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Free fishing weekend fun

RECORD PHOTO BY DAVE BAXTER

Blowing wind and snow didn't stop dozens of anglers from heading out onto the Red River in Selkirk on Sunday. The Chelsey's Resort fifth annual Fishing Derby brought community members both young and old out onto the ice for a day of ice fishing at Selkirk Park. Pictured from left to right, Ryan Montgomery, Camden Chinery, Lila Parisien, Alia Campbell and Tyler Campbell. Anglers were able to fish province-wide without a fishing license last Saturday through to Monday.

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

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Local business helps rescue stranded ice fishers

RCMP says it's crucial to check weather reports before heading out

By Dave Baxter

Robert Stutsky planned to spend Super Bowl Sunday relaxing and watching the big game, but a call from the RCMP quickly changed all that.

"I was getting ready to watch the game, but the phone rang and I figured helping people was more important than a football game," Stutsky said.

Stutsky owns St. Andrews Towing, which has a headquarters in Selkirk and another near the St. Andrews Airport, and because of his customized truck he was called on Feb. 7 to help rescue stranded ice fishers who got stuck in blizzard conditions.

He recently bought mattracks, which are tank-like treads that can be put on his diesel truck, and they allow the truck to travel through thick and deep snow and ice.

When four ice fishers got stranded on Lake Winnipeg near Beaconia about five kilometres from shore, the RCMP, who knew he had the vehicle, called him and asked if he would help get them back to safety.

Stutsky rounded up some of his co-workers and headed out.

But his trip to save the anglers was not without danger, as whiteout conditions meant he could not see fur-



RECORD PHOTO BY DAVE BAXTER

St. Andrews Towing owner Robert Stutsky is seen next to his truck with mattracks that he used to rescue stranded ice fishers on Feb. 7 and 8.

ther than the hood of the truck, and he used GPS to guide the truck to the fishers.

"We could see the front of the hood and the snow was just blasting over the hood, so you are completely trusting the GPS, but it's scary because you are worried about ice ridges, or if you are going to hit a person or another ice shack, because you can't see nothing."

A cellphone call the four stranded fishers made to RCMP was the rea-

son Stutsky was able to track them through GPS.

"We talked to them the whole way, so they knew we were coming for them, and it was nice to see how happy they were to see us."

He thinks police and emergency services in Manitoba should consider getting mattracks on vehicles and said getting them on and off is as easy as changing a tire.

"If they were trying to get out there with snowmobiles it would be impos-

sible to use the GPS, because with a snowmobile you are outside, so you just can't see anything."

The same night around 10 p.m. Stutsky got a call about another group stuck on the ice near Chalet Beach.

They decided because the stranded fishers were in a warm truck it would be safer to find them in daylight, so they headed out the next morning and rescued them.

He said there could be fatalities when people get stuck out on the ice, so he hopes people check weather reports before heading out.

"It's a serious thing," Stutsky said. "That lake has killed more than one person, and someone could have froze to death for sure."

Selkirk RCMP Cst. Paul Human said the incident is a good opportunity to remind people to be careful when heading out on the ice.

"That's the big thing from all of this," Human said. "People need to prepare for the worst."

"Always check the weather reports even if it looks nice when you leave, because a system can move in quickly."

Human is also reminding people to take a charged cellphone and phone charger, and enough supplies to stay overnight if necessary.

Nobody should ever wander off if they get stuck, Human added.

"Stay together," Human said. "Because if we find who we're looking for but one person has walked off, that just compounds the problem."

Human said it would be helpful for RCMP to have a mattrack vehicle, but said that it's not in their immediate plans, and that typically they can do rescues on frozen waterways with snowmobiles.

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Viterra Championships sweep through Selkirk



RECORD PHOTO DAVE BAXTER

Skip Mike McEwen and his teammates B.J. Neufeld, Matt Wozniak and Denni Neufeld celebrate with the championship trophy after winning the 2016 Viterra Championship in Selkirk last Sunday.

By Dave Baxter

The 2016 Viterra Championships saw some of Manitoba's best curlers throwing rocks in Selkirk last week, and it ended with a unique final where one team knew they were off to a Canadian championship before the match even started.

The Viterra Championships took over the Selkirk Recreation Complex Feb. 10 to 14, with 32 teams looking to take the crown and go on to represent Manitoba at the Tim Hortons Brier in Ottawa.

The tournament saw what could be considered an anticlimactic final, as Winnipeg skip Mike McEwen made it to the final, but already knew his team was off to the Brier in Ottawa before throwing the first rock in the final game.

That's because the other team that reached the final was Canadian junior champ Matt Dunstone, and his team already committed to attending the World Junior Championship in Denmark, which takes place at the same

time as the Brier.

Despite a relative lack of pressure, McEwen's team won the final 4-2, punching their ticket to Ottawa regardless.

Reid Carruthers of the West St. Paul Curling Club lost 8-4 to Dunstone in Sunday's semifinal, meaning he would not compete for a second straight provincial championship and a second straight trip to the Brier.

Continued on page 9

COMMUNITY CENTS

When is the right time to invest?

You've managed to put aside a little extra cash or you're expecting a nice tax refund and wondering what to do with the money. You're thinking about investing it – maybe in your Registered Retirement Savings Plan or by purchasing a few shares of this or that to add to your non-registered portfolio. But you're hesitating – markets are volatile right now. Is it better to wait? When is the best time to invest?

The answer is: Make your investment as soon as possible. Here's why:
 - Most seasoned investment professionals will tell you that it is almost impossible to time the market. They will also tell you that time in the market is much more valuable than attempting to time the market.

- Markets move up and down but the historic trend is up – so staying true to a long-term investment strategy delivers far higher returns than jumping in and out of the market.

- The best long-term strategy for most investors is to make your investments immediately even if the market is at its lowest point of the year – and, even better, try to invest regularly instead of holding off and making a lump sum investment once a year.

When you invest regularly, you accomplish three important investment goals:

- You take full advantage of 'dollar cost averaging' – meaning you make your investment purchases (either in non-registered stocks or by acquiring more units in your RRSP) whether the price is lower or higher and, over time, this results in a reduction in the average cost of your investments while improving the potential for longer-term returns.

- You maximize the benefits of your RRSP. Your money grows tax-deferred inside your RRSP so regular contributions and the 'magic of compounding' can add thousands to your retirement nest-egg. For example, if you contribute \$200 dollars a month to your RRSP (at an average compounding annual return of 8%) after 25 years you will have \$190,205. But if you make a single lump sum contribution each year, you will have only \$175,454 in 25 years.

- It's much easier to come up with \$100-200 each month (say through a Pre- Authorized Contribution – PAC – plan) than finding a lump sum to invest once a year.

A regular and balanced investment strategy will ensure you achieve your financial goals. Your professional advisor can help you set up an investment plan that fits your budget and dreams. Dan Bush is a certified, professional Investors Group Consultant.

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Big DOLLAR

Brokenhead Ojibway Nation

Clinic, grocery store ready to serve community

By Laura Tutlies

The Brokenhead Grocery Pharmacy and Medical Clinic officially opened its doors last week in front of a large group of community members and local dignitaries.

The new facility, which provides food, medicine and health care to Brokenhead Ojibway Nation and surrounding areas, sits across from the South Beach Casino and Resort and adjacent to Wavers of Brokenhead convenience store along Hwy 59.

After years of planning, BON Chief Jim Bear said during last Tuesday's grand opening that he's very proud of the end result.

"This exemplifies the hard work and determination on behalf of my council and this band," Bear said. "Our dream has become a reality."

"We have always contributed to the economy of Manitoba. Council will continue to ensure that BON takes its rightful place where our people can live, work and play in a safe and respectful environment."

While addressing the crowd, Dr. Marsha Anderson, who is now a permanent entity five days a week at the new health care clinic greeted community members first in Oji-Cree, then in English.

She spoke of her joy at "seeing what a self-activating community can do."

"Not only will we provide medical care, this health center provides an opportunity to contribute to health and wellness education from a First Nation perspective."

Store manager Kyle Tanner credits the staff with the finished project saying, "It was a team effort."

Tanner comes from a background in retail and is pleased to be now working in the community where he grew up.

Frank Suraci, CEO of the BON Business Development Corp., the developer behind the new facility, said he's excited for what the new clinic and store will be able to provide for the community.

"Everyone including management,



RECORD PHOTOS BY LAURA TUTLIES

ABOVE: Brokenhead Ojibway Nation Chief Jim Bear, pictured second from left, is flanked by councillors and community members as they officially cut the ribbon and opened the Brokenhead Grocery Pharmacy and Medical Clinic located across from the South Beach Casino and Resort last Tuesday. RIGHT: Susan Fredborg and Jackie Pommer check out the fresh produce available in the new Brokenhead Grocery Pharmacy and Medical Clinic last Tuesday following the new facility's grand opening.



staff and youth from the community, have done a phenomenal job of preparing for today," Suraci said. "There is a bright future of this enterprise."

The minute the ribbon was cut by Elder Mariah Rourke last week, shoppers maneuvered their carts down the aisles.

Clarice Longbottom and Gert Klatt of Beaconia were looking for bargains and intended to fill their cart with essentials like tea, sugar, eggs and

bread.

Lily Thomas was pleased to find hearty looking potatoes, while Susan Fredborg and Jackie Pommer, both of whom work within the community, couldn't resist the fresh produce.

Unlike other parts of the country where a cauliflower can cost upwards of \$6, Fredborg found a healthy head for only \$3.49.

It is expected that the 5,000 square

foot store will not only serve the 700 residents of Scantebury, especially those without easy access to transportation, but also the thousands who travel through on their way to their homes, cottages and businesses in the East Beaches area north of town.

Bear added there are more projects in the works for the community that will be unveiled in the coming months.

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Dance ensemble adds class, style to bingo

Black tie event to raise funds for local Ukrainian dance troupe

By Dave Baxter

A local dance ensemble is hoping to put a new spin on an old event later this month.

The Troyanda Ukrainian Dance Ensemble is a Selkirk based semi-professional dance troupe has been performing across Canada and all over the world for the past 35 years.

Renée LeNeveu, who represents Troyanda and dances with the ensemble, said that for many years a regular bingo in Selkirk was their main fundraiser and it was a way to raise money, but also a way to stay connected with the community.

"We ended up having to stop that because attendance was down," LeNeveu said. "We perform all over the world, so it was a nice way to stay close and connected to Selkirk, which is our home base."

The ensemble is now bringing bingo

back but in a whole new way.

"This year we decided to try something different because we still have a lot of bingo equipment from the old days," LeNeveu said.

The Mad Men Black Tie Bingo Event will have a formal dress code and be themed after the hit television drama "Mad Men."

The event will start with a cocktail hour with hors d'oeuvres that will be followed by traditional bingo games and end with a dance party featuring DJ Turbulence and a perogy late lunch.

There will also be silent auction prizes and a grand prize draw.

"It's a way to bring back that bingo tradition," LeNeveu said.

The ongoing operation costs of the ensemble can get very expensive, LeNeveu said.

"We do fundraising and there are



SUBMITTED PHOTO

The Troyanda Ukrainian Dance Ensemble will hold a black tie fundraising bingo event in Winnipeg on Saturday, Feb. 27. The Selkirk based semi-professional group performs across Canada.

some arts and culture grants and community donors, but we are constantly searching for funds to pay for things like costumes and travel."

The ensemble decided to hold the event on the north side of Winnipeg to bring together people from the Tri-S area and Winnipeg.

The Mad Men Black Tie Bingo will

take place on Saturday, Feb. 27 at the Red River Community Centre at 293 Murray Ave. in Winnipeg starting at 7 p.m.

Tickets are \$60 and can be bought at the Ubuntu Cafe in the Gaynor Family Regional Library in Selkirk, or by emailing info@troyanda.com.

Selkirk Model Railroad Association

Club votes in favour of dismantling, plans to sell layouts

By Lindsey Enns

Despite their best efforts to add new members, the Selkirk Model Railroad

Association has officially reached the end of its track.

Peter Hall, one of the club's original

members and membership chairman said the association's board members have voted in favour of dismantling the club.

"It was voted on and everybody's basically in favour of it since we can't afford to stay there," Hall said, adding their membership fees alone can no longer afford their rent at 217 Clandeboye Ave., located at the east side door behind the *Selkirk Record* office.

Hall said they explored other rental options but nothing came to fruition.

"It's basically a done deal," Hall said, adding he's sad to see the club go. "I'm sure I'll stay in contact with some of the people from the club after this is all said and done ... but it's sad to see 21 years plus be demolished."

Hall said their membership drives over the past couple of months yielded no new members.

"A lot of people even though they

show an interest ... we never hear back from them," Hall said. "People just don't want to join a club for \$300 a year."

Hall previously told the *Selkirk Record* that over the years the club has gone from nearly 40 members down to 12 and they were having trouble coming up with the money to cover their rent through membership fees alone.

Since the club formed in 1994, Hall and other members have spent countless hours building and maintaining impressive railroad displays. Hall said every layout, which is impressively detailed, tells a different story.

Members have begun dismantling their layouts over the past couple of weeks and plan to sell them off during separate sales which will likely start in April. Hall said the sales will be held out of their current location at 217 Clandeboye Ave.

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Grande Ole Opry comes to Gordon Howard Centre



RECORD PHOTOS BY LINDSEY ENNS

Selkirk's Sandi Starodub, pictured above, performs as Loretta Lynn, and Doug Eames as Johnny Cash in front of a full house during the second annual Grand Ole Opry at the Gordon Howard Active Living Centre last Saturday afternoon. Various local and area artists covering country legends such as Dolly Parton, Patsy Cline, Minnie Pearl, Tammy Wynette and more performed two shows during the special event.



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Selkirk Rotary Club event hopes to attract sponsors for refugees

Staff

Selkirk and area community members interested in sponsoring or helping out a refugee family are invited to attend a special speaking engagement later this month.

As part of the Business and Professional Women (BPW) of Selkirk and District, and Selkirk Rotary Club's international evening on Tuesday, Feb. 23, Hospitality House executive director of administration and sponsorship Tom Denton will be speaking about refugees and sponsorships.

"We're more than thrilled that he's available to come out and speak to us," said Elaine Elliot, president of the BPW club and chairperson of international service for the Selkirk Rotary

Club. "He's in his early eighties and he's still volunteering and working with refugees."

Elliot added there is a group from several churches in Selkirk, St. Clements, St. Anne and Petersfield that are interested in sponsoring one or two refugee families.

The event is being held on Feb. 23 from 7 p.m. to 8:30 p.m. at Selkirk United Church. Goodwill donations will be accepted and refreshments will be served afterwards.

"It's to give people some background about refugees, which Tom can sure answer and what goes into sponsoring," Elliot said, adding there will be time for those in attendance to ask questions.

WARNING!

Thin ice conditions on Cooks Creek and the Red River in East Selkirk

In accordance with its operating licence, Manitoba Hydro's Selkirk Generating Station may be operating on an intermittent basis throughout the winter season. This will result in thin ice conditions on Cooks Creek.

The area affected extends from the mouth of Cooks Creek at the Red River, upstream on Cooks Creek to the discharge pipe near the generating station. The second thin ice area is on the Red River, at the location of the pump house near the station.

**Please exercise extreme
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getfishing

RED RIVER > CHALET BEACH > LAKE WINNIPEG

> ARNIE WEIDL

Tales of a sturgeon caught ice fishing

Hi again good friends.

How about a little break from fishing for jacks, perch or walleye? I put this to you because I ran into Cy Larson in Lac du Bonnet last week and he said that he and his buddy Trevor Solnes had gone lake trout fishing in Pointe du Bois and had caught their limit in no time. Cy mentioned that if you're going to try for trout then bring a sled to get on the lake because the snow is getting pretty deep.

I sure met a fun family on the Red upstream of Selkirk's Hydro steam plant a few days ago. I was roaming around the ice just stopping and talking to folks and spied this older trailer converted to a fishing shack. I pulled up to it and knocked on the door. Friendly jovial voices inside called to me to come in and upon entering I met the nicest couple Steve and Rachelle Allen from Tyndall and their uncle Brian Juer from Winnipeg.

These long time anglers of this area, somewhere in their 40's, were full of fishing stories. After a few pleasantries they told how Steve once had caught something on his line that just hung like a solid weight on his rig. His instincts told him it was too big to come up through the ice hole so finally needing to do something Steve jumped in his truck and ran home that was only about 5 minutes away to get his underwater camera.

Rachelle in the meantime got on facebook asking if anyone near them could come and help. People gathered around their shack in no time and upon learning about the problem sprang into action. Neighbors began drilling holes close to Allen's shack so he could lower his camera into the water. Immediately on the display there appeared a giant sturgeon caught by its' side fin! Working as a team in a number of holes they managed to gaff the creature and get it close enough to get the hook out, land it, take a picture and quickly release it.



RECORD PHOTO BY ARNIE WEIDL

Brian Juer in Steve and Rachelle Allens' shack on the Red about to get those pickerel ready for frying on the stove.

Rachelle had another story. A while back they were fishing in the shack while her cousin Brittany Anderson was outside doing the same. Rachelle caught a big walleye and her excited cries brought Brittany running around the shack to the door where her feet went out from under her and she fell flat on her back.

She lay there moaning for a moment, then crawled to the door, opened it and rolled into the shack saying, "this fish better be worth it." Then turning her head she found herself face to face with the largest walleye she had ever seen prompting her to blurt out, "yeah, I guess that's worth it."

Rachelle wasn't done yet. She remembered a time last year when her son had to have minor foot surgery. After they left the hospital he insisted on coming out to the shack to finish off the day fishing. So there they were, mom and son fishing with his foot

set high on a chair inside their cozy ice shack doing what they liked best. Thanks for the great stories guys.

Last weekend I was out on the ice at Chalet Beach where the many anglers had made well travelled roads fanning out to the eastern horizon. Bobbing along one of the trails, I was about five miles out when I saw an ice shack that was more like a house. I made my way up to it and was invited in by Xuejun Yang and his family. Soon after we introduced ourselves "young" (that's his nick name) began telling me of his life threatening experience here during the latest blizzard. Boy, that old Lake Winnipeg, she'll bite you good if you don't stay sharp. Bye for now.



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Mentorship program offers support, resources in Selkirk

By Dave Baxter

A program in Selkirk is opening its doors to youth and young adults that are looking for a safe place to go or someone to talk to.

Lisa Sigurdson and Carly Chartier run the Selkirk Friendship Centre Mentorship Program which invites anyone of any background between the ages of 14 and 29 to drop in for a variety of reasons.

The Friendship Centre has had a drop in program for years, but Sigurdson said that has now evolved into the mentorship program, which is "far more focused."

"They could come for whatever support they need," Sigurdson said. "It could be challenges they are facing, or it could be as simple as help with their homework."

"It could be anything from super serious issues, to just needing a safe

place to come."

The program has teamed up with Nova House woman's shelter, and will direct youth and young adults to resources if they are in abusive situations or situations they fear could turn abusive.

They also hope to offer resources and lessons that can keep youth and young adults on the right path.

"We want to offer life skills and give people these skills so they can stay out of certain situations and make positive life choices," Sigurdson said. "We offer basic life skills, but also if

you're having serious trouble we can help."

The program also works to get youth and young adults prepared for their future.

"So if they are in grade 12 we can drive them to Red River College and do tours and we can help with building a resumes and looking at job and career options," Chartier said.

Those running the program also give their time to talk to those who just need someone to speak to.

"We have a private sitting area where we just talk and listen," Sigurdson said.

Sigurdson added it is also important to offer food to those who are hungry and they don't want anyone to be ashamed of coming in if they are look-

ing for something to eat.

"We have food and we know there are lots of teens that come in and they are hungry," Sigurdson said.

With the partnership with Nova House the program will offer services to those who have recently left the shelter and need help transitioning back into the community.

The Selkirk Friendship Centre Mentorship Program is open Monday to Friday from 9 a.m. until 9 p.m. and Saturdays from 10 a.m. to 6 p.m.

The program is located at 222 Manitoba Ave. in Selkirk.

> 'THIS IS GOOD FOR THE CITY,' FROM PG. 3

The Selkirk Curling Club was a major force behind bringing the 2016 Viterra Championships to Selkirk and club president Kathleen McCallum said it was another showcase of Selkirk's ability to host major curling events.

The Grand Slam of Curling also came to Selkirk back in the fall of 2014 and McCallum said Selkirk always comes together to host big curling events.

"The volunteers stepped up for the Grand Slam and now they are stepping up again," McCallum said. "We've had attendance that met our expectations and when people are looking for places to hold events, they know we can bring out great volunteers."

"We have a great partnership with the city, so they are looking at Selkirk because they know we can get the job done."

The opening ceremonies saw Selkirk Mayor Larry Johannson, Selkirk MLA Greg Dewar, and Selkirk-Interlake Eastman MP James Bezan address the crowd at the Rec Complex.

"This is good for the city," Johannson said. "The ice is good and I'm hearing nothing but compliments about the staff and volunteers."

"It looks good and we've got a good seating capacity, so it's all here for a successful tournament."

Johannson was also excited that Sportsnet was on hand to broadcast some of the tournament.

"It showcases our facility, which we are very proud of."

Team McEwen will now go on to compete at the Tim Hortons Brier March 5 to 13 at TD Place in Ottawa.

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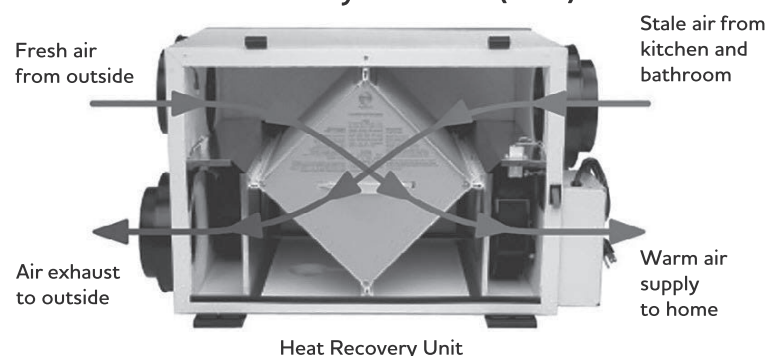
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HONOUR ROLL – 1st Semester – February, 2016**
The following students have attained an average of at least 80% in a minimum of four courses, with no mark less than 65%

* Denotes students that have an average of at least 90% in a minimum of four courses, with no mark less than 70%

- * Adair, Alyssa Racquel
- * Airey, Lauren Bethany
- Airey, Sam Ryan
- * Allardice, Amanda Jayne
- * Allen, Tristan Kenneth George
- Anderson, Kelsee Justine
- Anderson, Owen William
- * Andrusko, Cory Lawrence
- * Aran, Sydney Jayne
- Arason, Zane David
- Amason, Tiana Jolene
- Arnt, Taylor Alyssa Jade
- Artimowich, Jeremy Michael
- Artimowich, Logan Ronald
- Ashton, Alexandros Douglas
- * Atkins, Stephanie Eleanor Rose
- Attridge, Dallas John
- Augustowich, Ashley Rosemary
- Augustowich, Britney Paige
- Badenhorst, Stephan
- * Baker, Randine Rae
- Balagus, Maegan Lorna
- * Ballance, Devyn William Keith
- * Ballantyne, Drake Kyle
- Barnett-Lussier, Kaitlyn Nicole
- Bean, Taylor Jordan
- Belanger, Lise Nicole
- Berube, Tanner Robert
- Blackburde Moore, Skye-Leigh Kathryn
- Blacksmith, Shashona Rain
- * Blanco Gonzalez, Angela Bloom, Talia Elizabeth
- * Boryskavich, Emily Pearle
- * Bosko, Shelby Ashlyn
- Bourcier, Reid Solomon
- Bowcott, Dylan Tyler
- * Boychuk, Kara Lynn
- Braman, William Daniel Douglas
- * Brook, Mackenzie Oksanna
- Brooks, Jordan Ian
- Brown, Julia Teresa Violet
- * Bruce, Emily Kate
- * Buckle, Nicole Alyssa
- Buisse, Katrine Elise Marie
- * Bunk, Dina
- Capitano, Antonio Robert
- * Carlson, Sydney Shayne Courtney
- Carreiro, Christopher Daniel
- * Carter, Marshall Austin
- * Carter, Sabrina Nicole
- Castilleja Gonzalez, Santiago
- Champoux, Malerie Pearl Denise
- Cheasley, Brennan John
- Chezick, Tessa Lee
- Chmilowsky, Kayla Rae
- * Christensen, Soren Helena
- Clegg, Janet Ashley
- * Clifford, Brynn Danay
- Clifford, Kelton Riley
- * Coughlin, Cole Austin
- Coverdale, Renae Nicole
- * Crupi, Phillip Myles
- * Curie, Abigail Judith
- Cutting, Jennifer-Lee Patricia
- Cwik, Alyssa Marie
- * Cyr, Gemini Zoe
- Cyr, Quincy Ali
- * Cyr, Tara Ashley
- * Cyr, Tyler Mackenzie
- * da Mata-Wiens, Emily Isabel
- Dahlin, Benjamin Daniel John
- David, Sophie Rae
- * Debassige, Derek William
- * DeGroot, Brayden Riley
- Culbertson
- * Dehn, Abigail Rose
- * deJong, Kayleigh Peyton
- DeLaRonde, Kyra Ann
- Dickson, Keianna Teale
- * Dignadice, Jamille Raye
- Bautista
- Doak, Kenneth Rory
- Donald, Graeme William
- Downey, Hannah Beth
- Dubiski, Emma Kate
- * Dueck, Ashley Sylvia Nicole
- * Essex, Teren Alexander
- Evans, Matthew Philip Reid
- Evans, Taylor Isabelle Morie
- Farion, Haley Dawn
- Fatla, Jacek Franciszek
- Fatla, Susan Maria
- Fisher, Jamie Lee
- Fontaine, Josephine Nan Hope
- Fountain, Benjamin Eric Major
- Fountain, Zackary John
- Franchuk, Kendal Marie
- Freeman, Brenden Edward Alexander
- * Friesen, Jessica
- Froese, Daniel Peter Benjamin
- Froese, Jarret Nicholas
- Frost, Shailee Rhiannon
- Gariepy, Matthew John
- Gatchell, Aurora Jalyn
- * Gayleard, Emily Marie
- Geller, Heaven Linda-Mae
- Genaille, Breydon Brent
- * Gierys, Andrew Jerald
- Gierys, Isabella Victoria
- * Gillespie, Emma Jade Kirkness
- Gillett, Kaelan Brennan
- Godlein-Kresak, Cody Austin
- * Goosen, Carter Henry
- Grabinski, Zandrea Natakka
- * Grahame, Robyn Ashley Stewart
- * Grandmont, Lindsey Marie
- Green, Ashley Anne
- Green, Emily Jessie
- * Gut, Alice Sonja
- Haalboom, Marianne Elizabeth
- Halipchuk, Haleigh Margaret
- Hallson, Danielle Lynn
- Hanson, Mats Oscar Tomas
- * Harb, Nadia
- Harkness, Brittany Kiana
- Harrison, Jack Fedoruk
- Harrison, Sam Fedoruk
- * Hasman, Brooklyn Rae
- Hoiun, Chanel Lee
- * Holik, Nadja Clarine
- Hopgood, Taylor Faith
- * Hopkins, Carley Hanna
- Hopkins, Lindsey Anne
- Horyski, Jesse Colette
- Howard, Callista Rena
- Hoydalo, Lilly Marguerita
- * Human, Chantal Marie
- * Human, Robert William
- * Ignagni, Julia Marie
- * Ilchena, Cassidy Dawn
- * Ingalls, Kelsey Dawn
- * Isfeld, Leah Marielle
- * Jordan, Victoria Dawn
- Juvonen, Timothy Kalevi
- Karklin, Emily Morgan
- Kashuba, Ashley-Lynn
- Kazuk, Emelia Jane Hannah
- * Kebernik, Fabian
- Kebernik, Juliane
- Kebernik, Vanessa
- Keller, Shayna Marie
- Kelly, Evangeline Rose
- * Kharoufeh, Daniel Nicholas
- Kidd, Robyn Elizabeth
- Kilpatrick, Arleigh Lauren
- King, Jessica Brienne
- King, Shae-Lyn Holly Jenny
- * Kirkham-Jeans, Jessica Faith
- Kitzan, Cierra Janessa-Rae
- * Klimchuk, Kevin Jeffrey
- * Koenig, Rebecca
- Kohinski, Alicia Louise
- Barbara
- Koop, Marissa Janelle
- Kotowich, Alysha Rose
- * Kowalski, Jessica Helen
- Kowerko, Jenna Lee Patricia
- * Kratz, Cameron Matthew
- Krawchuk, Ashley Jordan
- Kreviazuk, Elicia Jane Elizabeth
- Kuz, Jonathan Lee
- Laderoute, Samantha Krystal
- Lambert, Emily Marion Grace
- Lamoureux, Logan Joseph
- Lawson, Chloe Ann
- * Liebenau, Courtney Erin
- Little, Olivia Joy
- * Loepky, Annika Jade Penner
- * Lourenco, Belle Mikayla
- * Lowen, Emma Louise
- Lycan, Kinnon Anais
- MacDuff, Austin Gregory
- * Mackellar-Bedard, Erin Lauren
- * Maclaren, Brett William
- Maia, Gabriel Lessa de Souza
- * Malenko, Dana Catherine
- * Malenko, Garrett John
- Malinowski, Riley Christopher
- Marchuk, Robin Diane
- Mark, Brandon John
- Martinez Sotelo, Katya Elizabeth
- * Mason, Paige Emily Madeline
- * McDonald, Joshua Dylan
- McKenzie, Spencer Randy William
- * Medgyes, Jessica Grace
- * Medock, Michael Eric
- Merritt, Shayne E.J.
- Miller, Miranda Maureen
- Johanna Soares
- * Miller, Xander Allen
- Miller, Zadak Sutton
- Mok, Jenny Wan Yi
- * Moldwon, Hailey Dawn
- Moore, Stephenie Bernice
- * Morais, Alexia Beth Marie
- * Morelli, Tessa Franceska
- Morrow-Litke, Nicholas Cole
- Murray, Shae-Lynn Mackenzie
- Murray, Victoria Elizabeth
- * Neufeld, Bronwyn Kylee
- * Nickart, Taylor Marie
- Nielsen, Jared
- Nielsen, Nigel Christian
- Nore, Amber Nicole-Deloris
- Nychyk, Owen Nolan
- Pachkowsky, Drake Lawrence
- Anthony
- Painchaud-Nieme, Kailey Alexandra
- Parisian, Aaron Melvin
- Hopkins, Renee Jacqueline
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- Pearce, Avery Samara
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- Phillips, Rachel Lakota Summer
- Ponzilius, Corben Luke
- * Preun, Katherine Marie
- Prochorow, Angelina
- * Pruden, David Thomas Lorne
- Pruden, Kashuba, Ashley Lillian
- * Purse, Bailey Dawn
- Purse, Erin Mae
- Ramos, Chadric Nerona
- Raposo, Morgan Brittny
- Reeves, Erica Lynn
- Rennie, Alexander Warren
- Walter
- Rennie, Morgan Meredith Marion
- * Rickards, Douglas Patrick John
- Rislund, Breann Renee
- Robert, Jessica Dawn
- * Romanchuk, Logan Jack
- * Rooney, Deirdre Meg
- * Ross, Carson Diane
- Ross, David Alexander
- Rosser, Joseph Andrew
- * Roy, Jake Nicholas
- * Roy, Jordan Alyssa
- Roy, Samantha Dawn
- * Rudd, Kylie Marie Janice
- Sandwith, Amanda Jade
- * Sandwith, Hailey Amber
- Schneider, Marcus James Roland
- * Schneider, Xavier Jacob
- Schrofel, Rhett Carter Wiebe
- * Schultz, Kelsey Dawn Steg
- * Schwartz, Owen Matthew
- Scotland, Katie Alice
- Scott, Logan George Thomas
- * Seidl, Haley Jane
- Seidl, Sarah Lynn
- Semkiw, Brenden Ivan Boris
- Shymkiw, Wyatt Blaze
- * Sigurdson, Karen Magnea Anderson
- Sigurdson, Robert James Anderson
- Sinclair, Erin Marie
- Skalesky, Amelia Mae
- Skaritko, Hunter Blake
- Skrypnuk, Cloey Mae
- Sledz, Tonie Nicolle
- * Slikker, Alex Morgan
- * Smith, Jamey Marie
- Smith, Riley Brynn
- Smith, Shelby Wendy Michelle
- Sokolowski, Calida Marie
- * Sokolowski, Sawyer Duncan John
- Solberg, Brayden James
- Sorokopud-Jones, Courtney Ann
- Sorokowski, Brendan Joseph
- Spratt, Travis Murray
- Starodub, Tiana Josephine
- Stevenson, Sumner Sandralee
- Stewart, Zoe Michaeline Elizabeth
- * Stewart-Hillier, Coral-Lee Anna
- * Stockton, Shaley Rae
- * Stutsky, Victoria Penelope
- Sutton, McKenzie Taylor
- Suttorp, Hailey Leanna Stephanie
- * Svistoun, Anna-Marie
- Taylor, Rebecca Lynn Nicole
- Thidrickson, Shawn Victor
- Thompson, Teeson Allan
- Thorne, Scott Angus
- Thorvaldson, Danika Rayne
- Thorvaldson, Paige Elyse
- Tomchuk, Helaina Kathryn Maria
- Tompkins, Jillian Bride
- Toulman, Connor Anthony
- Trudel, Nicholas Cameron
- Truthwaite, Ava Louise
- Tucker, Makenna Chloe
- Unrau, Alex Henry
- Unrau, Larissa Anna
- Van Dorp, Jordan Daniel
- Van Kooten, Reese Montana
- VanCaeyzeele, Morgan Amy
- Vaughan, Tessa Juel
- Vermeulen, Gabrielle Paige
- Vestby, Camryn Jean
- * Vieira, Melissa Shaughn
- * Virkus, Sydney Elise Josephine
- * Voth, Katelyn Jane
- Walker, Dennis Daniel
- Walker, Korl Michelle
- * Wallace, Nettie Elizabeth
- Wallmuth, Jillian Rose
- Wapash-Neal, Dorian Anthony Daniel
- Warrington, Kelysian Kapanaise
- Waterman, Marissa Jade
- Waterman, Teal Jolleen
- Weber, Jaden
- White, Lauren Casey
- Whitelam, Kallie Reid
- Wiebe, Amy Tameera
- * Wilmott, Charlotte Victoria
- * Wilmott, Noah Thomas
- Wilson, Bailey Dale Maison
- * Woloshyn, Darren Michael
- Yakimenko, Evan William
- Young, Justin Laurence
- * Zazuilinski, Jada Nicole
- Zdrill, Rebecca Emily
- Zettergren, Amy Mackenzie
- Zettergren, Erin Taylor
- Zinyk, Jessica Anne
- * Zirk, Nicholas Francis Victor

Lagamodiere says he's 'honoured' to represent PCs in upcoming election

By Lindsey Enns

Following the grand opening of the Progressive Conservative Party of Manitoba's new campaign office in Selkirk, Alan Lagamodiere said he's "honoured" to represent the PCs in the upcoming provincial election.



RECORD PHOTO BY BRETT MITCHELL
Progressive Conservative Party of Manitoba candidate Alan Lagamodiere speaks during a PC breakfast before the grand opening of the PCs new campaign office in Selkirk last Friday.

"I am honoured to be even asked to have my name stand to represent the people," Lagamodiere said.

After speaking at a PC breakfast in Selkirk, Lagamodiere helped open his new campaign office located at 326 Main St. last Friday.

The 60-year-old veterinarian and entrepreneur is the new candidate for Selkirk after the PCs dropped David Horbas due to "preparedness issues" that would have made his candidacy "seriously problematic."

"We're reaching out to all PC supporters to get the plan back on track," Lagamodiere said regarding Horbas's departure.

Leading up to the election, Lagamodiere said he will be busy door knocking and attending as many events as he can.

Although he admitted this is his first time entering politics, he said his

education and business background make him a great candidate.

"At this point in my life I feel like I should be giving back to the people," he said.

The provincial election is set for April 19.

Voice of the Jets stops in St. Andrews



SUBMITTED PHOTO

The voice of the Winnipeg Jets used that voice to read to St. Andrews School students last week. Jets radio play-by-play broadcaster and St. Andrews resident Paul Edmonds made a trip to the school last Thursday where he read hockey themed books and chatted with children about his job covering Winnipeg's NHL team as part of I Love to Read month.

Organizer aims to promote local vendors at Selkirk wedding show



RECORD PHOTO BY LINDSEY ENNS

Lenora Vincent, owner of Cedar House Florist and Gifts cleans up some roses last Saturday at her shop in Selkirk ahead of this Saturday's True Love Story Wedding Show. Vincent is the organizer behind this year's wedding show, which she says will feature dozens of Selkirk and area vendors from 10 a.m. to 4 p.m. at the Selkirk Recreation Complex.

By Lindsey Enns

The organizer behind this weekend's

True Love Story Wedding Show hopes to show local brides and grooms that

it can be easy to plan a wedding in Selkirk.

"There's so much that Selkirk has to offer if people would just take a look around here before heading south to the city or even the States," Lenora Vincent said. "There's an awful lot of brides that don't even know where to start ... so I think it's important to get these brides staying local and letting them know we got what they need here."

The True Love Story Wedding Show takes place this Saturday from 10 a.m. to 4 p.m. at the Selkirk Recreation Complex.

Vincent, who is also the owner of Cedar House Florist and Gifts, said the event will feature more than 20 Selkirk and area vendors from makeup artists to photographers, a fashion show, live music and a groom's lounge.

This is Vincent's first year organizing the event after being one of the vendors a couple years ago.

"This year I decided I was going to take this venture on and do it myself," she said, adding she believes this is Selkirk's second annual wedding show.

Vincent added she tried to keep everything as local as possible this year.

"I gave the priority to people in Selkirk and area first," she said. "Everything you might need or could need for your wedding ... that the brides of the area would benefit from."

Tickets are \$5 at the door but Vincent said free tickets will be given to those who mention they saw this story in the *Selkirk Record*.

"Just getting people in the door is our goal," she said.

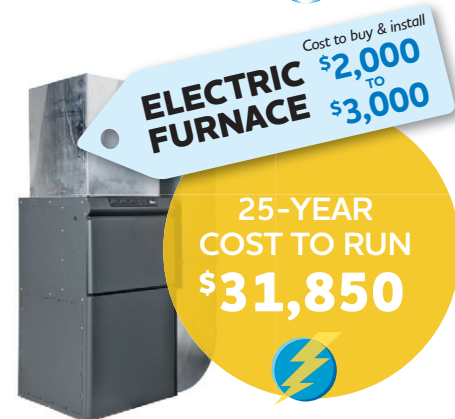
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Aboriginal language classes help bring community back to its roots

By Dave Baxter

Patsy Millar still remembers being forced to stop speaking the language she grew up with, and now she's working to make sure that language doesn't fade away.

Millar grew up in a community where she spoke Michif, which is the language of the Métis people of Canada and the United States and is a combination of aboriginal language and French.

She said children in her community didn't go to residential schools, but they did go to day schools and were quickly forced to drop all aspects of the Michif language.

"It was a day school, but they forced the French language on us," Millar said. "They were all nuns from Quebec that came to run the school and we were told to speak proper French, and there was a token system.

"Say the word right and you would

get a token, but say the word wrong and they would take one away."

Millar was one of the women teaching the Michif language and other aspects of Métis culture at the free aboriginal language class and Métis culture workshop last Thursday and Friday at the Selkirk Friendship Centre.

The workshop saw Michif language classes, traditional crafts such as beading, a cooking workshop and other ways to celebrate Métis culture.

Those who came to the classes were encouraged to speak to each other in Michif while taking part in the other activities that took place.

"It's great and I'm learning a lot," said Lisa Sigurdson, who took part in the workshop with about 20 other community members. "I'm from a Métis background but I didn't know a whole lot about the Métis culture, so I've learned lots of cool stuff about it, and learned how the French and aboriginal cultures melded together."



RECORD PHOTO BY DAVE BAXTER

June Bruce, Bernice Hilts, Andrea Rose, Doris Mikolayenko, work on traditional Métis crafts during the aboriginal language class and Métis culture workshop last Thursday and Friday at the Selkirk Friendship Centre.

Learning Michif was something that was important to Sigurdson who also runs the Selkirk Friendship Centre Mentorship Program and believes it would be valuable for more youth from aboriginal backgrounds to learn aboriginal languages.

"I'm very excited because it's just another piece of the puzzle of my

background and my culture," Sigurdson said.

Through grants the Selkirk Friendship Centre offers a variety of aboriginal language classes and workshops throughout the year. The workshops are open to people of all backgrounds and are always free to attend.

For more information on upcoming aboriginal language workshops contact the Selkirk Friendship Centre at 204-482-7525.

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City of Selkirk Lottery License #63-15



RIVER SAFETY NOTICE

Dangerous Ice Conditions During Ice Cutting and Ice Breaking Operations

The Manitoba government is preparing for potential spring ice jam flooding.

Ice cutting machines will begin working on or about February 22 on sections of the Red River beginning in the Netley Lake area and will move upstream towards Selkirk. Shortly after the ice cutting machines take to the ice, the Amphibex ice breakers will start operating at the mouth of the Netley Creek.

Dangerous ice conditions may not be obvious but will exist.

Ice fishers, cross-country skiers, snowmobilers and others going on the frozen river must:

- Use caution on the ice.
- Stay away from the ice-cutting and ice-breaking equipment.
- Watch for posted warning signs about dangerous ice.
- Watch for notices to remove ice shacks and remove them promptly.



letters

Bezan should fall in line with the rest of Canada

In regards to "Bezan blast Liberals' 'incoherent' message on ISIS", which appeared in the Feb. 4 edition of the *Selkirk Record*, Canadian voters in every province and territory made a choice last fall, whom they wanted to lead our country.

Liberal Leader Justin Trudeau made it very clear, during the election that Canada's military mission against ISIS would change, if the Liberals were elected.

Selkirk-Interlake-Eastman MP James Bezan doesn't say what the Conservatives would do if they were still in power, but clearly enough voters believe that, what his government had done in the past, was not right for Canada.

I find Mr. Bezan's statement - "you have to think bigger than your own needs and budgets" - bizarre.

I would hope, that Selkirk's MP would co-operate and stand shoulder-to-shoulder with us, in our contribution to conflicts around the world. — Janice Isopp, Selkirk, Man.

Stories of Selkirk's Pioneers and Their Heritage

KENNETH G. HOWARD

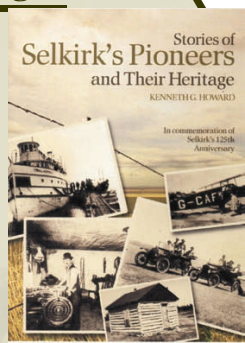
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- Selkirk Community Arts Centre, 250 Manitoba Ave.
- By home delivery or Canada Post, Ken Howard, 582 Henderson Highway, 204 669 5360, howardken80@gmail.com



Winnipeg Biz director to kick off Selkirk speaker series

Submitted

Downtown Winnipeg Biz's executive director will explore the values of downtowns in Selkirk next month as part of Selkirk Biz's 2016 speaker series.

Stefano Grande will be coming out to the Canalta Hotel on Wednesday March 23.

For Grande this is kind of a homecoming as he was the Manager of Triple S Community Futures Development Corporation back in the 1990s (now North Red CFDC).

When contacted to come out to speak in Selkirk, Stefano was very excited about the idea of coming back to his old stompin' grounds.

Son of Italian immigrants, a husband, father of three boys, and regarded as a change agent, Grande has devoted his career to a higher purpose – to create positive change in the city, starting with the downtown and the inner city.

A professional urban planner, Stefano honed in on his city planning skills while working in Selkirk, the R.M. of St. Andrews and the R.M. of St. Clements for seven years – where he focused on community economic, tourism and business development.

More recently, Stefano has played an instrumental role in the revitalization of Winnipeg's inner city in his position as general manager of Winnipeg Housing Rehabilitation Corporation, which he held for six years.

During his tenure, he created more than a hundred units of affordable housing units in the inner city by working closely with community groups – helping them achieve their vision for safe and vibrant neighbourhoods through housing renewal.

As the current executive director for the Downtown Winnipeg BIZ, his focus over the last 10 years has been increasing the BIZ's service delivery to business members in the areas of safety, events, and improving the cleanliness of downtown. In particular, Stefano is an advocate and has created conversations in areas including downtown housing, ending homelessness, increasing police foot patrols, Tax Increment Financing (TIF) and Rapid Transit, and other key policies critical to the long term renewal of downtown.



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East Selkirk students to receive Yes I Can awards

By Dave Baxter

Two East Selkirk Middle School (ESMS) students are being honoured



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Grade 9 East Selkirk Middle School students Shiloh Fiddler, pictured left, and Brycen Essex, pictured right will each be honoured with a Yes I Can Award during the Yes I Can Awards ceremony in Winnipeg this Thursday. The annual awards ceremony honours children and youth "with exceptionalities who shine."

this week for their hard work and perseverance that has allowed them to overcome challenges and succeed.

Grade 9 ESMS students Brycen Essex and Shiloh Fiddler both live with intellectual disabilities and don't communicate through verbal communication.

Both Brycen and Shiloh will receive Yes I Can Awards at the Yes I Can Awards ceremony at the Victoria Inn in Winnipeg this Thursday.

The annual Yes I Can Awards ceremony honours children and youth "with exceptionalities who shine," and has recognized the accomplishments of thousands of students since the program started in 1982.

ESMS resource teacher Debby Grant said both Brycen and Shiloh were nominated for awards because they have worked hard to overcome challenges.

Brycen will be honoured for his artistic work, while Shiloh will be awarded for the work he has done to communicate with others.

"It's about somebody that has overcome challenges and persevered through something to be successful in a certain area," Grant said.

Grant added staff at the school began noticing Brycen had a knack for art and for him that meant overcoming challenges that go far beyond just artistic talent.

"He had to persevere through communication challenges, as well as the inclusive challenges of being in the class, and he's a fantastic artist," she said. "He does shadowing, clay pots, he can trace things, and he often mimics what is done beside him."

Brycen may not communicate through language but he can communicate emotion through expressions and mannerisms and staff at the school have noticed he is happy when working on his art, Grant said.

Shiloh will be honoured for the work he has done to in communicate with others.

Grant said Shiloh could not communicate at all when he first arrived at

RECORD PHOTOS SUBMITTED

ESMS, but hard work and a little help from technology now allows him to let others know how he is feeling and what he wants, as he uses an App on his iPad to communicate.

"He's using communication tools, and he asks for things and lets us know what he needs, and can tell us about things like when he's sick," Grant said. "Now it's a totally different world for him where he can communicate."

Grant said teaching Shiloh to use the technology meant both he and the teachers that worked with him had to persevere.

"You work on basic steps and you just keep building and you train the people around him, so Shiloh took a while to get used to it, but now that he's using it, that's his go-to," she said. "It has to be everybody. It has to be a team effort, and everyone has to be on-board from the teachers to the student to the parents, and everyone here has been phenomenal."

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Your Local Community Home Real Estate Section

HOUSES APARTMENTS CONDOS COTTAGES RETIREMENT FINANCING IMPROVEMENTS INSURANCE



Top ways you might be wasting your money

Many consumers waste money every day without even noticing it. Yet, rethinking our habits could provide savings that add up quickly over time. Here is a list of the top ways we waste money. Are there any areas where you could improve?

Paying credit card interest - Always aim to pay off credit card debt as soon as possible. Consider moving balances from high interest credit cards to one with a lower interest rate. This will allow you to pay off debt faster.

Buying bottled water - Did you know that most bottled water isn't any better for you than tap water? In fact, some bottled waters come from municipal sources and are repackaged for consumer consumption. Switch to tap water and a reusable bottle to save money and the environment.

Wasting food - The average household throws out about \$600 worth of

food each year. Meal planning and budgeting for food can reduce waste significantly. Learning how long food keeps and the truth about expiry dates can also help, as can cooking in bulk and freezing meals.

Wasting energy - Every month, many homeowners throw money out their doors and windows through energy loss attributed to poorly insulated or maintained homes. Combat the problem easily for instant savings. Top up attic insulation with an easy-to-install batt product, like Roxul Comfortbatt, which can also be used to insulate crawl spaces, basement headers and walls for greater energy efficiency. Caulk cracks and crevices around doors and windows and invest in a programmable thermostat.

Choosing the wrong plan, option or service provider - Many of us overspend on our phone, cable and even

our mortgage. Have you stayed with the status quo for convenience? It might be time to rethink your options. Right-size your phone plan - perhaps an unlimited plan is unnecessary - to reflect actual usage and shrink monthly bills. Consider alternate sources for television and movie viewing. Always shop around for mortgage or car insurance and consider using a broker who has access to dozens of potential lenders/insurers.

Splurging on coffee - Café-quality coffee is an indulgence, and a cup of Joe-to-go can cost between \$2 and \$7. Consider investing in a quality coffee maker or espresso machine for your home or office, and put your daily savings to better use.

Buying lottery tickets - Quite simply,

the odds of winning the lottery are not in your favor. Most of us have a better chance of getting struck by lightning. Spending just \$10 a week over 20 years adds up to more than \$10,000. Put that into a savings account, and you've already won.

Impulse buying - A little self-control can go a long way to lining your wallet. Become a smart shopper by researching prices and options before making significant purchases. Plan ahead to save additional money by packing lunches or snacks instead of eating out.

It's doesn't take big sacrifices. Resolve to make some small changes more often to save.



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How to ensure a successful basement remodel

By: Scott McGillivray

Home owners continue to fuel remodeling spending across the country, driven by upward growth in real estate prices and the rising cost to trade up to a larger home. Basement renovations are expected to be a hot trend in 2016, as buyers look to maximize available living space rather than move, and as young buyers look to offset the cost of homeownership with potential income suites.

While finishing a basement can be a great alternative to moving -- especially if you love your neighborhood -- there are some challenges homeowners must be aware of when tackling below-grade living spaces. Choosing the right products is vital to the comfort, safety and function of your new living area. Look for products that help to maximize energy efficiency and protect against moisture, fire and noise.

Here are the top points to consider to ensure a successful basement renovation.

Waterproof it. Check the interior foundation and floors to make sure there are no existing moisture issues, water damage or mold problems. Address any primary moisture issues before finishing the space. Examine grading to ensure water runs away from your foundation.

Insulation is key. Insulation plays a critical role in making your basement feel comfortable, while keeping it safe

and dry. For the best results, install a rigid board insulation, like Roxul ComfortBoard IS, against the concrete foundation before you stud the wall. The board is mechanically fastened or adhered to the concrete foundation wall, which prevents thermal bridging through the studs, providing better thermal performance. Finish with a moisture-resistant and dimensionally stable insulation between the studs, like R14 Comfortbatt, to protect against common basement issues such as mold, mildew and rot.

Choose a functional design. Draw out plans, carefully taking into consideration any low ceilings or small windows. Try to incorporate structural features, such as attractive wood beams, into your design. Keep the space as open as possible. Select lighting that provides a bright, airy feel.

Don't forget to soundproof it. Soundproofing is the ultimate solution to maximize your basement's quiet and privacy. Whether your new-found space will function as a home theatre, music room, home office or playroom, it will benefit from quality acoustic insulation, like Roxul Safe 'n' Sound. Not only is it highly effective, but it's also easy to install.


Consider fire safety. Since many basements are now being renovated as income suites, fire protection is also a vital consideration. Whenever possible, select building materials with a high fire-resistance rating and




look for products that will not off-gas or contribute to toxic smoke in the event of a fire. Include additional exits in your renovation plan and educate yourself on your local fire code.

Before you start your renovation, be sure to check with your municipality to secure the right permits and to en-


sure that you're complying with local bylaws and building codes. Finishing a basement can be a smart renovation, if done properly, adding to a home's value, increasing its function and providing greater enjoyment or income potential.




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How to determine if downsizing is for you

As men and women retire or approach retirement age, many opt to downsize their homes. Such a decision can save older adults substantial amounts of money while also liberating them from the hassle of maintaining large homes they no longer need.

Downsizing to smaller homes or apartments is a significant step, one that homeowners should give ample consideration before making their final decisions. The following are a handful of tips to help homeowners determine if downsizing to smaller homes is the right move.

- Get a grip on the real estate market. Downsizing is not solely about money, but it's important that homeowners consider the real estate market before putting their homes up for sale. Speak with a local realtor or your financial advisor about the current state of your real estate market. Downsizing can help homeowners save money on utilities, taxes and mortgage payments, but those savings may be negated if you sell your house in a buyer's market instead of a seller's market. If you think the current market won't get you the price you are hoping for, delay your downsize until the market rebounds.

- Take inventory of what's in your house. Empty nesters often find that their homes are still filled with their children's possessions, even long after those children have entered adulthood and left home. If the storage in your home is dominated by items that belong to your children and not you, then downsizing might be right for you. Tell your children you are thinking of downsizing and invite them over to pick through any items still in your home. Once they have done so and taken what they want, you can host a yard sale, ultimately donating or discarding what you cannot sell. Once all of the items are gone, you may realize that moving into a smaller place is the financially prudent decision.

- Examine your own items as well. Your children's items are likely not the only items taking up space in your home. Take inventory of your own possessions as well, making note of items you can live without and those you want to keep. If the list of items

you can live without is extensive, then you probably won't have a problem moving into a smaller home. If you aren't quite ready to say goodbye to many of your possessions, then you might benefit from staying put for a little while longer.

- Consider your retirement lifestyle. If you have already retired or on the verge of retirement and plan to spend lots of time traveling, then downsizing to a smaller home may free up money you can spend on trips. And if you really do see yourself as a silver-haired jetsetter, then you likely won't miss your current home because you won't be home frequently enough to enjoy it. If travel is not high on your

retirement to-do list but you have a hobby, such as crafting, restoring classic cars or woodworking, that you hope to turn into a second profession, then you might benefit from staying put and converting your existing space into a workshop.

Many retirees downsize their homes, but this decision requires careful consideration of a variety of factors.



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5 simple ways to go green at home and save money

Thinking green throughout the year can offer some significant benefits. Here are some easy ways you can go green in your own home and lower your energy bills:

Invest in a programmable thermostat. It will automatically adjust the temperature in your house, saving you energy while you're out for the day, away on vacation or sleeping.

Switch all of your lightbulbs to CFLs (compact fluorescent light) or LED bulbs. They last longer and use up to 75 percent less energy than standard incandescent bulbs, saving you money on your electric bills.

Insulate well. Use insulation with a high R-value, such as Roxul Comfortbatt, to top up insulation in your attic. Aim for an R-value of 50 or a depth of 16 inches. For whole home

efficiency, ensure other areas of your home are well insulated, such as crawl spaces, basement headers, walls and ceilings. It will keep your house cool in the warm weather and take the stress off your air conditioning unit.

Stop air leaks around your home by sealing existing gaps and cracks. Use caulking or weather stripping around doors and windows. Installing a door sweep is also a good idea.

Replace old appliances with energy-efficient models. Only do laundry or run the dishwasher when you have full loads.

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Hobby mushers set to compete in Inwood on Sunday

By Patricia Barrett

Hobby mushers are gearing up their huskies, German shepherds, border collies, Labradors and other breeds for a day of competition set to take place at Diamond Disc Dogs on Sunday in Inwood.

There will be two types of mushing events: dogs (one or two) will pull sleds or their master or mistress on a pair of cross-country skis (called ski-joring).

"It's a race for beginners," said Patricia Tschanen, owner of Crazy Jumpers Dog School & Boarding near Fraserwood. "It's life-risking!"

Tschanen is co-organizing the event with Diamond owner Steve Diamond and Kevin Roberts of Oxford Dogs (Winnipeg). She said some dogs can go as fast as 30 kilometres an hour,

"MUSHING DOGS IS ALL ABOUT THE STORIES TO TELL AFTERWARDS."

pulling either a sled or a skier.

"Sometimes the dogs take over and they just drag you along," said Tschanen, who has been training dogs for 30 years and holds a number of certificates, including pet first aid. "You're going to kill yourself, but it's fun."

The rule in dog mushing is to not let go of the sled.

Her two sled dogs once dragged Tschanen herself.

"I was so sure we were going straight when they decided to turn left," she said. "I got thrown off but held onto the sled."

She said the dogs are so enthusiastic about mushing that they don't care whether you're on the sled.

She has seen dogs return from a course with no mushers and has seen people on their backs in the snow.

"Mushing dogs is all about the stories to tell afterwards," said Tschanen.

There will be a number of spectator areas set up along the racing trails at Diamond Disc, and people are also welcome to watch from Diamond's loft in his barn. There will be coffee and donuts on hand to take the chill out of the day.

"Not often do we have a race like this in the Interlake," said Tschanen.

"Snow Motion in Winnipeg [a sled and ski-joring club] used to have a race at Bird's Hill."

Last week Tschanen hosted a lunch for 21 people at her dog training facility and then drove to Diamond Disc in Inwood for a practice run.

The event takes place this Sunday at 11 a.m. Winter sports helmets (for participants) are strongly recommended.

Directions to Diamond Disc Dogs are as follows: From Teulon on Hwy. 7, turn left (west) on Hwy 17. Continue north through Inwood, passing a golf course and roads 103 NW, 104 NW and 105 NW. Turn left (west) on Road 106 NW and drive 1.7 kilometres until you see a driveway on the left side of the road with a large stand of evergreen trees.

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Baked almond chicken



Directions

Preheat oven to 425 °F (220 °C). Place oil in 13 x 9-inch (33 x 23 cm) glass baking dish. Stir almonds into baking dish to coat with oil; spread into single layer. Bake for about 5 minutes, watching closely, or until golden. Transfer to bowl; set aside. Place chicken smooth side down in baking dish. Bake, uncovered, for 10 minutes or until evenly white on outside.

Meanwhile, in saucepan whisk together cornstarch, sugar and pepper. Gradually whisk in milk until smooth; whisk in mustard, orange zest and half of reserved almonds. Cook over medium-high heat, stirring, for 3 to 5 minutes or until steaming and starting to thicken. Remove from heat; stir in orange juice.

Turn chicken smooth side up in dish; pour sauce over top. Bake, uncovered, for about 8 minutes longer or until chicken is no longer pink inside. Sprinkle with remaining almonds.

Ingredients

- 2 tsp (10 mL) vegetable oil
- 6 tbsp (90 mL) sliced almonds
- 4 small boneless skinless chicken breasts, (about 1 lb/500 g)
- 3 tbsp (45 mL) cornstarch
- 2 tbsp (25 mL) sugar
- 1/4 tsp (1 mL) pepper
- 1 1/2 cups (375 mL) 1% milk
- 1 tbsp (15 mL) Dijon or honey mustard
- 1 tsp (5 mL) grated orange zest
- 2 tbsp (25 mL) fresh orange juice

Citrus Herbed Chicken with Asparagus



Prep time: 10 minutes
Cook time: 20 minutes
Serves: 4

- 1/4 cup flour
- 2 tablespoons grated Parmesan cheese
- 1/2 teaspoon Garlic Powder
- 1/4 teaspoon McCormick Black Pepper, coarse ground
- 1 pound thin-sliced boneless skinless chicken breasts
- 1 tablespoon oil
- 1 1/2 cups chicken stock

1 teaspoon Basil Leaves
1 teaspoon Oregano Leaves
1 pound asparagus, trimmed and cut into 1-inch pieces
2 tablespoons lemon juice
In shallow dish, mix flour, Parmesan cheese, garlic powder and pepper. Reserve 2 tablespoons. Moisten chicken lightly with water. Coat evenly with remaining flour mixture.
In large nonstick skillet, heat oil on medium heat. Add 1/2 of the chicken pieces; cook 3 minutes per side, or until golden brown. Repeat with remaining chicken, adding additional oil, if necessary. Remove chicken from skillet; keep warm.

In medium bowl, mix stock, basil, oregano and reserved flour mixture until well blended. Add to skillet along with asparagus. Bring to boil. Reduce heat to low; simmer 3-5 minutes, or until sauce is slightly thickened, stirring frequently. Stir in lemon juice. Return chicken to skillet; cook 2 minutes, or until heated through.

Tuscan Pasta

Prep time: 15 minutes
Cook time: 25 minutes
Serves: 6

- 1 can (28 ounces) diced tomatoes, undrained
 - 1 can (8 ounces) no-salt added tomato sauce
 - 1 tablespoon sugar (optional)
 - 2 tablespoons packed brown sugar, divided
 - 2 teaspoons Garlic Powder
 - 2 teaspoons Italian Seasoning
 - 1/2 teaspoon Black Pepper, ground
 - 1 tablespoon olive oil
 - 1 pound zucchini, sliced
 - 1 package (8 ounces) sliced mushrooms
 - 1 small onion, chopped
 - 6 ounces pasta, such as spaghetti or linguine
- In medium saucepan, mix tomatoes, tomato sauce, sugar and seasonings. Bring to boil on medium heat. Reduce



heat to low; cover and simmer 20 minutes.

In large skillet, heat oil on medium-high heat. Add zucchini, mushrooms and onion; cook and stir 4 minutes or until vegetables are tender-crisp. Stir tomato sauce into vegetables. Meanwhile, cook pasta as directed on package. Drain well. Place pasta in serving bowl. Add vegetable mixture; toss well.

Power Up Muffin Cups

- Servings: 12
- nonstick cooking spray
 - 8 large eggs
 - 1 3/4 cups plain 2 percent Greek yogurt
 - 1 teaspoon onion powder
 - 1 teaspoon garlic powder
 - 1/2 teaspoon salt
 - 1/4 teaspoon freshly ground black pepper
 - 1 1/4 cups shredded mozzarella cheese, divided
 - 1 1/4 cups shredded cheddar cheese
 - 1 1/2 cups frozen chopped broccoli, thawed
 - 1 1/2 cups cubed whole-grain bread
- Heat oven to 375 F. Coat standard 12-cup nonstick muffin tin with nonstick cooking spray. In large bowl, beat eggs and yogurt until thoroughly combined. Whisk in onion powder, garlic powder, salt and pepper. Stir in 3/4 cup mozzarella cheese, all cheddar cheese, broccoli and bread; mix thoroughly. Let stand for 10 minutes. Stir thoroughly, then divide mixture evenly among prepared muffin cups. (Cups will be about two-thirds full.) Top evenly with remaining mozzarella cheese.

Bake for 20 to 25 minutes, or until the tops are golden brown. Let stand for 5 minutes before serving.

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Church, book club team up to help Syrian refugees

By Dave Baxter

When Shandra Czarnecki saw the now infamous picture of a young Syrian boy lying dead on a beach she was frustrated and decided she wanted to do something about it.

"Every time I saw that picture I saw my son," Czarnecki said. "We've been seeing the devastation in Syria for a long time, and it's been a frustration for me and something I've talked about with my husband for a while.

"You can only be frustrated for so long, so if you're going to keep complaining you better do something."

Czarnecki, who lives in Petersfield and grew up just outside of Selkirk, decided to reach out to her book club and her church, and has now brought people together to help a Syrian family transition into their new life in Manitoba.

The Clandeboye Amalgamated United Church has taken on the sponsorship of a Syrian family of four, and Czarnecki said seven members of her book club are taking on the "ground work" to help them with their resettlement and transition into life in Manitoba.

She said they have committed to funding and supporting them for one year once they arrive and that com-



RECORD PHOTO BY DAVE BAXTER

Members of the Clandeboye Amalgamated United Church, seen here after their Sunday service, have joined forces with a book club to help sponsor a Syrian refugee family.

mitment is both financial as well as physically helping them out.

"We are financially responsible and for a family of four the estimated need is \$27,000," she said. "It's everything from rent to food to clothes.

"It's all the necessities of life, and identifying options to live once they arrive."

Czarnecki said she is overwhelmed by the way people from her church as

well as others in the community have helped out.

"There have been financial donations and donations of things like furniture and appliances and clothing. People have been amazing."

The family will live in Winnipeg and it is important to not just stick them in any neighbourhood, Czarnecki said.

"That's a challenge, to put them in a

community where they won't be isolated and where there are others that share the same background, especially when it comes with a language barrier."

The book club has been told the family will arrive sometime this month.

"We will meet them at the airport, set up interim housing for them and take them to any necessary appointments," Czarnecki said.

One member of her book club is a refugee who came to Canada from Vietnam in the 1970's, so helping out a family in need is something that will have personal meaning for her.

"It deeply resonated with her, and she knows the contribution that can be made by refugees," Czarnecki said.

Czarnecki wants the work she is doing to inspire her children and other young people.

"I'll be taking them to the airport when they get here and I want my kids to see that if they have an idea to help, they can really do something with it."

Anyone that would like to help with the family's resettlement can visit canadahelps.org/en/charities/clandeboye-pastoral-charge/ for more information.

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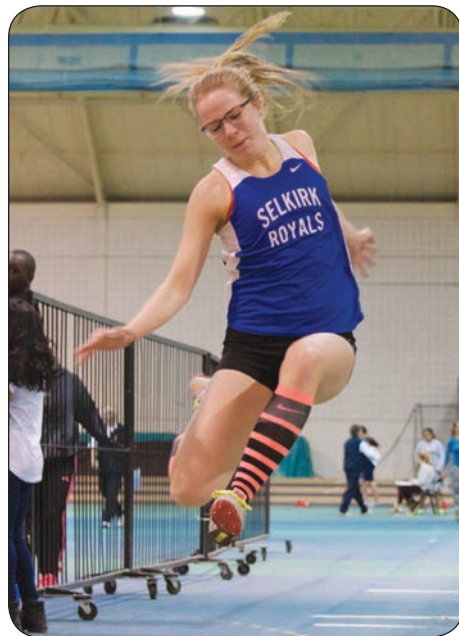
Royals compete well in indoor track and field



The Royals' Bronwyn Neufeld raced around the corner in the senior women's 400-metre dash.



Selkirk's Jordy Longbottom placed seventh in the varsity boys' 1500-metre run, finishing with a time of 4:47.86.



The Royals' Amy Wiebe placed second in the triple jump with a leap of 10.72 metres.



Kalie Whitelam was third in the high jump, finishing at 1.40 metres.

PHOTOS BY MATT PEARSON

By Brian Bowman

The Selkirk Royals had several impressive top-10 finishes at the High School Series #3 Indoor Track and Field Meet, which was held at the University of Manitoba on Feb. 10.

Bronwyn Neufeld was great in the senior women's 400-metre dash, running to an impressive time of 1:01.36. She finished just behind River East's Alba Andres Roca (1:01.32). Amy

Wiebe was also very good in the senior women's triple jump, leaping 10.72m to finish second. Wiebe also placed 10th in the 60m dash, finishing with a time of 8.66. Kalie Whitelam was third in the senior women's high jump, finishing with a height of 1.40m.

In the senior women's shotput, the Royals had three athletes finish in the top 10. Bailey Purse was third (9.14m), followed by Jessica Friesen, who was

fifth (8.67m), and Tiffany Addison, who placed eighth (8.12m). Victoria Stutsky was eighth in the senior women's triple jump (8.04m).

In junior varsity women's action, Annika Loeppky placed third in the long jump with a leap of 4.60m. Kely Warmington was sixth in the 60m dash with a time of 8.70 and eighth in the long jump (4.29m). Rene Partyka was ninth in the shot put after a throw

of 6.61m.

On the boys' side, Tristan Allen was third in the 400m after a solid time of 52.34 while Jordy Longbottom was seventh in the senior men's 1500 race. Longbottom had a time of 4:47.86.

Junior men's action saw Selkirk's David Ross place sixth in the long jump after landing at 5.25m. He was also seventh in the 60m dash after a time of 7.82.

Royals varsity boys win first KPAC game

By Brian Bowman

The good news last week saw the Selkirk Royals varsity boys' basketball team win their first KPAC game of the season.

The bad news, however, saw them follow up that win with a lopsided loss.

After defeating Transcona 77-57 at home on Feb. 8, the Royals followed up that great effort with an 84-49 road loss to the MBCI Hawks just two nights later.

"They played extremely well Monday," said Royals' head coach Jody Ford. "The outcome was never in jeopardy. The boys played really solid defence and executed an offensive plan

to attack the basket.

"We had multiple second and third opportunities, so they really crashed the boards."

With the win, Selkirk improved its league record to 1-8. The Royals played Miles Mac last night and then will play Murdoch McKay this coming Tuesday.

In the lopsided loss to the Hawks, Selkirk played an "amazing third quarter" to storm back and close the gap to just six points before suddenly imploding in the fourth.

"The kids played really well and had a great effort," Ford said.

Jon Kuz led Selkirk with a team-high 24 points in the loss.

The Royals had trouble with the Hawks' size inside, said Ford, as a couple of Selkirk's bigger players were missing from the game due to injury.

"We tried to double down but then they would get the kick out," Ford explained.

Every team in KPAC makes the playoffs this season. Ford said his team continues to improve and work hard in preparation for the post-season.

In varsity girls' action, Selkirk lost 60-50 to the Kildonan East Reivers on Feb. 10 in Winnipeg.

The Royals played at Miles Mac last night but no score was available. Selkirk will then host Garden City next Wednesday. Tip-off is 6 p.m.

Meanwhile, Selkirk hosted its annual Royal Rumble junior varsity girls' basketball tournament last weekend, featuring several of the top teams in the province. The Royals won the third-place game with a great effort in a 52-39 win over the Glenlawn Lions. Glenlawn is ranked No. 2 among "AAAA" schools in Manitoba.

Selkirk started tournament play last Thursday with a solid 41-32 win over the Kelvin Clippers but then lost 57-30 to the Vincent Massey Trojans from Winnipeg.

Vincent Massey, the top-ranked team in the province, later won the tournament title after defeating Garden City in the championship game.

Selkirk judokas compete at Inner City Open

By Brian Bowman

Eighteen fighters from the Selkirk Judo Club competed at the annual Inner City Open Judo Tournament at Tec Voc High School in Winnipeg on Feb. 6.

The tournament drew 212 entries from Manitoba, Saskatchewan and Ontario. The local club finished with six gold medals, three silver and two bronze.

"The Inner City Open is the largest Manitoba tournament and our team showed excellent effort against some tough competition," said Brian Jones, one of the Selkirk club's coaches,

Winning gold medals were Riley Malinowski (U21 Men under 73 kg), Joey Kuch (U18 Men over 90 kg), Lennon Kuch (U14 Boys over 66 kg), Sarah Ekosky (U14 Girls under 48 kg), Justin Ekosky (U16 Men under 66 kg) and Damien Ekosky (U18 Men under 73 kg).

Silver medals were won by Breena Macfarlane (U14 Girls over 55 kg), Bailey Malinowski (U16 Men under 66 kg), Bronwyn Morissette-Cooper (U16 Women under 48 kg).

Winning bronze were Tanner Onagi (U21 Men under 73 kg) and Julien Mitchell (Senior Men Advanced under 90 kg)

Meanwhile, at the Saskatchewan Open Judo Tournament on Jan. 23 saw a team of 12 from the Selkirk Judo Club compete, returning home with three gold, a silver, and three bronze



RECORD PHOTOS SUBMITTED
Selkirk Judo Club's Joey Kuch, right, recently won a gold medal at the Sask Open.

medals.

Approximately 300 competitors from B.C. to Ontario participated in this event.

Winning gold from Selkirk were Joey Kuch (U18 Men over 90 kg), Lennon Kuch (U14 Boys under 66 kg) and Justin Ekosky (U16 Men under 66 kg).

Damien Ekosky won a silver medal in U18 Men under 73 kg.

Bronze medals went to Bailey Malinowski (U16 Men under 66 kg), Schaelyce Kopp (U18 Women under 52 kg) and Joey Kuch (Senior Men Advanced over 100 kg).

"The level of competition at the Saskatchewan Open has risen in recent years," Jones said. "Our athletes showed they can compete and have



Damien Ekosky, far left, of the Selkirk Judo Club won a silver medal in recent competition.

great results at this level."

Also at the Saskatchewan Open, Selkirk Club member James Colp was awarded his National C referee level. Referees move through the ranks of Provincials C, B and A, then National

C, B and A and then three international levels, Jones explained.

"James has been working hard to progress through the referee ranks," Jones said. "This latest promotion is recognition of that effort."

Provincial all-star awards



RECORD PHOTO COURTESY OF CURL MANITOBA

The 2016 Viterra Championship All-Star Team was announced last Saturday in Selkirk prior to the evening playoff draw. The All-Star Awards are sponsored annually by Awards & More and the All-Stars are selected each year by the members of the Manitoba Curling Media Association in attendance at the championship.

The All-Star Awards were presented by Paul Wiecek from the Winnipeg Free Press. Pictured left to right, Wiecek, skip Matt Dunstone, third – BJ Neufeld from Team McEwen, second – Derek Samagalski from Team Carruthers and lead – Braden Zawada from Team Lyburn.

It is the third All-Star recognition for Neufeld, who was named to the team in both 2010 and 2015, and the first for Zawada, Samagalski, and Dunstone.

Manitoba Hockey Standings

MANITOBA JUNIOR HOCKEY LEAGUE							
GP	W	L	OTL	PTS	GF	GA	
Portage Terriers	56	48	6	2	98	260	114
Steinbach Pistons	53	40	10	3	83	215	123
Winkler Flyers	51	36	12	3	75	221	129
Virten Oil Capitals	53	32	20	1	65	172	123
Winnipeg Blues	53	27	18	8	62	186	151
Swan Valley Stampeders	53	22	25	6	50	159	177
OCN Blizzard	52	23	27	2	48	162	188
Selkirk Steelers	51	20	29	2	42	172	221
Dauphin Kings	53	18	32	3	39	154	221
Waywayseacappo Wolverines	53	14	35	4	32	135	226
Neepawa Natives	52	10	40	2	22	110	273
KEYSTONE HOCKEY LEAGUE							
South Division							
GP	W	L	OTL	PTS	GF	GA	
Selkirk Fishermen	34	26	6	2	54	140	94
St. Malo Warriors	34	21	10	3	45	162	128
Lundar Falcons	34	16	13	5	37	148	137
Arborg Ice Dawgs	34	17	15	2	36	149	131
North Winnipeg Satellites	34	11	22	1	23	120	165
North Division							
GP	W	L	OTL	PTS	GF	GA	
Peguis Juniors	34	28	4	2	58	295	119
OCN Storm	34	27	6	1	55	271	123
Cross Lake Islanders	34	15	19	0	30	224	216
Fisher River Hawks	34	8	25	1	17	174	267
Norway House North Stars	34	1	33	0	2	90	393
MANITOBA MAJOR JUNIOR HOCKEY LEAGUE							
GP	W	L	OTL	PTS	GF	GA	
Raiders Jr. Hockey Club	39	28	8	3	59	154	106
Pembina Valley Twisters	38	22	11	5	49	155	125
St. Vital Victorias	39	21	14	4	46	146	130
St. James Canucks	39	22	16	1	45	147	135
Stonewall Jets	38	20	16	2	42	145	130
St. Boniface Riels	39	17	19	3	37	134	152
Transcona Railer Express	38	16	20	2	34	134	160
River East Royal Knights	39	15	20	4	34	118	139
Ft. Garry/Ft. Rouge Twins	39	7	30	2	16	91	193
AAA MIDGET HOCKEY LEAGUE							
GP	W	L	OTL	PTS	GF	GA	
Eastman	43	40	0	1	83	228	86

Wild	41	34	5	1	70	185	78
Thrashers	41	30	9	1	62	196	97
Yellowhead	41	27	8	1	60	145	99
Central Plains	42	23	13	2	52	142	112
Brandon	41	21	19	0	43	118	125
Parkland	41	19	18	0	42	161	163
Kenora	42	19	21	2	40	151	177
Southwest	42	18	20	1	40	130	141
Pembina Valley	42	8	30	1	20	93	190
Interlake	42	8	34	0	16	106	228
Norman	42	3	37	2	8	110	269

AAA CITY MIDGET HOCKEY LEAGUE							
GP	W	L	OTL	PTS	GF	GA	
Winnipeg Monarchs	33	25	6	0	52	178	84
Winnipeg Hawks	34	21	11	1	44	150	123
Eastman Selects	35	19	15	0	39	105	94
Winnipeg Warriors	33	18	12	3	39	114	102
Winnipeg Sharks	35	15	15	2	35	134	139
Interlake Lightning	34	0	32	1	2	59	198
Yellowhead Chiefs	0	0	0	0	0	0	0
Parkland Rangers	0	0	0	0	0	0	0

AAA BANTAM HOCKEY LEAGUE							
GP	W	L	OTL	PTS	GF	GA	
Winnipeg Monarchs	33	28	4	0	57	223	70
Winnipeg Warriors	31	25	2	2	54	209	69
Eastman Selects	31	18	11	1	38	156	118
Winnipeg Hawks	32	14	16	2	30	119	116
Winnipeg Sharks	31	10	19	2	22	102	159
Interlake Lightning	34	5	29	0	10	78	229

MANITOBA HIGH SCHOOL HOCKEY Platinum Promotions Division							
GP	W	L	OTL	PTS	GF	GA	
Round 1 Series							
Selkirk Royals vs Garden City							
Tue 16 @ 4:15pm @ St. Andrews Rec Ctr							
Thurs 18 @ 4:00pm @ Garden City							
Womens-Free Press Division 2							
Round 1 Series B - Quarter-Finals - Free Press B Division							
Selkirk Royals vs West Kildonan Wolverines							
Tue Feb 16 @ 4:00 pm @ East Selkirk Arena							
Thu Feb 18 @ 4:00 pm @ Seven Oaks Arena							
Fri Feb 19 @ 1:30 pm @ East Selkirk Arena							

*STATS AS OF TUESDAY, February 16

Fishermen finish KJHL regular season atop South Division

By Brian Bowman

The Selkirk Fishermen wrapped up their regular season with, you guessed it, a couple of more wins.

Selkirk finished atop the Keystone Junior Hockey League's South Division with an impressive 26-6-0-2 record and 54 points after a pair of wins last week.

"This is probably our best record in the last three years," said Fishermen head coach Chris Poponick. "And even the losses that we did take, two of them were in shootouts and then we had a couple of bad ones on that northern trip.

"Outside of that, and some bad games against Arborg a couple of weeks back, it was a good regular season. I can't ask for much more than that."

The Fishermen blanked the North Winnipeg Satelites 4-0 on Feb. 9 and then nipped the St. Malo Warriors 5-4 last Friday.

In the win over St. Malo, Selkirk trailed 2-0 and 3-1 in the second period before mounting the comeback. The Fishermen scored three goals in a 4:01 span late in the second.

"We had lots of opportunities in the first period and we probably should have been up 5-1 after the first period," said Fishermen head coach Chris

Poponick. "But a combination of missing wide-open nets and goaltending, some key saves by their goaltender, kept them in the lead."

Drayton Mendrun, Karl Fey, Dylan Kulbaba, and Kale Ilchena, on the power play, scored for Selkirk in the second period.

Ilchena then struck on the power play again at 7:36 of the third period for the eventual game winner.

The Fishermen also played very well in the shutout win over North Winnipeg.

"We came out flying in the beginning and had a 3-0 lead and then kind of put it in cruise control after that," Poponick said. "We're trying to play possession hockey and we did a really good job of that."

Riley Bannerman made 31 saves for the shutout while Connor Spratt and Milan Horanski each scored a first-period goal and had an assist.

Nigel Hoydalo also scored in the opening period and then Mendrun added a power-play goal in the third. Griffin Steeves had two assists.

The KJHL playoffs will begin this week and will have Arborg playing North Winnipeg in a best-of-three Survivor Series. The Ice Dawgs finished fourth in the South Division with a 17-15-0-2 record while the



RECORD PHOTO BY LANA MEIER

The Fishermen's Milan Horanski now has 33 points with 18 goals and 15 assists in 32 regular season games.

Satelites placed fifth with an 11-22-0-1 mark.

Game 1 of the series will be played Friday (8:15 p.m.) in Arborg, followed by Game 2 in North Winnipeg on Saturday (8 p.m.).

Game 3, if necessary, will be played Monday (8 p.m.) in Arborg.

The North Division Survivor Series, meanwhile, will have No. 4 Fisher River playing No. 5 Norway House. Game 1 will be played tonight (8 p.m.) and

then Game 2 is set for Friday (7 p.m.). The first two games will be played in Fisher River.

If necessary, Game 3 will be played in Norway House on Sunday (1 p.m.).

Selkirk will have another week off before they begin their best-of-five quarter-final playoff series against the winner of the Arborg/North Winnipeg series.

The Fishermen will begin their playoff series next Thursday.

Steelers, Bartley part ways after lopsided road losses

By Brian Bowman

The Selkirk Steelers had one of their worst two-game stretches in their history – and it cost them their head coach.

The Steelers announced late Monday afternoon that the team and Wayne Bartley, their head coach and director of player personnel, have mutually parted ways.

Bartley assumed the head coaching position at the start of the 2014-2015 season after replacing Ryan Smith.

"It's always a difficult scenario when a coach leaves late in the season and especially after a series of difficult losses," said Andy Rewucki, the Steelers' vice president, in a media release. "Our executive is committed to en-

suring that we remain a competitive team in the MJHL and sometimes changes like this are unfortunate, but necessary, to achieve those goals."

Steelers' assistant coach Jeff Mitchell has been appointed the team's interim head coach for the remainder of the season.

"Wayne has proven to be very passionate about the Steelers and worked hard during his time here," Rewucki said. "This decision was mutual and we wish Wayne all the success in his future endeavours."

The Steelers started last weekend with a disastrous 11-0 road loss to the Swan Valley Stampeders.

The next night, Selkirk had its game against the OCN Blizzard halted late

in the first period due to poor ice conditions with the Steelers trailing 3-0.

That game was later resumed Sunday afternoon – taking the place of a regularly scheduled game – and the Blizzard promptly blitzed the Steelers 8-3, scoring four unanswered third-period goals.

Getting outscored 19-3 in two road games is something that hasn't happened to a Steelers' team in a very, very long time.

OCN's Logan Harland did the most damage in Sunday afternoon's win, scoring twice and adding two assists. Jeremy Dumont, Anthony Keeper, Brady Valiquette, Matt Bullard, Brady Keeper (power play) and Lantz Keeper also scored for the Blizzard.

Riley Derlago, on the power play, Cole McCartan, and Dallas Starodub scored second-period goals for Selkirk.

In Friday's blowout loss, Swan Valley, which held period leads of 3-0 and 8-0, scored four power-play goals and a shorthanded one.

Riley McKay and Colton Brausen each had three goals and an assist for the Stampeders. Trevor Mann, Connor Navrot, Jordie Valentino, Evan Last,



RECORD PHOTO SUBMITTED

The Steelers announced late Monday afternoon that the team and Wayne Bartley, their head coach and director of player personnel, have mutually parted ways.

and Daylon Creasy added singles.

Swan Valley outshot Selkirk 46-27.

The Steelers (20-29-2) played at Neepawa last night (no score was available) and then will host Swan Valley Friday. On Sunday, Selkirk will travel to Winkler to take on the Flyers.

Both games have 7:30 p.m. starts.

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Meet the Fishermen



#12 Connor Cyr
Defence

at the Selkirk Rec Centre

McLeod named U of M female athlete of the week



Rachael McLeod

By Brian Bowman

Rachael McLeod of St. Clements was named the University of Manitoba Bisons' female athlete of the week for the period ending Feb. 7.

The 5-foot-4 sprinter continues to impress in her sophomore season as she won an individual title and was part of the first Bison track team to qualify for the 2016 CIS Track and Field Championship this March.

McLeod, 19, blazed to a first-place finish in the women's 60-metre race last Saturday as she won in an impressive time of 7.69. That tied her for the eighth fastest CIS time in this event.

McLeod was also part of the Bison women's 4x200m relay team that finished second with a time of 1:39.79. That time automatically qualified the Bisons for the 2016 CIS Track and Field Championship and is also the second fastest so far in CIS in that event.

The Bison track and field team's next meet will be the South Dakota State University Invitational at Brookings, S.D. this weekend.

MJHL announces six major award nominees

By Brian Bowman

Nominees for the Manitoba Junior Hockey League's six major awards were announced last Friday, with five members of the defending RBC champion Portage Terriers nominated for awards.

No Selkirk Steelers are in the running for this year's awards.

"Each nominee should be extremely proud of their accomplishment and their excellence on the ice," MJHL commissioner Kim Davis said in a media release. "The MJHL member clubs nominated players in each of the award categories. The voting for each award was done entirely by the head coaches."

Winners will be honoured at a home game later this month, said Davis.

MVP Award – Steve "Boomer" Hawrysh Memorial Trophy

Tristan Keck - Winkler Flyers, Brad Bowles - Portage Terriers, Logan Harland - OCN Blizzard

Rookie of the Year Award – Vince Leah Trophy

Nick Henry - Portage Terriers, Bennett Dalke - Viriden Oil Capitals, Tyler Jubenvill - Winkler Flyers

Hockey Ability and Sportsmanship Award – Lorne "Windy" Lyndon Memorial Trophy

Daniel Taillefer - Steinbach Pistons, Cam Whyte - Winkler Flyers, Devan Schram - Viriden Oil Capitals

Top Goaltender Award

Nathan Park - Portage Terriers, Sean Kuehn - Viriden Oil Capitals, Roman Bengert - Steinbach Pistons

Top Defenseman Award – Brian Kozak Memorial Trophy

Brady Keeper - OCN Blizzard, Zach Whitecloud - Viriden Oil Capitals, Brett Orr - Portage Terriers

Coach of the Year Award – Portage Terriers "Muzz McPherson" Award

Paul Dyck - Steinbach Pistons, Ken Pearson - Winkler Flyers, Blake Spiller - Portage Terriers

The MJHL's other major award, Top Scorer (Mike Ridley Trophy) will be announced upon the end of the regular season.

Teaching the game of hockey



RECORD PHOTO SUBMITTED

Members of the Selkirk Fishermen ran a practice on Feb. 6 for the Sagkeeng Midget hockey team. Fishermen head coach Chris Poponick, along with players Jordan Liske, Tyndall Fontaine, and Connor Cyr, put the Sagkeeng players through an hour-and-a-half practice. They showed the younger players some of the skills that the Fishermen work on throughout the season.

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Well established heavy construction company in Winnipeg is seeking an Equipment/Material Coordinator. More details found at the Government of Canada Job Bank position #272737.

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LaGarderie Summer-time located in Selkirk has 1 full time opening starting March 8th for a child 2+ yrs. Licensed, CPR, and First Aid. Nuts, fish and shellfish free facility. Call Isabel 204-482-3767 (leave message if needed).

VOLUNTEERS

The College of Midwives of Manitoba (CMM) is seeking Public Representatives. Public reps may NOT be members of another regulated health care profession in Manitoba. Kathy Kirby, Administrative Officer (204) 783-4520/Email: admin@midwives.mb.ca

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Job Quest Career Services is located at 511 Robinson Ave in Selkirk Manitoba. The hours of operation are 8:00 to 4:30. To apply forward a Cover Letter and Resume to the attention of SDCLC Manager **on or before February 24, 2016.**

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ANNOUNCEMENTS
CARD OF THANKS

To the honest, kind, thoughtful person who handed my lost ring to staff at Walmart. I had been shopping there, and then went to B.P. for supper, that's when I realized my ring was missing. I went back to Walmart and asked if anyone had found it. Was so happy to see it again. It is a family heirloom, from my late husband's family. Once again, thank you.

-Jean

ANNOUNCEMENTS
CARD OF THANKS

Thank you to the staff of Selkirk and District General Hospital emergency, surgery and especially the medical ward for their gentle and compassionate care for our mother, Anne Popowich in her last days. Many thanks to family and friends for their visits, phone calls and prayers. To Father Buduykevych, your visits to the hospital and the lovely service were very much appreciated. Our gratitude to John and staff of Gilberts Funeral Home for their calm, efficient care of arrangements. Food was important to mom so many thanks to Don and Adelaide Little for a lovely luncheon. We truly appreciate the love shown to mom by her parish friends of Protection of the Blessed Virgin Mary in Rosedale. Thank you to all who attended the service, sent cards, food or visited. We feel blessed to have such thoughtful family and friends.

-Don and Walter Cheslock and Bev Lesiuk

ANNOUNCEMENTS
RETIREMENT



Barb
Congratulations
32 years of shift work,
58 orbits around the Sun
May your glass always be half full
Look out flower garden here she comes!
-Love,
Me and the Boys!

ANNOUNCEMENTS
BIRTHDAY



Mary Toews
Happy 60th Birthday
February 20th
If you see Mary at Extra Foods
please wish her a
Happy Birthday
-Love your husband, John

ANNOUNCEMENTS
BIRTHDAY



Happy 75th Birthday
Eileen Jones February 25th
-Love, your family
Come and celebrate with her on
Saturday, February 27th at 7 p.m.
at the Army & Navy
Live music by
The Bowman Brother's Band

ANNOUNCEMENTS
ANNIVERSARY



Happy 61st Anniversary!
Ron and Stella (nee Gaudet) Robinson
February 19, 1955 to February 19, 2016
One by one each year flew by, since you both said 'I do'
... 61 years of memories, shared by the two of you.
From big events and holidays, to simple daily pleasures.
Some tearful times along life's way;
Some joys that can't be measured.
One by one each year now gone,
But still they're yours forever;
Each and every memory, of many years together.

-With congratulations and much love from your family.
Randy, Patti, Hayley, Kathryn, Matthew and Jacob; Sue and Andy; Tom, Diane, Becky, Ashley, Tyler and Cody; and Paul

ANNOUNCEMENTS
IN MEMORIAM



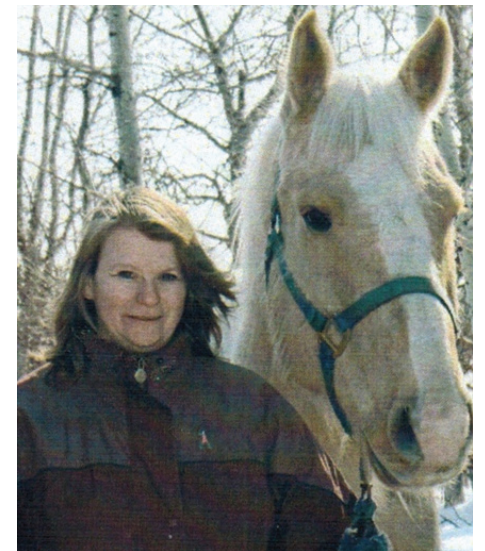
James Black
January 12, 1930 - February 16, 2012
In Loving Memory

We will always love and miss you
And wish that you were here.
We know no greater treasure
Than the days we had with you.
-Always loved and forever missed.
Dorothy and family

ANNOUNCEMENTS
IN MEMORIAM

Pat Bond
The years may wipe out many things,
But this they'll wipe out never;
The memory of those happy days,
When we were all together.
We think of her in silence,
Her name we oft recall;
But there's nothing left to answer,
But her picture on the wall.
Just when her life was brightest,
Just when her hopes were best;
God called her from among us,
To a home of eternal rest.
-Glen, Derek, Michelle, Glenda, Shawn, Sara

ANNOUNCEMENTS
IN MEMORIAM



Tannis Panaschuk
February 18, 2013
Beautiful memories are wonderful things,
They last till the longest day;
They never wear out or get lost,
And can never be given away.
To some you may be forgotten,
To others a part of the past;
But to us who loved and lost you,
Your memory will always last.
-Love Mom and Dad
and all your friends

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OBITUARY



Phyllis Mae McMurchy

It is with deep sadness that the family of Phyllis Mae McMurchy announces her passing, peacefully on February 7, 2016.

She was born in Selkirk, MB on October 15, 1934. She leaves to mourn her children Christine (Brent) Checkley, Ron (Charlotte), Tom (Gail), Owen (Gillian), Sandra (John) Skiba, Susan (late Jim) Hyslop; 14 grandchildren; nine great-grandchildren and one sister Doreen (Archie) Kirkness. She was predeceased by her husband Ron in 2010; her parents John and Lydia Aisman; three brothers Richard, Jim and John; one granddaughter Leanne Skiba.

She worked at Selkirk Mental Hospital in dietary before she married Ron in 1954. They worked hard raising their six children on the farm. Family was very important to her. She loved the outdoors, gardening, growing flowers and going for Sunday drives with Ron all over the province. She made the best dill pickles, soups and

desserts.

She had a passion for crocheting and knitting. Every family member and close friends were fortunate to receive beautiful doilies, sweaters, mitts or dolls. She loved visits with friends, the coffee was always on in her kitchen. She will always be remembered as a very generous, kind and compassionate person.

As per Mom's wishes, a private graveside service was held on Wednesday, February 10, 2016 at Ashfield Cemetery, with Pastor Neil Stitt officiating.

Pallbearers were Philip McMurchy, Nevin Checkley, Jason McMurchy, Darren Skiba, Kyle Whitwell and Bill Aisman.

Flowers are greatly declined. If desired, donations in memory of Phyllis can be made to CancerCare Manitoba.

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



OBITUARY



Ed Hykawy

May 6, 1946 – February 10, 2016

Peacefully on Wednesday, February 10, with his family by his side, Ed went to be with the Lord.

Ed was predeceased by his mom and dad, Bill and Martha; sister and brother-in-law Gloria and Lou, and nephew Brett.

Left to mourn his passing are his wife of 46 years Bev; sons Michael and Darren and precious granddaughter Sierra; sisters Phyllis (Ron), Joyce, Fran and Jerone (Bob); brothers-in-law Basil, Gerry (Donna), Brian (Lorraine) and Wayne (Al); mother-in-law Carrie Prychun and constant companion Dixie.

Ed and Bev were married on January 31, 1970. In 1982 their first son Michael was born, in 1991 Darren came along and their family was complete, Ed was so proud to be a dad. Many good years were shared watching his two boys grow into the men they

are today. In March 2012 his granddaughter Sierra was born, he loved her dearly. We will always remember her cuddled beside grandpa as he read to her.

Many great times were had at their cottage at Betula Lake and then Bird River. Ed loved to sit on the dock and watch the sunsets. Ed's passion was old cars. He was well known for years as the guy with the "little red bucket". Three years ago Ed and Bev bought their classic 64 Cadillac, traveling to car shows and meeting at "Tim's" on Wednesday night with their car friends.

Pallbearers will be Michael and Darren, nephews Randy Yaworski, Dale and Cole Hunt and Steven Tell.

Thank you to the Heart Failure Clinic, especially Rose, Dr. Badenhurst, Dr. Zoppa and the wonderful nurses and aides on medicine north at the Selkirk General Hospital.

Funeral service was held Monday, February 15, at 11:00 a.m. with viewing one hour prior in the Gilbart Funeral Home, Selkirk.

In lieu of flowers donations may be made to The Heart and Stroke Foundation, 6 Donald St., Winnipeg, MB, R3L 0K6.

Your struggles are over,
Till we meet again.

Gilbart Funeral Home, Selkirk in care of arrangements.
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OBITUARY



Anna Johanna Sokolowski

Peacefully, at the Betel Home Foundation in Selkirk, on the morning of February 11, 2016 one day shy of her 93rd birthday on February 12, 2016, Anna Johanna (Toots) Sokolowski passed away.

She was preceded by her mom and dad Laura and John Sokolowski; brother Arthur; sisters Lily Wade

and Margaret Dobson. Left to celebrate her life are her extended family of Alleyne's, Wade, Dobson's and Sokolowski's.

The families wish to thank the doctors, nurses and other staff of both the Beausejour Health Care Center and The Betel Home Foundation of Selkirk for their care and commitment to Anna.

In keeping with her wishes, cremation has taken place and a family celebration of her life will take place at a later date.

In lieu of flowers, donations can be made to a charity of your

choice.

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



OBITUARY



John Charles Machowski

John Machowski passed away on Monday, February 8, 2016 at the Selkirk and District General Hospital after a sudden battle with Pancreatic Cancer at the age of 62.

Born August 3, 1953, he obtained a brown belt with Manitoba Judo Club and served several years as Chief Petty Officer with Sea Cadets. He obtained a Bachelor of Arts in Economics at the University of Winnipeg and moved to Dryden to work for the TD Bank. During his several years of study, he was also employed at "The Mill" (Gerdau - as it is now) and in 1982 he returned to the Mill to work various positions on "The Furnace" until his injury in 2003. He enjoyed his remaining years appreciating various forms of art.

He was predeceased by his grandparents and sister Beryl Marion (1990) and will be sadly missed by his parents John and Mildred Machowski; wife Brenda; daughter Crystal; son John E; sisters Lorraine (Edward) Plouffe, Diane (Mike) Craine, Mildred (Moe) Oye and Carol Kupchik along with many nieces, nephews, cousins and friends.

A memorial service will be held on Wednesday, February 17, 2016 at The Christ Church, Selkirk, MB at 2:00 p.m.

In lieu of flowers PLEASE donate to cancer research.



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Announcements



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OBITUARY



James (Jim) Alexander McLeod

The family of James (Jim) Alexander McLeod announce with great sadness his passing from cancer on February 6th 2016, at the Pine Falls Hospital.

Jim was born on May 13th, 1945. He was a devoted husband to his wife Lorraine, and a loving stepfather to his children, Treva, Michele, Penny, Tamara and James (Camille); he will also be missed by his sisters-in-law, Lordes (Peter) and Dorothy; brothers-in-law Earl, Bill and Lenny; numerous grandchildren, great-grandchildren, aunts, uncles, cousins, nieces and nephews. Jim was predeceased by his mother Caroline; father James Alexander; brothers Fred, Jack and George Hanson and his younger brother Sam McLeod.

Jim was born and lived most of his life in Grand Marais, Manitoba. He spent many years as a winter roads truck driver, and the last 10 years full time caregiver to the love of his life, Lorraine (Munch)

Special thanks to his cousins Jack and Mary Aspin, dear friends, Fran, Ann, Cheryl and Vern, along with all the wonderful doctors, nurses, and hospital staff at Pine Falls Health Complex.

As per Jim's wishes, cremation has taken place, and in the near future a celebration of his life will be announced.

Rest In Peace Hun (Pops) we know you are in a better place, and one day we shall meet again

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



OBITUARY

Harold (Buck) Douglas Hermanson

Peacefully on February 10, 2016, Buck, aged 91 years of Petersfield, MB passed away.

Buck was predeceased by his wife Marjorie on June 18, 2003 and parents Harald (Harry) and Mable Hermanson.

Buck was born in Winnipeg, MB and raised on a dairy farm in Petersfield MB, by his parents and grandparent Julia Orvis (known as little grandma).

Buck enjoyed a long and healthy life, he enjoyed curling, golfing and playing crib. He loved to read, do crosswords and play all kinds of board-games with his family. He also enjoyed doing picture puzzles with his wife in his later years. He loved his family doing things together. His home was always open for a party, and for many years was party central for his family and friends (especially during his kids teenage years). There were many good times shared in his home and delicious meals enjoyed.

Buck started out his career as a dairy farmer with his parents. If dad needed something to make his job easier he would build it, like a square bale forklift he created and built back in 1961/62. He was great at carpentry, welding and fixing just about anything he set his mind to. He later worked at the Manitoba Rolling Mills from which he retired.

Buck passed on many of his skills to his children and taught them to be honest, strong, independent and to appreciate family, he liked to keep his family close to each other. Buck you will be missed by all who knew you, farewell for now, enjoy your new journey and we will see you there when it's our turn to move on.

He is survived by eldest son Pat (Connie), grandchildren Christina (Keith), Courtney, Catelynn (Brennan) and Chandra (Nick); second son Robert (Linda) grandchildren Robert Jr., Candice (Al), Leah (Cory) and Jared; last his daughter Nancy, grandchildren Pamela, Jo-Anna, Cyndle and Dexter.

As per Buck's wishes there will be no service however you can raise a glass in his memory and toast him farewell and happy new journey.

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



take a break

> GAMES

SUDOKU

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

Fun By The Numbers

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

Level: Intermediate

Here's How It Works:

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

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

Sudoku Answer

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

Crossword Answer

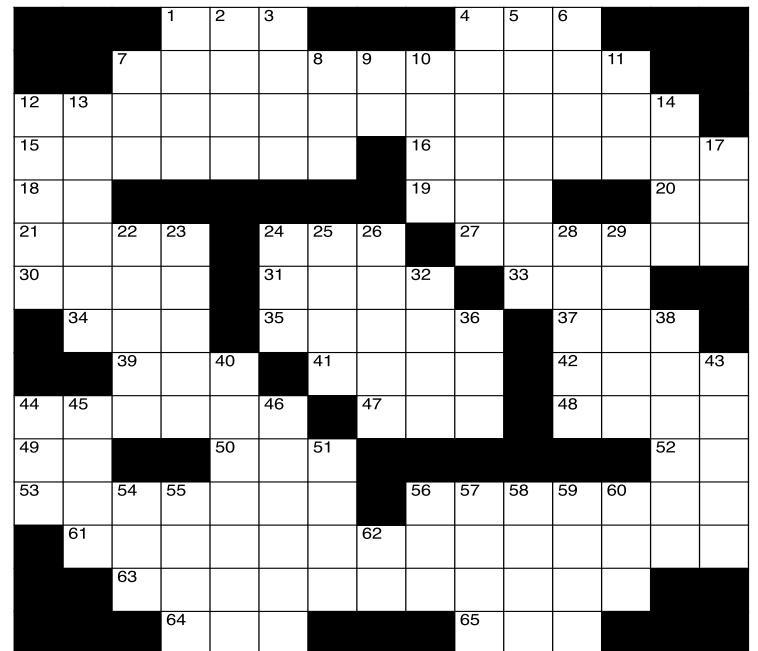
CROSSWORD

CLUES ACROSS

- UN Sec-Gen Hammarskjold
- Sum up
- Shame & disgrace
- Favorite Dr. Seuss
- About earth
- Lockjaw
- 14th Greek letter
- Durham school
- Sodium
- Ancient Olympic Site
- Used to be United
- Audio sound network
- Girls actress Dunham
- 1000 calories
- Mekong people
- Floor covering
- Moroccan capital
- Curtsy
- Cheer
- Database mgmt. system
- Enough (archaic)
- Release for a price
- Similar
- Not frequently experienced
- Doctor
- King Cole, musician
- Lady Spencer
- Nauseated
- More
- Stevenson classic
- Uncontrolled
- Homesick
- Law

CLUES DOWN

- A continuous tube
- Wet nurse
- Rural France vacation retreat
- Greek capital
- Synthetic hormone
- Qatar capital
- Of she
- Maya of Vietnam Veterans



Memorial

- Not out
- Tip of Aleutian Islands
- Ling, Chinese mountain range
- NW Netherlands resort island
- One who acclaims
- Adjust for functioning
- U.S. Revolutionary Adams
- Bury
- Adventure stories
- Swedish krona
- Several carangid fishes
- Spiritual leader of a Jewish congregation
- Cavalry-sword
- Mahogany family genus
- In a way, goes away
- Thyrotropin
- Axe killer Lizzie
- Solomon Islands capital
- Eerie
- Root mean square (abbr.)
- A nearly horizontal entrance to a mine
- Assembled
- Racketeer
- Grand, vintage
- Cognizances
- Hair product
- Iranian monetary unit
- This (Spanish)
- Jeopardy's Trebek
- Small amount
- Atomic #44



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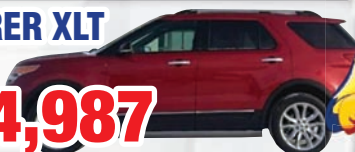
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