learning," said Fiddler, also the Director of the Selkirk Friendship Centre Daycare.

Program Coordinator Janaya Tomchuk, said they run 14 programs including Little Metis Sing With Me, Stroller Fitness, in partnership with the City of Selkirk, and Rhyme, Read and Play, which is held in Libau.

"Our focus is zero to six, parent and child together," Tomchuk said.

"Little Metis Sing with Me focuses on the Metis culture, while Stroller Fitness is for

mom and baby and, like most of these programs, they focus on rhyming and physical literacy, and a lot of movement."

Family Connections is funded through Healthy Child Manitoba and Tomchuk oversees all the programming. She said the Lord Selkirk School Division is instrumental in Family Connection's success.

"Without the Lord Selkirk School Division it wouldn't be as easy to be able to run all these programs. The school division gets the funding from Healthy Child Manitoba and I work together with them to disperse funds," Tomchuk said.

"And we're also very lucky that they take on some of our coalition programs for staffing." Fiddler said the LSSD clearly sees the connection between early childhood education and success later for students.

"They get how important that connection is and what we're doing in our work, how much it helps them in their work," she said.

When the division is able to accommodate a program in one of its schools, it provides an early introduction that is beneficial to kids and parents.

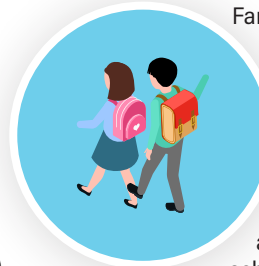
"Parents start to get used to being in the school. They're connected to the division so much earlier and then that transition is so much easier because they've seen the faces in the school, they've been in the school, it's just a more comfortable thing because it's daunting for a lot of parents," Fiddler said.

"If you've been in the school with your two year old and your baby and somebody said hello to you, it's so nice."

All programs offered through Family Connections are free and available to anyone in the community.

"Anyone can need help with parenting and any child could need help with any part of their development," Fiddler said.

"For all of our programs, it's not a judgment thing. It's just kids being kids and offering them opportunities that enhance their development. And then people learn from each other. Parents learn so much from each other."



HAVE YOUR SAY!

TAKE LSSD BOARD OF TRUSTEES COMMUNITY BUDGET SURVEY Visit www.lssd.ca from Nov. 25 - Dec. 20 for a link to complete the survey electronically. Paper copies may be picked up at the Board Office.

LSSD trustees and the division are looking to get feedback to help prepare next year's budget. A Draft Budget will be presented Feb. 19 7:00 p.m. at LSRCSS.

