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Mystery Hero saves season

RECORD PHOTO BY BRETT MITCHELL

The hockey community came together for 9-year-old Lincoln Still when his goalie pads were stolen over the holiday break. An anonymous donor footed the bill for the replacements. Pictured: Marni, Lincoln and Rick Still with Lincoln's new hockey equipment. See story on page 5.

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Winter Wonders at St. Andrews Heritage Centre

Prairie Wildlife program series continues into new year

By Katelyn Boulanger

The Prairie Wildlife Rehabilitation Centre has teamed up with St. Andrews Heritage Centre to bring a series of presentations to the community to help residents learn more about the animals around us. The next presentation in the series will be Winter Wonders and takes place on Jan. 25 from 1 to 3 p.m.

"You don't often get a chance to see these animals up close and they are all pretty amazing animals so it's a really great opportunity," said Beth Hutchinson the Recreation Coordinator for R.M. of St. Andrews.

Winter Wonders is the third presentation in the series following a Whoo's Who which is about owls and took place in September and Burrowing Under about animals who burrow and took place in November.

"[Winter Wonders] is about how animals survive the cold winter," Hutchinson said

Prairie Wildlife also brings some of the animals that they are helping to rehabilitate along to these presentations as animal ambassadors.

"[Discussed will be] the five main strategies that animals use to survive the winter months," explained Hutchinson.

Babies, Bunnies and Beak will be next and will focus on baby nesting and fledgling birds and infant animals such as rabbits and squirrels. It will also discuss the differences between pets at home and animals in nature.

"And then Prairie Raptors [is the next presentation]. You'll learn all there is to know about raptors specifically the raptors that call Manitoba



Arctic the arctic fox at the Prairie Wildlife Program Series at St. Andrews Heritage Centre.

home and that are helped by Prairie Wildlife. Not only are raptors very fascinating but they are important to our environment and the different ecosystems. The very last [presentation] that we're going to be doing is going to be called Prairie Art and that one is really cool because it gives everyone the chance to sketch the animals, photograph them, paint them. It's basically a chance to get up close and personal with two of the wildlife ambassadors," said Hutchinson.

The idea to ask Prairie Wildlife to give these presentations at the heritage centre came out of the Clan-deboye summer camp. Hutchinson, who is also involved with the camp, learned more about Prairie Wildlife when they gave one of their presentations to a group of campers. She began speaking with them and realized that they had many different presentations that they offer which could be turned into a series and presented at the heritage centre for more people to enjoy.

The presentations not only educate

residents on their local wildlife but give information about how to interact with that wildlife.

"Basically this teaches the [attendees] about the wildlife that they are surrounded by, and around their home in Manitoba. Then also if there is an endangered animal or an animal in need, like if there is a bird that flew into your window, they teach you how to deal with that. [They explain] if you should touch the animal and [let you know] if it's going to cause issues – if it's a baby will the mother come back for it," said Elexis Wadden, Intern at the St. Andrews Heritage Centre.

Every session also has a small craft which attendees can bring home with them.

"Anybody can come to this. We've had grandparents come and bring their grandkids. We've had couples come," said Hutchinson.

To register for the presentation visit standrewsrectory.ca. The cost of the presentation is five dollars for individuals or \$15 for a family of up to four.

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RECORD PHOTOS BY KATELYN BOULANGER
Students from Happy Thought School and East Selkirk Middle School came together on Jan. 9 for their annual tradition of singing at the Gaynor Family Library. The students sang Ukrainian Christmas carols and wore traditional Ukrainian dress.



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Anonymous donor saves 9-year-old's hockey season

Lincoln Still received gifted hockey pads after theft

By Katelyn Boulanger

Fishermen Minor Atom player Lincoln Still received the gift of new goalie pads from an anonymous donor after his were stolen from his parent's vehicle over the holiday season.

"We were all kind of sick and he had his last practice. My husband thought that I had brought his gear in and I thought he had brought his gear in. We didn't think about it because it was the first time since September that we had had no hockey for six days. Usually we're on the ice six to seven times a week between the two boys," said Marni Still, Lincoln's Mom.

The hockey pads and goalie bag were stolen along with his helmet which was customized with maple leaves and his last name on it, a hockey tape ball about the size of a basketball which he had been making since he was five, and a Dreamcatchers jersey passed down from his older brother.

"He was invited to go to a camp because they were short goalies, in the city, so before my husband left for work that day it was his first day back at work. So I said 'I'd better check the van to see if his stick or something is inside because I think his stick's inside so I'm going to go and make sure before you take the vehicle.' So went out there and there was nothing in there so I thought that I might as well pack his bag now so that I don't have to pack it later and I went to pack his bag and was like, 'Where is his bag?'" said Still.

The family then checked all of their vehicles and their house and realized that the goalie bag must have been taken from their van in the six days between when they discovered the theft and their last hockey practice.

"We were so far out of hockey mode not having hockey for a few days. It's not very often that that happens so we went tobogganing and watched movies and just stuck at home and didn't do a lot," explained Still.

There were no other signs that the vehicle was broken into and nothing else was taken but Still thinks that because their van is an older vehicle the lock may have gotten stuck in the cold weather.

"His pads are 26 inches. He had just actually gone up some of his stuff was bigger. In the fall he got a brand new glove and blocker, which was junior sized, which was a little bit big on him now," said Still.

He also got a new pair of pants and new bag with the intention that he would be able to use them for the next few years of play.

"I was upset and wasn't happy," said Lincoln.

Still then messaged Keystone Sports, which her family has been a patron of for many years and they quickly began making arrangements to have the gear replaced originally intending to have their insurance cover the loss.

"He was so upset I didn't want to leave it," said Still.

"We were shocked that something like that happened to her and her son, as far as having their equipment stolen because like she said it's just not suppose to happen like that," said Rob Martens, one of the owners of Keystone Sports.

Keystone's team put extra effort into making sure to replace Lincoln's equipment with the same equipment he had before so that the transition between his old and the new equipment would be as smooth as possible.

"His team and his goalie partner were doing really well and I didn't want to take that from him on top of having all his stuff go," explained Still.

Lincoln wanted to be a goalie after seeing his older brother take on the role with his hockey team.

"I thought that if I maybe posted it online that it would be more difficult for people to sell it. There were definitely some things that were custom to him," said Still.

She did not expect her Facebook post to go viral online nor did she expect the outpouring of support she received from the hockey community. The post quickly reached the national level, which is where the anonymous donor came in contacting Still and asking if he could pay for Lincoln's equipment.

"He explained I had someone who had done something for me when I was a goalie, when I was a kid and I always said that I wanted to pay it forward," said Still.

After some pushback from Still, she realized that he was serious and wouldn't take no for an answer. She then gave him Keystone's phone number so that he could contact them.

"I got a phone call from a gentleman asking about it and he was aware that we were the store that was looking after Marni from the equipment and we were shocked. What a great gesture



RECORD PHOTO BY BRETT MITCHELL

Lincoln Still playing hockey with his new equipment which was replaced by an anonymous donor after his equipment was stolen over the holidays.

and things like that just give you hope for humanity sometimes that there are people out there that do great things for kids," said Martens.

Martens said that they have had occasions where people have stepped in to help families when they have lost equipment in the past.

"There are a lot of good people out there that really care for the rest. Occasionally it does happen for sure and

when it does it's really nice it's humbling," said Martens.

Lincoln said that his team was very happy to learn that he would be back on the ice.

"It was just overwhelming in a time when it's been a rough couple of months. We've had a lot going on and a lot of stuff come up and I couldn't be more appreciative," said Still.

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The once in a lifetime catch

Hi friends.

Our ever enlarging fishing derby season in Manitoba is a visible example of the explosion of winter sport fishing on our gigantic lakes and rivers. There are dangers of course on the ice and on our summer waters, but each story of hazards overcome adds to our unique mid-Canadian fishing culture, like these following adventures.

If you've driven onto the Red River ice opposite the #204/509 turnoff lately, you'll agree the river bank road is long and steep. Last week I met three young guys there who told me of how they almost lost their brand new shack trying to get it on the ice. One of them had backed their truck-flatbed trailer rig with the shack on it down the road. The straps holding the shack slipped and its front slowly began to rise off the flatbed floor. Two of the men outside guiding the driver began screaming for the driver to do something. Looking back in his mirrors he shouted, "Cut the straps!"

Fortunately they had pocket knives and leapt forward sawing into them. The second the driver felt them pop loose he gunned the truck and flatbed forward. Looking backward he saw the shack slide from the flatbed toppling onto the road safe! Now sitting with the guys in their shack, the stove crackling with a warm fire, we all joked about how the handling of shacks and other shelters on the ice is part of Manitoba fishing.

How about a break from winter fishing stories and an unusual summer one from Shane Mann of Selkirk? I met Shane a while back and was so impressed by his gentle, insightful nature. He was a big man with a pleasant face framed in a short, light brown beard. He remembered a time when summer fishing up at Paint Lake with his cousin. They were trolling in his cousin's boat on a cloudy, warm day using lures with hooks fore and aft when he got a very forceful strike. Shane instinctively hauled up to set the hook as his fish burst from the chalky colored water.

The good sized walleye began tearing left to right between the shallows of cresting waves. Shane quickly sat down on the boat bench seat for stability and began hauling up, then reeling in as he lowered his rod. The smell of musty marsh weeds filled his nostrils as the fish tugged his line just under the surface. Suddenly the fish stopped. The line trembled. Shane perplexed, sat motionless. Suddenly the water erupted splashing violently from the tails of two fish, their heads close together. Shane froze dumbfounded for a moment as he watched the two fish rolling over each other on the water. It took a short time but soon he could see a second walleye had taken the hook on the tail of his lure. Shane felt that the hooks were well set so he took his time slowly bringing the fish to the boat. He let them struggle on the lure to play themselves out. When he saw they lay in the water on their sides he landed them. It

> Fish tales?

Call Arnie Weidl at 204-641-2210
sanarn@mymts.net**RECORD PHOTO BY ARNIE WEIDL**

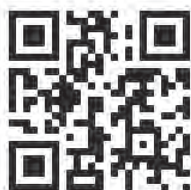
Left to right here is a pic of Simon Kosman, Ryan Jannsen and Cameron Chalowpka who almost lost their new ice shack unloading it for spotting on the Red by Selkirk

was a once in a life time catch!

Now, to another winter meeting on the ice with a summer story! Last weekend I found myself very far out on the south basin of Lake Winnipeg. Idling along in old red, I passed many shacks and in time happened upon a large, dark colored portable. I pulled up to it and lowering my window called out, "Is anybody home?" "Yeah come on in," was the response. I left the truck, unzipped the door and went inside. I presented my card to a grey haired, energetic chap lounging in a chair, his rod line in an ice hole.

I'm Arnie Weidl, I said. "I'm Gabe Poczik and the lady in the corner is my friend, Jennifer Berezuk, he said. "Well, Gabe have you got a story for your fellow anglers?" I asked. "I've got a summer story," he said. "That's ok," I returned. "I went out to Nopiming on Shoe Lake with my buddy Jim," he began, "and man, anything that could go wrong, went wrong. We got out there and launched his boat but the motor had been sitting for a while and we wound up fighting with that thing for over an hour before we finally got it going. By then Jim was anxious to get fishing so he gunned the motor but the bass seat I was sitting on wasn't secured and it popped out of its base sending the left side of my body for a bath overboard. After I got back in the boat we started fishing but didn't catch a thing all day. When evening came we pulled up to the dock and while I manned the boat Jim went to get his truck and trailer. He soon came back head down and embarrassed. He had left the truck lights on and the battery was dead! Using the boat battery we got back to my place and as I left his truck I told him the next time we would use my rig and boat!"

So-long for now friends.

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Stonewall teen living with Cystic Fibrosis; looking for support

By Evan Matthews

Roughly 4,200 Canadians are living with Cystic Fibrosis, meaning less than one per cent of the population knows what it's like.

Seventeen-year-old Brendan Roberts, a Stonewall resident, is a person who does know what it's like.

"I stay optimistic, because life is short. I feel I need to live my life to the fullest and do as much... as I can before I die," said Roberts, who was diagnosed three years ago, at 14, though CF is a disease that is lifelong. Roberts always had CF, he just didn't know.

"Most people have heard of it, but don't know what it is. It's not visible from the outside and so most people don't even know it's there.

"It's an invisible illness and although we look fine on the outside, we are dying on the inside," he said.

Cystic Fibrosis (CF), is a rare disease affecting over 4,200 Canadians or roughly 1 in 3,600 live births, according to CF Canada.

CF is a progressive, degenerative multi-system disease affecting mainly the lungs and digestive system. The lungs are where the effects are most devastating, as a build-up of thick mucous causes severe respiratory problems, according to CF Canada, as mucous and protein also build up in the digestive tract, making it difficult to digest and absorb nutrients from food.

Individuals with CF may reach the point where they require a lung transplant with most fatalities of people with CF being attributed to lung disease. Currently, there is no cure, but an optimistic Brendan said his life has not been altered too much as a result of living with the disease.

"I still live the same life, but I'm a little more cautious with the stuff I do and the places I go," said Roberts, who stressed he's still a normal teenager, doing normal teenager things.

"I have to do daily treatments and take medications and I have to spend time in the hospital when I get sick," he said.

One of Roberts' daily treatments comes with the help of a Positive Expiratory Pressure (PEP) device.

By breathing out with a moderate force through a resistance, a positive pressure is generated in the airways, helping to keep them open and move mucous.

Roberts can't digest fats or proteins so he takes pancreatic enzymes with every meal and snack.

"If we don't use the PEP device and/or his enzymes, it leaves a platform for bacteria to grow, which leads to an exacerbation which puts him in the hospital and on antibiotics for a few weeks. It's hard when it's cold and the air is dry, because bacteria moves really easily.

"He says the disease hasn't changed his life at all, which in a sense is true, because he's always had it. But there are definitely challenges he faces others don't.

"But he's still in school, he still has a job, he still hangs out with his friends. He's a regular kid," she said.

Ways to support

In Canada, the national drug approval system—the Canadian Agency for Drugs and Technologies in Health (CADTH)—takes evidentiary

information to determine whether or not Canadian Provinces should approve and invest in specific drugs and/or technology.

But unfortunately, Angela said because many rare diseases are among small populations, the drugs associated with treating rare diseases—such as CF—don't meet CADTH requirements for approval.

"CF is not the only one, there are so many other diseases out there," said Angela. "Companies create drugs and put them on the market, but generally... these drugs are coming to market and are getting approved by Health Canada, so we can in fact buy them in Canada.

"But when they go to CADTH for (Provincial) review and are denied, the Province doesn't support so it doesn't make the (Drug Benefits and Interchangeability) Formulary.

"People can't afford to get them at that point, as many of these types of drugs can cost upward of \$250,000 per year," she said, adding Manitoba is the only Province in Canada that does not have a CF support program, meaning if a person's employer or health coverage plan does not provide insurance, many every day CF drugs will not be covered and can cost thousands of dollars per year.

"That's without discussing (insurance) spending caps," she said.

In October 2019, an American manufacturer released a new, highly effective CF disease modulator drug, Angela said. However, the drug likely won't make it to Canada, as the struggle to get a specialized, rare disease drug through the country's national drug approval system isn't worth their time and money, according to Angela.

Canada does not currently have a system for evaluating these "situational drugs," according to Angela, so she said she is fighting for a strategy that is specific to rare disease, and specialized drugs.

"That's what we're fighting for... A rare disease drug strategy that will make it easier for these companies to bring their rare disease drugs into Canada," said Angela.

"We want to have them approved appropriately, situationally, as opposed to having them sent to a common drug review that only meets the needs of the 40-million-person population," she said.

The Federal Government of Canada has indicated it will be investing up to \$1-billion over two years, but may not be until 2022, and Angela said people are dying now.

Angela is in the process of lobbying politicians, MLAs, MP's and Cabinet Ministers, she said, in order to have the current strategies reviewed. She has yet to hear back from anyone.

"We want them to advocate on our behalf as well," said Angela. "They're in government. Government will listen to them, whereas they may not listen to us."

There is a petition for signature for the government to set up a Rare Disease Drug strategy for these drugs in Canada at: <https://bit.ly/3a9fj94>.

Fundraising social in Winnipeg

On a local level, Angela said people can support by attending a social event in Winnipeg,



RECORD PHOTO SUBMITTED

Angela Roberts (left) sits with her son Brendan Roberts (right) who was diagnosed with Cystic Fibrosis at 14.

which is fundraising for Cystic Fibrosis Canada.

"Calling all superheroes, princesses and princes, join us for a fantastic afternoon of crafts and activities, dancing, treats, and posing with your favourite characters from movies and comic books," the advertisement reads. "All in support of Cystic Fibrosis research."

The event is on Saturday, Jan. 25, from 1 to 4 p.m. at Patricia's Ballroom and Banquet Hall, 20-20-25 Corydon Avenue. Tickets are \$25.

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KINDERGARTEN & GRADE ONE REGISTRATIONS for Fall 2020

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 at the following schools: Centennial, Daerwood, Happy Thought, Mapleton, St. Andrews, Ecole Bonaventure, and William S. Patterson.

Please note that Kindergarten classes are held full days, every day, during the school year at Ruth Hooker, Robert Smith, and Walter Whyte Schools.

1. English Program – Kindergarten & Grade 1

Kindergarten programs are available at all elementary schools in the Lord Selkirk School Division: Centennial, Daerwood, Happy Thought, Mapleton, Robert Smith, Ruth Hooker, St. Andrews, Walter Whyte, and William S. Patterson. 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 and our website, www.lssd.ca, School Registration).

2. Ukrainian Bilingual Program - Kindergarten & Grade 1

Happy Thought School located 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, 2020 are eligible to enroll in Kindergarten programs. **A Birth Certificate and proof of residency is required to register your child.** Contact your local school for registration forms.

Once the registration process is complete, you will be provided further information about your school's Welcome to Kindergarten event/orientation.

Keep safe on the ice this winter

By Katelyn Boulanger

The combination of high water levels and freezing temperatures that caused frazil ice to be formed in the fall continues to affect ice conditions. Selkirk Fire Chief Craig Fiebelkorn suggests that winter enthusiasts be very cautious if they choose to be on the river this winter.

"The way the ice froze this year with the water level being so high and then, of course, the water levels have dropped since the fall time when it froze. The ice is really broken up here around Selkirk. They call it frazil ice. It's really unlevel," said Fiebelkorn.

In a typical year, the ice in the region freezes more slowly with lower water levels, which eventually forms a thick level sheet across the water's surface.

"As far as I know the ice is still quite thick but it's the way that it frozen with the river levels dropping that you get those ice ridges and air pockets. There's voids underneath the ice so I would be really, really leery about taking a vehicle on the ice at this time," Fiebelkorn said.

He says that the ice needs to be approximately 12 inches thick to safely hold the weight of a vehicle but that the air pockets are the main concern

right now.

"It's definitely not good to drive on. This time of year you can generally see tons of snowmobile tracks out there on the river and there's none. You just can't drive on it," said Fiebelkorn.

He has noticed that there are many less fishing shacks this year and believes that common sense has prevailed when it comes to being safe on the river this winter.

"I drive by the river all the time and around here, generally, by the airport in Selkirk there's just dozen and dozens of [fishing] shacks there. This year I drove around and there's only one. Another hotspot is on the east side of the golf course, going into East Selkirk on the end of CIL road and there's about a dozen down there," Fiebelkorn said.

He suggests that fishers go to the lake to fish instead of the river to reduce their risk.

"The ice is thick in the south basin of the ice. There's lots of spots to fish [on the lake] on the river not so much," he said.

So far this year the fire department has not had to respond to any incidents on the river.

"I think people see and they realize.



RECORD PHOTOS BY BRETT MITCHELL

Frazil Ice by the Lockport Bridge.



There was an issue later on this fall, or earlier this winter, where there were some animals on the ice and people wanted to see them rescued. But they're animals they can take care of themselves. They got out there and they can get back," said Fiebelkorn.

He also suggest winter enthusiasts

find fun in activities that don't involve going on the river.

"There's snowmobiling, there's outdoor hockey rinks, there's lots to do if you put your mind to it. As for ice fishing, I don't want to say don't do it just be very, very careful," he said.



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www.andersonvision.ca

West St. Paul hosts Emergency Preparedness Meeting

Residents invited to sign up and help when community is in need

By Katelyn Boulanger

Residents braved a snowy night to attend an emergency preparedness meeting in West St. Paul on Jan. 8. Shelley Napier, the Executive Director of the Manitoba Association for Municipal Emergency Coordinators, and Jeff Erwin of the Office of the Fire Commissioner and a representative of Firesmart Canada gave presentations to council, residents, and the new Municipal Emergency Coordinator for West St. Paul Ken Azaransky.

"In Manitoba the only thing that's constant is the weather changes. I think that we can all agree on that and so even when we're in the midst of this right now the spring will come and the weather will change and we will have fires this summer in the province and there's a lot that we can do to protect ourselves," said Napier.

Erwin then took over for his portion of the presentation, which focused on how fires spread from being wildfires to being urban fires and how that transition can be prevented.

"We're going to talk about breaking the wildfire disaster cycle how to stop it so that we're not where Australia is today," said Erwin.

Erwin emphasized the need to make changes to the areas where forests meet urban areas to make it so that embers from wildfires don't have the ability to catch homes and businesses on fire. He indicated that approximately 90% of wildfires transfer to urban areas not because of the fire itself spreading to those areas but because of the spread of embers which then cause fires in flammable materials that we can manage.

"You hear a lot about climate change which is part of it. I think it's kind of an easy way out because if you say it's climate change then there's nothing you can do. For me it's more that we're a bit of our own worst enemies. We were really good at suppressing fires so our fuel loads all over have increased," said Erwin.

He also said that forest health issues, and increasing development in areas where forests meet urban areas are also reasons for more fires and more fires that threaten people's homes.

Erwin says that we can, however, prevent wildfires from transferring to urban areas by clearing up areas so that there are larger gaps between forested areas and our homes and businesses and clearing up the areas around our homes so that there aren't

things that could readily catch fire which embers might fly into. He specifically mentioned piles of old wood and things that might collect in eave troughs.

"Homeowners are not helpless against wildfires. We talked about things you can do and homeowners can do and so the solutions are not difficult you just have to start working with your neighbours and cleaning the back of your yards," said Erwin.

Erwin then recommended that neighbours get together to contact Firesmart to see how they can make their neighbourhoods more resistant to forest fires.

Napier's presentation focused on basic emergency management as it pertains to West St. Paul.

"In the 37 years that I've been doing this job I've seen communities do things really, really well and I've seen communities not do things really, really well and the communities that plan and train and have community volunteer programs and have residents that are involved, they do things well," said Napier.

In her presentation, Napier drew attention to the importance of having an ERIK or Emergency Response Information Kit, which contains information about medications and medical history and is placed on the fridge so that it is easily accessible. She also recommends everyone have a 72-hour kit so that they can shelter in place or have the supplies to easily evacuate should the need arise.

Napier emphasized that this was important by letting attendees know that three of the last five major floods in Canada took place in Manitoba.

To deal with these potential future disasters, communities are legislated under the emergency measures act to plan for disasters, train for disasters yearly, and be prepared to staff both an operations centre and reception centre.

The RM of West St. Paul, like other RMs in the region, is asking for and training volunteers to be able to help with these emergencies if they happen.

"I know this can be done and you're going to have fun doing it and you're going to learn a new skill set and you're going to become involved and you're going to have a very strong sense of your community. So I would ask that you sign up," said Napier.

To find more information about



RECORD PHOTOS BY KATELYN BOULANGER

An example of a 72 hour kit which was raffled off at the Emergency Preparedness Meeting Jan. 8.

emergency preparedness and to volunteer for the emergency program in West St. Paul visit the RM's website at weststpaul.com/v/emergency-pre

paredness and for more information about FireSmart visit firesmartcanada.ca.

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Help plan the next provincial budget

Manitoba's Finance Minister, the Honourable Scott Fielding, is hosting a series of meetings across the province to hear what Manitobans have to say about the next provincial budget.

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Request accommodations for accessibility by emailing budget2020@gov.mb.ca

Other ways to participate

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- taking the online survey and creating your own budget at EngageMB.ca
- emailing us your ideas and insights to budget2020@gov.mb.ca
- writing the Minister of Finance, Room 103-450 Broadway, Winnipeg, R3C 0V8

Manitoba 

Give a goat a Christmas tree and help curb greenhouse gas emissions

By Patricia Barrett

A Gimli-area man with a herd of goats is calling on people to donate their Christmas trees (real ones) to his goats rather than throwing them in the trash or taking them to a landfill where they'll decompose and release methane.

Jordan Dankochik, who commercially farms about 150 goats, is embarking on his second year of offering the community a more planet-friendly solution to getting rid of their Christmas trees.

"The trees are really good for the goats' digestive system. It's a natural parasite control and a supplement to their diet," said Dankochik. "They have very strong enzymes in their stomach that break everything down. That's what differentiates them from sheep and cattle – they have a strong digestive system."

Goats love the green needles on trees such as pine and fir. They'll peel off the bark and eat it and whittle down the trees to about three eighths of an inch, he said.

He hasn't tried to calculate the amount of greenhouse gases he could avert by feeding Christmas trees to his cloven-hoofed garburators, but he

recognizes the benefits of keeping trees out of landfills.

Goats are a "chemical-free" way of clearing brush and foreign weeds, eating virtually everything in their path, he said. And they can get quite "creative" when challenged with a tree that's partly out of reach, rearing up to grab branches.

Dankochik said he can accept "countless" numbers of trees. He'll put them beside his barn, which acts as a wind-break, and the goats can nibble on the trees throughout the winter.

"In the spring there's usually not much left. They chew them down pretty good," said Dankochik. "Anything that's left over, I'll just chop up."

In addition to giving his goats a treat, Dankochik said he wants to promote farming. Visitors to his farm will be given an opportunity to learn about how the farm is managed and how the food is raised.

"People can bring their Christmas trees and their kids and see some of our farm. I love the idea of having an open farm," said Dankochik. "There are very few people who aren't impressed when they come here. Everyone gets a pretty good kick out of the goats. They are the most social animal. They'll come up to you and eat out of your hand."

During kidding season, he said the farm usually sees up to 250 kids (baby goats) born within 30 days, and he and his children will have to bottle-feed about 20-30 goats at a time.

Last year he and his children brought six kids to Sigurbjorg Stefansson Early School where the Grade 1 class got to bottle-feed them and learn about farming.

"You don't have that threat from goats like you do from cattle and bigger animals," said Dankochik. "As long as you give [does] space, you don't have to worry about them breaking through the fence if you get too close to a baby. With a cow there's more of a danger factor there."

People who wish to donate their Christmas tree should remove tinsel and other non-edible items, and check that it hasn't been sprayed with a colorant or fire-retardant



RECORD PHOTO BY JORDAN DANKOCHIK
Jordan Dankochik's children feed the family's goat herd a Christmas tree snack.

spray.

Dankochik said he prefers that people call ahead before delivering their tree, but it won't be a big deal if he comes home and finds dozens of trees blocking his driveway or lying in the ditch.

"If I come home and find a whole bunch of children leaning over the fence feeding the goats Christmas trees, then the chores are done and it's not that bad!" he said.

To donate a tree to Jordan Dankochik goats, call him at (204) 651-0008.

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What to expect during a bathroom remodel

There are many reasons to renovate a home. Some homeowners purchase fixer-uppers and commit to making major renovations before they even move in, while others may renovate their homes with an eye on resale value. But many homeowners also take on renovation projects to make the homes more livable for themselves.

Bathroom renovations are popular projects. In fact, a 2018 survey from the National Association of Home Builders found that bathroom remodels are the most popular remodeling projects. But just because bathroom remodeling projects are popular doesn't mean they're easy to endure. Knowing what to expect during a bathroom remodel can help homeowners get through the renovation process.

Cost

Bathroom remodeling projects can be expensive. According to Remodeling magazine's "Cost vs. Value 2019" report, a mid-range bathroom remodeling project cost an average of \$20,420 in 2019, while an upscale remodel cost just under \$64,000. Homeowners should develop budgets for their bathroom renovation projects to determine which type of project they can afford. In addition, setting aside a little extra money for overruns is a

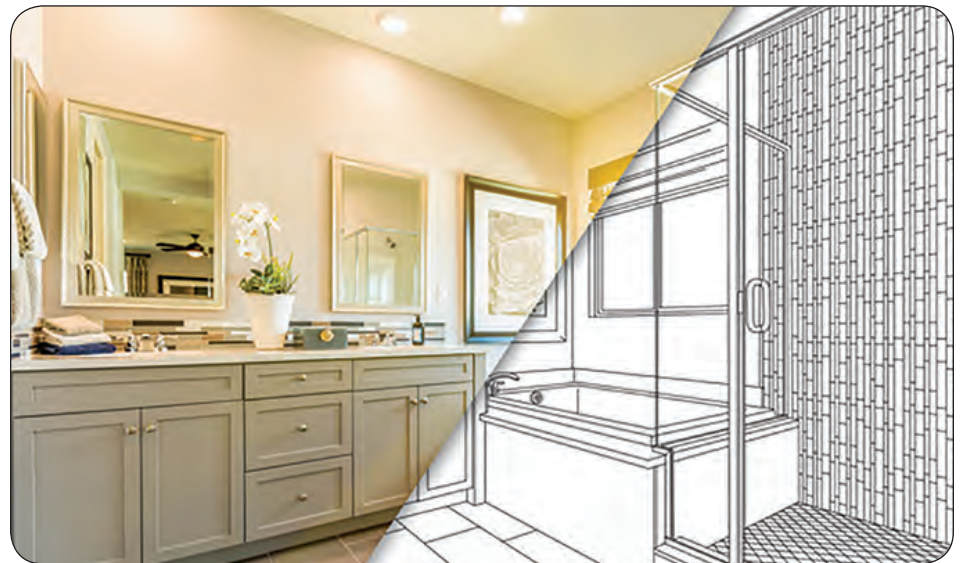
wise move that can help homeowners handle any unforeseen expenses that arise during the project.

Noise

Few home renovation projects can be undertaken quietly, and bathroom renovations tend to generate a lot of noise. The noise can be difficult to overcome for professionals who work from home full-time, and it also can be hard on parents of young children who still nap and don't yet go to school. Parents of young children may find it best to delay bathroom renovation projects until their children are school-aged and out of the house for most of the day on weekdays.

Mess

The debris generated by bathroom renovation projects is another thing homeowners must prepare for. In addition to preparing for the waste generated by the project, first-time renovators must realize that dust might be a big issue once the project begins. Dust can pose a threat to residents' overall health, particularly the health of youngsters whose bodies haven't yet fully developed. As a result, parents of young children may want to schedule renovations during family vacations so their children are exposed to as little dust as possible.



Changes

Few renovations go off without a hitch. Once a project begins, contractors often uncover issues that weren't noticeable to the naked eye. These issues may increase the cost of completing a project or force homeowners to change their plans to make the project stay as close to their budgets as possible. Recognizing that these decisions may have to be made on the fly can help homeowners

feel more prepared when unexpected issues arise.

Bathroom renovation projects are worthwhile investments. Knowing what to expect during a bathroom renovation project can help homeowners handle all the twists and turns that may arise.

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Tips for waterproofing a basement or crawl space

Water can be a homeowner's worst nightmare. Few things have the potential to damage a home as much as water. From leaks to flooding to moisture problems like mold, water can wreak havoc on a home.

Basements or crawl spaces are areas of a home where water can do the most damage. Basements and crawl spaces tend to be the lowest-lying spots in a home, and therefore prime spots for water to enter. Water problems in these areas can contribute to the demise of the structural integrity of the foundation.

According to Olshan, a foundation solutions company, water can enter homes in numerous ways. Many building materials, including concrete, that seem solid at first glance actually are quite porous. As ground water collects around these materi-

als, the weight of the accumulated water, called hydrostatic pressure, can weaken the materials, causing cracks where water can seep through. Water also can enter subterranean spaces through basement windows and gaps between footings and concrete slabs, or push up through foundation floors when homes are in areas with high water tables.

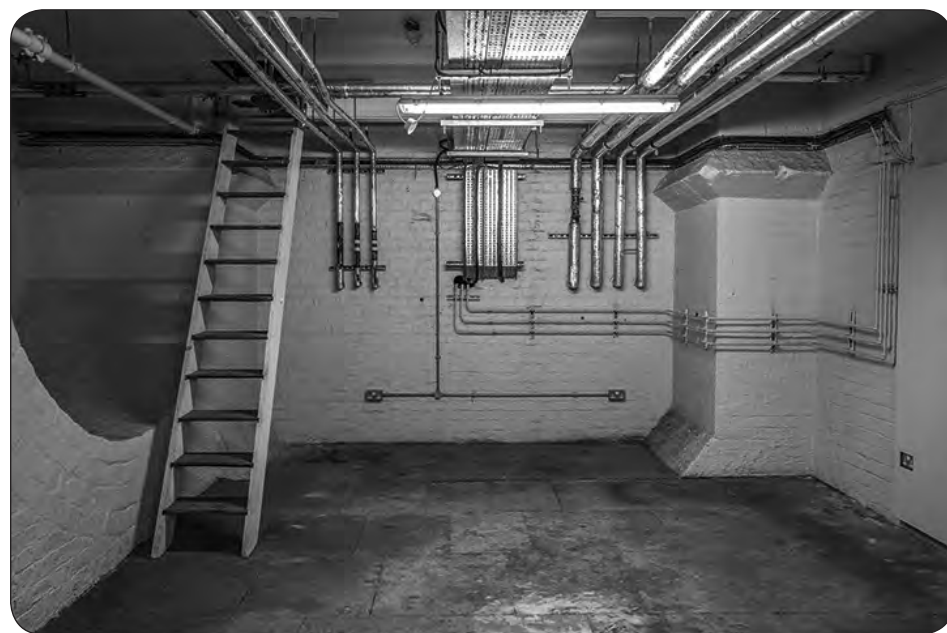
Remedying water issues in a home generally breaks down into two methodologies: exterior waterproofing and interior waterproofing. Depending on the cause and severity of the water issue, one or the other, or even both, may be recommended.

Exterior waterproofing

Exterior waterproofing aims to keep water away from and out of the home.

The home improvement information resource DoItYourself.com says that

exterior waterproofing generally includes the application of a waterproofing agent to the concrete foundation. In addition, exterior waterproofing also could include excavation so a drainage system can be installed around the entire footing of the home. Re-grading a property and properly



relocating gutters and downspouts can help with many water issues.

Interior waterproofing

When water in a basement or crawl space needs to be remediated indoors, a system to collect, drain and remove water may be necessary. This can include sump pumps, drains, gravity discharge systems, and more. Moisture barriers, which can include special paints or products applied to the foundation walls and floor, also can help keep water from entering the space.

Moisture solutions

Keeping water out is only one part of the equation. Homeowners also need to manage moisture, like excessive humidity. A marriage of HVAC and waterproofing techniques may be

necessary to improve air flow and remove humidity in the air.

While many homeowners have attempted to address water issues on their own, many times it is a job best left to the professionals. Because water penetration can have multifaceted causes, a professional can best assess the situation and create solutions that fit with homeowners' budgets and needs. The review and advice site Angie's List suggests finding at least three waterproofing companies that offer both interior and exterior waterproofing services that can provide the best ideas for fixing the issue. For more information contact Brown & Sons Construction at 204-785-9468 or 204-227-3796.



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What to know about DIY insulation

Perhaps due in part to the popularity of home improvement television shows, many homeowners now tackle an assortment of home projects without professional assistance. These weekend warriors embrace the do-it-yourself philosophy to home improvement, saving lots of money along the way.

As rewarding as successful DIY projects can be, it's important that homeowners avoid getting in over their heads. Some projects, such as those that involve plumbing or roofing, tend to be best left to the professionals. But many other projects, including insulation installation, are very DIY-friendly.

Can I install insulation myself?

The Insulation Institute notes that DIY insulation installation is definitely doable, though typically only when homeowners are installing certain types of insulation. The Institute notes that installing fiberglass or mineral wool insulation can be simple. However, homeowners who prefer spray foam insulation should leave installation to the professionals.

What should I do before beginning the project?

The Insulation Institute advises homeowners who are going to install insulation to determine if vapor retarders, sometimes referred to as "vapor barriers," will need to be installed before they begin the project. Vapor diffusion retarders

can reduce the amount of moisture transferred by air currents, but they are not always necessary. Factors such as climate, cladding type (i.e., brick, stucco, wood, etc.) and the location of the wall being insulated will help homeowners determine if they need vapor diffusion retarders. Homes located in places with mixed climates often need vapor diffusion retarders. DIYers can visit www.insulationinstitute.org to learn more or consult with an insulation or watersealing professional to determine if they need vapor diffusion retarders.

Determining R-value is another important pre-project step. Different climates require different insulation R-values, which the U.S. Department of Energy notes is a measurement of an insulating material's resistance to conductive heat flow. The higher the R-value, the greater the insulation effectiveness. The amount of R-value your insulation needs will depend on the climate, the existing heating and cooling system in the house and which part of the house you will be insulating. More information about R-value is available at energy.gov/energysaver/weatherize/insulation.

DIYers also will need the appropriate tools and attire before beginning an insulation installation project. In addition to the insulation itself, the online resource The Home Improvement Web® recommends the following tools:

- Safety glasses
- Dust mask or respirator
- Stapler (electric, standard, or hammer type)
- 3/8" or 1/2" staples
- Protective clothing
- Work light
- Tape measure
- Extension cord
- Utility knife and extra blades
- Stepladder(s)
- Straightedge for cutting insulation

DIYers can access any number of insulation installation tutorials online to determine if they can install insulation without hiring professionals.



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> MEAL IDEAS



Recipe courtesy of Parker Wallace of Parker's Plate on behalf of the Georgia Peanut Commission

Prep time: 15 minutes

Servings: 2

Peanut Dressing:

1 cup creamy peanut butter
3/4 cup full-fat coconut milk, plus additional, if desired
lime juice

Bowl:

1 cup cooked farro or quinoa
1/2 cup chopped cabbage

RED RIVER CO-OP FOOD STORE

Peanut Power Bowl

1 cup shredded carrots
1 avocado, sliced
1 cup spiralized zucchini or butternut squash
1/2 cup pomegranate arils
1 cup mandarin pieces
1/2 cup roasted peanuts
chopped cilantro, for garnish
green onions, for garnish
To make Peanut Dressing: In bowl, whisk peanut butter, coconut milk and lime juice until smooth. Add coconut milk, if necessary, to achieve desired consistency. To make bowl: Layer farro or quinoa then top with cabbage, carrots, avocado, zucchini or squash, pomegranate arils, mandarin pieces, peanuts and Peanut Dressing. Garnish with cilantro and green onions.

Peanut Butter Breakfast Bread Pudding with Maple Peanut Sauce

Recipe courtesy of the Georgia Peanut Commission

Prep time: 20 minutes

Cook time: 35-40 minutes

Servings: 4

Butter

2/3 cup creamy peanut butter, divided
2 eggs

1/2 cup granulated sugar

2/3 cup milk

1 1/2 teaspoons pure vanilla extract

1/2 teaspoon salt

4 cups cubed brioche or challah bread, cut into 3/4-inch cubes

2/3 cup pure maple syrup

1/3 cup crushed peanuts

powdered sugar, for garnish

Heat oven to 350 F. Butter four 4-ounce

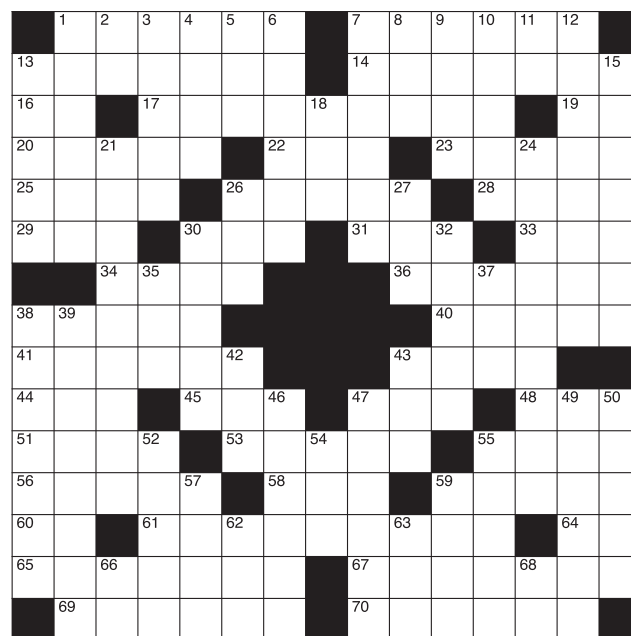
ramekins.

In bowl, mix 1/3 cup peanut butter, eggs, sugar, milk, vanilla and salt. Toss bread cubes in mixture until thoroughly coated. Divide evenly among prepared dishes. Bake until custard is set in middle and tops are golden, about 35-40 minutes. If tops of bread brown too quickly, cover ramekins loosely with aluminum foil. In small saucepan over low heat, combine remaining peanut butter and maple syrup until thoroughly warmed. To serve, drizzle ramekins with maple-peanut sauce and garnish with chopped peanuts and powdered sugar. Substitution: Whole wheat rolls may be used in place of brioche or challah bread.

CROSSWORD

CLUES ACROSS

1. Recurring TV show
7. Throws out
13. Iberian Peninsula microstate
14. Gossip
16. Atomic #20
17. Ivy League institution
19. Of I
20. "He Is ___!": Scripture excerpt
22. Musical genre
23. Heavy cavalry sword
25. Ancient Olympic Site
26. Satisfies
28. Popular flower
29. Shared services center
30. Drain
31. A way to attack
33. Urban Transit Authority
34. Spiritual leader
36. Postponed
38. N. American plant with edible purple-black berries
40. Gazes unpleasantly
41. Gets up
43. Capital of Ukraine
44. Returned material authorization (abbr.)
45. Golf score
47. Superhigh frequency
48. Swiss river
51. Felons
53. Succulent plants
55. Soluble ribonucleic acid
56. Deliberately setting fire to
58. Infamous singer Zadora
59. Anwar ___, Egyptian statesman
60. Influential sports mag
61. Aromatic Mediterranean plant
64. Sixth note of a major scale
65. Unit of explosive power
67. Large watertight chamber
69. Popular street
70. A way of watering



1. Mollusks
2. ___, denotes past
3. Anchor ropes
4. Large Middle Eastern country
5. To make a mistake
6. Ancient governor
7. Extents
8. Chinese surname
9. NYC subway "residents"
10. Essential oil used as perfume
11. A way to treat injuries (abbr.)
12. Session
13. Units of land areas
15. Goes over once more
18. Where wrestlers work
21. Italian islanders
24. Avenue
26. ___ Adams, U.S. President
27. Rest with legs bent
30. Type of flour
32. The Golden State (abbr.)

35. More (Spanish)
37. Stinging, winged insect
38. The use of irony to mock
39. Arsenal
42. Pouch
43. 22nd letter of the Greek alphabet
46. Violent seizure of property
47. Restrict
49. Something comparable to another
50. Punishment device made from stems
52. Soul and calypso songs
54. Formerly OSS
55. Athabaskan language
57. ___ bene: observe carefully
59. Six (Spanish)
62. Read-only memory
63. Chinese philosophical principle
66. American conglomerate
68. Tin

Please see classified section for Answers

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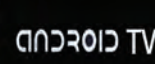
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- Jan 26th @ 1pm (3 spots left)
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Obedience Level 2

Ages- 1 year and up
5 week class. Building on Level 1 obedience. Dog must have a solid sit, down, sit stay and down stay and have no issues with other dogs.

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Gulp, Did we hear someone say... obedience classes?!!!

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sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Steelers enjoy great week, earn five of a possible six points

By Brian Bowman

The Selkirk Steelers were a busy bunch just before the Jan. 10 trade deadline, sending away three key players in separate deals.

So, what did the Steelers do a couple of days later?

They knocked off the talent-laden Portage Terriers.

Ryan Ostermann scored the game winner in overtime to lift Selkirk to a 4-3 victory in Manitoba Junior Hockey League action on Sunday at the Red Complex.

"The guys we have here have something to prove and there were a couple of guys that switched teams and we wanted to show them that we can play," said Steelers' head coach Nick Lubimiv. "We had a little chip on our shoulders and we were really proud of the effort that the guys put in."

Hudson Chamberlin and Tanner Pochipinski, with a pair, scored to give the Steelers a 3-0 lead but Portage came back with goals from Mack Belinski, Sam Huson, and Jacob Piller.

Austin DeBoer made 28 saves for the

victory.

Last Wednesday, the Steelers edged the Natives 4-3 in a shootout in Neepawa.

Keenan Allan scored the only goal in the shootout.

Selkirk's Caiden Gault sniped his 16th and 17 goals of the season while Ostermann also tallied. The Steelers' Ryan Piwniuk had a pair of assists.

Rhys Bremner, Graeme Patrick, and Will Highet replied for Neepawa.

DeBoer made 31 saves for the victory.

On Jan. 7, the Steelers lost 3-2 in a shootout to the Steinbach Pistons in Selkirk.

Codey Behun and Troy Beauchemin scored for Steinbach in the 12-round shootout while Carter Barley replied for Selkirk.

Tanner Mole and Bryce Young gave the Pistons a 2-0 first-period lead but Selkirk responded with a second-period goal from Gault.

Pochipinski then tied the score at 2-2 at 14:30 of the third.

Gault was later named to the MJHL-SJHL Showcase. He will be part of Team Garbett (18U). Barley, a St. Andrews' product now with the Portage Terriers after a recent trade, will be a member of Team Zajac (20U).

Selkirk played some real good hockey in all three games last week.

"We've been getting points and it's been a tough go in terms of the schedule," Lubimiv noted. "After Christmas we got Portage and Steinbach in two of our first three games but we got points in both games and you have to be happy. The playoffs are around the corner so guys are competing and battling and we're earning our points."

Selkirk, now 18-19-2-1 and in eighth place with 39 points, will hit the road for a pair of games this weekend. The



RECORD PHOTO BY BRETT MITCHELL

The Steelers' Hudson Chamberlin corrals a loose puck in front of Pistons' goaltender Matt Lenz during MJHL action last week at the Rec Complex. Steinbach won the game 3-2 in a shootout.

Steelers will be in Waywayseecappo on Friday and Neepawa Saturday.

Selkirk's next home game is Jan. 24

when it hosts the Winkler Flyers. Puck drop for all three games is 7:30 p.m.

East St. Paul to host Skate Canada Manitoba 2020 Interlake Regional Competition

Submitted

On Jan. 26, the East St Paul Skating Club will be welcoming skaters and their families to the Skate Canada Manitoba 2020 Interlake Regional competition.

Skaters from around the Interlake will show off their skills from Canskate up to Star 4 STARSkate level in individual and team events.

The Interlake region represents 11 skating clubs.

As a Skate Canada sanctioned event, officials will be evaluating the Star 1 to 4 level events while local

coaches will be running the Canskate events.

The Skating Club planning is well underway and volunteers and community support are needed to make this event a success. Everyone is invited to come out and watch and cheer on our grassroots skaters as they show off their skating skills.

The event takes place at the East St Paul Arena at 264 Hoddinott Road. Events are scheduled to run from 9 a.m. to 4 p.m. Follow us at www.espsc.ca, Facebook, or Instagram for more information.

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sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Royals drop B-side final at Piper Classic

By Brian Bowman

The Selkirk Royals lost 4-1 to the Fort Frances Muskies in the Boston Pizza Bracket (B-side) final of the 10th-annual Piper Classic Tournament of Champions on Sunday.

Selkirk advanced to the final after shutting out the Sturgeon Heights Huskies 1-0 on Saturday.

The Royals finished with a 1-1 record in pool play. Selkirk was blanked 4-0 by the River East Kodiaks last Thursday and then the Royals blitzed Sioux North 12-0 on Friday.

The Royals will resume league play Thursday when the take on the Sturgeon Heights Huskies at the Keith Bodley Arena. Puck drop is 4 p.m.

Selkirk will then battle the Vincent Massey Trojans next Wednesday (4:15 p.m.) at Silverstone Arena. The next day, the Royals will host the Westwood Warriors at 4:15 p.m. at the Rec Complex.

Meanwhile, Selkirk was defeated

7-2 by the Vincent Massey Trojans last Friday in Winnipeg Women's High School Hockey League action.

Lesly Chaboyer and Jana King scored for Selkirk. Both goals were assisted by Trinity Grove while Morgan Baker and Bentley Donohoe also had an assist.

Taryn Cabak (two), Brynn McDonald, Sandrene Garofalo, Anna Brownridge, Bianca Bucci, and Anastasia Taworsky replied for Vincent Massey.

Baker made 49 saves in the losing cause.

The Royals are now 7-8-1 and have 15 points to sit tied for third place with the Beliveau Barracudas in the eight-team CTV Division I standings. Selkirk has played two fewer games than Beliveau, however.

The Royals will host the Shaftesbury Titans on Monday (4:15 p.m.) and then will battle the St. Mary's Academy Flames next Wednesday (4:55 p.m.) at the Bell MTS Iceplex.



RECORD PHOTO BY LANA MEIER

The Royals' Ashton Henry takes a shot on the River East goaltender at the 10th-annual Piper Classic Tournament.

Selkirk Royals busy on the basketball court

Staff

The Selkirk Royals' varsity boys' basketball team was defeated 93-76 by the Kildonan East Reivers in KPAC Tier 1 action on Monday evening.

Selkirk was fresh off a third-place finish at the JH Bruns Bronco Invitational tournament on Saturday.

The Royals defeated Gabrielle Roy 70-66 as Michael Winkler and Alex Hourie each scored 16 points. Andrew Wiebe and Derrell Squires had 10 points apiece.

The Royals then lost a heart-breaker, 88-87 to St. John's. Carlin Doak was red-hot with 26 points. Tyrel Cook had 17 and Hourie added 10.

In the third-place game, Selkirk downed Shaftesbury 77-60. Squires paced the Royals with 16 points. Selkirk's other top scorers were Doak (12), Cook (12), and Hourie (10).

Last Wednesday, Selkirk was beaten 102-48 by the West Kildonan Wolverines in KPAC action.

Ashton Henry led the Royals with 10 points and four rebounds while Hourie had nine points and four boards. Winkler added six points.

On Jan. 6, the Royals were defeated 98-49 by the Garden City Fighting Go-

phers.

Hourie had another strong game with 15 points and five rebounds while Winkler chipped in with 11 points.

Selkirk will take part in a Morden Thunder AAA tournament this Friday and Saturday.

The Royals will visit the Miles Macdonell Buckeyes in league play on Monday (8 p.m.) and then will host the Maples Collegiate Marauders next Wednesday (6 p.m.).

In varsity girls' KPAC action, Selkirk lost 53-45 to Miles Macdonell last Wednesday.

Abby Benson led Selkirk while 17 points while Annika Goodbrandson had 11 points

and Emma Benson added nine.

The Buckeyes were No. 8 while the Royals were No. 10 in the MHSAA AAAA varsity girls' basketball rankings that were released on Jan. 7.

On Jan. 6, the Royals defeated the Garden City Fighting Gophers 68-53.

Abby Benson had a tremendous game with 28 points. Emma Benson chipped in with 15 and Goodbrandson had nine.

Sarah Boitson was dominant on the

boards with 15 rebounds.

The Royals will visit the Kildonan East Reivers Wednesday (6 p.m.) in league play and then will participate in a Maples tournament this Friday and Saturday.

Selkirk's junior varsity basketball team, meanwhile, played at a Maples tournament last weekend.

The Royals defeated the Springfield Sabres 51-43 in the fifth-place game on Saturday.

Selkirk started tournament action with a 66-47 loss to the Kelvin Clippers and then the Royals were defeated 56-33 by the Kildonan East Reivers.

In league play last week, Selkirk lost 91-14 to Garden City and 33-30 to the Murdoch MacKay Clansmen.

The Royals played Kildonan East on Tuesday but no score was available at press time. Selkirk will visit the Springfield Sabres on Thursday. Tip-off is 7:30 p.m.

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'Rings of Steel' tournament a great success

By Brian Bowman

Local volunteers did a great job hosting Selkirk's "Rings of Steel" Ringette tournament.

And the Selkirk Stingers did a great job on the ice.

Selkirk skated to silver medals in both the U10 A3 and U12 A3 divisions.

"We had a great time," said Selkirk Ringette Association president Randy Magnusson. "It was really good. Everyone had a really good time at the tournament."

Selkirk did really well to medal in two divisions.

"It was a really good result because the competition was really good," Magnusson said. "Portage (won) gold in the U10 A3 and the U12 A3. Portage is always a good competitor and they are also a great sponsor of our tournament. They're out here every year so it's nice to see them have some suc-

cess.

"We're good with the silver and it's nice to see them medal but as long as everyone had fun, that's the main thing."

This year's tournament attracted 13 teams in three loops which is lower than in previous years. Last year's tournament attracted 20 teams in five loops.

A main reason for that is the fact teams were registered in other tournaments. Another reason, said Magnusson, was because Selkirk had two U10 loops this season.

The Stingers' U10 A1 team was forced to play a division up at the tournament due to a lack of teams.

Off the ice, tournament organizers were very pleased with the auction prizes that were donated and the great work done by the volunteers.

"We had fantastic sponsorship from

all sorts of businesses throughout the community that donated to our auction tables," Magnusson noted. "We have to say, 'Thank you very much for that.' We had great support from our community and great support through the parents of our players and our coaches.

"Our parents volunteered a lot of their time to make our tournament a success. They worked the 50/50 and we also had a silent auction and we sold ringette clothing and keychains - things like that. And (success) doesn't happen unless people step up and volunteer to man those events

throughout the weekend."

Meanwhile, Selkirk's ringette registration numbers were good this year but it's always nice to see more and more girls enjoy the sport.

"We have been actually trying to expand in the Interlake," Magnusson said. "We've been trying to expand into Stonewall. We had volunteers come forward this year at the beginning of the year and they had six girls interested and wanted to know if they could get a team. By the time we did registration, we had three teams out of the Stonewall/Warren area (for players three to eight)."



RECORD PHOTOS SUBMITTED

The Selkirk Stingers U12A3 ringette team won the silver medal at the 'Rings of Steel' tournament last weekend in Selkirk.

Pictured back row, left to right, head coach Janique Robson, Danelle Robson, McKenna Bell, Olivia Lewis, Avalea Leiss, Alexis Daniels, Jasper Flynn-Miller, Laura Johnson, Elissa Marques, and Ellie Tolpa. Front row, left to right, assistant coach Shelly Marques, Samantha Tidsbury, Suzie Smerchanski, Alicia Portree, Faith Prokoppa, Jaylah Peterson, Justice Berens, Ella Allison, and assistant coach Celina Romaniw.



The Selkirk Stingers U10A3 ringette team won the silver at the 'Rings of Steel' tournament last weekend in Selkirk. Pictured, back row left to right: head coach Dawn Swirsky, Justus Flynn-Miller, Ray Monroe, Adriel Bruce, Emma Hazlitt, Ryan Hazlitt (assistant coach), and Juan Fernandez (assistant coach). Middle row, left to right: Chelsea McNiven, Delaney Bush, and Olivia Nicol. Front Row, left to right: Mallory Desmarais, Chloe Brown, Claire Cyrenne, Julieta Fernandez, and Eva-Marie Pammer.

Steelers were sellers at CJHL trade deadline

By Brian Bowman

As the Jan. 10 CJHL player trade deadline came and went, teams across Canada were either buyers or sellers.

Well, this year the Selkirk Steelers were definitely sellers.

Selkirk made several major trades involving key players to stock up on talent for the future.

"It wasn't really the plan but we had a rough month there and we're battling kind of near the bottom," said Steelers' head coach and manager of hockey operations Nick Lubimiv.

Selkirk started the trading barrage by sending its No. 1 goaltender Levi Mitchell to the Dauphin Kings in exchange for the MJHL List Rights

to forwards Drayden Kurbatoff and Marcus Sekundiak and future considerations.

Kurbatoff is considered a very good prospect while Sekundiak is currently playing in the Western Hockey League with the Brandon Wheat Kings.

"Levi is probably the best goalie in the league, in our opinion," Lubimiv said. "But I guess we're a little bit biased."

To replace Mitchell, the Steelers signed goaltender Rory Dumelie. Dumelie had a 3-3-2 record with a 3.27 goals-against average with the AJHL's Drayton Valley Thunder this season.

Selkirk then traded their captain and leading points producer Carter Barley

and the MJHL List Rights to goalie Owen Savoie to the Portage Terriers in exchange for the MJHL List Rights to defenceman Sam Stewart and future considerations.

"(Carter) and I both agreed it might be time for him to go to a contender and we found a trade partner in Portage," Lubimiv said. "He'll get an opportunity and he was a heck of a person and a local guy. We're really proud that he was a Steeler for three-and-a-half years."

Both Mitchell and Barley were in their final season of junior hockey.

The Steelers then traded 2001-born defenceman Colby Jaquet to Dauphin in exchange for the MJHL List Rights



Nolan Dawson

to defenceman Ben Bonni, forward Ethan Williment and Future Consid-

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Steelers to host Indigenous Weekend Classic

From the Selkirk Steelers

The Selkirk Steelers are excited to bring the Indigenous Weekend Classic to the Recreation Centre from Feb. 13-15.

The event weekend will begin Thursday with the 23rd-annual Hockey Night in Selkirk Dinner, featuring former NHL coach Ted Nolan as guest speaker.

Nolan will be accompanied by his son Brandon and speaking towards his life outside of hockey and past experiences.

The evening will be hosted by TSN 1290 Radio Winnipeg Jets' play-by-play voice Paul Edmonds.

Edmonds has had a 25-plus year career behind the microphone across Canada and is an established member of the Manitoba Baseball Hall of Fame (media).

The weekend's events will continue Friday and Saturday as the Steelers host the Winkler Flyers and Neepawa Natives. Both days will have social evenings planned with a variety of entertainment and activities to celebrate Indigenous heritage and culture.

Ted and Brandon, as well as other guests, will be present throughout the weekend. A full weekend program schedule will follow.

For information about various sponsorship opportunities throughout the weekend please contact the Steelers' office and Business Manager Hudson Friesen at either 204-482-7020 or hudson@selkirksteelers.com

To purchase tickets to the Hockey Night in Selkirk Dinner contact the Steelers' office or Bob Somerfeld at 204-785-1058 or bobsomerfeld@hotmail.com

Ice Dawgs put the freeze on Fishermen

By Brian Bowman

The Arborg Ice Dawgs are giving the Selkirk Fishermen some trouble in the new year.

For the second time in eight days in 2020, Arborg upset Selkirk after the Fishermen were dumped 7-5 by the Ice Dawgs on Saturday at the Rec Complex.

Jordan Donald had a great game for Selkirk in the losing cause with three goals and an assist.

Ben Kelly and Chad King scored the Fishermen's other goals. Cole Wasnie

mail.com

The Hockey Night in Selkirk Dinner Prices are individual (\$195), half table (four people \$750), and full table (eight \$1,400). *Price is beverage inclusive.

Ted Nolan's biography:

Ted was born into a large family on the Garden River First Nation in northern Ontario in 1958. The third youngest of 12 children, in a house lacking electricity and plumbing, Ted learned resilience from his parents Stan and Rose. From his mother, he received pride in his heritage and that helped him become the strong man that he is today.

He also learned to follow his dreams, no matter how big or small. Today, Ted believes that pride, strength, and a willingness to dream are the cornerstones of success.

Ted grew up playing minor hockey in Sault Ste. Marie, Ont. and left home at the age of 16 to go play junior hockey in Kenora. A year after leaving home to play in Kenora, Ted returned to play for his hometown Sault Ste. Marie Greyhounds of the Ontario Hockey League from 1976 to 1978.

Ted played the game with so much passion, skill, and a ton of grit. It was a combination of these attributes that helped him get drafted into the NHL in 1978 by the Detroit Red Wings. After a brief stint in the Red Wings' organization, which saw him raise the Calder Cup championship with their minor league affiliate, Ted was later traded to the Pittsburgh Penguins, appearing in 78 NHL games before having his career cut short by a back injury at the age of 26.

had two assists.

Shaydon Mousseau, Preston Seymour and Blaze Bezecki each scored twice for Arborg while Daron Monkman also tallied.

Selkirk remains in second place with 48 points, seven points back of the first-place St. Malo Warriors.

The Fishermen will play the Falcons in Lundar this Friday and then will visit the last-place North Winnipeg Satellites on Tuesday. Puck drop for both games is 8 p.m.

After being forced to retire in 1986, Ted knew that he wanted to stay involved in hockey. His first coaching job was in 1989 with the Sault Ste. Marie Greyhounds that helped launch his coaching career and taught him what it takes to build a champion.

After a couple tough seasons of not making the playoffs, Ted found his groove and took his Greyhounds to three straight Memorial Cup appearances, eventually winning the prized possession in 1993. A year after winning the Memorial Cup, Ted was hired as an assistant coach for the NHL's Hartford Whalers.

After one season with the Whalers, Ted would then go onto to coach the Buffalo Sabres (1995-1997 and 2013-2015) and the New York Islanders (2006-2008). During the Sabres' 1996-97 season, which saw them finish first in the Northeast Division, Ted was awarded the Jack Adams Award as NHL Coach of the Year.

Ted also has international coaching experience, leading the Latvian men's national team to the 2014 Sochi Olympics. The Latvians, led by Ted, almost shocked the hockey world and

> CJHL TRADE, FROM PG. 18

erations.

Selkirk gave up a lot of talent with Junior "A" experience in those deals.

"But we're not packing it in," Lubimiv insisted. "We got another good goalie from the Alberta Junior (Hockey) League and, at the same time, we needed to accumulate some assets... you need to manage the here and the tomorrow."

In another deal, Selkirk sent defenceman Colton Sun to the Swan Valley Stampede in exchange for futures. Selkirk also acquired forward Nolan Dawson, 20, from the Virden



Former NHL coach Ted Nolan

nearly broke the hearts of every fan in Canada when they took the Canadian team down to the final couple minutes of play in the quarter-final game. The Latvian's would finish eighth in men's hockey at the Olympic Games.

Ted always says, "hockey is what I do, it is not who I am." Ted is so grateful for the opportunities hockey has created in his life and, most importantly, the opportunity it has created to become a positive role model for First Nations people all across Canada.

Oil Capitals in exchange for future considerations. Dawson is a 6-foot-4 forward from Airdrie, Alta. with experience in the SJHL, AJHL, and the MJHL. He played well in his first game with Selkirk against Portage on Sunday while picking up an assist.

"He's a veteran Junior A guy and a big body," Lubimiv noted. "He wins faceoffs and is responsible, vocal, he's a leader and has been around the block. He can show some of the guys some things. Coaches trust him so he'll slip in and play some meaningful minutes."

Next Home Games

- **Sun. Jan 26 7:30pm**
vs Lundar Falcons
- **Fri. Feb 7 7:30pm**
vs Lundar Falcons

Next Away Games

- vs Lundar Falcons - Fri., Jan 17 - 7:30pm
- vs N. Wpg Satellites - Tues., Jan 21 - 8:00pm
- vs St. Malo Warriors - Fri., Jan 24 - 7:30pm

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> GAMES

SUDOKU

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

Level: Intermediate

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

Sudoku Answer

N	O	S	I	O	H			
N	O	S	I	O	H			
N	O	S	I	O	H			
N	O	S	I	O	H			
N	O	S	I	O	H			
N	O	S	I	O	H			
N	O	S	I	O	H			
N	O	S	I	O	H			

Crossword Answer

Announcements

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ANNOUNCEMENT

CARD OF THANKS

The Sahaidak family would like to thank deep down in our hearts to our sister-in-law Edith Sahaidak and niece Shelly Berard for taking care of our mom and being there for her all the time she needed help until the time of her passing. May God always bless you both.

-Love you a lot,
The Sahaidak family

ANNOUNCEMENT

ENGAGEMENT



Kent and Kelli Ojah-Hart of St. Andrews, MB are pleased to announce the engagement of their son, Joshua Michael McKenzie Hart to Morgan Bryn Mackay, daughter of Clayton and Catherine Mackay of Clandeboye, MB. A social will be held April 18th at the Selkirk Recreational Complex in honor of their up and coming wedding June 27th, 2020.

-Love, Mom and Dad

ANNOUNCEMENT

IN MEMORIAM

Paul Kalyniuk

As time goes by without you,
And the days turn into years;
They hold a thousand memories,
And a thousand silent tears.
To us you were so special,
What more is there to say;
Except to wish with all our hearts,
That you were here today.

-Love your family

ANNOUNCEMENT

IN MEMORIAM

Florence MacCollum

March 15, 1938 - January 18, 2019

It has been one year since you left us,
We miss you every day;
We see you in many things,
That pass by our way.

-Love you,
All of us

ANNOUNCEMENT

IN MEMORIAM



Joan Pearl McLeod

January 19, 1939 - January 12, 2017

Little did we know that morning,
God would call your name;
In life we loved you dearly,
In death we do the same.
It broke our hearts to lose you,
But you did not go alone;
For part of us went with you,
The day God called you home.
You left us peaceful memories,
Your love is still our guide;
And though we cannot see you,
You are always by our side.
Author Unknown

-Still missed and forever loved,
Your family

ANNOUNCEMENT

IN MEMORIAM

Philip Stolar

December 1, 1921 - January 6, 2014

To Dad,
How fortunate that you were our father. Your inspiration and guidance will always be with us. You taught us right from wrong and how to enjoy every day to its fullest. You worked so hard to clothe and feed us, asking for so very little in return. You always had that special answer or story that always touched our hearts. We truly miss you Dad. Thank you for all the wonderful memories. May God care for you as you did us.

-Lovingly,
Gord, Sally and family

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

OBITUARY



Doug Soper

July 11, 1929 - January 7, 2020

It is with heavy hearts, we announce Doug's peaceful passing at Selkirk Hospital with Doreen at his side.
Interment will take place in spring at Plumas M.B.

OBITUARY

Heather R. Hunter

1957 - 2020

Heather Hunter (nee Leaman) passed away on January 7, 2020 surrounded by family. She was a passionate and strong woman, always putting family first. She devoted her free time to caring for others, and had an incredible gift for entertaining, design, and decorating.

Heather was born on May 6th to William and Kathleen in Winnipeg. She is survived by her life-long love and husband for over 40 years, Larry; children Tiffany (Tom) Ford, Allan (Andreanna) Hunter, and grandchildren Alexander, Eva, and Cora.

Heather spent many years working in human resources, and retired as Director of HR for Nygård International. She fulfilled her dream of operating a bed and breakfast on the riverfront, making all guests feel like family. Heather was involved with many associations, including Bed & Breakfast Manitoba, Interlake Tourism Association, and Ladies' Auxiliary of the Winnipeg Barbershop Chapter. Heather was instrumental in developing the Homes for the Holidays Heritage Tours to benefit local charities.

The family expresses gratitude to the staff of Cancer Care at Selkirk Regional Health Centre.

In lieu of flowers, donations may be made to the Humane Society.

A celebration of life will be held for family and friends at a later date.

Arrangements Entrusted to

*Interlake Cremation
& Memorial Services*
204.482.1040

OBITUARY

Gladys Blachar (nee Price)

Peacefully, on January 10, 2020, Gladys Blachar at the age of 84, passed away. Gladys has left this earth to join her husband Harry Blachar (deceased October 4, 2008) on the banks of Jordan, where he has been waiting. Gladys will be missed by many, including her children, grandchildren, and great-grandson.

Many thanks to the incredible kind and amazing staff of Red River Care Home-Extendicare, who helped her through the last few years.

In lieu of flowers, we ask that you donate to The Alzheimer Society of Manitoba 10-120 Donald Street, Winnipeg, Manitoba, R3C 4G2. Or online through their website.

In keeping with her wishes, cremation has taken place and a private graveside ceremony will take place at a later date.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY

Lillian Frances Marsden

Peacefully, on Monday, January 13, 2020 at the Health Sciences Centre, Lillian Marsden, aged 87 years of Selkirk, MB., beloved wife of the late Ernie passed away.

In keeping with her wishes, cremation has taken place and a celebration of her life will be held on Monday, January 20 at 11:00 a.m. in the Gilbart Funeral Chapel in Selkirk, MB.

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

Full obituary to follow in next weeks paper.



Gilbart Funeral Home,
Selkirk in care of arrangements.



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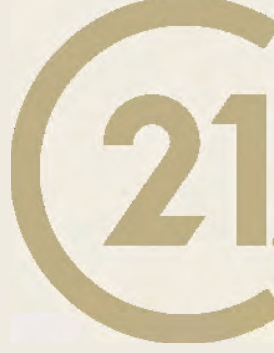
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