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PHOTO COURTESY OF CAROLINE BRASSARD

Andrew Henderson of Clandeboye, pictured here during a photo shoot with photographer Caroline Brassard, will turn death into performance art when he holds Taking it to the Grave in Winnipeg on Friday, Oct. 21 and Sunday Oct. 23. For a story, see page 11.

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'I'm worried I'm going to lose more friends'

Selkirk woman pleads with drug users to seek help after 2 local men found dead

By Dave Baxter

When Reena Leclerc decided it was time to get sober she wanted one of her best friends to be by her side.

But that friend couldn't be there for her because he had just lost his battle with drugs.

"I actually messaged Corey that Sunday when he hadn't been found yet," said 26-year-old Leclerc of Selkirk. "I just went into treatment and I messaged him to come visit me because I knew he would, that's just the type of guy he was.

"He was very supportive of me getting help."

Leclerc's friend Corey Berens, 35, of Lockport was one of two men found dead inside a car in Winnipeg on Oct. 4, one day after Leclerc went into treatment.

Myles Brown, 27, of St. Andrews was also found dead inside the car, which was found along College Avenue. Winnipeg police say they believe both men died from a suspected drug overdose.

Police also said the bodies of Berens and Brown had been inside the vehicle for days before they were discov-

Leclerc now says she wants others who are dealing with drug addiction issues to seek help, because she knows how dangerous and dire addictions can become.

"I want to say there is help out there and go get that help," she said. "It's a tidal wave, and I'm worried I'm going to lose more friends."

Leclerc said she was a close friend of both Berens and Brown, and said she got the news while in her drug treatment program.

"It honestly was just disbelief," she said. "I went into shock and there's a part of me that still can't believe they are gone.

"Over the years we had our times where we didn't see each other for a while, so it feels like we're just not hanging out right now, but now I'll never see them again."

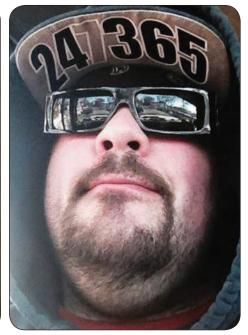
Leclerc went into detox drug treatment in Winnipeg on Oct. 3 following a lengthy battle with drug addiction.

"I used drugs every day for the last nine years," she said. "It was bad, it was really bad."

Leclerc said over her nine years of drug addiction she used everything from opiates to fentanyl patches, first starting with percocet, as a way to overcome anxiety when she was a teenager.

She has now been sober for about two weeks and now has to "learn how to live sober."

"I don't even know how to be sober," she said. "I have to start my life over."



FACEBOOK PHOTOS

ABOVE LEFT: After losing two of her friends to suspected drug overdoses this month, Selkirk woman Reena Leclerc is asking anyone with drug addiction issues to seek help. ABOVE RIGHT: Corey Berens, 35, of Lockport was one of two men found dead in a car in Winnipeg on Oct. 4 from a suspected drug overdose.

Winnipeg police have said they are looking into the possibility of a connection to fentanyl or carfentanil in the death of both Berens and Brown.

help can contact the Addictions Foundation of Manitoba by calling 204-944-6200 or toll free at 1-866-638-2561.

Police also said they seized drugs and drug paraphernalia from the vehicle where the men's bodies were found.

Those seeking







RCMP apology 'vindication' after decades of abuse

By Dave Baxter

For one former RCMP officer, the bullying and harassment she faced while on the force pushed her to the point where she almost took her own

"I sunk into a deep depression and my thoughts did turn to suicide, but thankfully I had a sober second thought and that is why I am having this conversation today," former RCMP officer and Gimli resident Sherry Lee Benson-Podolchuk said during a telephone interview with the Record last Friday.

Benson-Podolchuk said when she first joined the RCMP in 1989 the bullying and harassment started immediately, but became more physically and mentally abusive over time.

"It started as pressure to belong and fit in and at first the teasing was harmless, but soon the name calling became very sexist and derogatory," Benson-Podolchuk said. "I still cringe when I think about the names they called me."

Earlier this month RCMP Commissioner Bob Paulson delivered a public apology to hundreds of current and former female RCMP officers who had been subjected to bullying, discrimination and harassment dating back more than 40 years.

Paulson also announced a \$100 million settlement that could see as many as 20,000 current and former female officers qualify for compensation.

"For me the apology was powerful and it was vindication," said Benson-Podolchuk, who worked for RCMP departments in both Saskatchewan and Manitoba over the span of her 20 year career. "That is not what I was looking for, but I realize this is a huge problem and I hope this encourages more women to step up and speak out."

Benson-Podolchuk said while she was on the force and she complained



SHERRY LEE BENSON-PODOLCHUK

to her superiors she was "laughed at"

and that is when the bullying and abuse was taken to a whole new level.

"They took the screws out of a door so it fell on me when I opened it," she said. "That knocked me out and gave me a concussion."

She said after the incident officers didn't let up on her and one prank was particularly disturbing.

"I returned to work and there was a dead prairie chicken in my gym bag with blood dripping all over my things," she said.

During his public apology on Oct. 6, Paulson spoke directly to every

female RCMP officer that has ever experienced bullying, sexual abuse, discrimination, sexism or other forms of physical or mental abuse.

"To all the women, I stand humbly before you today and solemnly offer our sincere apology," Paulson said during a news conference in Ottawa. "You came to the RCMP wanting to personally contribute to your community and we failed you. We hurt you.

"For that, I am truly sorry."

The settlement will also include the creation of a scholarship that will honour the RCMP's first female regular members as well as the establishment of national and divisional advisory committees on gender, sexual orientation, harassment, equity and inclusivity.

Benson-Podolchuk said policies against bullying and harassment will only be effective if they are properly enforced.

"Even though things have changed and improved over the years, changes are only as effective as those willing to enforce them," she said. "Otherwise the policies are just pieces of paper with fancy words."

In 2007, Benson-Podolchuk published her book"Women Not Wanted," which tells the story of her 20 years on the RCMP and the years of discrimination and bullying she faced.

She also currently travels across North America giving speeches and presentations about workplace bullying and harassment.





Province to expand naloxone kit program across Manitoba

By Lindsey Enns

Manitoba's health minister wants to see naloxone kits more available across the province.

A provincial spokeswoman confirmed last Friday that Health Minister Kelvin Goertzen "is currently pursuing an expansion of the Naloxone program" and further details will be released "in the coming weeks."

During question period last Wednesday, Goertzen said he has asked his department to look at the provincial distribution system for the prescription drug.

Recently, most RCMP officers have been given nasally-administered naloxone kits, which can be used to counteract the effects of fentanyl on themselves or others who are in medical distress due to fentanyl exposure.

As previously reported in the *Record*, RCMP say the use of the power-

ful synthetic opioid narcotic, typically used for terminal cancer patients, has risen across Manitoba in recent years.

In September, RCMP released a video highlighting some of the dangers fentanyl and other opioids pose to first responders and the public.

Some of the symptoms officers described feeling included sleepiness and/or drowsiness, a slower heartbeat, trouble breathing, nausea, dizziness, pinpoint pupils as well as mood alterations.

An increase in overdoses and deaths related to fentanyl and its use across Canada is one of the reasons RCMP chose to release the video publicly, according to a release.

According to the Canadian Centre on Substance Abuse, at least 655 deaths in Canada from 2009–14 had been linked to fentanyl.

Red ribbons return to Selkirk



RECORD PHOTO BY LINDSEY ENNS

Red ribbons decorate the Selkirk Bridge that links Selkirk to East Selkirk last Thursday afternoon. The red ribbon campaign, which made headlines last year, sets out to raise awareness about the more than 1,000 missing and murdered Indigenous women and girls across Canada.

VISIT THE BALMORAL HALL SCHOOL OPEN HOUSE IN WINNIPEG ON SATURDAY, OCT. 29TH, 11 AM - 3 PM

FROM BRANDON TO VIENNA AND BACK AGAIN: HOW BALMORAL HALL SCHOOL CHANGES LIVES

BY REGAN BOULTON

Growing up in Brandon had a lot of advantages, such as really getting to know people in my community, but I also experienced some challenges. When I started playing hockey, I had no idea where it would take me, but in high school, when I learned about NCAA hockey in the United States, everything changed quickly. Playing hockey at an elite collegiate level became my goal; although, had I not decided to leave home in order to attend Balmoral Hall School, it never would have become a reality. Balmoral Hall offers small class sizes, an all-girls learning environment with enriched academic opportunities, and a strong commitment to athletic success. As a student-athlete, I gained essential skills such as independence, discipline, and careful time management. I loved my time in the classroom (almost) as much as I loved playing with the BH Blazers. Junior Women's Hockey League (JWHL) took me to cities I would not have been able to see otherwise. Through the generous financial aid program Balmoral Hall offers, I qualified for generous bursary support, which made these opportunities, including full-time (seven days per week) boarding, affordable.

After graduating in 2009, I had the opportunity to play hockey at Quinnipiac University (NCAA Division I) in Connecticut, just like I had dreamed. Better still, I received a full academic/athletic



Regan tours new families around the Balmoral Hall campus.

scholarship. I completed a bachelor's degree in criminal justice, graduating with a high GPA while captaining the hockey team, attending practice and off-ice training sessions, and gaining work experience through a demanding internship. As my collegiate hockey career neared its end, I was not ready to give up the game that had changed my life, and so I pursued a professional hockey career in Vienna.

Now, several years later, I find myself back in the school that allowed me to develop as a student, as an athlete, and as a person. I have the ability to help girls of promise achieve their goals academically and athletically. As I mentor these girls, I wonder where their educational experience will take them next.

I hope to meet you at our open house Saturday, Oct. 29 from 11 a.m. to 3 p.m.



City inches closer to new fire hall being built in Selkirk

By Dave Baxter

The Selkirk Fire Department has taken a big step towards getting a new and much larger fire hall.

Selkirk Fire Department chief Craig Fiebelkorn says a request for proposals for the construction of a brand new approximately \$3.5 million fire hall in the city of Selkirk closed at the end of September.

He said the city is now reviewing proposals and should soon be handing out a contract for the construction of the fire hall, which will be built along Superior Avenue in Selkirk.

He said the new fire hall should be up and running in Selkirk sometime in early 2018.

Fiebelkorn added a new hall is needed because Selkirk continues to grow so the department needs more space.

"With the growth and development in Selkirk we need more room to provide services, because we need room for more equipment," Fiebelkorn said. "And we don't even have room to store all the stuff that we have right now."

Fiebelkorn said some of the department's equipment such as hazmat equipment is currently housed at a separate city compound in another



RECORD PHOTO BY BRETT MITCHELL

Selkirk Fire Department Chief Craig Fiebelkorn says a new and much larger fire department should be up and running in Selkirk sometime in early 2018. The new structure, being built along Superior Avenue, will replace their current building along Eaton Avenue.

location in Selkirk.

"We're smart enough to put the stuff there that we don't use that often, but when there is a possibility that we need that stuff we have to think twice and really access the situation and get

more information," he said.

The current fire hall, which sits next to Selkirk's municipal building on Eaton Avenue, has about 12,000 square feet, while the new hall is planned to be more than 20,000 square feet.

The department also needs an aerial ladder truck, and can't get one until a new and larger fire hall is complete," Fiebelkorn said.

"We're really in dire need of an aerial ladder truck," Fiebelkorn said, adding an aerial truck would allow them to launch an "aerial attack" on fires in tall buildings like apartments, department stores and the new hotel.

He added the new hall will have a two-story office area, room for all their equipment and vehicles as well as large training areas.

Selkirk Mayor Larry Johannson said once the fire department moves into their new home the current fire hall, which is connected to the city's municipal building, will be used by the

"This just opens up more space for us at city hall," Johannson said. "We want to get a lot more of our departments all under one roof.

"It would be nice to get those departments together, and we will also have space to rent so we could get entities in there that would be a good fit for us."

There are currently 27 firefighters serving on the Selkirk Fire Department.



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Selkirk woman to be named youngest Citizen of the Year

By Dave Baxter

She may be only 33, but one Selkirk resident has given so much of her time and effort to her community that next month she will be honoured as this year's Citizen of the Year.

"When you read her nomination letter it is jaw dropping," Selkirk and District Community Foundation chair Kelly Lewis said, while speaking about Selkirk resident Ashley Monkman. "When you look at all the things she has done in this community since graduating in 2000, it's amazing and it's truly inspirational."

On Nov. 9, Monkman will be honored as the 2016 Selkirk and District Community Foundation (SDCF) Citi-

zen of the Year during a dinner and reception in Selkirk.

Lewis said before Monkman, no person younger than 40 had ever received the award.

She added Monkman's list of community work and volunteering made it easy for her to be selected as this year's Citizen of the Year. She added

that list is "astonishing considering she is only in her early thirties."

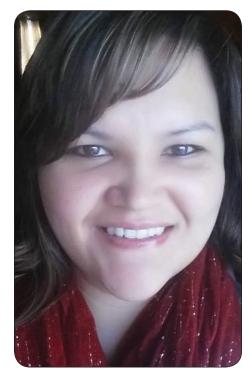
Monkman is the executive director of the Selkirk Community Renewal Corporation and has given her time to countorganizations, projects and events over the years, first in her childhood home of Pine Dock, Man. and then continuing that work when she moved to Selkirk.

As a teenager, Monkman was the Pine Dock School committee secretary and treasurer and a member of the Pine Dock Manitoba Métis Federation Youth Group.

Her volunteering has continued in Selkirk, where she's worked with the Community Volunteer Income Tax Program, has been chair of the Queen Avenue Neighbours and volunteered with Operation Red Nose.

Monkman was the co-ordinator of the annual Mother's Day Walk in Selkirk from 2013 to 2015 and is currently the treasurer and second vice president of the ANAF Ladies, and a Promoting Aboriginal Student (PASS) Success Adult Committee member.

She is also cur-



ASHLEY MONKMAN

rently the chair of the Selkirk Youth Committee and a member of the City of Selkirk Crime Prevention Committee. She has also worked with youth through programs at the Selkirk Friendship Centre.

Monkman said she got the news about the award when Lewis called her at work and told her and that phone call was an emotional moment for her.

"I had no idea I was even nominated," Monkman said. "And to find out I am the youngest person to ever receive this award, there were tears in my eyes, I was emotional and I was speechless."

Monkman added she does not do what she does for accolades.

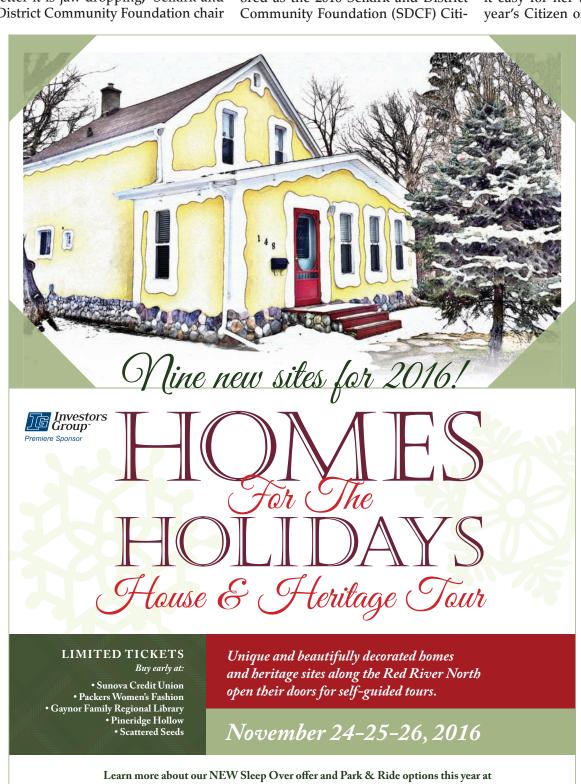
"I'm one of those people that likes to stay in the background because I don't like the spotlight, but with something like this it is hard not to be excited."

She said one of the most fulfilling things she does is help Aboriginal students through the Lord Selkirk School Division's PASS program.

"It's to help as many of the Aboriginal students stay in school and succeed," Monkman said. "I work a lot with the youth and teach them how to be strong leaders and become strong mentors themselves."

The Citizen of the Year banquet will be held on Wednesay, Nov. 9 starting at 6 p.m. at the Selkirk Golf and Country Club.

Tickets for the event go on sale on Oct. 20 and can be purchased at the Selkirk and District Community Foundation office located at 200 Eaton Ave. in Selkirk.



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Local eatery gearing up to close its doors after 16 years

Benjamin's is open for business as usual until Dec. 31

By Lindsey Enns

The chef at a downtown Selkirk eatery and café says they are open for business as usual until at least Dec. 31, but plans are in motion to close the business shortly after that.

"We're planning not to be open after Dec. 31 but nothing at this point is concrete," Benjamin's Gourmet Foods chef Mary-Jane Feeke said last Friday. "We have decided to close the business. It's just a family choice that we've made.

"We've decided to retire."

Feeke added their family owned property, which sits at the corner of Manitoba Avenue and Eveline Street, has been listed for sale, but Benjamin's as a business"is not for sale."

She added their coffee shop is for sale and she hopes someone will take it over once they leave.

The restaurant with a European flare opened in 1999 at its current location with a focus on fresh non-fried foods, creating specialty desserts and offering cooking classes.

In 2003, Benjamin's expanded to include an outdoor eating and place, meeting commonly now

"Benjamin's Courtyard" where they serve up their popular wood-fired pizzas.

Last October they also hosted a grand opening for their pantry and cellar located at 201 Manitoba Ave.

"We would love when we have more information to be able to share it and be able to thank our customer base," she said. "At this point we're just actually closed for pizza season."

Feeke said the eatery hosted their final wood-fire pizza night recently, which helped raise \$1,000 for culinary arts students at Red River College.

Feeke said they plan to remain open until Dec. 31 but have yet to release an official closing date.

"I really don't want my customer base to be confused," she said. "Most of our customers really haven't been. They realize we're open and running."

Benjamin's Gourmet Foods pantry's hours are currently 11:30 a.m. to 2 p.m. Tuesday to Friday and Saturday's from 9 a.m. to 2 p.m.

Christmas committee gearing up for Santa **Parade of Lights**

The Spirit of Christmas Committee is gearing up to host this year's Santa Parade of Lights on Friday, Nov. 18.

Over the past 10 years the parade has grown in popularity and size and this year the committee is striving to reach the most floats to date. Last year nearly 50 floats took part.

The parade route will proceed down Eveline Street from Heap Avenue ending at Superior Avenue by the Legion.

All floats are required to be in the marshalling area for 6 p.m. on Nov. 18 and the event will begin at 7 p.m.

As part of the fundraising for the event, the committee is organizing the annual "Mug, Spud and Steak Fundraiser" to be held on Saturday, Oct. 22.

The event will be held at the Selkirk Golf and Country Club in Selkirk at 6 pm.

Tickets are priced at \$15 and should be picked up by Friday, Oct. 21 and there will be a 50/50 draw.

If your organization is unable to participate in the parade or fundraiser, any financial donations (cheques made payable to Santa Parade of Lights) are greatly appreciated and publicly recognized. For any inquiries or donations, please contact Eva Hawryshko at 204-482-3393.

You can register your float and get your Mug, Spud and Steak Fundraiser tickets at Growing Years Family Resource Centre, 216 Manitoba Ave. in Selkirk from 9 a.m. to 12 p.m. and 1 p.m. to 4 p.m. Mondays, Wednesdays, Thursdays and Fridays. They are closed Tuesdays.





The annual seasonal flu vaccine is available to all Manitobans at no charge. It will offer protection against four seasonal flu strains.

An annual flu vaccine is especially important for those at increased risk of serious illness from the flu, their caregivers and close contacts.

If you are 65 or older or have a chronic illness, you should also get a pneumo vaccine. One pneumo vaccine may give you a lifetime of protection.

To get your free flu vaccine, contact your public health nurse, doctor, pharmacist or call Health Links - Info Santé at 204-788-8200 or toll-free 1-888-315-9257.

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A tale of the big fish that got away

Hi friends.

It wasn't that long ago that I ran into a most delightful family on the Red River bank downstream from the spillway. There was dad, Charles James, mom, Bebi and son Tony, Tony, in his early 20's had a fishing story for us about a catch he and his parents had not too far from here some 10 years ago.

Everyone was fishing but his line was not that far out. Suddenly to his shock then fear, a giant jackfish that reminded him of an alligator appeared just below the waters' surface and lazily took Tony's baited hook, rolled to one side, turned and floated in the current with Tony struggling in tow.

Mom and dad flew into a frenzy. Tony now knee-deep in the water his hands frozen on his rod began slogging downstream following the monster. A crowd began to gather walking along the riverbank shouting instructions and encouragements at Tony as well as mom and dad who had rushed into the water to help. Then just as Charles and Bebi got their arms around their son to stabilize him the fish jackknifed into the air throwing the hook. Everyone stood motionless, stunned for a moment, then those with lines ready began casting out trying to recapture the beast. No luck. Young Tony on the other hand climbed ashore, dropped to the ground head down, trembling, telling his mom and dad he had enough for one day.

Unique, charming and mysterious Hecla beckoned me last week, yet this time my attention was drawn from the brightly colored maritime homes to the wind driven white capped restless waves of Lake Winnipeg slamming and spraying over the village pier. Parking there beside the fish-processing shack I watched our commercial fishing brothers coming in with their



PHOTO SUBMITTED Craig Jones at the Hecla fish processing shack with a few of his

skiffs loaded with their morning lift using their motors with authority to navigate beside the docks.

As the men in their bright yellow slicks tied off and unloaded fish baskets I got out of my car and bracing against the wind walked to the shack to see if the boys had a story for us. Craig Jones sporting a week old grey beard met me at the door and in his usual jolly mood offered me a chair along with some good hot coffee. Almost immediately he went into a story that happened back in the late 30's.

His dad Murray, his uncles Helgi and Alan were at a fishing camp on Deer Island getting ready for winter fishing just before Christmas when Alan got appendicitis.

Murray and Helgi knowing they had to get him to hospital fast put him in a small flat bottom boat, wrapped him up in lots of blankets and made for Riverton across the treacherous ice patches and open water. They had skates and used them to go quicker on the ice, and then when they met open water they would jump into the boat and paddle. Days later exhausted, wet and half frozen they got to Riverton. There, they found somebody with a car to get Alan to the Gimli hospital. Boy, some of the things they had to do in those days.

Last Saturday I drove over to Victoria Beach and just as I came up to the pier two people were about to launch their boat. I went over to them and introduced myself to Winnipeggers Ron Graham a big robust chap with greyblond hair and his sister Peggy Keen a true outdoors lady with sun-bleached hair. Ron had the greatest story about his granddaughter.

They were boat fishing in the bay here a week ago and Ron felt a fish had taken his hook but wasn't moving. Ron looked over at his granddaughter who was busy singing to herself and playing with a little toy so with a smile and twinkle in his eye he pretended to want a sandwich from their cooler and asked her to hold the rod. Passing the rod from one to the other brought the fish to fight. The girl got right into it reeling in with all her cute little might landing a small sauger. The little girl was so taken with the experience, she had "poppa" buy her a rod- a pink one thank you very much.

Till next week, bye for now.

View the Selkirk Record online at selkirkrecord.ca



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School division seeks feedback at community forums

By Lindsey Enns

The Lord Selkirk School Division (LSSD) is looking to connect with community and area members during a series of upcoming community forums.

The next forum is being held on Tuesday, Oct. 25 at William S. Patterson School, another will be held on Tuesday Nov. 8 at Happy Thought School and the final forum will be held on Tuesday, Nov. 22 at the Comp. All forums begin at 7 p.m. and will focus on the following three questions:

- 1. What programs are a priority at your son's/daughter's school?
- 2. Is there a particular need in your community that we should know about?
- 3. What suggestions do you have for budget 2017-18?

The first forum was held on Oct. 11 at Walter Whyte School and about 10 community members attended, LSSD Supt. Scott Kwasnitza said.

He added this is the second year in a row they are hosting a number of forums in different communities with the purpose being to hear from those in attendance.

"Really the whole purpose of this is not for us to talk too much but to hear

what people who attend have to say," he said."It was very helpful last year to get all that feedback and then collate it together and that forms the basis of our board priorities.

"I think people appreciate that we are willing to travel to their local communities rather than having one big

Kwasnitza said the meetings are "open to everyone" not just parents, guardians and those associated with the school division.

"A large proportion of our rate payers are not school parents so it's important to invite them as well," he said. "We're always trying to get as many people attending as we can.

"It tends to be more parents but we certainly welcome all feedback from all community members."

Kwasnitza said they will begin budget discussions starting sometime in December.

"It works well for us to get out and get that feedback early," he said.

Kwasnitza said those unable to attend any of the forums can still submit feedback by calling the division office at 204-482-5942.

In March, LSSD trustees approved



RECORD FILE PHOTO

Teachers, councilors, parents and former students brainstorm ideas to improve education within the Lord Selkirk School Division during a community forum at the Comp in this November 2015 photo. Forums are being head until the end of November.

their \$58 million 2016-17 budget along with a 5.76 per cent tax hike.



Fisheries envoy aims to establish flexible marketing

The province has hired Signature Mediation to serve in the role of fisheries envoy, which aim is to develop a new process that will allow Manitoba fishers to withdraw from the Freshwater Fish Marketing Corporation (FFMC) and independently market their own harvest.

The successful candidate for the position was determined through a competitive process, the minis-

ter noted, adding the envoy will be responsible for a number of activities including consulting commercial fishing communities, Indigenous groups and businesses to identify important issues and opportunities and identifying what new regulations, policies and systems will be needed to establish the new marketing system.

The envoy's final report is due next spring.



Selkirk United Church

ROAST BEEF DINNER

Sunday, October 30Dinner Served Continuously **4:00 to 6:30**

High School Cafeteria

221 Mercy Avenue, Selkirk

Join us for:

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"AS A PARENT

THERE'S NOTHING

I WOULDN'T DO TO

TRY AND BRING

A LITTLE MORE

HAPPINESS INTO

MY SON'S LIFE."

Doc focuses on family's struggle with mental illness

By Jeff Ward

For many people the prospect of opening up some of their darkest secrets and most intimate moments can be a scary concept. But an Ashern family has decided to share their family life with tens of thousands of people through a CBC documentary about mental illness.

'Being Greene' aired last Thursday on CBC and stars Quinn, Kane, Dave and Roxie Greene. The film deals with

each of their individual struggles with mental illness. The family had camera crews follow them around for a period of two years documenting nearly every aspect of their daily lives, detailing how their mental illness affect them and how each of them cope with it.

Quinn Greene, who now lives in Winnipeg with his brother Kane, said that the process was meant to be a brutally honest look at how anxiety can affect

people day-to-day. The documentary focuses on the family's ability to push past their own burdens and live full, healthy lives. He added that they all hope the documentary will inspire people to seek help for their illnesses and they hope to see a reduction in the stigma of mental illness as a result of the film.

"It was very challenging at certain moments to have the camera right there watching you," said Quinn Greene about the experience of making the film over the last two years. "In the film the topic of suicide is a very close reality at some points. My mother suffers from depression and attempted suicide about a decade ago. I deal with anxiety that makes it extremely difficult sometimes to

live anywhere near a normal life. This film is a very honest portrayal of what were are going through."

The story that leads viewers through the film revolves around the family trying to rally support behind Kane Greene, who Quinn said is dealing with a very deep dark depression right now. Both Quinn and his father Dave — who many Interlake residents know as an Elvis tribute artist — devise a plan to help bring Kane

through to the other side. Dave Greene said he came up with an idea he called, Greene Warriors that has each of them dress up in fake battle armour and have mock battles at many locations around Winnipeg.

"The idea is that there is a battle for mental health on every street corner, so what we're doing is symbolic of that fight," said Dave Greene.

"The reality for many people who suffer from mental illness is that they may look and act normal on the surface but they could be battling some very dark thoughts inside of them. We want people to know that they can and should seek help. We want to reduce the stigma."

Dave Greene said that with his very public persona as a tribute artist combined with living in a small community, making a film like this is basically him telling everyone in town his darkest secrets. He was fully prepared and willing to do so because his son Kane needs the strength of his father and brother to get through his own depression.

"As a parent there's nothing I wouldn't do to try and bring a little



FACEBOOK PHOTO

"Being Greene" is a documentary about one family's struggle with mental illness and their fight to get through tough times. Pictured from left to right: Dave, Quinn, Roxie and Kane Greene.

more happiness into my son's life. I'm willing to sacrifice my own personal wellness to help my son improve his mental health," said Dave Greene.

The process of filming the documentary forced Quinn Greene to really look deeply at his own life and he said the process was quite cathartic sometimes. Dave, Kane and Quinn use performance based art to help alleviate the stresses caused by their own mental illness. Quinn uses sketch com-

edy to cope, Kane is a musician and beat boxer and Dave does live performance art as an Elvis tribute artist.

"I think our dynamic relationship really comes across in the film. We use our performance to connect with other people and make them feel good. Seeing others laugh and smile because of what I did helps give me perspective. It's a big part of the reason we chose to perform," said Quinn Greene.

The documentary will be available online through the CBC website at some point in the near future.







'Taking it to the Grave'

Clandeboye man with terminal cancer turning death into performance art

A young man forced to stare at his own death in the face, is setting out to put on a show that will turn death into performance art.

And he's giving others the chance to confess their deepest secrets that he will take to his grave.

About three years ago 28-year-old Andrew Henderson, who grew up in Clandeboye, was diagnosed with lymphoblastic lymphoma. On Sept. 28 he found out that his cancer was termi-

"When you first find out, the feeling is shock but then you take a minute and you take a step back and then you start moving forward again," Hender-

Henderson says he is currently on maintenance chemotherapy to keep him as comfortable as possible, but he said his death is almost a certainty.

Along with his friend Eroca Nicols of Toronto, Ont., Henderson will hold Taking it to the Grave, a performance art piece and what he is calling his very own"living funeral."

Taking it to the Grave will take place Friday, Oct. 21 at 8 p.m. and then again on Sunday, Oct. 23 at 2 p.m. at AceArt-Inc, located at 290 McDermot Ave. in Winnipeg.

Henderson said even though the show is about death, he doesn't want anyone to think it will be dark or depressing.

"It's going to be a party with glitter, pop music and a manicure bar and I'll be seated inside a large champagne bottle during the show," he explained. "It's going to be exactly how I've always imagined my funeral, so it's an opportunity to live out some of my fantasies about my own funeral.

"It's going to be fun and it's going to be fabulous."

Henderson will allow everyone who attends to whisper a confession or secret into his ear and from there he and the confessor will decide on a symbol to represent that confession.

He will then have that symbol tattooed onto his body by a tattoo artist during the show.

The idea for allowing confessions came to Henderson because after he received his cancer diagnosis he stopped hiding some of the secrets that he had hidden for so many years.

"I think I want to offer people a release," he said. "When I was told I was terminal and had to grapple with my death that was when I stopped hiding

"IT'S GOING TO BE **EXACTLY HOW I'VE ALWAYS IMAGINED** MY FUNERAL, SO IT'S AN OPPORTUNITY TO LIVE OUT SOME OF MY **FANTASIES ABOUT MY** OWN FUNERAL."

who I was and I have felt wonderful about my life ever since."

Henderson identifies as gender queer, but said growing up in a small and often conservative town, he struggled to share his sexual identity with

"But now I don't live my life hiding secrets anymore," he said. "For the longest time I was in the closet and I went out my way to cover up who I

"Now I'm going to be me and if people can't deal with it that's their prob-

Along with two shows of Taking it to the Grave, a sister show entitled Truthtelling created by Nicols will take place on Saturday, Oct. 22 at 8 p.m. at the same location as the show.

Nicols spent years travelling the world studying different culture's death and funeral rituals and what she learned is the basis for her sister

Nicols said both shows will challenge ideas surrounding death and dying but both her and Henderson want them to be positive.

"Sure there are hard things about this, one of my best friends is dying," Nicols said. "But let's be honest, the context of my struggles are a whole lot different than his and if he can face it and deal with it in such a positive way I feel it would be selfish for me to deal with it any other way."

A limited number of tickets for Taking it to the Grave and Truthtelling can be purchased via the show's Facebook page, which can be found by searching"Taking it to the Grave."



PHOTO COURTESY OF CAROLINE BRASSARD

Andrew Henderson of Clandeboye, seen here during a photo shoot with photographer Caroline Brassard, will turn death into performance art when he holds Taking it to the Grave in Winnipeg on Friday, Oct. 21 and Sunday Oct. 23.

Rotary celebrates world polio day

If you remember the '50s you will recall the number of Polio cases in Canada and throughout the world. Over 350,000 people of which nearly all were children were affected by this disease. Pictures of victims of this crippling and sometimes fatal disease shocked nations. Many victims spent their remaining years in iron lungs, children and infants died, and many left paralyzed. 31 years ago, Rotary International declared that their main mission was to eradicate this dreadful disease.

Many in the Western World believe Polio no longer exists. Polio is just an airplane ride away. There are two countries in the world where this dreaded disease has not been eradicated - Pakistan and Afghanistan. Teams of Rotary volunteers go door to door in outlying areas to immunize children. Several years ago Past President of Rotary "Ravi" was on a Polio Plus mission in Sri Lanka. Because of the conflict between the North and South they were advised not to enter the North as their safety could not be guaranteed. Ravi asked to meet with the leaders of the two areas. Because of the respect and power of Rotary he was told by the leader of the North, "Our conflict has never been with children but with the government. We will grant you 48 hours with no





conflict to enter our region and immunize our children."

On October 24, Rotary clubs throughout the world will be celebrating World Polio Day along with the World Health Organization, UNICEF, The Bill and Melinda Gates Foundation, as well as national governments throughout the world. The generosity of the Gates Foundation continues to match our dollars 2-1.

It is the hope of every Rotarian that by 2017 there will be no new cases of Polio and our work will be to immunize all newborns so that the world will never see another new case of Polio.

It is an exciting time to be a Rotarian. On October 24, celebrate with Rotary to END POLIO NOW. We're almost there! ADVERTORIAL

Little Britain bell tower restoration project underway

\$18K project to wrap up by spring 2017

By Lindsey Enns

A local historic site's bell tower is getting a much needed boost so it can be rededicated and ring proudly sometime next spring.

A nearly \$18,000 restoration project on Little Britain United Church's bell tower officially began last Wednesday and a construction crew hopes to have it completed by spring 2017.

Darrell Sandmoen, the project's construction supervisor, said they are building proper platforms to access the bell tower, repairing decades of rodent and squirrel damage, cleaning and maintaining the bell as well as fixing the roof and exterior of the tower, which reaches around 40 to 45 feet.

They also plan to replace a circular white wooden window near the top of the tower.

Sandmeon, who has some experience restoring heritage buildings, admits jobs like these aren't always easy.

"It's a very custom job," Sandmoen said working at the church, which faces the Red River and sits along Highway 9 near Lower Fort Garry, last Thursday afternoon. "Because it's old construction it has nothing to do with modern construction so your materials and the sizes of everything are completely different.

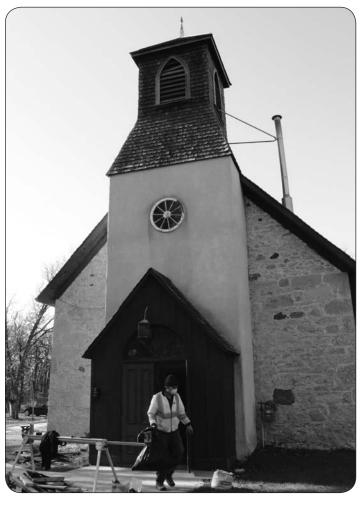
"The techniques that they used then versus now are so much different so you have to improvise a lot."

The local church was built in 1874 and the bell tower was added in the 1920s.

According to the church's website, Rev. G. Faryon designed the belfry, which at the time cost \$535 to build and the bell was \$60.

The bell, tower and memorial tablet were originally dedicated to those who died in the First World War.

Judy Rekrut, the church's cemetery administrator, said they plan to rededicate the bell tower to all war veterans once the restoration project is







RECORD PHOTOS BY LINDSEY ENNS AND SUBMITTED

ABOVE: Construction supervisor Darrell Sandmoen works at restoring Little Britain United Church's bell tower last Thursday afternoon. The nearly \$18,000 project is expected to be complete by spring 2017. TOP RIGHT: As part of the project, the bell inside the tower, which was added in 1920s, will also be cleaned and restored. ABOVE RIGHT: Sandmoen holds up a decades old board that has been chewed up and damaged by squirrels.

complete.

Rekrut added it's an exciting project for the local church and cemetery.

"Just the satisfaction of having it done and having it rededicated and made safe so we can use the bell as it was intended to be used," Rekrut said, adding they plan to host a rededication ceremony sometime before or on July 1, 2017. "We will be able to use the bell more regularly and get back in the habit of it because we haven't been able to use it for so long.

"The people in the area will know when something is happening here."

The church and cemetary was officially declared a provincial historic site on Feb. 17, 1989 and a major resto-

ration began to the exterior and interior of the church.

Starting in the summer of 1989, the church's pews were removed, new pew ends were constructed as well as stained and reinstalled using square nails authentic to 1874.

Walls were scraped down, cracks repaired, primed and repainted and wainscoting was manufactured.

Minister and spiritual director Shelly Manley-Tannis said the church's original pews are still used today. Services are held every Sunday starting at 10 a.m.

"This place is a sacred place for people who have family here," Manley-Tannis said. Little Britain United Church was one of the recipients of a \$6,200 Canada 150 Community Infrastructure Program grant in July 2015 to help restore its bell tower.

The church was also able to secure a \$5,800 provincial grant towards the nearly \$18,000 restoration project. The church says they plan to fundraise the rest of the funds on their own.

A portion of the Trans Canada Trail, which was being paved near Highway 9 between River Road and Lower Fort Garry last week, also runs though the church's site.

"Now people are going to be able to walk all the way from Lockport to Selkirk," Manley-Tannis said.

Interlake-Eastern Regional Health Authority launches Inspire newsletter

By Jennifer McFee

The Interlake-Eastern Regional Health Authority has published its first issue of Inspire, a newsletter that profiles the people and programs that promote healthy living throughout the region.

Ron Van Denakker, CEO of the IERHA, said that about 10,000 copies of the newsletter have been printed.

"Inspire is a new document that we put together, but it's not a new concept. It's actually very similar to a document that the former Interlake region used, but we wanted to get back online with our community consultations," he said. "The hope is that we're going to do it four times per year, although this is the inaugural copy. The paper copies will go to our facilities, but we've also been using town and RM offices a lot to communicate with the community."

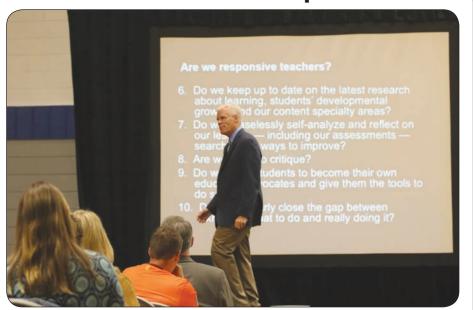
The newsletter is also available on the IERHA website at ierha.ca, with a French version coming

Stories focus on wide-ranging topics such as the reduction of anti-psychotic drug use in personal care homes, community groups that are working together to improve health care and the personal approach of palliative support specialists.

The publication also includes an extensive list of free wellness classes and activities throughout the region.

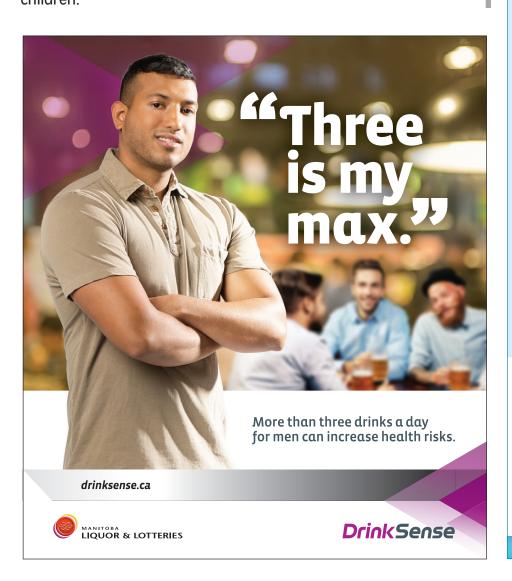
If all goes according to plan, the next issue will be published in the spring of 2017.

Educational consultant stops in Selkirk



RECORD PHOTO BY LINDSEY ENNS

Rick Wormeli, a renowned educational consultant who has presented all over the world, speaks about instruction and assessment in the differentiated classroom to more than 300 Lord Selkirk School Divisoin teachers and administrators during a presentation at the Comp on Sept. 31. Wormeli is an the author of the award-winning book, "Meet Me in the Middle," as well as the best-selling books, "Day One and Beyond"; "Fair Isn't Always Equal: Assessment and Grading in the Differentiated Classroom"; "Differentiation: From Planning to Practice"; and "Metaphors & Analogies: Power Tools for Teaching any Subject." Wormeli has been asked to present to teachers and administrators in all 50 states, Canada, China, Europe, Thailand, Japan, Vietnam, Korea, Australia, the Middle East and the White House. He lives in Herndon, Virginia with his wife and two children.



Record show spins out the hits



DAVE BAXTER Alex Reid, pictured left, and Richard Sturtz, pictured right, hold up just two of the more than 100,000 vinyl records that were on sale during the The Rockin' Richards Record and CD Sale at the Victoria Inn in Winnipeg last Sunday. Reid and Sturtz, both of St. Andrews, have held the show twice a year for the last 16 years and said it has become the largest event of its kind in all of Canada.

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Gimli Aquatic Centre vying for Aviva Community Fund grant

By Natasha Tersigni

With time quickly running out and \$100,000 in grant money on the line, the RM of Gimli is encouraging as many people as possible to go online and vote for the Gimli Aquatic Centre through the Aviva Community Fund.

After backing from Gimli broker Garriock Insurance, RM of Gimli parks and recreation manager Chris Hornby was able to register the aquatic centre project with the online contest. Aviva Canada, a national insurance group, has held this online competition for the past seven years and looks for community-based projects to support in in three categories, Community Resilience, Community Health and Community Development, with two different funding levels per category: small ideas (\$50,000 and under) and large ideas (\$50,000 - \$100,000).

The Gimli Aquatic Centre, an outdoor recreation venue complete with water park and 25-metre lane pool that is expected to be operating by July 2017, has been entered in the Community Health large ideas categories and has a chance of being awarded one out of five grants between \$50,000

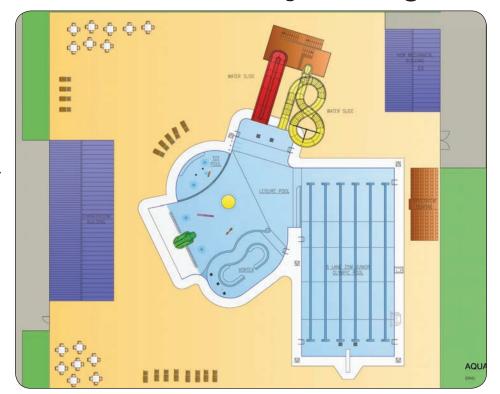
to \$100,000. In order to move forward and be in contention for funding, the project first needs to make it through the first round of voting.

"The first round is based on votes, so we need as much support as possible to push us through. It costs nothing to vote and you get 18 votes per email address registered, so you if you have four addresses you can sign them all up and send all the votes our way" said Hornby who added the aquatic centre is the only project from the Interlake entered this year.

"This pool project is going to be a great amenity in the area and hopefully through the Aviva Community Fund we can win some money and add some more features to the community site."

The 15 ideas that receive the most votes in the two funding categories will move on to become finalists. The finalists are reviewed by an independent panel of judges and then it is determined from there which projects will receive grant money.

The voting portion of the contest closes on Oct. 28. To vote go to avivacommunityfund.org and search for Gimli Aquatic Centre.



SUBMITTED PHOTO

The RM of Gimli is encouraging as many people as possible to vote online before Oct. 28 for the Gimli Aquatic Centre at avivacommunityfund. org. The new outdoor pool and water park is eligible for up to \$100,000 in funding if they get enough votes to make it past the first round of the national contest hosted by Aviva insurance group.

IERHA set to host 'Living Life to the Full' program in Selkirk

Submitted

The Interlake-Eastern Regional Health Authority (IERHA) and the Canadian Mental Health Association want you to know about a new program that will help you be happier, more confident and worry less.

The program, called "Living Life to

the Full," helps participants learn new ways of dealing with what life throws at them.

"We're pleased to partner with the Canadian Mental Health Association to bring such a valuable program to our region," Pat Olafson, IERHA regional director of mental health and crisis services said in a release last week. "Who doesn't want to feel happier, sleep better and feel more confident?"

The program is for everyone and boasts interactive courses to understand feelings, thoughts and behaviors, and what to do about them. In eight fun, friendly 90-minute sessions, Living Life to the Full helps people make a difference in their lives. Each session is moderated by a trained facilitator and includes a booklet, handouts, exercises and discussions.

The course runs from Tuesdays, starting on Oct. 25 to Dec. 12, 2016 (10:30 am –noon) and is held at Robert Jefferson Heritage Room at the Gaynor Family Regional Library located at 806 Manitoba Ave. in Selkirk.

To register, visit interlakeeastern. cmha.ca/programs_services/living-life-full/.





Manitoba unveils Your Province, Your Plan strategy for budget 2017

The province is launching Your Province, Your Plan, a strategy aimed at including all Manitobans in the creation of Budget 2017 that will feature an interactive budget website, in-person consultations at a number of locations around the province and a citizen budget tool that will give Manitobans the opportunity to learn about the budget process.

"I'm proud to unveil new tools for our government's pre-budget consultations including a citizen budget tool - the first time such a tool has been used by a provincial government," Finance Minister Cameron Friesen said in a release on Sept. 28. "Your Province, Your Plan will allow us to reach out directly to Manitobans for input and ideas that will help us develop a strong fiscal plan for the year ahead."

The website, YourProvinceYourPlan. ca, will feature an interactive tool allowing individuals to build their own provincial budget. Participants will be asked a series of questions about their provincial budget preferences on topics ranging from health care and red tape to infrastructure and innovation. The tool will then use the responses to build a budget based on the individual's priorities. Manitobans can choose to share their input with Manitoba Finance as feedback, as well as on social media to encourage their friends and family to participate in the process, the minister noted.

"Businesses, Indigenous organizations, non-governmental and not-forprofit groups, municipalities and citizens from across the province must work together to fix our finances, repair services and rebuild our economy," said Friesen. "These consultations are your opportunity to tell us

what is important to you and where government can make better use of available dollars."

The finance minister is hosting formal pre-budget consultation meetings until Oct. 26 in several communities across Manitoba including:

- Thursday, Oct. 20 in Brandon from 7 to 9 p.m. at 1-545 Conservation Dr.;
- Friday, Oct. 21 in Swan River from 7 to 9 p.m. at 473 Westwood Rd.;
- Monday, Oct. 24 in Thompson from 1:30 to 3:30 p.m. at 274 Thompson Dr.;
- Wednesday, Oct. 26 in Winnipeg from 7 to 9 p.m. at the Winnipeg Grand Mosque at 2445 Waverley St.

The meetings will focus on the themes of efficiency, opportunities for growth and northern economic development and detailed questions will be provided to guide conversations, Friesen said. To ensure the process is as inclusive as possible, invitations for participation in the in-person meetings have also been extended by the premier to representatives from all parties in the Manitoba legislature, the minister added.

Submissions received before Oct. 10 will be reviewed and organizations may be invited to make a presentation at one of the in-person meetings. Manitobans wishing to attend the meetings are encouraged to preregister by emailing minfin@leg.gov. mb.ca or calling 204-945-3952 in Winnipeg.

The deadline for written submissions will be Wednesday, Nov. 9. Submissions can be made online, through email or by mail. They must be no longer than 1,500 words and should focus on the themes noted above.

"There is nothing wrong with Manitoba that cannot be fixed by Manitobans," said Premier Brian Pallister. "We believe these consultations will help guide decisions to help us spend within the province's means and support responsible, targeted measures that will balance the provincial bud-

Written submissions can be made online at YourProvinceYourPlan.ca or

Office of the Minister of Finance 450 Broadway

Legislative Building Winnipeg, MB R3C 0V8

For more information on the dates and locations for the community meetings or to try the online tool, visit YourProvinceYourPlan.ca.







Collecting community feedback



RECORD PHOTO BY LINDSEY ENNS

Selkirk Community Renewal Corporation facilitator Jaime Bouw, pictured left, and the corporation's executive director Ashley Monkman speak in front of a small group of interested community members during the last of three community forums at the Gaynor Family Regional Library on Sept. 30. The ideas shared during the forums will be incorporated into Selkirk's community plan for 2016 to 2021. For more information, visit selkirkcrc.ca.

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Bill aims to prevent, respond to sexual violence on campuses

Staff

Proposed changes to the Advanced Education Administration Act and the Private Vocational Institutions Act would require all universities, colleges, the Manitoba Institute of Trades and Technology, degree-granting institutions and private vocational institutions to have appropriate policies and procedures in place to prevent and respond to sexual violence on campuses.

The proposed bill, introduced last Wednesday by Sport, Culture and Heritage Minister Rochelle Squires, minister responsible for the status of women, on behalf of Education and Training Minister Ian Wishart would also set new requirements for institutions to raise awareness and communicate the availability of services and supports on the campus community and publicly report on activities under the policy.

"As we have seen in recent years, the issue of sexual violence in post-secondary education is a challenge faced by institutions across Canada," said Wishart. "This bill would ensure that all Manitoba post-secondary institu-

tions have appropriate policies and procedures in place to prevent and respond to sexual violence on campus so all students can pursue their education in a safe environment."

Squires noted the bill would also include a definition of sexual violence and extends its scope to harassment via social media.

"It is clear that we need to address the emerging issue of sexual violence via social media to ensure the safety of all students," said Squires. "The inclusion of social media within the scope of the policies to be created and enforced by post-secondary institutions is incredibly important given the growing incidence of online harassment."

Under the proposed new bill, all post-secondary institutions would be required to develop and adopt an appropriate sexual violence policy including both public and private institutions. This would ensure that wherever students choose to study in Manitoba, they will be protected by a policy that prevents and responds to sexual violence, Squires said.

RCMP urges drivers to watch for slow-moving farm machinery

Submitted

Did you know it takes just five seconds for a car travelling at 90 km/hr to close a distance the length of a football field between the car and a tractor or combine?

Did you know that the size of farm equipment often requires operators to veer right before making a wide left hand turn?

Did you know the most common causes of collisions involving farm equipment are rate of closure, left turns and passing collisions?

"This year we have already had one death on our roads because of a collision with farm equipment," said RCMP Insp. Ed Moreland, Officer in Charge of Traffic Services. "Motorists and farmers both need to be aware of the safety issues involved with slow moving vehicles. Lives depend on it."

"The key to road safety is good judgement," said Glen Blahey, Health and Safety Specialist with the Canadian Agricultural Safety Association. "By simply slowing down, paying attention and by being respectful, both farm equipment operators and motorists can share the road safely."

Farm machinery does not always use an obvious intersection, but can enter a main roadway from a field or a farm lane. Motorists should be aware.



Your Local Community

Home Real Estate Section

HOUSES APARTMENTS CONDOS COTTAGES RETIREMENT FINANCING IMPROVEMENTS INSURANCE



5 Tips To Make An Older Home More Energy Efficient

While new homes are being built to be more energy efficient than ever before, thanks to a growing green building movement and increasingly strict building codes, the age of existing dwellings continues to present challenges. More than 40 percent of the housing stock in the United States was built before 1969 and simply wouldn't stand up to today's standards. Yet, much can be done to help homeowners improve their building envelope to reduce energy use and increase efficiency.

Improving your home's energy efficiency can help save money, keep you more comfortable, reduce pollution, and prevent global warming. Try these five simple measures to maximize the energy efficiency of your home:

1. Seal cracks and gaps around your home's windows, doors, and vents. These can be a considerable source of energy loss, allowing conditioned air to escape and unconditioned air to infiltrate your home, placing stress

on your furnace and air conditioner in the process. An easy DIY solution is to caulk around windows, doors, and vents, and install or replace worn weatherstripping. An average home loses up to 30 percent of its energy through air leaks, so sealing your home is a worthwhile exercise.

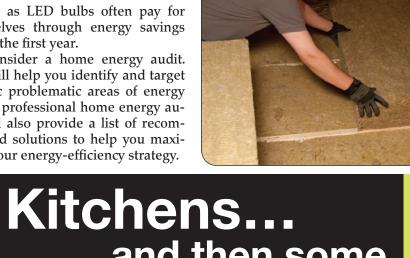
2. Top up or replace old insulation in your attic. A poorly insulated attic is a primary source of energy loss. Also, over time, some types of insulation can settle and compact, allowing heat to escape through gaps. Experts recommend installing a dimensionally stable batt insulation like a Roxul product called Comfortbatt. Aim for an r-value of at least R-50, or a depth of roughly 16 inches.

3. Insulate basement headers. Uninsulated basement headers are common, especially in older homes. They can act as a gateway for heated air to escape. Fixing the problem is fast and easy. Simply cut Comfortbatt stone wool insulation to fit the cavity and compress into place. Doing this throughout your basement will prevent heat loss and can potentially save hundreds of dollars each year.

4. Switch to LED light bulbs. Some LED light bulbs have a lifespan of up to 10 years, and are 80 to 90 percent more efficient than incandescent bulbs. They are generally more environmentally friendly than CFLs and safer, too, since they produce less heat. The return on investment is excellent, as LED bulbs often pay for themselves through energy savings within the first year.

5. Consider a home energy audit. This will help you identify and target specific problematic areas of energy loss. A professional home energy audit will also provide a list of recommended solutions to help you maximize your energy-efficiency strategy.









Your Local Community

Home Real Estate Section

HOUSES APARTMENTS CONDOS COTTAGES RETIREMENT FINANCING IMPROVEMENTS INSURANCE



How to avoid the cold comfort of a drafty house

For those who live in older homes, the transition to colder weather can be extra disheartening, as the vision of expensive heating bills, chilly rooms and drafty windows dance in their heads. However, it's easy to change the outlook from cold to cozy with a few simple DIY solutions.

The most effective way to improve the comfort level in your home is to properly insulate. Insulation can be inadequate in older homes. Over time, it can settle and compact, creating gaps. Topping up attic insulation will help keep the warm air in, reducing heating bills and preventing stress

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on your furnace. For easy installation, homeowners and professionals alike recommend a stone wool batt insulation product called Roxul Comfortbatt. For attics, aim for an r-value of R-50 or a depth of 16 inches.

A little preparation can go a long way to keep the cold at bay. Seal out drafts by replacing worn weatherstripping and caulking along windows, doors, baseboards, and trim. For other ways to beat the cold, consider inexpensive window insulation kits along with thicker drapes, and don't forget to reverse ceiling fans to push warm air back down.

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Cold Weather Outdoor Entertaining

Outdoor entertaining has never been more popular. As more and more homeowners turn their homes into their own personal oases, extending the party outdoors has become a bigger priority.

While outdoor entertaining was once relegated to the warm weather seasons, advancements in technology have now made it more comfortable and enjoyable to entertain outdoors for much of the year. But hosts who want to extend the outdoor party after summer has come and gone should consider a few important entertaining tips.

· Start the party early. Summertime backyard barbecues and pool parties benefit from late-evening sunsets that illuminate patios and pool areas well into the evening. In addition, many hosts prefer to start such parties later in the day to avoid the sun during the early afternoon when it is at its most blazing. However, start the party earlier in the day when hosting in fall or early winter. Temperatures can drop considerably once the sun begins to set, so starting early can save hosts and their guests from cold air.

· Heat things up. Summertime hosts might employ canopies to protect themselves and their guests from the heat, and it's important for hosts to take similar steps when the weather is chillier. The AHFA report found that 38 percent of homeowners intended to purchase fire pits for their outdoor entertaining areas, and such fire pits can keep guests warm as the sun goes down and the night air gets chilly. Fire pits have become must-have items for outdoor entertaining areas, and hosts can surely find one that suits their needs.

· Change the menu. Grilling hot dogs and hamburgers might still work when entertaining outdoors in fall and winter, but hosts may want to stray from other summertime fare



Fire pits can keep hosts and their guests warm during outdoor parties in late fall and early winter.

like watermelon or pasta salad. Embrace the cold weather by roasting some nuts and making s'mores over an open fire. In lieu of summertime beverages like lemonade and beer, serve hot chocolate or wine to keep guests warm.

· Ensure there is adequate lighting. Mother Nature won't offer much lighting when you host a party outdoors in late fall and early winter, so make sure your patios and sidewalks are well lit. Guests will want to see one another and what they're eating, and well-lit walkways will reduce the risk that guests take a tumble or turn their ankles when walking to and from the house.

Outdoor entertaining need not end because summer has come and gone. But hosts must take a different approach to hosting when throwing outdoor gatherings in late fall and early winter.



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Remodel For Fire Safety

(MS) - By Scott McGillivray

modeled in America each year, few homeowners realize the importance of remodeling with fire safety in mind. While smoke alarms and fire extinguishers are top of

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It's surprising that, although millions of homes are re-

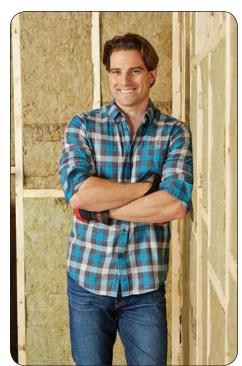
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mind, do you know how you can improve passive fire protection in your home?

Passive fire safety installations do not alert you to, or react to, the presence of fire in your home. This type of fire precaution is part of the core of the building and will help to control the fire by limiting its spread.

One very effective form of passive fire protection is the installation of insulation. When adding or upgrading insulation, look for products made from naturally fire-resistant, inorganic materials. A favorite among builders, contractors and homeowners is a stone wool insulation called Roxul Safe 'n' Sound, which offers fire resistance up to 2,150° F. Its melting point is higher than the temperature of a typical house fire, which means it will stay in place longer to provide passive fire protection when every sec-







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ond counts.

Effective compartmentalization through the use of fire-resistant materials can help avoid the spread of fire to other areas of the home, and more importantly, protect vital escape routes. Consider installing a fire-resistant insulation in walls, floors and ceilings to maximize protection and escape time.

Scott McGillivray is the award-winning TV host of the hit series "Income Property" on DIY Network, a full-time real estate investor, contractor, author, and educator. Follow him on Twitter @ smcgillivray.

Airsoft enthusiasts prep for zombie invasion experience

By Natasha Tersigni

What are your chances of surviving a zombie apocalypse? Organizers of Cuddy's Zombie Survival Experience want you to come find out on Saturday, Oct. 22.

Cuddy's Commandos Airsoft range organizers Justin Myall and Travis Bujan are hosting the zombie themed airsoft event on a section of the range's regularly played course next weekend just north of St. Laurent.

Teams consisting of one to four participants will make their way through the course where there will be objectives to meet and skill testing questions to answer. In order to protect your team against zombies, (they are dressed up airsoft players), participants must meet the objectives and find the airsoft guns hidden throughout the course. There will also be items such as first aid kits and ration packs that would help aid a player if attacked by a zombie. The goal of the game is to finish the course in the least amount of time; with organizers suggesting a well-prepared team could complete the course around the ten-minute mark.

"These kinds of events and games are common in the airsoft community every year around Halloween, so we decided to hold one. We took a few different ideas and blended them together. It is not just the airsoft aspect of the game. We added different elements to make the course more interesting and engaging" said Myall who added while the event will attract avid airsoft players it is also a way to introduce new people to the game.

"No experience is needed to take part in this event. We will provide all the equipment; all people will have



RECORD PHOTO BY NATASHA TERSIGNI

Organizers of the upcoming Cuddy's Zombie Survival Experience Travis Bujan, left, and Justin Myall are hoping to showcase Cuddy's Commandos Airsoft range to both experienced and new airsoft players. The zombie course will take participants through the bush where they will try to avoid being attacked by zombies while meeting objectives.

to do is show up ready to play. Participants in the game will not be shot at, just the zombies will be shot at and they will be wearing protective equipment. Before you run the course there will be a safety briefing including how to properly and safely shoot the airsoft guns that will be scattered through the course. Participants can bring their own guns to use, but we will be providing them so people don't have to worry about that."

With this being the first event of its kind on the course, Myall and Bujan are hoping the zombie experience helps to showcase the range and introduce community members to Cuddy's Commandos Airsoft range. Located on 160 acres of the land, it is the largest airsoft range in Manitoba and attracts players from around the

"NO EXPERIENCE IS NEEDED TO TAKE PART IN THIS EVENT."

"We are always looking for new players or people that want to try airsoft. While we don't have equipment rentals, we post all our games on our website so if someone wants to come out and try they just post a comment and one of the regular players can borrow them some equipment," said Bujan who added that the objective of the range is not to make money, just to provide a place to play airsoft.

"We are not out here to make a profit, cost of games just go to cover the buildings and obstacles on the course. Even for the zombie event, we have kept admission low just to cover ammo and propane and gas needed for the guns."

The Zombie Survival Experience will take place on Oct. 22 from 4 to 11 p.m. For adults, it is \$15 for the games for the entire time and \$10 for children 14 and under. During the event there will be a bonfire and BBQ on site, along with a quick-draw competition where participants can try their luck at shooting a zombie for \$1. Cuddy's Commandos Airsoft range is located off of Hwy 6 on Road 94N just north of St. Laurent.

For more information on the event and the exact directions to the course go to cuddyscommandos.com.

City looks for groups to help craft Selkirk's mosaic mural

If there's more than one of you, you're a group. And the City of Selkirk wants to hear from you.

Selkirk's Canada 150 Mosaic Mural has already started to take shape, but now they are looking for everyone from local clubs, teams, member's local organizations like the Legion or Army, Navy Air Force to come together and put their stamp on it.

City of Selkirk marketing and communications co-ordinator Vanessa Figus says individuals from the Gwen Fox Art Gallery, Lord Selkirk School Division, City of Selkirk council and others have already pre-painted 200 of the mosaic's tiles.

Several individuals have registered to paint tiles at upcoming workshops and now it's time for groups and organizations to express themselves. The project is part of the celebrations for Canada's 150th birthday in 2017.

Selkirk is one of about 150 communities from across the country that is participating in the Canada 150 Mosaic Project. The project will see 150 mosaic murals created with the help of Mural Mosaic founders Lewis Lavoie, Paul Lavoie and Phil Alain.

Each eight-by-12-foot mural will contain about 800 individual tiles, painted by the community to reflect their vision of what Selkirk is. Everyone's idea of their home community

is different, and that's what the tiles will reflect. In the end, they will all be placed together to create an image of a tree with roots, attached to a steel beam, riding on a railway flat. Murals from all communities will be riding on a railway flat as trains and railroads are the connective theme of the 150 Mosaic Mural.

Figus said the steel beam was a natural nod to Selkirk's steel mill history, and a number of people suggested the tree with roots, including Robin

"There were a few individuals that suggested the tree with roots, but it was her explanation, along with the image, that really connected," Figus

Jackson's narrative on why a tree and roots should stand to represent Selkirk was powerful.

"This image will instill strength, pride and resiliency for the children of Selkirk," Jackson wrote. "Trees must endure the most difficult weather temperatures. Leaves fall but regrowth is possible."

The painting workshops will be held on Saturday, Nov. 5 and Sunday Nov. 6 at the Selkirk Recreation Complex.

Visit myselkirk.ca/mosaic for information on how to register and for more on the Canada 150 Mosaic Mural Project.



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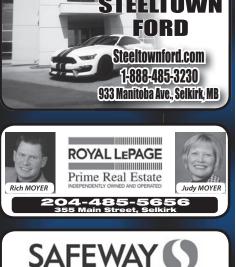


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Ashern man crowd funding his board game invention

By Jeff Ward

An Ashern man is looking to the Internet to help crowd fund his new board game that he hopes will be a hit.

Raymond Northcott is already 25 per cent of the way towards his \$22,000 goal on Kickstarter with more than \$5,000 pledged towards his project. His game, The Hackers Guild combines competitive and cooperative play in a dystopian future where computer hackers must take down an evil corporation in order to save the human race from being enslaved. One player takes the role of the Administrator who works for Monolith Global, while the other players take on the roles of several hackers, each with their own unique abilities who are tasked with hacking core sites in order to shut the corporation down. Northcott is hoping to bring his vision to life and make it available to the masses, but first he needs to fund it.

Kickstarter is a website where anyone with an idea can post their creation and petition people all over the world to give them money to make their idea come to life. Depending on how much a person pledges there are different reward tiers. Northcott even

has a few stretch goals in place in case he raises more money than he needs. Movies, books, music and games are all on the site and many rake in millions of dollars in funding.

Northcott has been working on the Hackers Guild since December of last year.

"I remember lying in bed and then a thought popped into my head and I said I need to make a board game. After that I just got to work and have refined and refined and even did some play testing over the summer," said Northcott.

He said that the game he's marketing on Kickstarter is quite different from the game he started back in December. Through play testing with his brother, Northcott was able to iron out features of the game that were either too complex or that weren't fun. Like most creative he doesn't feel like the game is perfect, but is very proud of what he has and believes it to be a fun experience.

Northcott plans to have the game out in the hands on his backers by April of next year if the project is funded. Kickstarter does offer flexible goals, however, this one is not one of those situations. Northcott needs to raise



ECORD PHOTO BY IFFE WARD

Raymond Northcott has spent the last 10 months creating his board game, The Hackers Guild, and hopes to fundraise \$22,000 to help bring his game to market.

the entire \$22,000 or he gets nothing.

"I've tried not to focus on the site too much. It'll either get funded or it won't. I think the game is fun and I have a lot of interest in it already so there's definitely a future for it somewhere," said Northcott.

Anyone interested in helping fund the project can go to kickstarter.com and search for The Hackers Guild to learn more.



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Falcons fly past Thunder in Midget semifinal game

By Brian Bowman

The Interlake Thunder's Midget Football League of Manitoba season is now over.

Interlake was ousted from the league playoffs after a 39-9 loss to the Falcons Football Club in one of two semifinal games Sunday afternoon.

The Thunder, which trailed 17-1 at the half, had a couple of good scoring opportunities before the break but simply could not convert.

"We had two separate potential scoring opportunities, which we didn't execute," said Thunder head coach Kris Johnston. "There were a lot of good things that happened in the first half but we just didn't (convert) in key situations."

The Falcons controlled the field position in the first half, which caused the Interlake to concede safeties. To compound problems, the Thunder struggled offensively in the first half, which often gave the Falcons very good field position.

The Thunder's offence was better in the second half, though, and their lone touchdown was a one-yard plunge by quarterback Brandon Porteous. Colton Nedotiafko then ran in a successful two-point conversion.

Porteous was able to connect with receiver Thomas Dunlop seven times for 74 yards in the second half. Dunlop started the game at quarterback and played there the entire first half.

"We were able to create some rhythm (offensively) in the second half," Johnston said. "We made the change with



The Thunder's Thomas Dunlop started the game at quarterback and finished the second half as a receiver. He had seven catches for 74 yards.

Dunlop, and many people would say he is our most dynamic player, and we put in our No. 2 quarterback."

The Thunder's main problem in the game was turnovers. Interlake QB's threw six interceptions while the Falcons also recovered a pair of fumbles.

"I preached all year that turnovers will be your undoing," Johnston said.
"I preached from Day 1 that we have to be the better tackling team, the



RECORD PHOTOS BY ANNALIESE MEIER

Joe Rosser of Selkirk returned the ball to the one-yard line after the Falcons fumbled.

better blocking team, and we have to eliminate and prevent turnovers from happening."

Despite the playoff loss, Johnston said he was proud of this year's Thunder team and the effort they put forth the entire season. Interlake will lose 12 players from this year's 38-man roster due to graduation, so there will be several big holes to fill next season.

"But we have 14 really awesome

Bantam players that are going to be coming up," Johnston reasoned. "Our Bantam team this year was very, very strong and they have some excellent football players that are coming up to potentially be on our roster next year."

In the other MFLM semifinal last Sunday, St. Vital defeated Southwest 47-0. The MFLM championship game will be played between St. Vital and

Fishermen off to flying start in KJHL play

Staff

The Selkirk Fishermen could not have gotten off to a better start to their Keystone Junior Hockey League sea-

And they're making it look real easy. Selkirk improved to 3-0 after a convincing 11-2 thrashing over the Fisher River Hawks Saturday evening in Sel-

Milan Horanski led the Fishermen with four goals while Auzzie Loewen and Sean Loutit each added a pair. Horanski now leads the KJHL in goals scored with six.

Connor Cyr, Kale Ilchena, and Kaden Kotowich also scored for Selkirk. Drayton Mendrun had three as-

Dylan Bird-Wilson and Brennan Cochrane scored for Fisher River.

Selkirk outshot Fisher River 51-18 as Riley Bannerman earned the win.

The Fishermen, which has outscored their opponents 22-3 on the season, are tied for spot in the KJHL's South Division with the St. Malo Warriors. Both teams were 3-0 heading into this week's games.

Selkirk visited North Winnipeg this

past Tuesday but no score was avail- Lundar this Friday. Game time is 8 able. The Fishermen will then play at p.m.



Selkirk spikes its way to another tournament title

By Brian Bowman

The Selkirk Royals may have started slow at the St. Vital Invitational last weekend, but they sure finished extremely well.

Selkirk's varsity boys' volleyball team won yet another tournament title this season after sweeping the Miles Mac Buckeyes 3-0 in the championship game Saturday. The Royals cruised to set wins of 25-23, 25-22, and 25-18

The Royals started their 16-team playoff with a 2-1 comeback win over Jeanne-Sauve. After losing the first set 25-7, the Royals roared back to win the next two sets by identical 25-14 scores.

In the quarter-finals, Selkirk defeated Linden Christian 3-1 by scores of 22-25, 25-17, 25-14, and 25-17. The Royals then knocked off St. Paul's 3-1 (25-20, 26-24, 17-25, 26-24) in a thrilling semifinal match.

But Selkirk barely looked like a championship-type team early in the tournament.

The Royals struggled to an 0-3 record in matches - and a 2-6 mark in sets - during pool play to place fourth out of four teams. The Royals lost 2-0 to the MBCI Hawks (25-17, 25-17) and were beaten 2-1 by Miles Mac (25-20, 24-26, 8-15) and St. Paul's (20-25, 25-20, 9-15).

On an individual note, Owen Schwartz was named the tournament's most valuable player while Nigel Nielsen was selected as an all star.

Selkirk resumed KPAC play Monday by defeating Springfield 3-0 (25-7, 25-19, 25-16) and then played River East on Wednesday in Winnipeg. No score from the River East game was available at press time.

The Royals will then host MBCI next Wednesday (6 p.m.) at the Comp.

In varsity girls' action, Selkirk placed third at a West Winnipeg Invitational after defeating Winnipeg's Vincent Massey 2-1 (25-22, 18-25, 15-12) in the third-place game Saturday.

The Royals were relegated to that game after losing 2-0 (25-14, 25-22) to St. Mary's in a semifinal match. In the quarter-finals, Selkirk swept Brandon's Vincent Massey 2-0 by scores of 25-21 and 25-21.

In pool play, Selkirk struggled to a 1-6 record in sets.

The Royals hosted Maples Collegiate on Monday and then visited River East last night in KPAC action but no scores were available at press time. Selkirk will then host MBCI next Wednesday.

This Thursday to Saturday, Selkirk will host the Spike Off.



PHOTO COURTESY TWITTER

The Selkirk Royals varsity boys' volleyball team celebrated yet another tournament championship on Saturday in St. Vital.

Fredborg, Trstenjak named finalists for male golfer of the year award

Staf

The Golf Manitoba Selection Committee has announced four finalists for the Male Golfer of the Year – which includes Selkirk's Travis Fredborg (Pine Ridge) and Marco Trstenjak (Larters). The other two finalists are Eric Johnson (Breezy Bend) and Devon Schade (Elmhurst).

The winner will be presented during Monday's annual general meeting and awards reception at the Niakwa Country Club.

Fredborg finished second at the season-opening Match Play Championship Qualifier and went on to win the Men's Match Play Championship. He finished tied for fifth at the Nott Autocorp Men's Amateur and tied for 10th at the Glencoe Invitational in Calgary.

Fredborg, a former Selkirk Royal, is currently a member of the University of Nevada men's golf team where he has a sub-72 scoring average and plays in the No. 1 spot. He has had three top-20 finishes this fall with the team.

Trstenjak, meanwhile, won the Elmhurst Invitational, was tied for third at the Manitoba Match Play Championship Qualifier, and finished tied for 28th at the Canadian Men's Amateur.

He had one win and a runner-up finish in the local Maple Leaf Junior tour events, was the first alternate in the USGA Junior Championship Qualifier in Fargo, won the Juvenile Division in two Canadian Junior Golf Associa-

tion events, finished 11th at the American Junior Golf Association Canadian Championship, and won the 15 & 16 age group division at the World Stars of Junior Golf in Las Vegas.

Three additional male golfers are being recognized with honourable mentions. Breezy Bend's Garth Collings of Matlock won the Grey Owl, was second in the Manitoba Senior Championship, 15th in the Manitoba Mid-Amateur Championship, fifth in the Manitoba Mid-Masters Championship, and was tied for 12th at the Canadian Senior Championship.

Collings was also a member of the provincial senior team that finished second in the team competition at the national championship.

The other two golfers who received honourable mention were Ryan Mc-Millan of Elmhurst and Golf Manitoba Public Player Club member Zach Wytinck.

There were also four nominees selected by Golf Manitoba for its female player of the year. They include Rhonda Orr (Southwood), Camryn Roadley (Glendale), Bri-ann Tokariwski (Elmhurst) and Bobbi Uhl (Shilo).

Two female players earned honourable mentions for their 2016 accomplishments - Rebecca Kuik of Niakwa and Marissa Naylor of Pine Ridge.

Meanwhile, Brandon's George McLeod will be the 2016 Golf Manitoba Distinguished Service Award recipient.

JV Royals win home volleyball tournament

By Brian Bowman

The Selkirk Royals junior varsity boys' volleyball team figured that if they are going to do all the hard work to host a tournament, then they might as well win it.

And win it they did.

The Royals did a great job in defeating Steinbach Regional in the championship game on Saturday at the Comp. After losing the first set 25-23, the Royals roared back to win the next two by scores of 25-18 and 15-10.

quarter-finals, trounced MBCI 2-0 (25-9, 25-10) and then defeated River East 2-0 (25-19, 25-18) in a semifinal matchup.

In pool play, Selkirk finished first with a 5-1 record in sets. The Royals beat Portage (25-9, 25-15) and Kenora's St. Thomas Aquinas (25-8, 25-9) while splitting with St. Paul's (25-12,

In KPAC play, the Royals were 5-1 heading into Tuesday's road game against Kildonan East. Selkirk will then host River East next Tuesday and Miles Mac on Thursday.

In junior varsity girls' action, Selkirk also did very well last Saturday, placing second at a St. Mary's Academy tournament. Asha Gurney and Bella Benson were named to the tournament all-star team.

The Royals lost 2-0 to MBCI by identical scores of 25-22 in the champion-

In the playoffs, Selkirk swept Glenlawn 2-0 (25-19, 25-12) and defeated St. Mary's 2-1 (25-19, 20-25, 15-8) to reach the finals.

Selkirk finished pool play with a 7-1 record in sets to place first in their pool. The Royals swept Grant Park (25-4, 25-8), Miles Mac (25-12, 25-23), and Westwood (25-17, 25-21).

The Royals split with Garden City, winning the first set 25-9 before losing the second one 25-20.

Selkirk was a perfect 4-0 in KPAC action leading up to this past Tuesday's road game with Kildonan East.



The Selkirk Royals' Tiana Hacault, right, goes up for a tip against.



RECORD PHOTOS BY LANA MEIER

The Royals' Justin Gillespie smashes the ball against Maples Collegiate in KPAC action last week. Selkirk won the match 3-0.

Selkirk Royals split pair of WWHSHL games

Staff

The Selkirk Royals had their first two opportunities to see what life is like in the Winnipeg Women's High School Hockey League's elite division

And they fared pretty well.

Selkirk earned a split in its first two regular-season games, losing 3-1 to the Oak Park Raiders last Thursday and then rebounding nicely to defeat the Vincent Massey Trojans 4-1 the following day.

In the Vincent Massey win, Cienna Palmer scored three goals - two of them coming in the third period - to lead Selkirk to the impressive road

Palmer netted the lone goal of the first period and the score stayed that way until early in the third when Maggie Medock put the Royals up 2-0. Medock also assisted on Palmer's first-period goal to finish the game with two points.

Taylor MacDonald scored Vincent Massey's only goal in the third period, beating Royals' goalie Jodi Clifton. Clifton made 14 saves to earn the win.

Selkirk started its CTV Division regular season with the two-goal loss to Oak Park at Eric Coy Arena in Win-

Palmer and the Raiders' Sydney Southall traded first-period goals and then Oak Park's Alyssa Olson scored in the second and third periods.

Clifton faced 20 shots in the loss.

The Royals hosted the Westwood Warriors yesterday in East Selkirk but no score was available. Selkirk will then play the St. Mary's Academy Flames next Wednesday at the MTS Iceplex. Game time is 4:50 p.m.

The Royals will take part in the Sturgeon Huskies high school tournament this weekend. Selkirk's first game is today (4:15 p.m.) against St. Thomas, Ont. at Allard Arena and then they will play Vincent Massey Friday (8:15 p.m.) at the MTS Iceplex and Stur- The tournament semifinals and final geon Heights on Saturday (8:15 a.m.). will be played on Sunday.

Royals lose WHSHL opener in OT

By Brian Bowman

The Selkirk Royals lost a tough one in their Winnipeg High School Hockey League regular-season opener.

Colton Klapak scored the game winner in overtime to lift the Vincent Massey Trojans to a 4-3 victory Oct. 11 at the Selkirk Rec Complex.

Vincent Massey led 1-0 after the first period on a Brett Bailey goal and then Royals' forward Auzzie Loewen and the Trojans' Skylar Tremblay traded goals in the second.

In the third, Selkirk's Logan Artimowich and Vincent Massev's Conner Kulbaski scored before Wesley Hoydalo tied the score at 3-3 with 4:32 remaining in regulation time. Phil Crupi assisted on the goal.

Hoydalo finished the game with

two points. Austin DeBoer took the loss in goal for Selkirk.

The Royals hosted Dakota this past Tuesday in St. Andrews but no score was available at press time. In an odd twist to the schedule, Selkirk will host Dakota again next Tuesday at the Selkirk Rec Complex. Game time

The Royals will take part in the Sturgeon Huskies high school tournament this weekend. Selkirk's first game is today (2:30 p.m.) against St. Pauls 2 at Allard Arena and then they will play Miles Macdonnell Friday (3 p.m.) at the MTS Iceplex and Oak Park on Saturday (3:15 p.m.). The tournament semifinals and final will be played on Sunday.

Spotside > OUTSIDE > UPSIDE DOWN

Steelers make pair of trades

By Brian Bowman

Selkirk Steelers' general manager Ken Petrash hasn't been too happy with how his club has been playing lately.

So, he went out and made a couple of trades. He warned other deals may soon be coming.

"I'm not happy with the chemistry of the team so they will be a lot more trades as we move ahead here," said Petrash Monday afternoon.

Selkirk acquired 6-foot-3 defenceman Eric Lavoie from the Melfort Mustangs in exchange for future considerations. Lavioe previously played for the Winnipeg Thrashers.

"Eric played on the power play in AAA (Midget), so it's going to take some time for him to be a powerplay guy up in the junior," Petrash explained.

In a separate deal, the Steelers sent forward Victor Knaub to the OCN Blizzard for the MJHL list rights of goaltender Dylan Myskiw and future considerations. Myskiw is currently with the Western Hockey League's Victoria Royals.

The Steelers, meanwhile, looked like a very tired hockey club in a 6-0 home loss to the Winkler Flyers Sunday af-

Winkler, which held period leads of 2-0 and 4-0, received goals from Scott Gall, Lawson McDonald, Braden Billaney, Matt Christian, Tyler Lindstrom, and Will Blake.

The Flyers outshot Selkirk 46-21 - including 24-4 in the second period.

On Saturday evening, the Steelers defeated the Winnipeg Blues 5-3 as Carter Barley led Selkirk with two



Eric Lavoie



Dylan Myskiw

goals. Jake Dudar and Taylor Fisher each had a goal and an assist while



RECORD PHOTO BY LANA MEIER

Steelers' rookie Blake DaSilva moves the puck out of his defensive zone against the Flyers on Sunday at the Selkirk Rec Complex. Winkler won the game 6-0.

Ezra Hall also tallied.

Brett Freisen made 29 saves for the

The Steelers began the weekend with a 4-1 loss to the Blues last Friday in Selkirk.

Dale Goodbrandson, Levi Cudmore, and newly-acquired Kristjon Finnson scored to give the Blues a 3-0 lead just 12:12 into the game. Joel MacGillivary made it 4-0 at 8:45 of the middle frame and then Selkirk's Fisher tallied 41 seconds later.

On Oct. 11, Dudar scored three goals and added an assist to lead Selkirk to a 6-4 road win over the last-place Waywayseecappo Wolverines.

Cole McCartan and Braden Shea scored first-period goals for the Steelers while Dallas Starodub added a power-play marker in the third. Starodub also had three assists for a four-point game.

Freisen made 28 saves for the win.

Selkirk (7-5) hosted Neepawa (2-7) this past Tuesday but no score was available. The Steelers will see the Swan Valley Stampeders visit the Selkirk Rec Complex Friday (7:30 p.m.) while Waywayseecappo will be here Sunday (2:30 p.m.).

HE EXCITING NEW TEAM FOR THE 2016-2017 SEASON



HOME GAMES

VS Swan Valley Stampeders Fri., Oct. 21st 7:30 pm

VS Waywayseecappo Wolverines Sun., Oct. 23rd 2:30 pm

VS Winkler Flyers Tues., Oct. 25th 7:30 pm

Listen to all Steelers home and away games on MIKE FM www.mikefmwinnipeg.com

www.selkirksteelers.com the Steelers Box Office is open 1 hour before game time selkirk recreational complex

GET YOUR GAME TICKETS AT SELKIRK CHRYSLER or ONLINE AT www.diyobo.com

Classifieds SelkinkRegord

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

METAL RECYCLING

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

APARTMENT FOR RENT

Century Selkirk has bach., 1 & 2 bdrm. apartments available immediately. Start \$804/mo. includes heat and water. Sorry no pets or smoking. Ph. 204-482-5019 for viewing.

2 bdrm. suite at 40 \$859/per Eveline. month. Please inquire at admin@d7management.com 204-989-4211.

Quiet 55+ 1 bdrm. riverview suite in Selkirk, MB. Avail. Immediately. \$1167/mth. No smoking or pets. Please inquire at admin@d7management. com or 204-989-4211.

bedroom, \$1,000/ mo. plus utilities. Damage deposit required, 705 Eaton, Selkirk. Call 204- 481-5081.

2 bedroom, \$980/mo. plus utilities. Damage deposit required. 152 Strathnaver, Selkirk. Call 204-481-5081.

CONDO **FOR RENT**

Executive condo. 3000 ft. loft overlooking Red River in Selkirk. 10 ft. ceiling in Heritage Buildina. Granite counter tops, hardwood floors, large outside deck, gas fireplace, and elevator. Master suite with 2 guest rooms and office. \$2,200 per month. Ernie 204-482-7297.

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HOUSE **FOR RENT**

4 bdrm, house in Selkirk, new furnace, newer windows, \$850/ mo. plus utilities. Avail. Nov 1st. Ph. Darryl 204-338-3290.

Updated 2 bdrm. Selkirk home ready for you! Wood floors, fresh paint, appliances included. \$1,100/mo. plus utilities. Inquire 204-896-6367 or carilyn@mymts.net

STEEL BUILDINGS

Steel building sale "Blow out sale on now!" 21X23 \$4,998; 25X25 \$5,996; 27X27 \$6,992; 32X35 \$9,985; 42X45 \$14,868. One end wall included. Pioneer Steel 1-855-212www.pioneersteel.ca

Yardsite 2.5 miles south of Notre-Dame-de-Lourdes on RD49W, 1500 sq. ft. home, 40x60 insulated shop, tin in/ out, w/16x20 remote door, 2 storage sheds. 1-204-248-2130.

PROPERTY FOR SALE

FIREWOOD

Winter heating wood, large blocked size or 15" cut and split. Ph. 204-485-0706, E. Selkirk. Large order discounts.

HELP WANTED

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

RURAL MUNICIPALITY OF ST. ANDREWS

PUBLIC NOTICE

Don't forget to send your special wishes to your friends and family with a message in the Record

HELP WANTED

HOTLINE/BREAK-FAST COOK required. part-time Seeking breakfast, lunch and dinner cook. Must have some kitchen experience. Call Marco at CRAVINGS RES-TAURANT (204) 467-9078 or cravingsrestaurant@hotmail.com

P/T Evening Short Order Cook at Pizza Den in Stonewall. Some experience an asset. Send resume to robert.magnifico@gmail. com or call 204-799-2423.

Pine Falls Golf Club - along the Winnipeg River. Request for proposal - General Manager. 2017 season. For information package contact: Vanessa 204-797-Fontaine 6747 vfontaine@pfts. mb.ca.



NOTICE OF PUBLIC AUCTION SALE OF LANDS FOR ARREARS OF TAXES **RURAL MUNICIPALITY OF ST. ANDREWS**

Pursuant to subsection 367(7) of The Municipal Act, notice is hereby given that unless the tax arrears for the designated year and costs in respect of the hereinafter described properties are paid in full to the Municipality prior to the commencement of the auction, the Municipality will on the 10th day of November, 2016, at the hour of 2:00 PM, at: Rural Municipality of St. Andrews

500 Railway Ave., Clandeboye MB

proceed to sell by public auction the following described properties:

proceed	to sell by public addition the following described properties.		
Roll Number	Description	Assessed Value	Amount of Arrears & Costs for Which Property May be Offered for Sale
27700	ALL THOSE PORTIONS OF RL 58, 59 AND THE N 1/2 OF RL 57 PARISH OF ST. ANDREWS, WHICH LIE BETWEEN THE WESTERN LIMIT OF RLY RIGHT-OF-WAY PLAN 380 WLTO AND THE EASTERN LIMIT OF ROAD PLAN 15029 WLTO EXC OUT OF SAID RL 59 NLY 165 FEET - 385 MCPHILLIPS ROAD	L -\$220,600 B -\$104,000	\$14,032.16
18940	ALL THAT PORTION OF THE MOST SOUTHERLY THREE CHAINS IN WIDTH OF RIVER LOT SIXTY-NINE OF THE PARISH OF SAINT ANDREWS IN MANITOBA, ACCORDING TO A PLAN OF SAME REGISTERED IN THE WINNIPEG LAND TITLES OFFICE AS NO. 3404, WHICH LIES TO THE EAST OF THE EASTERN LIMIT OF THE RIVER ROAD AS SHOWN ON SAID PLAN.	L -\$200	\$1,256.49
9365	LOT 11 BLOCK 3 PLAN 25850 WLTO IN RL 69 TO 71 PARISH OF ST ANDREWS - 18 MAPLE CLIFF COVE	L -\$143,600 B -\$381,200	\$19,736.03
59060	ALL THAT PORTION OF OTM LOT 54 PARISH OF ST ANDREWS LYING TO THE WEST OF THE WESTERN LIMIT OF PUBLIC ROAD PLAN 2538 WLTO WHICH LIES TO THE EAST OF A LINE DRAWN WEST OF PARALLEL WITH AND PERP DISTANT 2350 FEET FROM THE SAID WESTERN LIMIT - 6360 HIGHWAY 8	L -\$130,700 B -\$35,500	\$8,929.69
404900	RL 72 PARISH OF ST PETER EXC FIRSTLY: THE WLY 1926.54 FEET AND SECONDLY: THE MAIN HIGHWAY PLAN 3098 WLTO AND THIRDLY: ALL THAT PORTION WHICH LIES TO THE EAST OF THE EASTERN LIMIT OF THE SAID MAIN HIGHWAY - 1357 BREEZY POINT ROAD	L -\$69,700 B -\$84,300	\$7,931.84
113900	PARCEL 1: RL 112 PARISH OF ST PETER EXC FIRSTLY: THE WLY 5792.16 FEET SECONDLY: THE SLY 96.36 FEET AND THIRDLY: THE MAIN HIGHWAY PLAN 3098 WLTO PARCEL 2: RL 113 AND 114 OF SAID PARISH EXC FIRSTLY: THE MAIN HIGHWAY PLAN 3098 WLTO AND SECONDLY: ALL THOSE PORTIONS LYING TO THE WEST OF THE EASTERN LIMIT OF THE LAND TAKEN FOR DYKE PLAN 6601 WLTO	L -\$26,000	\$2,237.45
414090	ALL THAT PORTION OF RL 115 PARISH OF ST PETER, WHICH LIES EAST OF THE EASTERN LIMIT OF THE LAND TAKEN FOR A DYKE PLAN 6601 WLTO EXC HIGHWAY PLAN 3098 WLTO	-\$19,400	\$2,206.92
14100	ALL THAT PORTION OF RL 116 PARISH OF SAINT PETER, IN MANITOBA, AS SHOWN ON A PLAN OF SAME REGISTERED IN THE WINNIPEG LAND TITLES OFFICE AS NO. 15236, WHICH LIES TO THE WEST OF A LINE DRAWN PARALLEL WITH THE WESTERN LIMIT OF SAID LOT FROM A POINT IN THE SOUTHERN LIMIT THEREOF DISTANT ELY THEREON 3073.62 FEET FROM THE SOUTHWEST ANGLE OF SAID LOT, EXCEPTING THEREOUT, FIRSTLY, ALL THAT PORTION THEREOF TAKEN FOR A DYKE AS SAME IS SHOWN BORDERED RED ON A PLAN FILED IN THE SAID OFFICE AS NO. 6601, AND SECONDLY: ALL THAT PORTION THEREOF WHICH LIES TO THE WEST OF THE WESTERN LIMIT OF THE LAND TAKEN FOR SAID DYKE R.R. 116 - 15236	L -\$3,000	\$1,132.08
420310	S 1/2 OF NE 1/4 AND N 1/2 OF N 1/2 OF SE 1/4 OF 21-14-4 EPM EXC OUT OF SAID S 1/2 OF SAID NE 1/4 THE SLY 400 FEET OF ELY 550 FEET - 1064 BRACKEN ROAD	L -\$126,600 B -\$331,700	\$18,760.79
448550	THE SLY 210 FEET OF THE ELY 210 FEET OF THE SW 1/4 SECTION OF 10-15-4 EPM	L -\$25,000	\$6,341.70
160000	ALL THAT PORTION OF SECTION 9-15-5 EPM LYING TO THE SOUTH OF A LINE DRAWN PARALLEL WITH THE NORTHERN LIMIT OF SAID SECTION FROM A POINT IN THE WESTERN LIMIT OF SAID SECTION DISTANT NLY THEREON 99 FEET FROM THE SOUTHERN LIMIT OF SAID SECTION AND TO THE WEST OF THE WESTERN LIMIT OF ROAD PLAN 3312 WLTO EXC FIRSTLY: ALL THAT PORTION TAKEN FOR DYKE PLAN 6848 WLTO AND SECONDLY: ALL MINES AND MINERALS VESTED IN THE CROWN (MANITOBA) BY THE REAL PROPERTY ACT	L -\$12,800	\$1,542.54
618200	LOT 3 BLOCK 1 PLAN 2615 WLTO SUBJECT TO THE RESERVATIONS AND PROVISOES AND OTHER MATTERS MORE FULLY SET FORTH IN AN INSTRUMENT REGISTERED IN THE SAID OFFICE UNDER THE OLD SYSTEM AS NO. 148470 IN NE 1/4 3-17-4 EPM - 46 MATLOCK ROAD	L -\$25,600 B -\$66,800	\$4,796.83
626800	LOT 4 BLOCK 1 PLAN 5957 WLTO EXC THEREOUT ALL MINES AND MINERALS VESTED IN THE CROWN (MANITOBA) BY THE REAL PROPERTY ACT IN SE 1/4 10-17-4 EPM - 8 GIMLI ROAD	L -\$22,900	\$2,334.33
			l .

APPLICATION FOR REVISION

42(1) A person in whose name property has been assessed, a mortgagee in possession of property under Section 114(1) of The Real Property Act, an occupier of premises who is required under the terms of a lease to pay the taxes on the property, or the assessor, may make application for the revision of an assessment roll with respect to:

BOARD OF REVISION

PUBLIC NOTICE IS HEREBY GIVEN that the Assessment Boll of the R. M. of St.

Andrews for the year 2017 has been delivered to the Municipal Office at 500

Railway Avenue, in Clandeboye, Manitoba and is open for public inspection during regular business hours. Applications for revision may be made in ac-

- (a) liability to taxation;
- (b) amount of an assessed value;

cordance with Section 42 and 43 of The Assessment Act.

- (c) classification of property; or
- (d) a refusal by an assessor to amend the assessment roll under subsection 13(2)

APPLICATION REQUIREMENTS

- 43(1) An application for revision must
 - (a) be made in writing;
 - (b) set out the roll number and legal description of the assessable property for which a revision is sought;
 - (c) set out which of the matters referred to in subsection 42(1) are at issue, and the grounds for each of those matters; and
 - - delivering it or causing it to be delivered to the Secretary of the Board by 4:30 p.m. on November 14th, 2016; or
 - (ii) serving it upon the Secretary of the Board by 4:30 p.m. on November 14th, 2016 at the address listed below

The Board shall not consider an application that is not in compliance with

The Board of Revision will sit on Tuesday, November 29th, 2016 at 10:00 a.m. in the Council Chambers of the R. M. of St. Andrews, 500 Railway Avenue, at Clandeboye, Manitoba to hear applications.

Applications received after 4:30 p.m., November 14th, 2016 will not be

Dated this 14th day of October, 2016 A.D.

Pamela Harding, CMMA Secretary, Board of Revision R. M. of St. Andrews 500 Railway Avenue P.O. Box 130 Clandeboye, Manitoba ROC 0P0

Managed by:

Dated this 6th day of October, 2016.



Andrew Weremy Chief Administrative Officer Rural Municipality of St. Andrews Phone: (204) 738-2264 Fax: (204) 738-2500

Rural Municipality of St. Andrews as follows: The full purchase price if it is \$5,000 or less; OR

If the purchase price is greater than \$5,000, the purchaser must provide a non-refundable deposit in the amount of \$5,000 and the balance of the purchase price must be paid within 20 days of the sale.

The risk for the property lies with the purchaser immediately following the auction.

The purchaser of the property will be responsible for any property taxes not yet due.

The purchaser is responsible for obtaining vacant possession.

If the property is non-residential property, the purchaser must pay GST to the Municipality or, if a GST registrant, provide a GST

If the purchaser intends to bid by proxy, a letter of authorization form must be presented prior to the start of the auction. The Municipality makes no representations or warranties whatsoever concerning the properties being sold.

The successful purchaser must, at the time of the sale, make payment in cash, certified cheque or bank draft to the

The purchaser will be responsible for registering the transfer of title in the land titles office, including the registration fees.

The tax sale is subject to the following terms and conditions with respect to each property:

The Municipality may exercise its right to set a reserve bid in the amount of the arrears and costs.

HELP WANTED

Caretaking couple required for 95 ste building on Eveline St. in Selkirk, MB. Must be bondable and supply criminal record check. Duties include, but not limited to cleancommon areas, ing collection, minor maintenance, snow clearing, etc. Ideal candidates will have a working knowledge of plumbing, painting, repairs, etc. 2 bedroom ste plus wage in return for caretaking duties. Resume can be emailed to admin@ d7management.com or call 204-989-4211 for more information.

HELP WANTED

Home support workers needed for Saturdays 9 a.m. thru Sundays 5 p.m. for a woman living with disabilities in private home. Good job for student, active senior or retiree looking for steady shifts. experience required, training pro-Non-smokers vided. only. Vehicle required, mileage paid 41c/km. \$12.75/hr. 9 a.m. to 9 p.m. Overnight stipend \$99 plus two hours OT. On- site breaks/meals covered. Staff bedroom for sleepover. Resumes to selkirkpersonalcareworker@ amail.com or call for info. 204-482-5100.

HELP WANTED

Dream job! Live in caregiver/housekeeper in Winnipeg and Florida! Drivers licence required and be able to travel. 204-997-4629

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

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Call 204-785-1618

BUSINESS OPPORTUNITY

Convenience store, good sales and net profit. Price reduced to only \$225.000 which includes the building. Smalley Realty 204-339-1665.

MISCELLANEOUS

FOR SALE - Collection of farm toys, trucks and cars. All scales 1:16 to 1:64. Call Pastor Gary at 204-641-2641.

6 Michelin tires, ap-LT215/85R16 Range D. \$300. Ph. 204-785-8234.

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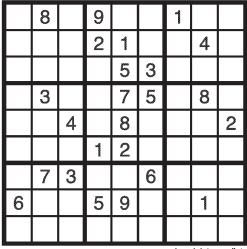
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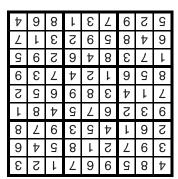


Fun By The **Numbers**

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 vour sudoku savvy to the test!

Here's How It Works:

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



Sudoku Answer

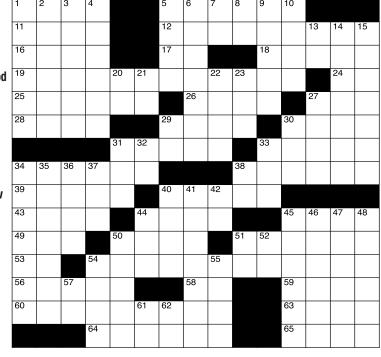


Crossword Answer

CROSSWORD

CLUES ACROSS

- 1. Subway inhabitants
- 5. Removes
- 11. Ancient Greek City
- 12. Plagued
- 16. An aspect of the Egyptian Sun god
- 17. Registered dietician
- 18. A citizen of Iran
- 19. Jordan's old team
- 24. Ballplayers go here when they're hurt
- 25. Common fractions
- 26. Terrorist organization
- 27. Extinct flightless bird of New Zealand
- 28. Heroic tale
- 29. Reared
- 30. One of the first cars
- 31. Praises highly
- 33. Make fun of
- 34. Defines a vector space
- 38. Blotted
- 39. Municipal
- 40. Maxim
- 43. Russian investment bank
- 44. Active Filipino volcano
- 45. Scottish tax
- 49. Peter
- 50. South Asian garment for women
- 51. Taiwan capital
- 53. University of Dayton
- 54. Combining radio waves
- 56. Sweetheart (archaic) 58. Farm state
- 59. Singer-songwriter Atias
- 60. Isolates
- 63. Tiny piece
- 64. Most domesticated
- 65. Matured
- **CLUES DOWN**
- 1. Responds
- 2. Trailblazing tennis player ___ Gibson
- 3. Driving



- 4. Holy places
- 5. Spanish river
- 6. Cardinal
- 7. Anno Domini
- 8. Southeast
- 9. IIIs
- 10. Gentlemen
- 13. Lanthanum
- 14. Support
- 15. Widened
- 20. Exclamation of surprise
- 21. Type of Suzuki motorcycle
- 22. Advantages
- 23. Cover
- 27. Ancient kingdom near Dead Sea
- 29. Baylor University
- 30. Aristocratic young lady
- 31. Resinous insect secretion
- 32. Noble gas (abbr.)
- 33. Combo exercise -bo 34. Shoulder blade

- 35. Fortress
- 36. River in England
- 37. Popular point guard Jeremy
- 38. Decigram
- 40. Swiss river
- 41. Where milk is processed
- 42. Weird guy Yankovic
- 44. Tattoo (slang)
- 45. Place to see movies
- 46. Conclusive comment
- 47. Has high legislative powers
- 48. Initialed
- 50. Cassia tree
- 51. Touchdown
- 52. Egyptian pharaoh
- 54. Thai district Ban
- 55. Kiln
- 57. Michigan
- 61. Morning
- 62. Rob Gronkowski is one

pet inspired

Smoked Salmon Eggs Benedict with Creamy Dill Caper Sauce



1/2 cup (125 mL) nonfat plain yogurt 1 tbsp (15 mL) canola oil 1 tsp (5 mL) fresh lemon juice 1 tbsp (15 mL) chopped fresh dill, plus sprigs for garnish

1 tbsp (15 mL) capers, drained 1/2 tsp (2 mL) finely grated lemon zest 2 whole-grain English muffins 3 oz (90 g) thinly sliced smoked salmon

4 medium eggs 3 tbsp (45 m \widetilde{L}) white wine vinegar Directions

To make sauce: In medium bowl, whisk yogurt and canola oil until blended. Whisk in lemon juice, then stir in chopped dill, capers and lemon zest. Let sauce sit at room temperature while preparing the rest of the dish.

Toast English muffins. Place slice or two of salmon on top of each English muffin half.

To poach eggs: Fill large, deep skillet about 3/4-inch (2 cm) to top with water and bring to boil over high heat. Add vinegar, and then reduce heat to medium-low. Crack egg into small bowl, and then gently add it to boiling water. Repeat with remaining eggs until all four eggs are in skillet. Cook until whites of eggs are set but yolks are still slightly runny, about 3 minutes. Use slotted spoon to transfer eggs to paper towel to drain. (Alternatively, cook eggs over-easy in nonstick skillet.)

Presentation: Transfer each egg to salmon-topped English muffin half. Pour 2 tbsp (25 mL) of sauce on top of each muffin half and garnish each with sprig of dill.

ingredients and stir with a whisk just until combined. Heat a large skillet or griddle over medium heat.

Spray the skillet or griddle with nonstick spray. Spoon the batter onto the pan or griddle 2 tablespoons at a time to form pancakes about 4 inches in diameter. As soon as each pancake is formed, scatter a scant tablespoon of blueberries across its surface. Cook until the pancakes look slightly dry around the edges, their surfaces are covered with bubbles, and their undersides are golden brown, 1 to 2 minutes. Flip and cook until the other sides are golden brown, 1 to 2 minutes more. Transfer to a baking dish, cover loosely with foil and keep warm in the oven while preparing the rest of the batter, stirring the batter before spooning each batch.

To serve, stack the pancakes or arrange them slightly overlapping on individual heated serving plates. Pass the remaining melted butter and the warm syrup for guests to add to taste.

Potato and Arugula Omelets



tablespoons unsalted butter tablespoon olive oil

ounces red-skinned potatoes, scrubbed but not peeled, cut into 1/2inch cubes

Kosher salt

Freshly ground black pepper 4 eggs

1/8 teaspoon cayenne pepper 8 cups arugula, stems discarded and leaves cleaned, dried and coarsely chopped*

1/2 tablespoon balsamic vinegar 6 tablespoons grated Gruyere cheese

1. Heat 1/2 tablespoon of the butter and the olive oil in a medium, heavy frying pan set over medium heat. When hot, add the potatoes and saute, stirring often, until light golden and tender, 8 minutes. Remove from the heat and season with salt and pepper. (The potatoes can be prepared 1 hour ahead; leave at room temperature. Reheat, stirring, over medium heat.)

2. Whisk the eggs in a mixing bowl and season with a good pinch of salt and the cayenne. Place the arugula in another mixing bowl and toss with the vinegar. Place the Gruyere and the potatoes each in separate bowls. Have ready a ladle for adding the egg mixture to the pan.

3. Add 1 tablespoon to a 9-inch frying pan, preferably nonstick or seasoned

cast iron, set over medium heat. Swirl the butter so that it coats the bottom of the pan. When it is hot but not smoking, ladle half of the eggs into the pan and stir with the back of the fork until they start to set but are still quite

liquid on the top, 30 to 40 seconds. With the fork or a nonstick spatula, lift an edge of the omelet and tilt the pan to let some of the uncooked egg mixture run underneath. Repeat this two or three more times, working your way around the pan until the eggs are cooked but remain moist on top.

4. Sprinkle half of the potatoes, then half of the cheese, and finally half of the arugula over the eggs. Let the mixture cook until the cheese begins to melt and the arugula wilts only slightly, 30 seconds. Using a nonstick or metal spatula, fold the omelet in half and slide it onto a plate. Repeat to make another omelet.

5. Serve each omelet as soon as it is prepared.









Polenta Blueberry Pancakes

2/3 cup instant polenta 2/3 cup all-purpose flour teaspoons sugar 11/2 teaspoons baking powder teaspoon salt extra-large eggs, lightly beaten 1 cup milk cup unsalted butter, melted 3/4 3/4 cup maple or pancake syrup cup fresh blueberries Preheat the oven to 200 F.

In a mixing bowl, stir together the polenta, flour, sugar, baking powder, and salt. In a separate bowl, stir together the eggs, milk and 1/4 cup of the melted butter.

Keep the remaining butter warm. Put the syrup in a small saucepan and warm it over very low heat while you cook the

Add the liquid ingredients to the dry

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RURAL MUNICIPALITY OF ST. ANDREWS REQUEST FOR QUOTATIONS St. Andrews Age Friendly

Building Wall Cladding

The purpose of this request for quotation is to obtain quotations from qualified contractors for installing cladding over the existing block of the east wall only of the St. Andrews Age Friendly Building conforming to the specifications stated in this proposal, and all work necessary to complete the installation at the St. Andrews Age Friendly Building at 6 Riverview Street in the R.M. of St. Andrews.

The minimum specifications can be obtained by going to our website www.rmofstandrews.com. Any options above the minimum specifications will not be considered an asset

The Municipality reserves the right to reject any or all proposals, waive any informality in proposals and accept in whole or in part said proposal as may be deemed in the best interest of the Municipality.

Closing date for quotations is October 27, 2016 at 4:00 p.m.

Proposals can be dropped off at the R.M. of St. Andrews Office or the Public Works Shop marked "St Andrews Age Friendly Building Wall Cladding". They can also be e-mailed to randy@rmofstandrews.com.

Lowest or any proposal will not necessarily be accepted.

Randy Borsa

R.M. of St. Andrews, Box 130, 500 Railway Avenue, Clandeboye, MB ROC 0P0

Phone: 1-204-481-4560

E-mail: randy@rmofstandrews.com



parkscanada.gc.ca parcscanada.gc.ca

EMPLOYMENT OPPORTUNITY

Anticipatory – various tenures Maintenance Worker II- GL-MAN-03

Manitoba South NHSC Parks Canada Agency St. Andrews, MB. Salary: \$21.15 - \$22.99 per hour (currently under review)

For more information contact:

Diana L. Iwanoczko, Human Resources

MFU.HR@pc.gc.ca

Or visit: www.parkscanada.gc.ca/jobs-manitoba

Offre d'emploi

Anticipé: fonctions variées

Préposé(e) à l'entretien II - GL-MAN-03

Lieux historiques nationaux de Sud du Manitoba Agence Parcs Canada St. Andrews (Manitoba) Traitement: Taux horaire de 21.15\$ à 22.99\$

(présentement sous révision)

Pour obtenir plus de renseignements : Diana L. Iwanoczko, Ressources humaines

MFU.HR@pc.gc.ca

Parks Parcs Canada Canada

Visitez: www. parcscanada.gc.ca/emplois-manitoba



Canadä

MISCELLANEOUS

Batteries for every-Automotive, thing. construction, ATV. marine, motorcycle, golf carts, phones, tools, radios, computers etc. Reconditioned, obsolete and hard-to-find batteries. SOLAR equipment. The Battery Man. Winnipeg. 1-877-775www.battervman.ca

MISCELLANEOUS

Trailers for sale. Car Equipment Haulers, Dumpbox, Cargo, Gooseneck Utility, Flatdeck, Cargo, Aluminum Livestock, CM Truckbeds. Parts & full service. Kaldeck Truck & Trailer, MacGregor, MB. 1-888-685-3127.

SHOP LOCAL

LORD SELKIRK SCHOOL DIVISION

Invites applications for the following positions for the 2016-2017 school year:

Daerwood School

Educational Assistant 2

Ruth Hooker School

Educational Assistant 1

For complete details, please visit our website at www.lssd.ca

NOTICE

Looking for witnesses from Monday, October 10th (Thanksgiving) at approximately 4:30 p.m. at Selkirk Walmart when woman slipped and fell because of wet floor. Please contact Deb 204-389-3877 or Jim 204-891-5625.

HEALTH

Are you suffering from joint or arthritic pain? If so, you owe it to yourself to try elk velvet antler capsules. Hundreds have found relief. Benefits humans and pets. EVA is composed of proteins, amino acids, minerals, lipids and water. Kev compounds that work to stimulate red blood cell production & cartilage cell regeneration & development. Stonewall Elk Products Ltd., 204-467-8428 or email stonewoodelk@ hotmail.com

UPCOMING EVENTS October's Help Whip

Cancer Fundraiser

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Saturday, Oct. 29 10:00 am

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PUBLIC NOTICE

Additions to the Voters List and/or **Personal Security Protection Requests**

In accordance with Section 36 of The Municipal Councils and School Boards Election Act (MCS-BEA), the R.M. of St. Andrews Voters List is open for changes or revisions.

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

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

To implement the above, written request must be submitted to the Senior Election Official, in person, by e-mail, fax or mail to:

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The next general election takes place in October, 2018.

Questions? Call 204-738-2264

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ANNOUNCEMENT **CARDS OF THANKS**

Kostinuik - The family of the late John Kostinuik would like to thank family and friends

who offered support with their prayers, kind condolences, phone calls, visits, cards, flowers and baking. Thank you to Father Peter Chorney for the beautiful service and to John at Gilbarts. Special thanks to Corrie Corrigal and also to Franks Pizza (Kelly and Jason).

-Sincerely Bernice, Shirley and families

ANNOUNCEMENT

CARDS OF THANKS

To all our dear cherished loving family and friends who helped us celebrate our 25th Wedding Anniversary, September 10, 2016. The beautiful flowers, gifts and cards were overwhelming. To all who helped with setting up, bringing food, helping serve and clean up, your help was greatly appreciated. More happy memories were made that day! Love you all!

-Colleen and Jim Rydz

ANNOUNCEMENT

BIRTHDAY



She's the youngest in our huge family, Saved the best for last, as all can see. She looks like Mom and laughs like Dad, And yes, the sweetest kid they had. She works many long hard hours now, So knows their cement business and how! She's travelled a lot of countrysides, And loves her Sunday sea-doo rides. She's loved so much by family and friends, Health, happiness and love to her we send. Happy 50th Birthday Sue!

ANNOUNCEMENT

IN MEMORIAM



Norma Ruth Froese (née Grieve) July 10, 1947- October 18, 2015 In loving memory of our Mother/Grandmother/Aunt

Gone but not forgotten Your memory is a keepsake, With which we will never part; God has you in His keeping, We have you in our hearts. We miss you!

-Love always, Janice, Nancy (David), Angie (Barry), Gordie (Kathleen). Kelsey, Addison, Avery, Braeden and Nathan, friends and relatives

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Selkirk Regard

OBITUARY

Edward Hubert (Ted) Purvis

Peacefully, with family at his side, Edward Hubert (Ted) Purvis, aged 75 years passed away at Selkirk General Hospital in the afternoon of October 12, 2016. He will be greatly missed by all who knew him.

Mourning his loss is his beloved wife of 55 years, Sharon; his sons and their wives Ted (Tracey), Darcy (Tracy) and Sean (Corrie); his grandchildren Allie, Keely, Sydney, Taylor, Jack, Teagen, Ben, Zoey, Max and Ryleigh; his adopted grandchildren Jessica and Janine; his brother Gerry (Lynne); sister Candice (Phil); sister-in-law Donna (Don); brother-in-law Ross (Darlene); as well as his many nieces and nephews that he loved dearly. Ted was predeceased by his father and mother Ted and Mae and father and mother-in-law Hugh and Ida Williamson.

Ted was born in Selkirk, Manitoba on September 5, 1941. Ted

graduated high school in Selkirk and went to Red River College for certification as a Machinist followed by Welder. Ted lived in the Selkirk Area his entire life. Acquiring his uncle's boat building business and his father's machine shop at a very early age, Ted is recognised as the builder of a number of the more prominent Manitoba boats that sailed the Red River and Lake Winnipeg. Most notably of the many vessels built at the Selkirk Slough off Taylor Avenue, the Paddle Wheel Queen, the Paddle Wheel Princess, the River Rouge, the Lady Winnipeg and the Lord Selkirk. Ted loved and was an active member of the community serving in the Selkirk Volunteer Fire Department from 1959 to 1985 where he finished his service as the Deputy Fire Chief. He also served as a Selkirk Kinsmen and a subsequent K40 member of retired Kinsmen. The families involved in these two groups formed the circle of his closest friends in the early days transitioning in his later years to the "Campski" group of friends that travelled Manitoba with camping gear and canoes.

Ted was truly a self made man. He set his business goals at where he wanted to be rather than where he was. Once committed to a goal he worked endless hours to teach himself the skills he needed to succeed in each endeavor. His confidence, competence and endless drive raised him from his small town beginnings into a nationally recognised ship building expert. His solid integrity and moral compass earned the respect of clients, peers and his employees. He took the lessons he taught himself to the Arctic where he met his long time business partner Daan Hengeveld of Langley, B.C. Over the next few decades, Ted and Daan employed many Selkirk based tradesmen in areas such as Hay River, Tuktoyaktuk NWT, Hong Kong and eventually Delta, B.C. in their partnered company Purvis Navcon Shipyards. Both Ted and Daan concluded their ship building careers and business by participating in the construction of the two BC "Super Ferries" Spirit of Vancouver Island and the Spirit of British Columbia in the early 1990s in Delta, BC.

In his long retirement Ted focussed on his family and hobbies. Ted pursued excellence in golf with the same intensity and focus he had with his business while his wife Sharon enjoyed the time they could have together doing something they both enjoyed. His other interests focused on family, or more accurately his grandchildren. Attending plays, sporting events, joint holidays and special occasions. He and Sharon travelled the globe but never lost touch with their treasured Gull Lake in the summers and their winter residence and golfing mecca at the Whaler Resort on Kaanapali Beach Maui. Ted was known for his huge presence in a room. He was always full of life with a sensational sense of humour. His outward appearance and personality could be intimidating until you realised the soft heart within.

The family extends sincere thanks and gratitude to the doctors, nurses and medical aid assistants of the Selkirk General Hospital for their professional and compassionate care during Ted's last months.

A Memorial Service for Ted will be at 11:00 a.m. on Saturday, October 22, 2016 at the Gilbart Funeral Home, 309 Eveline Street in Selkirk, Manitoba. Honorary Pallbearers are the Retired Selkirk Volunteer firemen.

In lieu of flowers, if so desired, the family requests donations made on Ted's behalf to the Selkirk Marine Museum, Box 7, Selkirk, Manitoba R1A 2B1 and the Selkirk Lutheran Evangelical Church, Box 65 Selkirk, Manitoba, R1A 2B2.

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



ORITUARY

Vanessa Faith Laye October 13th 1988 - October 4th 2016

It is with the most profound of broken hearts that we announce the sudden passing of our beautiful daughter, sister, and auntie, Vanessa Faith Laye, on October 4th, 2016 at the age of 27, in British Columbia. There are no words to express the sadness; the deep and pain filled loss to which there feels as though there is no end.

Vanessa leaves behind her mom and dad, Diana and David Starin; her father Randy Laye (Donna); her sister and forever best friend, Serena Laye; her nephew Connor and her niece Parvati. They were her most favorite people in the whole wide world!!! She loved them with all of her heart and spent as much time as possible with them! She was known as "The best Auntie ever!!" Chloe, her fur baby, was Vanessa's pal. Also left to mourn Vanessa's passing

are aunts, uncles, cousins and many friends.

Vanessa grew up in Selkirk, but decided to move west to BC in her late teens to join her sister Serena. She returned to College and enrolled as a Resident Care Aid. Vanessa graduated with Honors! She went on to work in a Personal Care Home. She loved her job, working with the elderly. She went on to work in the Activity department. She organized bingo, beauty days, cooking, bowling....she was so happy there!

We have lost our Vanessa; the most beautiful, loving and wonderful part of our lives.

We pray that you are safe in Heaven Baby Girl. Wrapped up in your Nana's loving arms xoxo

"I love you forever, I like you for always,

As long as I'm living; my baby you'll be".

Our loving daughter, Vanessa, gave the most precious gift imaginable. Vanessa was a registered organ donor and gave the gift of life to five recipients. We could never be prouder!

A Celebration of Vanessa's Life will be held at the beginning of December at the Gilbart Funeral Chapel in Selkirk. Details to follow.

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



OBITUARY

In Loving Memory Jack Lawrence McDonald July 12, 1939 – October 11, 2016

Jack (Johnny) McDonald, died peacefully on October 11, 2016 in Arborg, MB, at the age of 77. He was born in Winnipegosis on July 11, 1939 to the late Charles McDonald and Ida Parenteau.

Jack was a gentleman of many trades. He worked as a taxi driver, press operator and eventually retired after over 25 years of service, as a guard at the Stony Mountain Penitentiary. After retirement Jack was able to enjoy his true passions in life, nature, woodworking and his true love Susan. Together the two of them enjoyed their retirement years.

Jack's children and grandchildren remember him as a brave free spirited soul, who could strike up a conversation with anyone and owned a genuine true heart of gold. He will be missed deeply by

his siblings, children, grandchildren, great-grandchildren and his loyal companion Pinto.

A memorial service will be held in honor of Jack on Friday, October 21, 2016 at 11:00 a.m. at the Mackenzie Funeral Home in Stonewall, MB. A reception is to follow shortly after at the Balmoral Hall in Balmoral, MB. All are welcome to attend.

In lieu of flowers please send donations to the Canadian Cancer Society, 193 Sherbrook St., Winnipeg, MB, R3C 9Z9 or "Paw It Forward Retirement Rescue", www.gofundme.com/PAWITFORWARDRRC.

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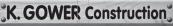


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