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The Selkirk Record

VOLUME 9 EDITION 3

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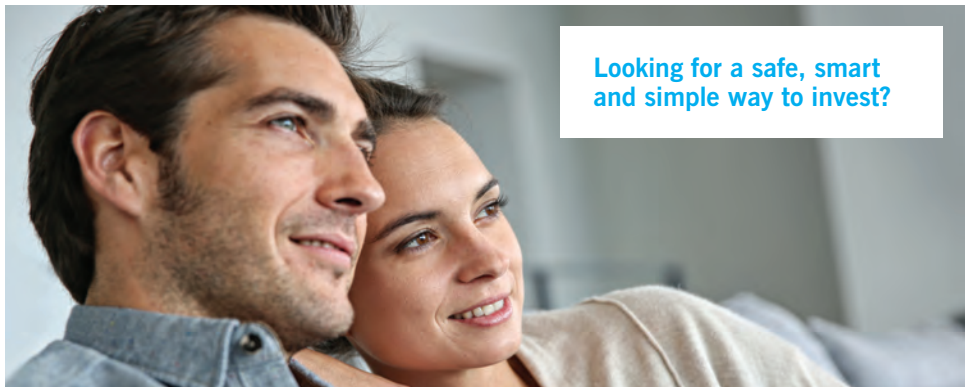


Traditional feast serves up smiles


RECORD PHOTO BY JUSTIN LUSCHINSKI

Pictured from left to right: Happy Thought School kindergarten students Keelie Krut, Joey Klausen and Claire Grant were all smiles while enjoying a special Ukrainian Christmas feast served by their English Ukrainian Bilingual program teacher Oxana Tymchuk last Thursday afternoon. For a story and more photos, see Page 3.


news > sports > opinion > community > people > entertainment > events > classifieds > careers > everything you need to know



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Grain info day offers glimpse into future of farming industry

By Justin Luschinski

More than 50 Manitoba farmers gathered at the Clandeboye Community Hall to learn more about how to manage their soybean crop yields last week.

Manitoba Agriculture and the South Interlake Crop Testing Committee hosted their 20th annual Grain Information Day last Tuesday. The event drew farmers from across the Interlake area, with the biggest topic being soybean production.

Crystal Berthelette, an agriculture extension co-ordinator with Manitoba Agriculture, said that soybeans have become a reliable money maker for Manitoba farmers.

"Soybean prices are decent, China is a huge market for soybeans. Other places buy them too, but China is by far the largest," Berthelette said. "They are easy to grow, and they put more nutrients back into the ground for crop rotations ... (the Grain Information Day) is an opportunity for farmers to come and see where the industry is headed."

One of the first presentations was on soybean aphids, small insects that feed on the crop. Berthelette said that the reason there were so many Asian



RECORD PHOTOS BY JUSTIN LUSCHINSKI

ABOVE LEFT: Terry Buss, a farm production extension specialist with Manitoba Agriculture, talks about sustainable ways to grow and maintain soybeans during Manitoba Agriculture and the South Interlake Crop Testing Committee's 20th annual Grain Information Day in Clandeboye last Tuesday. ABOVE RIGHT: More than 50 farmers from across Manitoba attended last week's grain information day.

ladybugs last summer was because they were feeding on the massive amount of soybean pests.

Some farmers have been using seed-applied insecticides to protect their crops, but some experts say that might not be the right move.

Terry Buss, a farm production extension specialist with Manitoba Agriculture, said that farmers need to be

conscious of the environment when they use chemical products.

"I'm advocating that we be good stewards of the environment ... We've had 16 years or so of a pretty consistent understanding of how to control these pest," Buss said. "We've had one year that behaved as an exception, and all of a sudden everyone believes that we found a new solution. When in reality, not much has changed."

Buss said soybeans face a number of other issues, such as iron deficiency chlorosis and increased root rot. He said the root rot is "something we have to reckon with," since soybeans are planted in such a tight farming rotation that it's creating new pathogens.

Buss believes that the soybean aphids can be controlled with good

scouting, and that the community has the tools to watch over their crops in a sustainable way.

The 2016 Census of Agriculture counted 14,791 census farms in Manitoba, a 6.8 per cent decline from the previous census, which reported 15,877 farms in 2011. The number of farm operations in Manitoba has been steadily declining since 1941, according to Statistics Canada. Manitoba farm numbers rank sixth in Canada and account for 7.6 per cent of Canada's 193,492 farms in 2016.

Manitoba also has the second youngest population of farm operators in Canada with an average age of 53.8 years.

For more information about Manitoba Agriculture, visit gov.mb.ca/agriculture/.

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TV series shines spotlight on Selkirk



RECORD PHOTO BY BRETT MITCHELL

More than 200 community members and dignitaries packed Boston Pizza in Selkirk for the Selkirk Biz's invitation only red carpet "Burden of Truth" premiere last Wednesday evening. The CBC original series, which was filmed mostly in Selkirk last year airs Wednesday's at 8 p.m. on CBC.

Students learn how to keep traditions alive for Ukrainian Christmas

By Justin Luschinski

A group of kindergarten students at Happy Thought School enjoyed a traditional Ukrainian Christmas feast while learning about their culture last week.

The students were served the 12 meatless dishes traditionally served on Ukrainian Christmas Eve while they learned about the cultural significance of each meal last Thursday afternoon. They also learned the proper words for foods such as borscht and perogies.

English Ukrainian Bilingual program kindergarten teacher, Oxana Tymchuk, said that it's important the

"IT'S IMPORTANT TO BE ABLE TO PASS ON THESE THINGS TO THE CHILDREN."

kids learn these traditions at a young age.

"We don't have so many Ukrainian people, but we keep (the) tradition. I'm doing this every year and the kids love it," Tymchuk said. "Some children

have this tradition at home, but some don't. It's important to be able to pass on these things to the children.

"You don't have to be Ukrainian to enjoy the (traditions)."

Last week's class began with Tymchuk reading out Ukrainian folk tales, teaching the students Ukrainian words for the 12 dishes, and the traditional prayers that are performed before the meal begins. The children ate dishes such as wheat, borscht, blueberry and potato-cheese perogies, and cabbage rolls.

Tymchuk said that Ukrainian food has a lot of historical significance.

"Kutia (wheat) for example, has a lot of meanings. The poppy seeds mean prosperity, and the wheat symbolizes life," Tymchuk said. "It's a very old meal, and old tradition, more than 5,000 years old. We have 12 meatless dishes to celebrate lent, but the next day, we eat meat."

During the class, Grade 4 students also stopped by to sing some Ukrainian Christmas carols.



RECORD PHOTOS BY JUSTIN LUSCHINSKI

LEFT: Happy Thought School kindergarten teacher, Oxana Tymchuk, hands out candy canes to Grade 4 students last Thursday afternoon. BELOW: Kindergarten students enjoy and learn about the 12 meatless dishes traditionally served on Ukrainian Christmas Eve last Thursday.



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BIG DOLLAR

Selkirk Curling Club set to host Curl for the Cure Feb. 10

By Lindsey Enns

The organizer behind the third annual Curl for the Cure is hoping to once again help bring the Selkirk Curling Club to life with help from hundreds in the community.

Shayne Merritt of Lockport says the amount of support the event has received over the years has been "truly unbelievable." Last year nearly 300 people packed the local curling club for the event.

"It's brought new life to the club. It's just created a lot interest in curling," Merritt said.

This year's Curl for the Cure open bonspiel is set to take place on Saturday, Feb. 10 at the Selkirk Curling Club located at 381 Jemima St. All proceeds from the event will go to the Canadian Cancer Society.

Merritt came up with the idea for the event as a project for his global issues class at the Comp. Although he is currently a university student, he still enjoys putting on the event each year.

"It feels really special to keep doing it," he said. "It's a lot of work to put it on but it's something for the community to do."

Over the years the event has helped raise more than \$20,000 for the Cana-



RECORD FILE PHOTO BY LINDSEY ENNS
Karl Hasse, pictured left, and organizer Shayne Merritt take a break in between games during last year's Curl for the Cure at the Selkirk Curling Club. This year's event is scheduled to take place on Feb. 10. Deadline to enter is Feb. 3.

dian Cancer Society and towards the fight against cancer. Merritt says their goal this year is to raise \$15,000.

"If people can't curl, they are more than wel-

come to come watch," he said, adding there will be a 50/50 draw, a silent auction and live music provided by The Bog Boys.

Merritt added they are still hoping to collect some more silent auction

"IT'S BROUGHT NEW LIFE TO THE CLUB. IT'S JUST CREATED A LOT INTEREST IN CURLING."

prizes but one of their largest prizes so far is a signed team Jennifer Jones jacket.

The Curl for the Cure open bonspiel asks teams of four or six to register by contacting Merritt directly at 204-391-1562 or via email at shayne123423@hotmail.com by Feb. 3. No previous curling experience is required and there will be equipment available to borrow. As of last week there were still a few spots remaining.

The Selkirk Curling Club will also host a Women's Bonspa this Friday, Saturday and Sunday, along with the Curl Manitoba Juniors Day Camp on Feb. 17 and the club's 125th Anniversary Open Bonspiel is set to take place on March 3.

For more information about the Selkirk Curling Club and a full list of upcoming events, visit selkirkcurlingclub.com.

NOTICE TO PARENTS



LORD SELKIRK SCHOOL DIVISION

invites

KINDERGARTEN & GRADE ONE REGISTRATIONS for Fall 2018

Registrations are now welcome for the following quality Early Years Programs. Please note that Kindergarten classes are held full days, every other day, during the school year.

1. Regular Kindergarten

Kindergarten programs are available at all elementary schools in Lord Selkirk School Division. Please contact your local school to register. (If you are unsure which community school is yours, please contact our Board Office at 204-482-5942 or 1-866-433-5942).

Our elementary schools are: Centennial, Daerwood, Happy Thought (Regular), Mapleton, Robert Smith, Ruth Hooker, St. Andrews, Walter Whyte, and William S. Patterson.

2. Ukrainian Bilingual Program - Kindergarten & Grade 1

Happy Thought School in East Selkirk provides an English-Ukrainian Bilingual program for Grades K-4. Please register at the school (204-482-4521).

3. French Immersion Program - Kindergarten & Grade 1

Ecole Bonaventure, located at 516A Stanley Avenue in Selkirk, provides a French Immersion program for Grades K-6. Please register at the school (204-785-8284).

Children who are five (5) years of age by December 31, 2018 are eligible to enroll in Kindergarten programs. **A Birth Certificate is required to register your child.** Contact your local school for registration forms.

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Live pro wrestling event to serve up some 'hard-hitting family fun'

By Justin Luschinski

A live professional wrestling event is gearing up to return to Selkirk later this month.

Canadian Wrestling Elite (CWE) will host a wrestling event on Saturday, Jan. 27 starting at 6:30 p.m. at the Selkirk Friendship Centre, located at 425 Eveline St. This is the first pro-wrestling event taking place in the city in three and a half years.

Rob Maxwell, the event co-ordinator, said the support from the community

inspired him to help bring wrestling back to Selkirk.

"I ran quite a few events out here, and people were always calling and asking me 'when is wrestling coming back (to Selkirk)?' I live and work in Selkirk, and I really wanted an opportunity to bring (wrestling) back to town," Maxwell said.

The event will also feature some familiar faces including Matt Evans, co-owner of Iron Image gym in Selkirk, as well as special guest and ring announcer Kory Kinkade from East Selkirk. Several of these people have not wrestled for more than five years, and they will be going up against CWE champion "Canadian Hercules" Tyler Colton and three time CWE champion "Hotshot" Danny Duggan.

Maxwell said that he's glad that he's bringing wrestling back to the Interlake and hopes that they can put on more events like this in the future.

"I grew up in a small town, and we never had events like this," he said. "It's something I wished would have happened in my community. I want to bring some hard-hitting family fun to smaller communities, so they can have a great time here instead of having to drive to Winnipeg or something."

Tickets can be purchased at Iron Image located at 511 Robinson avenue or by calling 204-391-0215 or online by visiting cwetickets.com.

The event is also looking for sponsors and charities to partner with, Maxwell encourages anyone interested to give him a call.

Red River North Tourism launches new website to help promote region

By Justin Luschinski

Red River North Tourism has officially launched their new website with hopes of bringing more visitors to the Interlake region.

The new site, which can be found by visiting redrivernorthtourism.com, aims to be an information and tourism hub for the Interlake region, with links to accommodations and popular destinations, including a calendar where organizations can add events too.

Laurel Sarginson, the past president of Red River North Tourism, said the organization is proud of the new website and hopes that businesses will see the value in it as well.

"Having a modern website that people can easily navigate is something we've been trying to do for a while," Sarginson said during the website's official launch at the Manitoba Marine Museum on Jan. 4. "Businesses can sign up and have an ad that goes directly to their own site ... we all want the same thing."



The website contains a wide range of information, including a listing of hotels and bed and breakfast locations around the Interlake.

Organizations can add their events to the calendar on the main page, and they can pay a membership fee for an ad that displays their location, phone number, and a link to their business website.

Selkirk Mayor Larry Johannson said he was very impressed with the new website, and encourages the community to rally around it.

"I'm just blown away, the website is so professionally done," Johannson said. "I would encourage any business in this region, wherever you are, to become a part of this. Social media, and being able to look online before you come to an area, is imperative to any business, to any company, to everybody ... This is a big success for the whole area, we want to see people use this as a destination point."

The site links to an interactive Google map of the area, with pins detailing landmarks and businesses from Lockport to Selkirk. For more information, visit redrivernorth-tourism.com. Red

River North Tourism is funded jointly by Selkirk, St. Andrews and St. Clements.

"With this website, we are creating a powerful online presence for this region as a tourist destination" said board chair Lois Wales. "The website redrivernorthtourism.com provides visitors with extensive information about attractions and events in our region."

"It is welcoming and interactive and helps visitors plan their excursions to the area."

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Anglers reminded to keep lakes, rivers clean

Hello my frozen friends.

Late last week I came upon a big exuberant guy, Robert Yablonski of Fraserwood on Lake Winnipeg east of Gimli. His buddy Keith Irvine of Gimli was getting their shack ready for some fishing so Rob agreed to share a bizarre experience that happened to him up at Clark Lake. Robert said he had gotten a strike and felt like it was an average sized fish. Suddenly his rod was nearly torn from his hands as a tremendous force yanked on his rig. Robert however was not a man to be denied; he tightened his drag then began hauling up, then lowering the rod as he reeled in. Time passed punctuated by heavy reeling in and violent forceful sideway runs by whatever was on the end of his line. Eventually Robert could feel it tiring. Then just below the grey waters' surface, the gigantic head of monster jackfish became visible for an instant. Purely by reflex Robert heaved up hard on his line. The giant disappeared and the line got still. "There's still something there," Robert said to his wife who was standing close by. He reeled in quickly and seemingly in seconds a smaller than average jack popped from the water high into the air but the sight of it froze them. Huge deep teeth marks and taters of hanging flesh covered the hapless small jack from its head to its half torn off tail! Only then Robert realized he had pulled the small jack right out of the huge jack who had swallowed it!

Early last week I rambled up and down the ice shack village on the Red off the CIL Road by Selkirk shooting the breeze with our angling brothers and sisters. After a while I came to a big heavily constructed shack. As I got out of the truck I noticed an eating sized pickerel on the snow by the door, "Is that the only one you caught?" I shouted to whoever was inside. A young chap in a light colored hood opened the door and invited



RECORD PHOTO ARNIE WEIDL

Cory Stefanyshyn, pictured left and Jeff Donkersley, hold up their pickerel and one of the new Manitoba Ice Fishing Associations signs asking anglers not to leave garbage on the ice.

me in. "Yeah, that's the only one right now," Cory Stefanyshyn of East Selkirk said. His buddy Jeff Donkersley of Winnipeg sat on a side bench jigging a line nodding his head in agreement. They couldn't think of a story for us right then so I asked them for a favour. I had them hold up their fish for a picture and the new Manitoba Ice Fishing Associations sign that we are going to be seeing by the "jump off spots" to the ice in southern Manitoba. MIFA used to put garbage barrels out but so many disappeared we decided to go with signs asking folks not to leave garbage on the ice. MIFA along with the *Selkirk Record*, the Express Weekly News, the Stonewall Tribune, Selkirk's own Canadian Tire and Smitty's have been promoting good housekeeping practices by anglers for years and I am proud to be a part of their efforts!

Day after day last week it was hard to tell if anyone was out on the Lake Winnipeg south basin ice because of the blizzard-like blowing snow. When I could wait no longer for a final story for us I wound up at the shoreline of Patricia Beach looking northeast at the wind driven snow racing across the ice. A mile or so out I could see the top of a hard wall ice shack and

truck. I urged old red toward them and upon reaching them I parked my truck close to the shacks' door. Using my boot spikes I bent into the wind and stomped up to the shack door. I shouted out over the roaring wind, "Hi, I'm Arnie Weidl, have you got a story for your fellow anglers?" A voice from inside came back, "I've read your stuff in the paper, but I can't open the door, one hinge is off and if I open up the wind will tear the door off!" "That's ok," I yelled back, "I'm used to all kinds of conditions when hearing fishing experiences. I'm Mike Gross from Ile des Chenes," he offered, "and I remember when I was here with a portable shack the wind caught it before I could pin it down. I chased, caught it, set up and caught a twenty-eight inch pickerel. I was so happy to catch a giant I gave it a kiss and sent it back down the hole!" As Mike gave his story I watched the howling wind wobbling my truck as I huddled against his shack wall cupping my recorder to protect it so it got every word. I thanked Mike for his tale and half frozen climbed into old red pointing her to the shore. Man, I thought, isn't being a writer a ton of fun!

See you next week fellow fishers.

View the Selkirk Record online at selkirkrecord.ca



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Elder abuse presentation aims to help victims, raise awareness

By Justin Luschinski

The Gaynor Family Regional Library hosted a presentation on how to prevent elder abuse earlier this month.

The presentation examined the public perception of what elder abuse is, and what can be done to prevent it.

Rick Caslake, the speaker during the elder abuse presentation on Jan. 5, said that people are more willing to confront abuse now, which was very uncommon in previous eras.

"Elder abuse isn't new. It's the awareness and the desire to do something to stop it that's relatively new," Caslake said. "Decades ago, abuse in families was hushed up. These days we support each other, and we give victims the opportunity to talk to someone with empathy."

"We need to understand what role we should be playing, and what roles we should not be playing."

Caslake stressed that when someone sees abuse, it's important to remember that the average person is not a mental health worker or a police



RECORD PHOTO BY JUSTIN LUSCHINSKI
Rick Caslake leads a presentation about elder abuse at the Gaynor Family Regional Library on Jan. 5. Caslake said that it's important to talk to an abuse victim without judgement.

officer. The objective should be to allow an abuse victim to express themselves, and to get them the help they need from a professional.

Caslake added it's important to not

judge someone for being a victim of abuse.

"You need to check if what you're seeing is abuse. You need to be non-judgmental. It's about giving a victim

the chance to talk, and giving you a way to see if what they're experiencing is really abuse," Caslake said.

The presentation also discussed some symptoms of elder abuse, such as an inability to purchase groceries, or a family member that only visits when the victim receives money. Other symptoms might be physical, such as bruising or frequent unexplained injuries.

Research shows that four to 10 per cent of older adults have been victims of one or more forms of abuse or neglect, according to the province. These forms of abuse include physical, sexual, emotional, psychological and financial abuse. Often the abusive people are family members or other caregivers.

If you are in an abusive relationship, or you know someone who may be, call 1-877-977-0007. If you are in immediate danger, call 911. For more information, visit gov.mb.ca/fs/fvpp/elder.html.

Province marks second annual Women's Equality Week in Manitoba

Staff

The Manitoba government is promoting gender equality and highlighting women's achievements in the province by proclaiming the third week in January Women's Equality Week.

"This is our second year celebrating Women's Equality Week and together we have made great strides towards gender equality," Sustainable Development Minister Rochelle Squires, minister re-

sponsible for status of women, stated in a release on Monday. "However, there is more work to be done."

The week kicked off Monday with the launch of the Nellie McClung Trailblazer Scholarship, which supports women and girls pursuing education and careers in under-represented occupations with a particular focus on science, technology, engineering and math (STEM), business and trades.

Through the partnership, Manitoba Status of

Women will award 10 scholarships to high school and post-secondary women and girls. Five awards of \$1,000 will be granted to Grade 12 students who have demonstrated an aptitude in an area of study that could lead to further education and/or careers in STEM, business or under-represented trades. Five awards of \$1,750 will be granted to women who are in their first year of a field of study in these areas. For more information, visit gov.mb.ca/msw/.

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Highland dancers take centre stage



RECORD PHOTO BY JUSTIN LUSCHINSKI

Morgan Weiss from St. Andrews, pictured left, and Allison Stubbe from Winnipeg, pictured centre, teach children how to do a Highland dance during a drop-in Highland Dance Class at the St. Andrews Rectory last Wednesday evening. For upcoming events taking place at the rectory, visit standrewsrectory.ca.

Thumbs up for Chase the Ace win



SUBMITTED PHOTO

Cole Wasnie, pictured right, with former Selkirk Legion president Lorne Thorvaldson, won \$7,520 while playing Chase the Ace at the local legion last Friday night. The legion's new Chase the Ace format will be \$2 per ticket with the pot starting at \$5,000. Meat Draw and Chase the Ace sales start at 4:30 p.m. on Fridays at the Selkirk Legion, located at 403 Eveline St. For more information, visit selkirklegion.org.



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Selkirk woman hopes to help others reach their goals at Glow Fitness

By Justin Luschinski

Katie Hartle has been living and working in Selkirk for many years.

She's worked out at gyms in the area, but she felt like the traditional workout experience wasn't for her. Instead she wanted to exercise somewhere that was female-friendly, spiritually fulfilling, and holistic.

With that in mind, she started to create Glow Fitness For Women, a gym and yoga studio that focuses on not just lifting weights, but on feeling good about yourself while you do it.

"A lot of those other places kind of feel like a hamster-wheel, you just get in, do your workout, and get out," Hartle said. "Glow (Fitness) isn't just a gym, I like to think of it as a wellness studio. The thirst for a women's only gym in Selkirk is really strong."

"There's a lot of excitement from everybody who's signed up, and I'm really happy with the response."

Hartle added that Glow Fitness will use things such as aromatherapy and appropriate mood lighting to make her clients feel encouraged to work

out. For example, during a more relaxed yoga class at night, the yoga studio will be lit with candles. But if it's a more energetic class, the studio will be lit by special fake windows that feature daylight bulbs.

The gym uses several hydraulic machines to create a 30 minute full-body workout circuit, much like other female-only workout centres. Hartle said that this creates an efficient workout that anybody can do.

"You don't really need to worry about spending more money on a personal trainer. We have a full body workout that has been designed for you, and you don't have to think about it ... It's low impact, which means there's less of a chance you'll get injured, and you're hitting all your major muscle groups," Hartle said.

Along with 30-minute circuit workouts and a yoga studio, the centre will also have a kids area. The entrance will feature a resting area as well as offer herbal tea to help build a sense of community before and after a workout.

Hartle said that she's anticipating that the gym, located at 217 Clandeboye Ave., behind the Selkirk Record office, will open up in early February.

For more information, visit glowfitnessforwomen.ca.



RECORD PHOTO BY JUSTIN LUSCHINSKI
Glow Fitness For Women is set to open in early February in Selkirk.

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Cranberry and Walnut Phyllo Triangles



Servings: 4
Filling:
1 cup chopped fresh or frozen cranberries
1/3 cup sugar
1/3 cup raisins
2 tablespoons honey or maple syrup
1 tablespoon finely grated orange peel
3 tablespoons freshly squeezed orange juice
Triangles:
10 sheets fresh or frozen phyllo dough
1/3 cup melted butter
2 1/2 cups Jarlsberg Chunk Cheese, cut into 25 cubes
2 cups chopped walnuts

Heat oven to 375 F.
In saucepan, combine cranberries, sugar, raisins, honey, orange peel and orange juice; bring to boil. Reduce heat and simmer uncovered 5 minutes, stirring occasionally. Cool to room temperature.
Carefully lay one phyllo sheet on cutting board and brush with melted butter. Place another sheet of phyllo on top and brush with melted butter. Cover remaining sheets with damp towel to prevent drying out. Position brushed pastry horizontally and cut into five strips.
Place 1/2 teaspoon cranberry filling,

one cube of cheese and 1/2 teaspoon chopped nuts in lower corner of each strip. Fold dough over filling to form triangle. Fold triangle up then over, forming another triangle. Continue folding to end of strip. Brush top with melted butter and sprinkle with 1/2 teaspoon chopped nuts. Repeat with remaining strips of dough and remaining sheets of phyllo.

Bake 12-15 minutes, or until golden brown. Cool on wire rack before serving.

Note: If using frozen phyllo dough, thaw in refrigerator overnight.



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Tomatoes Gratin



Servings: 4
4 tomatoes
2 ounces balsamic vinegar
1/3 cup extra-virgin olive oil, plus 4 ounces, divided
4 garlic cloves, sliced thin
4 sprigs fresh thyme (or equivalent dried)
salt, to taste
pepper, to taste
2 ounces pine (pignoli) nuts
8 ounces shredded Jarlsberg Cheese
Heat oven to 350 F.
Cut tomatoes in half. In bowl, whisk

together vinegar, 1/3 cup olive oil, garlic, thyme, salt and pepper; gently mix in tomatoes. Transfer to ovenproof dish. Place tomatoes cut-side up and bake 15 minutes.

In pan, toast pine nuts with remaining olive oil until golden then set aside.

When tomatoes are cool enough to handle, remove skins and return to baking dish. Sprinkle tomatoes with shredded cheese. Return to oven and broil about 5 minutes, or until cheese turns golden and bubbly. Top with toasted pine nuts.

French-Style Marinated Cheese



Servings: 1 jar
6 ounces Jarlsberg Original, Lite or Hickory Smoked Cheese

2 ounces black or green olives
1 small leek, bulb only (or small shallot)
1 tablespoon fresh oregano or tarragon (or equivalent dried)
1 teaspoon green or black peppercorns
2 sprigs fresh thyme (or equivalent dried)
1 clove garlic
2 tablespoons white wine vinegar
4 tablespoons extra-virgin olive oil

1 glass canning jar
Cube cheese and thinly slice olives and leek. Finely chop oregano and peppercorns, and finely mince thyme and garlic.
To make marinade: Whisk vinegar with oil, oregano, peppercorns, thyme and garlic. Layer cheese, olives and leeks inside jar. Cover with marinade and seal tightly.
Place jar in refrigerator to marinate 1 day. For best results, use within 3 days.

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Finished basements save energy and deliver more living space

By finishing your basement, you can gain more living space while reducing the amount of energy loss from downstairs. Basements that are not fully finished typically do not have insulated walls or covered flooring. This can result in heat loss and cause your furnace to work overtime.

A remodeled basement offers more than additional storage space. It can provide a lot of extra room for a growing family, such as space for a gym, home theatre, office, guest suite, or a playroom for the kids.

To ensure a comfortable and inviting basement, there are a few project components to consider:

- Insulation will make sure your space warm and comfortable. For the best results, install a stone wool insulation product, a measure that can be

done easily with the ROXUL Comfort-Board IS. This product is mechanically fastened or adhered to the concrete foundation wall, offering you a higher R-value and better acoustics.

- Drywall will help define the space and make it feel like a part of your home. If you haven't tackled drywall before, consider hiring a pro to ensure your walls are seamless.

- Flooring should be water sealed and covered with an insulated material. There are many products on the market, but consider laying padding before carpet or in-floor heating before tiles.

- Personalize it with finishing touches. Select furniture that can fit down a typically steep staircase and choose items that complement the rest of your home's décor.



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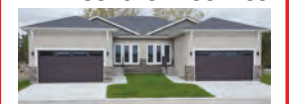


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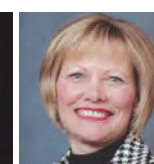
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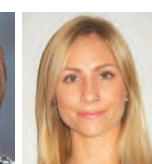
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Use renovations to create healthier homes

Home renovation projects are done for several different reasons, whether to update styles, repair damaged or broken items or to achieve more living space. More than ever before, homeowners are choosing improvement projects geared toward making their homes healthier.

Establishing a healthy home means different things to different people. For example, to an environmentalist, a healthy home may incorporate eco-friendly or green products. To those with young children or mobility-impaired seniors, a healthy home may be one free from potential hazards. Others may view a healthy home as one that alleviates allergies.

The World Health Organizations says inadequate housing conditions, such as poor ventilation, radon, urban pollution, and moisture issues, can contribute to many preventable diseases and injuries - especially respiratory problems, nervous system disorders, cardiovascular diseases, and cancer. Furthermore, the U.S. Environmental Protection Agency ranks indoor air quality as a top five environmental risk to public health. EPA studies have found that indoor air pollution levels were roughly two to five times greater than outdoor pollution levels.

People interested in making their homes healthier can embrace these renovations and lifestyle changes.

- Be aware of furniture materials. Toxic PBDEs, which are chemicals used as flame retardants on furniture fabrics produced prior to 2006, can send toxins into the air. Some manufacturers may still use these flame retardants in new forms, but with similar risks. Before purchasing furniture, ask if a product is treated, and select naturally fire-resistant materials like wool and cotton.

- Lighten up. Lighting is often underappreciated but can have a dramatic impact on whether a home feels inviting, warm and/or uplifting. Experiment with different types of bulbs and lighting fixtures to turn drab and dreary environments into brighter places. Lighting may improve mood and productivity.

- Let the sun shine in. Modify window treatments to let more sunlight into the house.



There is evidence that the sun, particularly UV light, is a potent bactericide. The Sunlight Institute advises that there's no harm in letting natural sunlight do its work, as bacteria within eight feet of low-intensity UV light can be killed in 10 minutes.

- Inspect and service wood-burning appliances. A study published in the American Journal of Respiratory Cell and Molecular Biology has found regular inhalation of wood smoke limits immune activity and function, and anyone who burns wood indoors should be aware of these potential health risks. Ensuring proper ventilation of smoke and routinely cleaning the chimney can help cut down on particulate matter.

- Turn to nontoxic cleaning products, pesticides and insecticides. Always opt for nontoxic, natural products when cleaning in and around the house.

- Declutter the home. A cluttered, hectic space can affect emotions and mental state, never mind attracting dust and making a home harder to clean. Spending time in spaces that do

not elicit stressful feelings is healthier and can help residents to rest and recharge.

Making a home healthier can be on the list of this year's renovation plans.

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16 ACRES - Kreamer Rd (Road 93), RM of St. Andrews - treed, driveway through the property. **\$85,000**

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How To Make Existing Windows More Energy Efficient



Drafty windows make homes less comfortable by allowing cold air in during the winter and warm air in when temperatures rise. But comfort is not the only concern associated with leaky windows, as such fixtures also can have a negative impact on the environment.

Leaky windows require heating and cooling systems to work harder to keep home interiors comfortable during times of the year when temperatures can be extreme. In the dead of winter, a leaky window will force a home's inhabitants to turn up the thermostat, which only increases energy consumption and energy bills. The same scenario plays out in summer, when leaky windows allow hot air in, leading homeowners to lower the temperature of air conditioning units so everyone inside is cool and comfortable.

Thankfully, making windows more energy efficient does not necessarily require homeowners to replace existing windows. Before going that potentially expensive route, homeowners can consider the following strategies to improve the energy efficiency of their windows.

- Hang curtains. Curtains can help homeowners cut down on heating and cooling costs. According to the U.S. Department of Energy, properly hung draperies can reduce heat loss by as much as 25 percent. In the summer, curtains can block the hot rays from the sun from entering a home, reducing the need to turn up air conditioning units. While curtains won't fix leaks or block hot or cold air from entering a home, they can serve as a buffer between a home's inhabitants and the air seeping in through leaks.

- Caulk or add weatherstripping. Small cracks and gaps around win-

dows, which are most often found around windows in older buildings, might not seem like a big deal, but such breaches can lead to considerable energy loss. The DOE recommends using caulk to seal cracks that are less than 1/4-inch wide on the parts of the window that do not move (i.e., frames and where the trim meets the wall). Caulk might be less effective at fixing leaks larger than 1/4 inch in width. Employ weatherstripping to address leaks on movable parts of the window. Properly applied weatherstripping should adequately seal windows when they are closed without making it difficult to open or close them later on. Weatherstripping is available in various materials, and homeowners can visit www.energy.gov/energysaver/weatherstripping to find the material that's most suitable for their situation.

- Install windows films. Plastic window films are another option for homeowners looking to improve the energy efficiency of their windows. Heat shrink film can be cut to fit each individual leaky window in a home and then attached to windows using double-sided tape. A hair dryer can then be used to shrink the film and remove any wrinkles. Low-emissivity, or Low-E, coatings are a more expensive alternative to heat shrink film, and they can be equally effective at improving energy efficiency. Installation of Low-E coatings can be more difficult, as they do not provide as much leeway for mistakes during application as heat shrink film.

Leaky windows are bad for homeowners' energy bills and the environment. But homeowners have options other than full window replacements to fix leaks and improve efficiency.



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3 Tips To Prepare To Sell Your Home

Eliminating pet odors, including those associated with pets, can help homeowners prepare their homes for prospective buyers.

According to Realtor.com, spring is the busiest and best season to sell a home. While a good home can find a buyer any time of year, homeowners might find the buyers' pool is strongest in spring and into summer. The reasons for that are many, ranging from parents wanting to move when their children are not in school to buyers wanting to move when the weather is most accommodating.

Because spring is such a popular time to sell a home, homeowners who want to put their homes on the market should use winter as an opportunity to prepare their homes for the prying eyes of prospective buyers. The following tips can help homeowners during the pre-selling preparation

process.

1. Address the exterior of the home.
Winter can be harsh on a home's exterior, so as winter winds down, homeowners who want to sell their homes should make an effort to address anything that might negatively affect their homes' curb appeal. A study of homes in Greenville, S.C., from researchers at Clemson University found that the value of homes with landscapes that were upgraded from "good" to "excellent" increased by 6 to 7 percent. If it's in the budget, hire professional landscapers to fix any problematic landscaping or address any issues that arose during the winter. Homeowners with green thumbs can tackle such projects on their own, but hiring professionals is akin to staging inside the home.

2. Conquer interior clutter.
Clutter has a way of accumulating



Eliminating pet odors, including those associated with pets, can help homeowners prepare their homes for prospective buyers.

over the winter, when people tend to spend more time indoors than they do throughout the rest of the year. Homeowners who want to put their homes on the market in spring won't have the luxury of waiting until spring to do their "spring" cleaning, so start clearing any clutter out in winter, even resolving to make an effort to prevent its accumulation throughout winter. Just like buyers are impressed by curb appeal, they are turned off by clutter. The Appraisal Institute suggests homeowners clear clutter out of their homes before appraisers visit, and the same approach can be applied to open houses. Buyers, like appraisers, see cluttered homes as less valuable. In addition, a home full of clutter might give buyers the impression, true or not, that the home was not well maintained.

3. Eliminate odors.
A home's inhabitants grow accus-

tomed to odors that might be circulating throughout the house. Pet odor, for instance, might not be as strong to a home's residents as it is to guests and prospective buyers. Because windows tend to stay closed throughout the winter, interior odors can be even stronger come late-winter than they are during the rest of the year. A thorough cleaning of the house, including vacuuming and removal of any pet hair that accumulated over the winter, can help to remove odor. In the weeks leading up to the open house, bathe pets more frequently, using a shampoo that promotes healthy skin so pet dander is not as prevalent. Open windows when the weather allows so more fresh air comes into the home.

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Kubic traded to Memorial Cup hosting Regina Pats

By Brian Bowman

Ryan Kubic will be able to experience what most junior hockey players can only dream about.

He'll be participating in the 2018 Memorial Cup this coming May.

Kubic was traded last week by the Saskatoon Blades along with forward Cameron Hebig to the Regina Pats in exchange for goaltender Tyler Brown, forward Bryan Lockner, a first-round pick in 2020, a second-round pick in 2020 and a third-round selection in 2019, and a third in 2021.

The Pats are hosting this year's four-team Memorial Cup.

"It's a once-in-a-lifetime thing," Kubic told the Regina Leader-Post last week. "Not a lot of people get to experience that. For them to choose me to be the guy to hold them through games, it's a real honour."

Regina is going all in for this year's Memorial Cup. Prior to the Jan. 10 trade deadline, the Pats added nine new players in seven trades.

Kubic will have tons of pressure on him in the Memorial Cup. It will be very interesting to see how he handles the bright lights while vying for a CJHL title.

"I just try to treat every game the same, whether it's the Memorial Cup

or an exhibition game," Kubic told the Leader-Post. "Obviously, more is on the line but I try to compete as hard as I can every game and get the best outcome for the team."

Kubic takes over as the Pats' No. 1 goaltender. He is eagerly looking forward to playing in the WHL playoffs for the very first time.

"I'm definitely excited to see what I can do with this group," Kubic said. "I've always wanted to play in the playoffs in the WHL and now I get the opportunity. Playing on teams that aren't very good (in the past), it exposes your weaknesses."

"That's a benefit because it helps you become a better goaltender even though your stats might not be the greatest."

Regina is confident they made the right move by acquiring Kubic, whose Manitoba Junior Hockey League rights are held by the Selkirk Steelers.

"Kubic brings three years of experience to our team," said Pats' head coach and general manager John Paddock on the team's website. "We believe he can give us the goaltending we need down the stretch."

Kubic posted an 8-11-1-0 record this season in Saskatoon with a 3.96 goals-against average and .871 save percent-



RECORD PHOTO BY KEITH HERSHMILLER

St. Andrews' Ryan Kubic was traded by the Saskatoon Blades to the Regina Pats last week. He is expected to be the Pats' No. 1 netminder as they host the 2018 Memorial Cup in May.

age.

He then stopped 29 shots in a 4-3 overtime loss to the Edmonton Oil Kings in his Pats' debut on Jan. 10.

The St. Andrews' product was acquired by the Blades from the Vancouver Giants before this season. Kubic was drafted in the second round

of the 2013 WHL Bantam draft by the Giants.

In 130 Western Hockey League appearances, Kubic has a 3.60 GAA and .892 save percentage go to along with five shutouts.

Steelers make trade deadline deal with Winnipeg

By Brian Bowman

The Jan. 10 trade deadline had its usual flurry of action involving Manitoba Junior Hockey League teams.

And the Selkirk Steelers made one deal, sending forward Nathan Hillis (1998) to the Winnipeg Blues in exchange for the CJHL list rights to defenceman Noah King (1999).

Hillis produced eight goals and 19 points in 39 games with Selkirk this season. King, meanwhile, is currently playing in the Western Hockey League with the Swift Current Broncos.

The 6-foot-4, 200 pound King had two assists and eight penalty minutes in 35 games with Swift Current heading into last week's action.

The other trades involving MJHL teams are as follows:

The Swan Valley Stampede traded forward Sam Harris (1999) and future considerations to the SJHL's La Ronge Ice Wolves in exchange for forward

Daniel Chartrand (1997).

Swan Valley also traded forward Tanner Garnham (1997) to the Portage Terriers in exchange for future considerations.

The Terriers traded forward Turner Santin (1997) to the SIJHL's Thunder Bay North Stars in exchange for futures.

Portage also acquired the MJHL list rights of goalie Miles Minor (2000) and future considerations in exchange for

goalie Brendan Benoit (2000).

The Dauphin Kings dealt defenceman Riley Shamray (1998) and futures to the OCN Blizzard for the MJHL list rights to defenceman Taron Topham (2001), forward Dustin Mozden (1999) and future considerations.

Dauphin also traded forward Danny Pion (1998) to the Ottawa Jr. Senators for future considerations.

The MJHL-leading Steinbach Pistons acquired forward Luke Bellerose

(1997) from the SIJHL's Dryden Ice Dogs in exchange for futures.

The Waywayseecappo Wolverines were real busy at the deadline, making three separate deals. Waywayseecappo traded forward Marco Mazza (1999) to La Ronge in exchange for the CJHL list rights to forward Elijah Carels (1999).

The Wolverines sent defenceman Wayne Johannesson (1998) to the SJHL's Nipawin Hawks for forward Caleb Paisley (1999).

Waywayseecappo also dealt forward Ryan Ignace (1998) to the SIJHL's Fort Frances Lakers for futures.



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Steelers whip Wolverines in MJHL action

By Brian Bowman

The Selkirk Steelers took advantage of a struggling Waywayseecappo Wolverines' team on Saturday evening at the Rec Complex.

Waywayseecappo, winners of just six games all season, was defeated 5-2 by Selkirk.

The Steelers took a 2-0 first-period lead on goals by newly-acquired Dawson Martin and Carter Barley.

But the Wolverines tied the score at 2-2 with markers from Jake Bestul and former Interlake Lightning Riley Vautour by the 12:54 mark of the middle frame.

Selkirk regained the lead, though, 3:59 later as Nate Halvorsen scored his 21st goal of the season.

Martin added his second goal of the game at 1:30 of the third and then Shanan McFadden closed out the game's scoring about 12 minutes later.

Marin, who has previous Western Hockey League experience with the

Calgary Hitmen and Red Deer Rebels, finished the night with three points and was named the game's first star.

Martin has also played for the BCHL's Chilliwack Chiefs this season.

Zachary Bennett made 25 saves for the victory.

Selkirk started the weekend with a 4-0 loss Friday to the third-place Virden Oil Capitals at the Rec Complex.

Kyle Salaway gave the visitors a 1-0 lead when he scored at 19:24 of the first period and then Kirklan Lycar, Rylee Zimmer and Tristen Cross made it 4-0 after 40 minutes.

With the split last weekend, Selkirk is now 23-14-3-1 and has 50 points to sit tied for fourth spot in the 11-team league with the Winkler Flyers.

Winkler does have a game in hand on Selkirk, however.

The Steelers will wrap up their three-game homestand this Saturday (7:30 p.m.) when the Portage Terriers visit the Selkirk Rec Complex.



RECORD PHOTO BY LANA MEIER

Newly-acquired Dawson Martin scored twice in Selkirk's 5-2 win against the Waywayseecappo Wolverines last Saturday.

Selkirk will be in Waywayseecappo next Tuesday (7:30 p.m.) on Sunday (4 p.m.) and then Winkler

Selkirk Curling Club hosts successful junior bonspiel

By Brian Bowman

Shayne Merritt admitted he didn't know when the Selkirk Curling Club last hosted a junior bonspiel.

But they hosted one last weekend. And it went extremely well.

Selkirk was the host to 18 junior curling teams, which competed in U15, U21 and mixed doubles events.

"I was very happy with 18 teams and we will be looking to grow it again next year," said Merritt, the Selkirk Curling Club's junior coordinator and second vice president.

"We had some of the top U15 teams. We had some good competition out there."

Local Selkirk Curling Club teams

included Josh Evans (who advanced to the quarter-finals), Brady Szydluk and Jackson Gwynne while Luke Kachulak represented the West St. Paul Curling Club

Zac Maisey and his Winnipeg Beach rink also took part in the event, reaching the semifinals. These teams all participated in the 15-and-under group.

Merritt participated in the U21 event and also partnered with Cassidy Otto in the mixed doubles completion, advancing to the semifinals.

Merritt and Otto finished the round robin with a 3-0 record.

A junior bonspiel like last weekend's event is very important for a curling

club's future. It's imperative for clubs to get young kids involved in the sport with the hope that they continue to curl as adults and have their children also play the sport.

"It's very important to have these types of events," Merritt stressed, adding he wanted to thank all of the volunteers who helped out last weekend, particularly Jamie Evans.

"It helps grow the sport in the community and gets more kids involved. The larger we can grow events like this, the more kids that will get involved.

"This event was to get kids introduced to more competitive curling."

Merritt said Selkirk has seen a large

growth among its junior curlers on Saturday mornings. Their attendance has more than doubled in size, growing from 20 to 50 in just a single year.

"Curling is definitely growing in Selkirk," he noted.

The Selkirk Curling Club will continue to be busy with the Women's Bonspa taking place this Friday through Sunday.

Curl for the Cure is coming up Feb. 10 and then Curl Manitoba is hosting a Juniors East Region Skill Development Camp on Feb. 17. The local club will also be hosting a 125th anniversary doubles/open bonspiel on March 3. That will be followed by a men's bonspiel from March 16-18.

Jones wins eighth Scotties provincial women's curling title

Staff

St. Vital skip Jennifer Jones made a last-rock draw to defeat Darcy Robertson 7-6 in the final of the Manitoba Scotties women's curling championship Sunday in Killarney.

It was Jones eighth provincial women's curling title. She will now try to win a sixth Canadian title in Penticton, B.C., in two weeks.

Robertson reached the final after defeating East St. Paul Curling Club's Kerri Einarson 9-7 in a semi-

final clash Sunday morning.

Robertson scored a pair in the 10th end to secure the win. The two teams were tied 7-7 after nine ends.

Einarson jumped out to a quick 2-0 lead against Robertson but then trailed 5-2 after five ends in the seesaw battle.

Einarson finished pool play with a perfect 7-0 record, which gave her a place in the 1-versus-1 game Saturday evening.

She lost that game to Jones by a 9-5

score.

Despite the loss, Einarson could still qualify for the Tournament of Hearts through a new wildcard format.

The two highest-ranked teams (by CTRS points) that don't win their province will square off just before the event in a one-game showdown for the last berth in Penticton.

Einarson and former Winnipegger, Chelsea Carey, who failed to win the Alberta provincials, will be those

two teams.

The wildcard game is meant to produce a 16th team at the Scotties.

Meanwhile, Gimli's Rebecca Lamb, who curls out of Stonewall, finished the provincials with a 2-5 record.

Lamb, whose rink includes third Randine Baker, second Brooklyn Meiklejohn, lead Jenessa Rutter and Kendra Derbowka, earned wins over Jenn Clark-Rouire (7-6) and Cheryl Reed (10-5).

Fishermen, Storm lead KJHL standings

By Brian Bowman

The Selkirk Fishermen and Peguis Juniors have played a lot of great hockey games over the years.

And they had yet another classic battle Sunday evening.

Selkirk overcame a 4-1 first-period deficit to defeat Peguis 5-4 in a shootout at the Rec Complex.

Chad King and Juliano Garcea scored for the Fishermen in the shootout while Roman Paul replied for Peguis.

King also scored in regulation time along with Drayton Mendrun, Mackenzie Playford, and Dawson Courch-

ene. Courchene's goal came on the power play at 5:47 of the third period to tie the score at 4-4.

Keeven Daniels-Webb, Coulson Nepinak, and Paul, with a pair, replied with first-period goals for Peguis.

Riley Bannerman made 34 saves for the win.

Selkirk started the weekend with an impressive 7-3 victory over the St. Malo Warriors.

The Fishermen received goals from seven different players, including Jeremy Thomas, Coel Forsyth, King, Dawson Courchene, Talon Kelly, Tray-

ton Smith, and Mendrun.

Ben Kelly had three assists while Brandon Thomas chipped in with two helpers.

Haden Hildebrand, Cody Dinardo, and Tyrel Bueckert replied for St. Malo.

Austin DeBoer made 15 saves for the win.

On Jan. 9 the Fishermen defeated the Lundar Falcons 3-1 at the Rec Complex.

It was the Mendrun show on this night as the Selkirk forward scored all three of his team's goals. He capped

off his hat trick with a shorthanded tally into an empty net with 35 seconds left in the game.

Drake Zimmerman replied with a second-period power-play goal for Lundar.

Selkirk outshot Lundar 33-18 as Bannerman earned the win in goal.

The Fishermen, now 20-2-0-3 and with 43 points to lead the KJHL along with the OCN Storm, will hit the road for a pair of games this weekend.

Selkirk will be in Fisher River on Friday (8:30 p.m.) and then will battle Lundar in Warren on Sunday (7 p.m.).

Royals vault into second place in WWHSL's CTV Division

By Brian Bowman

The Selkirk Royals continue to stay among the top teams in the Winnipeg Women's High School Hockey League.

Selkirk extended its winning streak to five games after flying past the Fort Richmond Centurions 8-3 last Thursday in St. Andrews.

Selkirk grabbed a 1-0 first-period lead on a goal by Rayley Goetz and then the Royals scored five goals in the second.

Cassidy Ilchena scored two of those goals while Camryn Horbaty, Cienna Palmer and Goetz added singles.

Goetz and Ilchena then completed their hat tricks with third-period goals. Ilchena finished with a game-high five points.

Kylie White and Bianca Bucci, with a pair, scored for Fort Richmond in the

third.

Jodi Clifton faced 27 shots for the win.

With the victory, the Royals are now in second place in the CTV Division with 29 points. That's just a point back of St. Mary's although the Flames have three games in hand.

On Jan. 10, Selkirk skated to a 5-1 road win over the Miles Mac Buckeyes.

Selkirk's Brooke Johnstone and Palmer scored first-period goals before Miles Mac's Olivia Zamrykut responded with a second-period tally.

But it was all Royals in the third.

Palmer added her second goal of the game early in the period and then Goetz and Horbaty added insurance markers.

Horbaty and Ilchena each finished the game with two points.

Clifton made 20 saves for the win.

Selkirk hosted the CHSC Huskies this past Tuesday and then battled River East yesterday but no score from either game was available at

press time.

The Royals don't play another league game until Feb. 1 when they face Fort Richmond in Winnipeg.

Manitoba Hockey Standings

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*STATS AS OF TUESDAY, JANUARY 16

Silver-medal winners



RECORD PHOTO SUBMITTED

Selkirk Ringette hosted The Rings of Steel tournament at the Rec Complex last weekend. The U12 A3 Selkirk Stingers had a great tournament, winning silver medals Sunday afternoon.

Next Home Games

Sat. Jan. 27 7:30pm
vs North Winnipeg Satellites
Sun. Jan. 28 7:30pm
vs St. Malo Warriors

Away Games

vs Fisher River Hawks -
Fri., Jan. 19 - 8:30pm Fisher River Arena
vs Lundar Falcons -
Sun., Jan. 21 - 7:30pm Warren Arena



Meet the Fishermen

#16 Connor Cyr, Defence

Royals' club basketball program scoring with young athletes

By Brian Bowman

For years, Selkirk has been well-known across the province as boasting a dominant high school volleyball program.

But the Royals would also like to be known as having a stellar basketball program.

The Selkirk Royals have started a 12-and-under basketball program that currently is competing against Winnipeg teams in the Attack Basketball League.

Next year, the program is looking to add a 13-and-under team.

"The main idea is to grow interest with basketball in the community," said Matt Dueck, a manager/assistant coach with the Royals' club program, last Friday afternoon.

"Selkirk has been known as a school for volleyball, hockey, and track and field. Those (sports) have been the dominant programs that kids get pulled into at a young age. Basketball has always been behind in that regard."

The Royals' manager for this season is Sean Stoesz, whose son plays on the team, while the head coach is Riley Goodbrandson.

The Royals ran an "exposure camp" over the Christmas break, which attracted over 30 youngsters aged between seven and 12.

"We're trying to grow more interest

in the sport," Dueck said.

The cost for the Royals' program is "about \$400," which is considered cheap compared to some of the Winnipeg programs.

The season is a lengthy one, beginning with tryouts in August and games starting in September and continuing until March. The provincials then take place in May.

The kids practice twice a week and play one game during that stretch. Dueck said their program is also looking to participate in some out-of-town tournaments.

"At this point, we offer three days of basketball a week and we still want to encourage kids to play other sports," Dueck said. "At this age, we don't want them to play just one sport and be one dimensional."

So far, Dueck has seen an immense amount of improvement with the players.

"It's night and day since the start of the year," he stressed. "There are 13 kids on the team and they are so enthusiastic right now towards the sport. Every practice, we don't have enough time. They want more and more and more, which you can't ask for any more as a coach."

"Right now, they're living and breathing basketball."

Many of the kids reside in Lockport and Selkirk while two others attend



RECORD PHOTO SUBMITTED

The Selkirk Royals' club basketball program is seeing a vast improvement in its young players from the community.

Walter Whyte School. Another player is from Winnipeg.

The Royals have two wins so far this season and "six or seven losses" against teams that have been playing competitive basketball together for several years.

A winning record, though, isn't that much of a concern for the Royals.

"For our kids, we're really emphasizing that our record doesn't mean much," Dueck said. "Every game,

we're making that gap a little bit closer. If they continue to grow, we're going to be right there in a couple of years with the best of them."

"We have fantastic kids and fantastic athletes."

Tryouts for next year's Royals' teams will take place in August. Dueck said interested parents can keep an eye on the Manitoba Basketball website for tryout dates and locations.

Royals bounce Buckeyes to wrap up Sisler tourney

By Brian Bowman

The Selkirk Royals finished with a 1-2 record at the Sisler Spartans Classic varsity girls' basketball tournament last weekend.

Selkirk edged the Miles Macdonell Buckeyes 43-39 Saturday morning. The Royals were fortunate to win the low-scoring affair.

"We struggled, as usual, to hit open shots," said Royals' head coach Sue

Gilmour in an email. "(It's) tough to win when you can't make shots."

Defensively, Selkirk played well, creating plenty of turnovers.

The Royals' top scorer against Miles Mac was Renee Partyka with 13 points. Selkirk's player of the game was Kely Warmington.

Selkirk started tournament play with an 80-44 loss to the Oak Park Raiders. Despite the lopsided score, the Royals

played quite well against the top high school varsity girls' team in the province, said Gilmour.

Selkirk's player of the game was Charlotte Wilmott.

On Friday evening, Selkirk struggled in a 65-46 loss to Sisler. The Royals came out flat in the first quarter, allowing the Spartans to grab a commanding 25-6 advantage.

Selkirk's top scorer and player of the

game was Julia Ignagni with 18 points.

The Royals' first KPAC Tier 1 home game of the season was against the Kildonan East Reivers last night at the Comp (no score was available at press time).

Selkirk, 2-0 in league play heading into that game, will then host River East next Monday. Tip-off is 6 p.m.

Bedard signs with Providence Pilots

Staff

Selkirk's Breanna Bedard is the Providence Pilots' first signing of 2018.

A naturally right-footed forward who isn't afraid to launch a heavy shot with her left foot, Bedard represented the Selkirk Royals at the high school level and has also played for the TRI-S club.

"I'm excited about starting a new chapter in my life," said Bedard on the

school's website. "I'm looking forward to being a part of the Providence community and pushing myself to be a better soccer player."

Away from the field, Bedard enjoys hiking and photography and has previously volunteered with CanU—the University of Manitoba's mentorship program.

She'll begin classes at Providence in September and is looking forward

to studying science at the Otterburne campus.

Her brother, Evan, is the goalkeeper for the school's men's soccer team.

Bedard is head coach Tory Walker's third signing of the off-season.

"She brings a lot of toughness on the field and has the ability to use both feet, which is pretty rare," he noted. "She has a great shot and will be a great addition to our team in the fall."



RECORD PHOTO SUBMITTED

Selkirk's Breanna Bedard has signed with the Providence Pilots.

Classifieds *The Selkirk Record*

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

AUCTIONS

We sell farmland and other real estate at auction. Call 204-325-4433. www.billklasse.com

METAL RECYCLING

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

RECYCLING

Buying scrap metal, cars, tractors, combines, farm scrap, any metal material, any farm machinery. Ph Lonnie at 204-886-3407 lve. message or cell at 204-861-2031.

APARTMENT FOR RENT

Century Selkirk, 165 Main Street. Currently we have a 1 bedroom & 2 bedroom suite for rent. Rent includes heat & water. Close to all amenities & bus route. Onsite laundry & parking available. Rents start at \$990. No pets & no smoking. Please contact Karen at 204-482-5019 for suite viewings.

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Beautiful spacious 2 bedroom apartments available immediately in Tollak Apartments rent starting at \$918 + \$39 for parking. All utilities included in the rent. Please call 204-485-0246 for rental information.

2 bedroom, 1200 sq. ft., central location. Newly decorated, washer, dryer, fridge, stove. Includes parking. No pets, no smoking. Immediate possession. \$1050 per month plus utilities. Call 204-785-0105 or 204-485-3375.

FARMLAND FOR SALE

Farmland for sale, Selkirk area, 77 acres. Legal Description NE42-0-14-4E. Call 204-485-7195 for more information.

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HELP WANTED

Are you physically or medically challenged & motivated to work? Call A.I.M. for Work at 204-482-2130 or 1-800-494-4179.

Part-time bookkeeping data entry. Knowledge small business reporting GST, PST, Payroll. Competent Sage 50, Excel, other accounting programs. Related accounting experience. Resume peg accounting@hotmail.com

No experience needed \$18/hr. Home care on weekends for casual work. Call Norm 204-785-9796.

Round-Tuit Cleaning Services Ltd. is looking for reliable and responsible adults for part time janitorial positions in various commercial buildings in the Selkirk area. Applicant must have driver's license and reliable vehicle and be physically fit. To apply please call 204-785-3257.

SHOP LOCAL

HELP WANTED

Gilbert Plains Co-op Ltd. is currently recruiting for a Petroleum/Service Station Manager located in Gilbert Plains, Manitoba. Key responsibilities: overseeing all aspects of the bulk petroleum division, Cardlock location and service station, duties will include but are not limited to pricing, sales and marketing, merchandising, customer service, staff recruitment and management, scheduling, yard maintenance, training/development, inventory control and direction of budget preparation and administration, fuel delivery may be required. This is a full time permanent position and overtime is required in peak seasons. Qualifications: strong leadership and interpersonal skills, knowledge of farming and petroleum experience is an asset, experience with managing staff, excellent customer service and communication skills, highly motivated, computer knowledge, possess a class 3 driver's license with air or willing to obtain, understanding of the cooperative system. Gilbert Plains Co-op Ltd. offers a competitive salary and an excellent benefit and pension package. If you would like to join our team please send your cover letter and resume no later than February 9, 2018 to: Gilbert Plains Co-op Ltd. Box 40 Gilbert Plains, MB R0L 0X0 or email to gpcop@mymts.net or fax to (204)548-2437.

HELP WANTED

HOTLINE cook req'd. Seeking part time breakfast, lunch & dinner cook. Must have some kitchen experience. Call CRAVINGS RESTAURANT 204-467-9078 or cravingrestaurant@hotmail.com

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Medical Transcription! In-demand career! Employers have work-at-home positions available. Get online training you need from an employer-trusted program. Visit: Career-Step.ca/MT or 1-855-768-3362 to start training for your work-at-home career today!

ADULT EDUCATION

Free GED Classes with the Selkirk Adult Learning Program. Have you wanted to get your Grade 12 Equivalency, and not taken the leap? Here is your chance! Every Tuesday evening starting February 13th, and running for 14 weeks, you can upgrade the skills you need to write the GED exams. Tuesday nights at "The Comp" (221 Mercy Street). Contact Marcey for more information or to register at 204-482-7525 or mcherniak@lssd.ca

Adults Only - Reading, Writing and Math upgrading classes. Free! Free! Free! Afternoons and evenings. Selkirk Adult Learning Program, call Marcey at 204-482-7525 or email mcherniak@lssd.ca

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R.M. OF ST. ANDREWS



PUBLIC NOTICE

JANUARY COUNCIL MEETING CHANGE

Public Notice is hereby given that the regularly scheduled Council meeting of January 23, 2018 is hereby cancelled.

Mayor & Council
R.M. of St. Andrews
www.rmofstandrews.com



ATTEND OUR FREE WORKSHOPS!

ALL WORKSHOPS ARE FREE from 9 am - 12 noon

LEADERSHIP TRAINING; EFFECTIVE COMMUNICATION IN THE WORKPLACE

Thursday, February 8 and 15

Gain effective communication tools to improve employee motivation, productivity and profitability.

BUILDING A STRONG TEAM

Thursday, March 15 and 22

Learn strategies that will inspire and empower your team, making a positive impact on the culture of your company.

PROFESSIONAL WRITING FOR THE WORKPLACE

Thursday, February 22, March 1 and 8

Learn to improve your writing skills and become more effective in all areas of the workplace

IMPROVE THE SKILLS YOU NEED FOR WORK

Do you need to...

- write more effectively?
- brush up on your math or computer skills?

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Mondays	Wednesdays	Fridays
9:00 am – 12:00 pm	5:00 pm – 8:00 pm	9:00 am – 12:00 pm

To register or learn more call Melodie
p. 204-894-4701

e. mmueller@wem.mb.ca

Visit our website for more details
www.wem.mb.ca/west-centre-selkirk/

Selkirk WEST Centre
511 Robinson Ave.
Selkirk MB



LANGUAGE CLASS

SELKIRK FRIENDSHIP CENTRE IS OFFERING FREE LANGUAGE TRAINING IN MICHIF.

The Aboriginal Language program has spaces available for the Michif Language workshop Friday, Jan 19, 2018. The workshop will start at 10:00 am in the small hall at 425 Eveline Street. Please call Marie at 204-481-4222.

There is no charge for the workshop.



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R.M. of St. Clements

Public Notice – Additions to the Voters List and/or Personal Security Protection Requests

In accordance with Section 36 of *The Municipal Councils and School Boards Election Act* (MCSBEA), the Rural Municipality of St. Clements Voters List is open for changes or revisions.

- Any person who is eligible to vote in municipal elections in the Local Authority of the Rural Municipality of St. Clements can have his or her name added to the Voters List, or have any information about the voter on the Voters List corrected.
- Any person can request to have his or her name and address obscured from the Voters List.

A person whose name has been obscured will receive a Personal Security Certificate and identification number. In a civic election, that person may only vote by Sealed Envelope Ballot and cannot vote in person at the regular or advance voting places.

To implement the above, a written request must be submitted to the Chief Administrative Office, in person, by e-mail, fax or mail to:

Rural Municipality of St. Clements
1043 Kittson Road
Box 2 Grp 35 RR 1 East Selkirk, Mb R0E 0M0
Phone: (204) 482-3300; (204) 474-2642 – Wpg. direct;
or 888-797-8725 – toll free
Fax: (204) 482-3098
E-mail: info@rmofstclements.com

The next General Election takes place in October, 2018.

DJ Sigmundson
Chief Administrative Officer

If you have any questions, please call the office at the numbers listed above.



Classifieds

The Selkirk Record

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PROGRAM FACILITATOR POSITION

Survivor's Hope Crisis Centre (www.survivors-hope.ca) is a registered charitable organization working in North Eastern Manitoba to address sexualized violence and relationship abuse. We offer multiple programs in the region: school based workshops, community and service provider workshops, and sexual assault crisis intervention services.

The **PROGRAM FACILITATOR POSITION** is an indefinite term position, up to 20 hours per week. The starting wage is dependent on experience (\$16.00 - \$18.00 per hour) with term starting in February 2018.

Duties and responsibilities may include:

- Working with a partner to deliver school programming to middle and secondary students in a dozen communities from Oakbank to Hollow Water
- Working independently to deliver girls' group programming weekly in Sagkeeng
- Other related responsibilities and projects as assigned

Qualifications and Experience:

- Relevant education/experience in the fields of Education or Social Services
- Demonstrated experience with youth programming and workshop delivery
- Ability to work on a team as well as independently
- Proficient with Word, Excel, PowerPoint, and Outlook
- Travel throughout the region required for program delivery – mileage negotiated
- Valid driver's license and reliable vehicle required
- **Clear child and adult abuse and criminal records check/vulnerable sector checks prior to start date**

Please contact the Executive Director at 1-204-753-5353 for additional information. Submit resumes via email to: director@survivors-hope.ca. Only those selected for an interview will be contacted. Closing date: **January 31 2018** or until filled.

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ANNOUNCEMENT

BIRTH ANNOUNCEMENT



Bethanie Ann Atkins

CJ Atkins and Brittney Kirschman welcome a beautiful baby daughter, Bethanie Ann Atkins. Born October 19th, 2017 at Selkirk Hospital. Weighing 7 lbs. 8 oz., 20 inches long. First time proud grandparents are Cliff and Brenda Kirschman and Vaughn and Sandra Atkins. Also, very proud great-grandmas are Diedre Smith, Marie Kirschman and Ruth Fincaryk.

take a break

> GAMES

SUDOKU

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

Level: Intermediate

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!

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!

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

Sudoku Answer

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

Crossword Answer

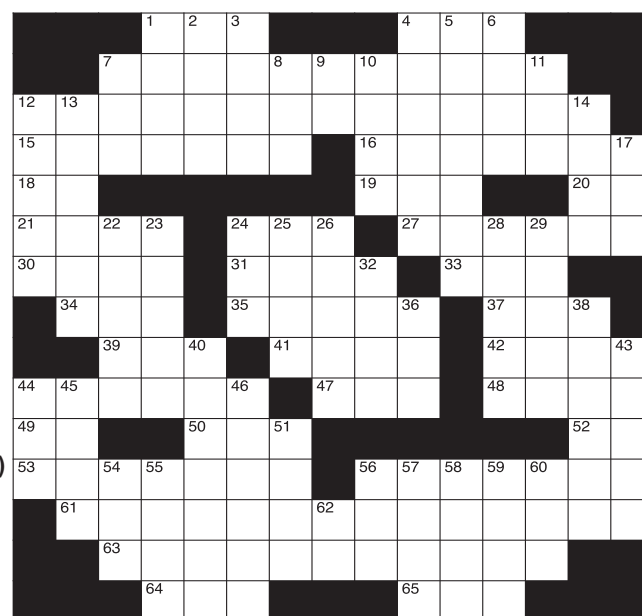
CROSSWORD

CLUES ACROSS

- Measurement (abbr.)
- Returned material authorization (abbr.)
- Sorting
- Attribute
- Poked holes in
- Angers
- Doc
- MLB journeyman pitcher Dillon
- Not don't
- Snubs someone
- Where kids bathe
- One might be in distress
- Chair
- Music industry honors (abbr.)
- Dash
- Owed
- Caucasian language
- One thousand (Span.)
- Musical style drum and bass
- Evergreen trees native to warm climates
- Begin __: start fresh
- Marshy outlets
- A chicken lays one
- Yemen's largest city
- Conversion rate
- Single Lens Reflex
- Atlanta rapper
- Reduce the importance of
- Faces of buildings
- Something achieved
- Distribute again
- Tooth caregiver
- 007's creator

CLUES DOWN

- Skater Lipinski
- Data
- Single step
- Destroyed financially
- Fail to interpret correctly
- Fava d'__: tree found in Brazil
- Vehicle
- Limited
- Old English
- Aussie golfer Norman
- Job
- Loose-fitting undergarments
- Protected by balancing
- Give up
- Fifth note of a major scale
- Extravagantly bright
- Takes dictation
- 19th letter of Greek alphabet
- Rounded knob (biology)
- French philosopher Pierre
- Mothers
- Dardic ethnic group
- Supports the rudder
- An ugly evil-looking old woman
- Of a fasting time
- Filled with passengers
- Below the ribs and above the hips
- Binary-coded decimal
- 51 is a famous one
- Goes into a funk
- Chief O'Hara actor
- Videocassette recorder
- Scored perfectly
- Type of tree
- __ Spumante (Italian wine)
- Popular commercial "pet"
- Supreme god of Ancient Egyptians
- Room in a home
- __ and behold



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ANNOUNCEMENT

CARD OF THANKS

We appreciate all those that attended the "We Three" Art Show for the month of December 2017 at the Gwen Fox Gallery. Special thanks to The Gallery, The Selkirk Record, Pat Johnson, and all the volunteers. Thank you to all who supported our artwork and your patronage.

-Again thank you,
Johanna, Linda and Greg

ANNOUNCEMENT

CARD OF THANKS

The family of the late Joe Marcus would like to thank all of our family, friends, and neighbors for the love and support upon the passing of our husband, dad, and gramps. We were overwhelmed to see so many people at his memorial service and thank everyone for coming to pay tribute. We'd like to especially thank Archdeacon Gordon Payne for presiding at the memorial service, Edna Johnson for the eulogy, Brackendale Catering for the lunch, and to Gilberts.

-Mae Marcus, Jo-Ann and Curtis Moffatt;
Dustin, Britt, and Kelsey, Bonnie and Darren
Ryback;
Cody, Michael and Betty Ann Marcus;
Jacqueline and Mitchell

ANNOUNCEMENT

BIRTHDAY



Stop the press!
We have to wish Susan Hyslop
Happy 60th Birthday
On January 18th
Happy Birthday Sue!

-From all your
BFF's and family

ANNOUNCEMENT

CARD OF THANKS

ANAF Unit #151 would like to extend a heartfelt thank you to the many donors and volunteers who donated materials, gave their time, skill set, and talents to assist in the bar renovation. A special thank you to Darrel Taylor of D. Taylor Construction for all of his behind the scenes work that led to the successful completion of the bar renovation. Thank you to the following businesses and volunteers for their generous contributions and support: Darrel Taylor, D. Taylor Construction, Take Us For Granite, Canadian Tire, Addie's World of Paint, Dave Purvis, Fletcher Purvis, Noble Plumbing, Carla Taylor, Home Hardware, J.J. Cabinets, Kitchen Kraft (Garry Nobel), Dynasty, Hart Flooring, Joey Fekete, Al Smith, Glen Joyce, Paul Starodub, Craig MacCollum, Brent Hewitt, Stuart Terry, Ethan Purvis, Connie Rapko, Tammy Ruehlen, Margaret Sanderson, Bucky Anderson, Cathy Vanderhart, Marlene Hall, Donny Little, Adelaine Law and Lisa Jablonski.



ANNOUNCEMENT

BIRTHDAY



Happy 90th Birthday Rose
on January 17th
Happy 70th Birthday Carol
on January 14th

If you see these two lovely ladies,
Wish them all the best.
Happy Birthday Mom and Sis!

-Love your family

OBITUARY

Helen Marie Fegol (nee Marchak)
February 16, 1945 – January 9, 2018



Helen passed away at Selkirk Health Centre after a fierce and courageous battle with Squamous cell skin cancer which became lung cancer then spread to the brain, as non-small cell Carcinoma. No treatment did anything to stop the progression, it continued. In the end, it wasn't the cancer that caused Helen's demise, it was delayed effective medical treatments which caused excruciating pain and other uncontrolled complications.

She leaves to mourn her passing her husband, Albert of 50 years and her precious cat, Frosty; brother Leslie (Lydia); sisters Jeanette (Richard), Irene, Sharon (David) and sister-in-law Edith.

Helen leaves behind 10 nephews and seven nieces, many cousins, friends and neighbors, their children and in some cases their children's children. She was pre-deceased by her parents,

Frances and Mike; brothers Andrew, Bert, Anthony; sisters Betty, Lorraine and Darlene.

Pallbearers are her nephews Darcy Marchak, Darren Marchak, Kent Marchak, Glen Marchak, Kevin Zazulinski, and Jason Benz.

Funeral services will be held at Glen Eden Memorial Gardens, 4477 Main Street, West St. Paul, Friday January 19th at 2 p.m., burial will be at the Garden of Prayer.

In lieu of flowers for those who wish please donate to the Palliative Care Dept. Selkirk General Hospital, Box 5000, 120 Easton Drive, Selkirk Mb. R1A 2M2.

OBITUARY

Edmund Henry Schmidt
August 31, 1912 - January 09, 2018



It is with heavy hearts we announce the peaceful passing of our beloved father, grandfather and great-grandfather, Edmund ("Pa") Schmidt at Tudor House Personal Care Home in Selkirk on Tuesday, January 09, 2018.

Left to cherish his memory are his daughter Ruth Long (Glen); grandchildren: Dwayne Long (Christine), Darren Long (Colleen) and Patricia Purse (Trevor); great-grandchildren: Colton, Carys, Ryley, Hillary, Ronan and Ricky. Ed will also be missed by extended family members and numerous close friends.

Ed lived a very full life. He was blessed by his three loving wives, Pauline, Dulcie and Nora. For many years, Dad was the chief instructor for Winnipeg Transit. Dad lived in Victoria, BC for 21 years until he returned to Manitoba. He enjoyed his many pastimes which included his joy for fishing, boating, gardening and especially spending time at the cabin in Petersfield with his family and friends. While in MB, he joined the Gordon Howard Senior Centre in Selkirk and enjoyed many activities. He also maintained a perfect driving record until he surrendered his driver's license at the age of 100 years.

The family would like to thank the wonderful staff at Tudor House for their compassionate care towards our Pa.

As per Ed's wishes, cremation has taken place. A private family interment will be held at a later date. "Until we meet again. Enjoy your rum and coke in heaven. We love you"

OBITUARY

Edward Paul Tataryn
February 5, 1936 - January 15, 2018



Peacefully with family visiting regularly during his stay at the Selkirk General Hospital, Edward passed away a few weeks short of his 82nd birthday.

He was predeceased by his wife Lillian; his parents Joseph and Mary; his sister Nellie and his brothers Mike (Catherine), Walter (Louise), Joseph, Bernard, and Melvin. He leaves behind his sister-in-law Hazel (Bernard) and farming partner and nephew Richard Tataryn and numerous nieces and nephews, family and friends.

Edward was born in Selkirk and enjoyed life on the family homestead, which he and his older brother Joseph started farming together in the mid-50's, creating a wonderful haven of adventures and part time work for their many nephews during the 60 and 70's. Eddie married late in life and they enjoyed trips to exotic locations

together till Lill's passing in 2007. Eddie enjoyed spending time with his coffee buddies at Tim's and McDonalds. Against all odds he survived what was thought to be a terminal diagnosis of cancer in 1996. He returned to enjoy life on the farm for another 20 plus years and made his final harvest in the fall of 2017.

Many heartfelt thanks to the kind and caring staff of the Selkirk General Hospital who went out of their way to make his last days comfortable and peaceful.

Funeral Mass will be held on Wednesday, January 24, 2018 at 10:30 a.m. in the Notre Dame Roman Catholic Church, 269 Jemima Street, Selkirk, MB at 10:30 a.m. with Father Stan Gacek officiating. Interment will follow at the Notre Dame Cemetery.

In lieu of flowers, donations can be made to the Manitoba Cancer Care Foundation.

Condolences may be left at www.gilbartfuneralhome.com

OBITUARY

Donald (Duke) Van Vliet

Peacefully, on Monday, January 8, 2018 at the Selkirk Regional Health Center, Duke Van Vliet, aged 82 years, of St. Andrew's, beloved husband of the late Patricia passed away.

He will be sadly missed by his children and grandchildren.

In keeping with his wishes, cremation has taken place and a private family graveside service will be held at a later date.

Condolences can be left at www.gilbartfuneralhome.com

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