

**RECORD PHOTO BY LINDSEY ENNS** 

Pictured from left to right: Grade 8 student Bailey Burnell, Grade 7 student Katelynn Wallmuth and Grade 8 student Amanda Zamatis of Lockport School hold up some of the nearly 1,600 pounds of food donations that roughly 50 students helped collect from Oct. 17 to Oct. 28 for the Selkirk Food Bank as part of the WE Scare Hunger initiative. The group plans to drop off the donations sometime this week.

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# 'He went out exactly the way he would have wanted to'

### Friends mourn Clandeboye man who died days after living funeral

#### By Dave Baxter

Friends of Andrew Henderson say the Clandeboye man showed his generosity and his love for life, even in his final act.

"He was so kind and so thoughtful because what he was doing with this last project was consoling people about his own death and giving them a chance to grieve even while he was still here," Sandy Klowak of Winnipeg said. "That's not something a lot of people could do."

About three years ago 28-year-old Henderson, who grew up in Clandeboye, was diagnosed with lymphoblastic lymphoma. On Sept. 28 he got the news that his cancer was terminal.

Henderson held Taking it to the Grave, a living funeral performance art piece on both Oct. 21 and Oct. 23 in Winnipeg.

On Oct. 26, just three days after the second show, Henderson died in hospital as a result of his cancer.

Klowak, 30, became friends with Henderson about eight years ago when they both worked at Lower Fort Garry National Historic Site in St. An-





**SUBMITTED PHOTOS** 

ABOVE LEFT: Sandy Klowak, pictured here with her friend Andrew Henderson of Clandeboye, worked with him on his performance art piece Taking it to the Grave, which he put on just days before he lost his battle with cancer last Wednesday. ABOVE RIGHT: Janelle Desrosiers met Andrew Henderson when they worked together at Lower Fort Garry National Historic Site and they remained close up until his death last Wednesday.

#### "AS MUCH AS HE WAS SUFFERING HE STILL HAD THAT JOY FOR LIFE."

drews.

She said Henderson's personality and his love for life drew her to

him and they remained close friends up until his final days.

"He moved around a lot but

we always remained close even when we weren't in close contact," Klowak said. "He was someone I truly valued in my life."

She said even when facing his own death, Henderson's upbeat personality didn't change.

"He just had this joyous cackle and he was always upbeat and that's something he kept up right until the end," she said. "As much as he was suffering he still had that joy for life."

Klowak worked as a production manager on Taking it to the Grave and said she is grateful she was able to work on one last project with Henderson.

"Just to spend that time with him as someone who loved him was a real gift," Klowak said. "It was the most amazing thing I have ever worked on."
She said she believes Henderson was meant to put on the show before

he passed away.

"He probably would appreciate the dramatic timing of it since he always had a flare for drama," Klowak said with a laugh. "It was important for him to be there. This was his project and it was really important to him."

She hopes Henderson's legacy will be to teach others to enjoy every second they have on earth.

"He taught all of us that you are still very much alive until you are dead," Klowak said.

Janelle Desrosiers, 32, also met Henderson while working at Lower Fort Garry.

She said performing his show was exactly the way Henderson would have wanted to spend his final days.

"It makes sense that he got through it because he was always a champion," Desrosiers said. "This show was part of the legacy he wanted to leave and part of the message he was trying to get out."

She added it was important for Henderson to console others about his own death.

"He understood the pain that we were all going through, but he was trying to find a better way to handle that," she said.

Desrosiers says she's "devastated" her friend is gone, but happy he was able to do what he wanted to before he died.

"He went out exactly the way he would have wanted to."

A memorial service for Andrew Henderson was scheduled for Nov. 2 in Selkirk.







## Trick-or-treating on Manitoba Ave.



#### **RECORD PHOTOS BY DAVE BAXTER**

A little rain didn't stop three-year-old Emma Knowles, pictured above, or even seven-month-old Heidi Kimber, pictured below, from dressing up and trick-or-treating on Manitoba Avenue in Selkirk on Monday. On Halloween Monday Growing Years Family Resource Centre held their annual Halloween parade, which invites children and their families to walk along the east side of Manitoba Avenue while local business owners hand out candy. Growing Years estimates that as many as 80 people took part in this year's parade despite the rain.

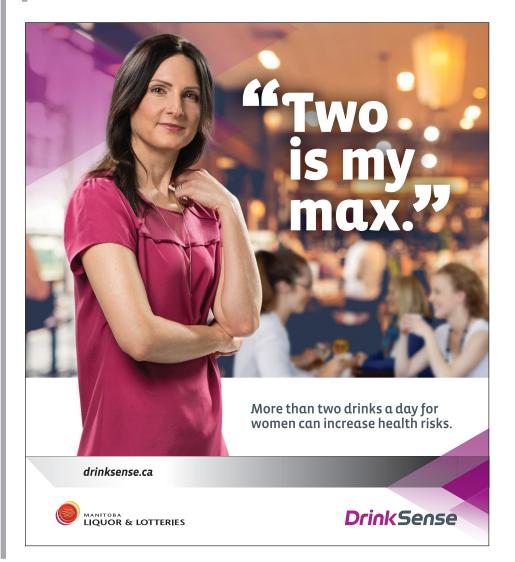


## Musical theatre stops in Selkirk



RECORD PHOTO BY BRETT MITCHELL

The Interlake Players Travelling Musical Theatre Company stopped in Selkirk and performed at The Comp last Saturday evening. The show in Selkirk was a fundraiser for the Selkirk Community Choir, the Interlake Thunder Football Club, and the Selkirk Curling Club.





# St. Andrews students explore options at career fair

By Dave Baxter

St. Andrews School students got the chance to weigh their options and think about their future during the school's career fair last week.

The K-6 school held their annual career fair last Friday and invited professionals from a number of career fields and trades to come to St. Andrews Community Club and put on presentations for students about what they do for a living.

"We want to show kids that there are adults with the same interests and talents and skills that they have, and they have made careers from those interests and talents," St. Andrews School guidance councillor Marla Yarema said.

Professionals at the career fair ranged from a hairstylist and an eye doctor, to a RCMP officer and Elections Canada employees, and more from a variety of careers and trades.

Yarema said it is important for educators to get students thinking about possible career paths at an early age.

"Some kids can get to Grade 10 or 11 and they are not sure what they want to do,"Yarema said. "So this is to help implant those ideas as early as possible"

Yarema added she hoped students would get interested in different careers by connecting to the people that were presenting last week.

"If they are charismatic or just an awesome person they can connect to the job through the person," she said.





**RECORD PHOTOS BY DAVE BAXTER** 

ABOVE LEFT: Grade 5 St. Andrews School student Miguel Braz tried on some very large glasses during an eye doctor presentation at the St. Andrews School Career Fair last Friday at the St. Andrews Community Club. ABOVE RIGHT: Selkirk RCMP officer Cst. Jim Dow let St. Andrews School students Hailey Budzan and Bryson Kramble sit on a pair of Selkirk RCMP ATV's during the St. Andrews School Career Fair last Friday.

Two former Elections Canada employees set up a presentation at the fair where they talked to students about their work with Elections Canada and also taught students about how to vote and why it is important to vote once they reach adulthood.

"I like the voting presentation because we learned there are places where they are forced to vote for a certain someone, but here we have democracy so we can vote for who we want to," Grade 5 St. Andrews School student Hailey Budzan said after taking part in the voting presentation. "Now when I turn 18 I will definitely vote."

Grade 5 student Bryson Kramble said his favourite presentation was by RCMP officer Cst. Jim Dow, who talked about what he does as a police officer and also showed off two of the

ATV's from the Selkirk RCMP's fleet.

"It's just really neat that police officers work to help people," Kramble said while getting to sit on one of the ATV's last week. "And it's pretty cool they get to ride around on quads." Yarema also works as a guidance councellor at Walter Whyte School in Grand Marais and Walter Whyte School also holds a similiar career fair every school year.







### Spooktacular event for Brenna





#### **RECORD PHOTOS BY BRETT MITCHELL**

Community and area members once again came out in droves to support a Selkirk girl battling brain cancer over the weekend. A Spooktacular Extravaganza and Spin-a-thon in Selkirk Park helped raise \$14,133 for the local family last Saturday. The fundraiser was held for two-year-old Brenna Schellenberg who is currently battling a rare form of brain cancer. Since her diagnosis in July, friends and families have been stepping up to help the local family during this difficult time.



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# Art series aims to shine spotlight on Lake Winnipeg

#### By Lindsey Enns

A new art exhibit on display at the Gwen Fox Gallery this month is hoping to shed some light on the challenges Lake Winnipeg faces.

Gayle Halliwell of Winnipeg Beach says her art exhibit entitled Lakescapes is all about highlighting the beauty but also showing the hardships that Lake Winnipeg faces.

"Everything from the over nutrification, which produces algae blooms, to the latest threat which is zebra mussels," Halliwell said while sitting inside the Selkirk gallery last Wednesday afternoon.

The show includes various paintings of Lake Winnipeg, which has been her home and vacation spot for the past 30 years, as well as artifacts that have been collected from various beaches.

One of the pieces that will be on display is a string of Christmas lights covered in zebra mussels.

"Just in one summer they completely took over and covered things," Halli-



**RECORD PHOTO BY LINDSEY ENNS** 

Gayle Halliwell of Winnipeg Beach stands next to her watercolour painting of race night at the Gimli Yacht Club entitled "Slow Motion," which is part of her art series on display at the Gwen Fox Gallery until Nov. 26.

well said referring to the aquatic invasive species. "I have to have a permit from the province to have them in my possession.

"They might still be alive because they can live 60 to 90 days out of the water and we found this particular piece in September." Another piece that will be on display is a paper mache pelican covered with garbage she collected along the beach.

The show will also feature three poems written by Halliwell.

An opening reception for Lakescapes will be held on Saturday, Nov. 5 at the Gwen Fox Gallery from 1 p.m. to 4 p.m.

Halliwell along with videographer and artist Christine Brandt will also be making a presentation entitled Lake Winnipeg Through an Artists's Eye at the gallery on Wednesday, Nov. 9 from 1:30 p.m. to 2:30 p.m.

"Christine and I have been working on what we see when we see the lake and it will highlight the issues that the lake is facing," Halliwell said. "Our talk is open to the public, it will be welcoming and informal and it will have lots of visuals as well."

Lakescapes will be on display at the Gwen Fox Gallery until Nov. 26.

The Gwen Fox Gallery, located at 101-250 Manitoba Ave., is open Tuesday to Saturday from 11 a.m. to 4 p.m.

**FOUNDATION** 

All funds raised stay in Manitoba.



# Man 'still in shock' after fire destroys Petersfield home

**By Dave Baxter** 

Leonard Hallson says he is still "in shock" after a massive fire destroyed a home in Petersfield that he was renting out but had previously lived in for three decades.

"I'm just trying to absorb all of this to be honest," Hallson said. "This was our family home for 30 years and I certainly wasn't expecting this."

Hallson is retired and currently lives with his wife in Inwood, but was renting out his approximately 2,000 square foot home in Petersfield that went up in flames on the morning of Oct. 25.

Before moving to Inwood he and his family lived in the Petersfield home for about 30 years.

The fire completely destroyed the home and everything inside it, but the three adults and one child that were inside the home got out without being injured.

Clandeboye Fire Department Chief Ray Kelsch said that a call came in to 911 around 5:45 a.m. on Oct. 25 about a fire at 22 Houghton Bay in Petersfield.



**SUBMITTED PHOTO** 

A massive fire in Petersfield completely destroyed an approximately 2,000 square foot home on Oct. 25 but everyone in the home got out without injury.

Kelsch said that once firefighters got to the scene the home was "fully en-

"It was right through the roof, it was a huge fire," Kelsch said. "It was fully engulfed top-to-bottom, front-to-

Both firefighters from the Clandeboye and Matlock fire halls responded to the call.

"With confirmed structure fires we will page other departments to give us a hand and that is for increased man-power and water supply," Kelsch

Firefighters were able to put the fire out, but the home and all possessions inside of it were completely destroyed, Kelsch said.

The four people that were in the home at the time of the fire were not owners of the home, as Hallson said the home was being rented out.

Kelsch said they do not yet have a damage estimate from the fire, as an insurance company is currently investigating.

There was no damage to any other buildings or property in the area.

Hallson said he does not want to speculate on what might have caused the fire until more information from the investigation is released.

# Cancer cases continue to climb across Canada: StatsCa

**Submitted** 

More Canadians are surviving cancer than ever before but the Canadian Cancer Society warns that the number of cases will continue to climb as the country continues to grow and age.

Canadian Cancer Statistics 2016 - a report produced by the Society in partnership with the Public Health Agency of Canada and Statistics Canada - shows that more Canadians than ever before are living with or beyond a cancer diagnosis. In fact, 810,045 Canadians - or 2.4 per cent of the population - have lived more than 10 years with cancer.

The report also found that cancer prevention efforts, earlier detection and better treatments have prevented another 180,000 deaths in Canada since 1988. This includes 31,624 lung cancer deaths and 32,170 breast cancer deaths.

However, the annual snap shot of cancer in Canada also predicts that the number of cancer cases will continue to increase as the country's population grows and gets older. This year, 89 per

cent of new cancer cases will be in people over 50 years of

age.
"We are making progress as the number of people surviving cancer continues to improve," said Erin Crawford, senior director, public issues and community engagement for

the Canadian Cancer Society, Manitoba. "However, cancer continues to be the leading cause of death in Canada and this year 202,400 families will face a cancer diagnosis and we expect that number to increase over the next 15 years when one-in-four Canadians will be 65 or older.

"This report demonstrates that we all need to do more - whether it is funding additional research, providing support to cancer patients or participating in screening programs and protecting ourselves from the risk of cancer."

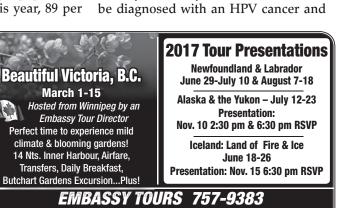
A special topic within the report demonstrates the need for Canadians to take action to protect themselves and their children from the risk of cancer. It found that cancers of the mouth and throat caused by the human papillomavirus (HPV) are rising dramatically among Canadian men and are poised to surpass the rate of cervical cancer in

This year, nearly 4,400 Canadians will be diagnosed with an HPV cancer and about 1,200 Canadians will die from an HPV cancer. The incidence of HPV mouth and throat cancers increased a dramatic 56 per cent in males and 17 per cent in females between 1992 and 2012. Mouth and throat cancers now represent about one-third of all HPV cancers in Canada.

The report shows that in Manitoba this year, 6,800 families will face a cancer diagnosis - 100 more than last year and 900 more than just 4 years ago. Cancer will also take 2,800 Manitobans from their families this year. That is 8 Manitobans every day.

The snap shot of cancer shows the incidence of cancer among women in Manitoba is higher than the national average while Manitoba men have a similar incidence rate as their counterparts in other provinces.

The death rate for all cancers combined is higher in Manitoba than the national average. Among men, higher death rates associated with prostate and colorectal cancer is offset by higher survival rates for lung cancer. Among women, higher death rates are associated with breast and lung cancers





### Selkink Record



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Boy catches tomato, dad plays practical joke

get RED RIVER > CHALET BEACH > LAKE WINNIPEG

Welcome folks.

> ARNIE WEIDL

In all the weeks and years that I have been bringing you the fishing stories our sports and commercial fishers have shared, I have never been given one where someone caught a fish with his bare hands.

Orvil Strand who I met on the Lockport pier some time ago says he did. Orvil was a shorter thin fellow with a face creased from a lifetime of experience. His squinting surveying gaze and wide smile suggested a hardened man who was still willing to look on the bright side of things.

I listened silently on an overcast cool afternoon as he talked of the many places he had fished. In time he came to a story when at The Pas he noticed a large pileup of logs held by a Saskatchewan River bridge support closest to the riverbank. Looking closer he saw something move amongst the

Not one to shy away from intrigue he got to the log jam by boat and carefully picked his way onto the logs. There before him the silvery side of a half submerged gigantic jackfish imprisoned by branches and logs could just be seen.

Standing on the moving tangle of wood he lifted and threw log after log until on one knee for stability he grasped and cradled the big fish that was still alive. Only then did he realize it wasn't fishing season so as a true sportsman he maneuvered himself holding the fish toward open water then heaved it into the drink.

Stopping at various fishing spots along the Winnipeg River a few weeks ago I came across a very friendly outgoing chap by the name of Randy Baldreras from Winnipeg. Just as I came upon him he was reeling in a nice eating sized pickerel.

Well, while that meant I didn't have to ask him how the fishing was going I did have to ask him if he had a story



**PHOTO SUBMITTED** 

Randy Baldreras of Winnipeg with a pickerel he caught on the Winnipeg River.

for us. Randy was not only friendly but showed his sense of humor as he related a situation where he was riverbank fishing on the Red with his young son Mark a little while ago and the boy became bored.

Randy watched as Mark wandered off into the tall grass daydreaming and talking to himself as kids do. Dad, seeing a chance to play a trick quickly reeled Marks' line in and pulled the minnow off the hook replacing it with a small tomato from their lunch cooler. He cast it out then called his boy, "Mark come back I think you've got

a bite." The boy raced back grabbing up his rod and began reeling in as fast as he could. Then as the wet shiny red tomato popped up from the water Marks' face changed from excited anticipation to questioning disappointment. Dad snickered and chuckled thinking he had played such a great joke on his son. Mark on the other hand simply dropped his rod and made for the tall grass again silently glaring at his dad. Oh well Randy, at least you tried.

Last week I met Don Rourie from Komarno who had an unusual story. He along with friends were boat fishing fairly close to shore on Shoal Lake when some heavy wind driven waves began swamping the small boat they were in. Not wanting to take a chance he made for shore and got everyone out of the boat then tried to get to the boat landing.

Just as he got there another huge wave washed right over the boat drowning the poor little craft. By then he was in just a few feet of water which resulted in the boat though grounded was being violently tossed about. Don had enough; he stood up, swung his legs over the gunwale and waded to shore joining his friends for

When the weather calmed down later in the afternoon he went back with his quad and a rope and pulled the stricken craft up on land. It wasn't a total loss though; Don saw the string of fish they had caught was still tied to the boat.

Before ending this weeks' get-together, I should mention the folks who fish off Selkirk's pier have asked me to pass along their request to the town for a bathroom close by. Well, those pickerel are biting like crazy right now, so what do you say we go get some.

Bye for now.

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# Health Canada looks to revamp outdated food guide

### IERHA dietician says Canada's food labelling structure needs to change

**By Lindsey Enns** 

Changes are coming to Canada's guide to healthy eating and one local dietician hopes the revisions are more reflective of the types of food Canadians are consuming today.

Jay Adam, a registered dietician with the Interlake-Eastern Regional Health Authority (IERHA) based in Teulon, says Canada's Food Guide was outdated from the very beginning.

One of the biggest problems with the current food guide, according to Adam, is it fails to mention the processed food industry.

"It gives these guidelines based on this assumption that people are eating homemade foods when regrettably the mass majority of people ... are often consuming processed foods from either restaurants or boxes very often," Adam said during a telephone interview with the Record last Friday. "In prepackaged foods there are so few that are healthy that it's the biggest problem I run into.

"Whenever people are cooking from scratch, they are far better off."

Last Monday, federal Health Minister Jane Philpott announced that Health Canada is now accepting input from Canadians in an effort to revise Canada's Food Guide.

Those interested in filling out Health Canada's public consultation workbook can do so online until Dec. 8 by visiting foodguideconsultation.ca.

Revisions to the food guide is part of a multi-year Healthy Eating Strategy.

Earlier this year a Senate committee study found the current food guide is in need of a major overhaul to help combat Canada's obesity crisis.

According to Health Canada, four out of five Canadians are at risk of developing cancer, heart disease or Type-

Canada's first food guide was introduced in 1942. Since then it has been revised several times, the latest being in 2007.

Through Canada's Food Guide,

Health Canada provides healthy eating recommendations based on complex and scientifically-based nutrition information. According to the Government of Canada's website, the current food guide "isn't meeting the needs of all audiences."

The website goes on to say that some users of the food guide"have difficulty understanding and applying some of the recommendations."

Some of the changes that Health Canada is expected to address include foods that contain sodium, trans fats, sugar, food colours, how food is marketed to children as well as Canada's food labelling structure.

"The current food labelling structure, which is that nutritional facts panel on the side of any box or bag, is often too difficult for many Canadians to understand, especially if they're in a hurry," Adam said, adding he would like to see the launch of a Canada-wide criteria that all grocery stores follow when it comes to food labelling.

Adam said the biggest misconception when it comes to healthy eating is that it's more expensive.

"People are frustrated and they don't know where to turn next," Adam said. "They see healthy eating as difficult or expensive and so it's my job to help them find accessible and affordable ways to eat healthier."

Adam said he encourages those looking to eat healthier to first look at what

they are drinking on a daily basis.

"That's the easiest place to start," he said. "Many people accidentally overconsume significant amounts of sugar or fat calories via what they drink. From soda pop to juice to high calorie coffees.

"Those are big



RECORD PHOTO BY DAVE BAXTER

Health Canada is now accepting input from Canadians in an effort to revise Canada's Food Guide. Revisions to the food guide is part of a multi-year healthy eating strategy.

problems."

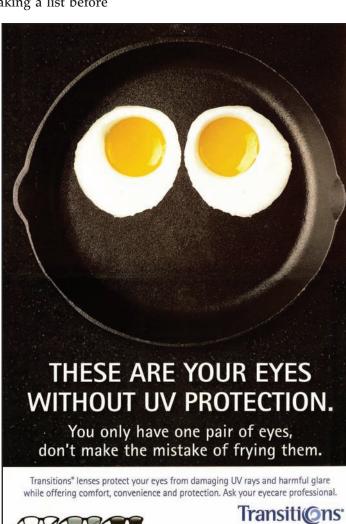
Adam suggests making a list before

entering a grocery store as well as trying to avoid food shopping on an empty stomach.

"Really look at what you're getting for your money," Adam said, adding prepackaged meals don't offer much nutri-

Once the public consultation process wraps up in December, Health Canada will revise materials for further public input











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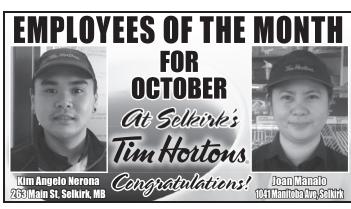
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# Selkirk Biz awards honour local business leaders

By Lindsey Enns

Nine local and area businesses were honoured during the fifth annual Selkirk Biz Awards in Selkirk last Wednesday evening.

Selkirk Biz executive director Sheri Skalesky said their awards evening continues to grow each year.

"Our local businesses they work so hard and it's their contribution ... together that makes this such a great place," Skalesky said following the awards, which took place at the Selkirk Golf and Country Club. "It's our great honour to put on these awards nights to recognize these individuals and businesses and organizations that stand out."

Skalesky added they received "a record number" of nominations this year.

"We had 19 unique nominees," she said. "There's a lot of great people out there that took the time to submit these nominations."

Some of the award winners this year included Avani Wellness, which was named New Business of the Year, Three 6 Tea earned the Branding and Marketing Award and Gramma Carol's Gourmet, Bulk and Health was named Business of the Year.

Gramma Carol's owner Carol Manlow said when she took over the health bulk foods store in Selkirk, she never dreamed it would one day turn into the successful business it is today.

"My goal was to bring it back to the health store it once was. I outgrew that location in a year and once I moved into our current location I could expand on to other lines. We now have over 25,000 skews," said Manlow, who has been in business for 25 years and runs three businesses in Selkirk.

Manlow added it was an "honour" to receive the award.

"It's awesome, I was totally not expecting this. It's quite an honour."

Manlow said her advice to anyone looking to start their own business is simply to just "be passionate about what you do" while focusing on customer service.

"Without your customers you've got nothing so that's so, so important," she said.

Selkirk Safeway also earned the In-

Award winners

Nine awards were handed out during last Thursday evening's fifth annual Selkirk Biz Awards at the Selkirk Golf and Country Club. This year's winners included:

- Business of the Year: Gramma Carol's Gourmet, Bulk and Health
- Branding and Marketing: Three 6 Tea
- Business Philanthropist of the Year: Noventis Credit Union
- Farm Family of the Year: Preun Farms
- Woman Entrepreneur of the Year: Elizabeth Swirsky of The Shops of St. Andrews
- Community Spirit: Skinner's Locks Market
- Customer Service: Juan More Thing
- Inclusive Employment: Selkirk Safeway
- New Business of the Year: Avani Wellness

clusive Employment Award, which was a new addition this year, and Skinner's Locks Market received the Community Spirit Award.

"It's so much hard work but this is so exciting. I'm sharing this award with all of the vendors when I get home," said Joy Sul, who runs Skinner's Locks Market in Lockport and also helped bring back the Selkirk Waterfront Market this past summer. "Without them there wouldn't be a market."

While receiving her award, Sul told the nearly 100 business leaders and local dignitaries in attendance how important it is to help youth who are interested in starting their own business.

"Everybody deserves a chance," Sul said.

Selkirk Biz, the area's Chamber of Commerce, represents more than 200 businesses from St. Andrews, St. Clements, West St. Paul and the City of Selkirk.

Skalesky said they are looking at possibly adding a tenth award next year, but she didn't want to reveal the category just yet.

"That's something for our 2017 committee to decide," she said.



**RECORD PHOTOS BY LINDSEY ENNS** 

ABOVE: Selkirk Safeway store manager Terri-Lynne Dormer and Safeway courtesy clerk Michael Singleton are presented with the Inclusive Employment Award during the fifth annual Selkirk Biz Awards at the Selkirk Golf and Country Club last Wednesday evening. A total of nine local and area businesses were honoured throughout the evening. BELOW: Joy Sul, who runs Skinner's Locks Market and helped bring the Selkirk Waterfront Market back to Selkirk this past summer, receives the Community Spirit Award last Wednesday evening.



#### ONE DAY ONLY! SATURDAY, NOVEMBER 19<sup>TH</sup>, 2016



Make a gift to the Selkirk & District Community Foundation — Community Fund on Saturday November 19<sup>th</sup> during the Endow Manitoba 24 Hour Giving Challenge and your gift will be stretched, with support from The Winnipeg Foundation.

Please go on-line to www.endowmanitoba.ca and look for the SDCF or join your friends at the Gaynor Family Regional Library in Selkirk from 10am—3pm on Saturday November 19th, where the SDCF team will be there to help you make your donation on-line.



Now's the time to help our community grow!

# et inspired

#### Mediterranean **Chicken and Brown Rice Dinner**



2 cups (500 mL) 1% milk, divided 1-1/4 cups (310 mL) reducedsodium chicken broth

2 tbsp (25 mL) whole wheat flour, divided

1 cup (250 mL) long-grain brown rice, preferably parboiled (Converted)

Grated zest of 1 lemon, divided 1/2 tsp (2 mL) dried rosemary 1 tbsp (15 mL) vegetable oil

1 onion, chopped

1 small bulb fennel, trimmed and thinly sliced

2 cloves garlic, minced 1 sweet red, yellow or orange pepper, thinly sliced

1 tsp (5 mL) dried oregano Pepper

4 small boneless skinless chicken breasts, filets removed (about 1 lb/450 g)

lemon juice

Chopped fennel fronds (optional) Directions

2 tbsp (25 mL) freshly squeezed

In a saucepan, combine 1 cup (250

mL) of the milk and chicken broth; whisk in 1 tbsp (15 mL) of the flour. Stir in rice, half of the lemon zest and dried rosemary and bring to a boil over medium heat, stirring occasionally. Reduce heat to low, cover and simmer for about 20 minutes (or according to package directions), until rice is tender and most of liquid is absorbed. Let stand, covered, for 5 to 10 minutes.

Meanwhile, in a large nonstick skillet, heat oil over medium-high heat. Brown chicken breasts, turning once, for about 2 minutes per side; transfer to a plate. Add onion and fennel to skillet; sauté for 5 minutes or until starting to soften. Add garlic, red pepper, oregano and pepper to taste; sauté for 3 minutes or until vegetables are tender.

Return chicken to pan with any juices, nestling chicken into vegetables. Reduce heat to mediumlow, cover and simmer for 5 to 10 minutes or just until chicken is no longer pink inside.

Uncover skillet and increase heat to medium. Whisk remaining flour into remaining milk and stir into skillet; bring to a simmer, stirring. Simmer, stirring often, for about 5 minutes or until sauce is thickened. Stir in remaining lemon zest and lemon juice; season to taste with pepper.

Fluff rice with a fork. Spoon onto plates and top with chicken, vegetables and sauce. Sprinkle with fennel fronds

## **Banana Maple Blueberry**

1 cup (250 mL) chopped pitted medjool dates

1/2 cup (125 mL) water

1 cup (250 mL) cooked brown or green lentils

 $3~{
m tbsp}$  (45 mL) pure maple syrup 1 very ripe banana, peeled and mashed

1 egg

1 tsp (5 mL) vanilla

1 3/4 cups (425 mL) all purpose flour with added bran (nutri flour)

3 tbsp (45 mL) ground flax

1 tsp (5 mL) each ground cinnamon and baking powder

1/2 tsp (2 mL) baking soda 1/2 cup (125 mL) milk 1 cup (250 mL) fresh or frozen blueberries Directions

In a saucepan, bring dates and water to a simmer. Cover and cook for 3 minutes or until very soft.

Pour date mixture into food processor with lentils and maple syrup. Blend until smooth. Scrape into a bowl and stir in mashed banana, egg and vanilla.

In a large bowl, whisk together flour, flax, cinnamon, baking powder and soda. Pour date mixture over top; add milk and stir to combine. Stir in blueberries.

Divide batter among 12 greased or paper lined muffin tins. Bake in 400° F (200 °C) oven for about 15 minutes or until cake tester inserted in centre comes out clean.

### **The Ultimate Mixed Bean Salad**



8 oz (227 g) green beans, trimmed 8 oz (227 g) yellow beans, trimmed 1 cup (250 mL) shelled soy beans (edamame)

1 can (19 oz/540 mL) sodium reduced chickpeas, drained and rinsed

2 stalks celery, thinly sliced 2 green onions, sliced

1 large red bell pepper, chopped 1/4 cup (60 mL) apple cider vinegar

1 tbsp (15 mL) Dijon mustard 1 tbsp (15 mL) canola oil

1/2 tsp (2 mL) fresh ground pepper 1/4 cup (60 mL) each chopped fresh basil and parsley or mint

Directions

In a saucepan of boiling water, cook green and yellow beans and soy beans for 3 minutes, drain well and rinse under cold water to chill. Cut green and yellow beans into 2 inch (5 cm) pieces. Set bean mixture aside.

Meanwhile, in a large bowl, combine chickpeas, celery, green onions and red pepper. Add bean mixture to bowl.

In a small bowl, whisk together vinegar, mustard, oil and pepper. Pour over bean mixture and toss to

coat. Add basil and parsley and toss again.

Tips:

If you prefer, use all green beans or all yellow beans.

If shelled sov beans are not available use lima beans or 1 cup

(250 mL) of your favourite sodium reduced canned bean, drained and rinsed.

Little chefs can help trim the beans using their hands to snap off the ends. They can also whisk the dressing together.

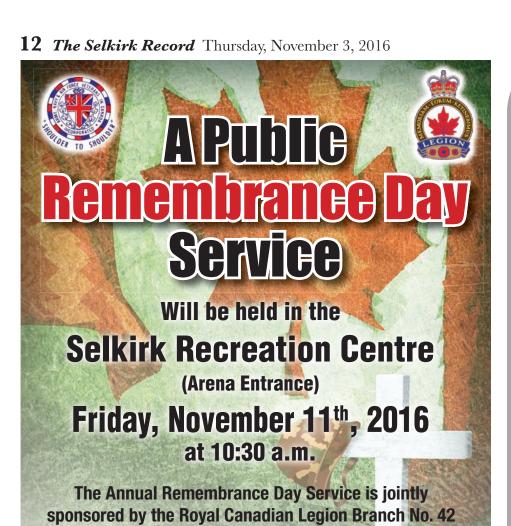
This salad keeps on giving. Make ahead, cover and refrigerate for up to two days. Pack some salad with a handful of cheese and crackers for a quick and easy lunch.











# ALL VETERANS ARE ENCOURAGED TO ATTEND REMEMBRANCE DAY SERVICE ON FRIDAY, NOVEMBER 11<sup>TH</sup>

and the Army, Navy and Air Force Veterans Unit 151.

A special invitation is extended to residents of Selkirk and District to attend the Remembrance Day Services.

All Veterans and Official Party are asked to meet, 9:30 a.m. at the Recreation Centre. Please use Banquet Hall Entrance.

#### **MASTER OF CEREMONIES**

Wayne Bird – Past President of Legion #42 SPECIAL THANKS TO THE FOLLOWING:

Selkirk Community Choir
 RCSCC Daerwood
 NLCC Lord Selkirk

# Weara "Poppy"

Money donated during The Royal Canadian Legion's annual Poppy-Remembrance Campaign is placed in public trust funds. Some of the many ways this money is used to improve life for people in your community include:

- Providing assistance to needy ex-service members and their families
- Purchasing medical equipment and appliances for community health facilities
- Paying for medical research and training
- Building affordable housing for veterans and senior citizens
- · Paying for bursaries for needy students
- Providing support services to senior citizens (meals-on-wheels, drop-in centres, etc.)



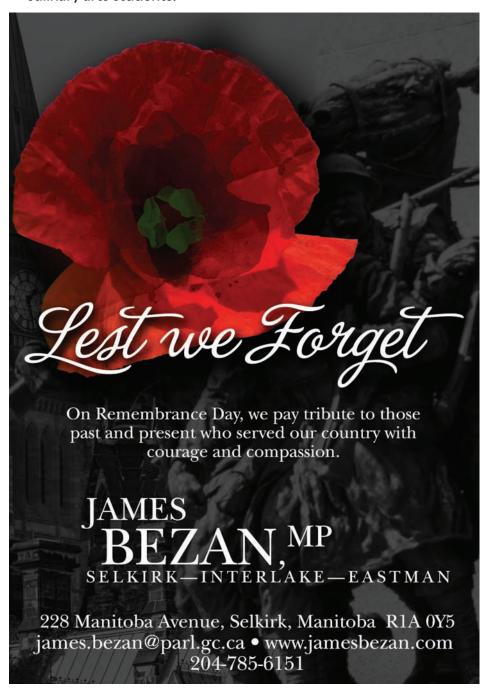
THIS ADVERTISEMENT IS SPONSORED BY THE ROYAL CANADIAN LEGION AND ARMY & NAVY AIR FORCE VETERANS

### **Deputy education minister stops in Selkirk**



#### **RECORD PHOTO BY LINDSEY ENNS**

Grade 11 student Daniel Dhauberger of the Lord Selkirk Education Centre's (LSEC) bike repair program shows Deputy Education Minister Bram Strain how to replace a bicycle tire during a tour of the LSEC building in Selkirk last Friday afternoon. Lord Selkirk School Division administers also invited Strain to take a quick tour of The Comp, where they enjoyed a three-course lunch prepared by the culinary arts students.



## RMs honoured for communication, public engagement

Three local rural municipalities have been honoured for the work they do to promote public engagement and communication.

It was announced on Oct. 18 that St. Clements, West St. Paul and East St. Paul have received honourable mention for the Organization of the Year Award from the International Association for Public Participation Canada (IAPP Canada).

The award, which is selected from entrants from across Canada, recognizes excellence in public engagement and communications.

St. Clements, West St. Paul and East St. Paul were jointly recognized with the honourable mention award at a recent event in Montreal.

"Residents know we'll keep them fully informed about all municipal projects and affairs, and that we'll do so via multiple channels," St. Clements Mayor Debbie Fiebelkorn said in a release. "Citizens know they can reach us, and they know that their feedback is being clearly heard and accounted for in decisions that affect our municipality."

IAPP Canada said in a statement that municipalities in Manitoba's capital region are growing quickly, and with that growth "comes an expectation of greater public engagement from citizens."

"Over the past three years, the municipalities have worked together to incorporate the principles of public participation, beginning with the idea that those affected by a decision have a right to be involved in the decisionmaking process," IAPP Canada said in a statement.

"Public expectations have changed, residents are far more tuned in and connected,"West St. Paul Mayor Bruce Henley said in a statement."More robust communications and engagement have become a core part of how we operate as a municipality."

All three municipalities have seen significant growth in citizen engagement through email updates, surveys, social media and in-person events, IAPP Canada said.

"We're incredibly pleased to have received this honourable mention," East St. Paul mayor Shelley Hart said. "Engaging in an open and meaningful way with citizens has made our communities stronger, and this award shows just how far we've come."

# St. Andrews man questions indemnity audit

By Dave Baxter

St. Andrews Mayor George Pike says a special audit is currently underway as the municipality attempts to uncover if there were mistakes made on councillors indemnities in 2015.

But one St. Andrews resident is already questioning the validity of that audit, and whatever results it may un-

"Mayor Pike with your background I'm sure you could explain to me in intricate detail the difference between 1st degree murder and manslaughter," Glen McKenzie of St. Andrews said while speaking at an Oct. 25 council meeting to Pike, who previously worked as a police officer. "Well with my background I could explain to you in intricate detail the difference between a financial audit of the financial statements of the municipality as a whole, as opposed to an audit of indemnities."

McKenzie, a retired chartered accountant told council he does not believe the review currently being done should be considered an audit.

"I would just ask that before you start referring to this special report as a special audit you satisfy yourself that this truly was an audit in accordance with generally accepted audit practices," McKenzie said to Pike.. Because I am not familiar with what process has happened, but from what I understand so far what has been done in no way, shape or form constitutes an audit."

Pike said the RM has handed over all of their indemnity information from 2015 to an auditor, as they look to get to the bottom of allegations that councillors overcharged thousands of dollars on their indemnities for 2015.

Earlier this year the Record reported that a report compiled by retired chartered accountants Glen and Karen McKenzie of St. Andrews alleges the seven members of St. Andrews council overcharged \$5,998.57 on indemni-

"THEY ARE GOING TO CHECK OUT EVERYTHING. AND TO ME THAT IS AN AUDIT."

ties in 2015.

Pike said the RM decided to have an auditor look at their indemnity numbers for 2015 and see if the numbers the auditor comes up with match those allegations in the McKenzie's report.

Pike said earlier this month he expects results from the auditor to come back to council by November, and he said the public would be able to see those results.

He added they plan to hold a "special meeting" once those results arrive.

Pike said last Thursday he does not agree with McKenzie that the review currently being conducted in regards to indemnities is not an audit.

"We supplied all the information from our indemnity sheets, we gave all the information and the audit company is looking at it," Pike said. "They are going to check out everything, and to me that is an audit."

Pike said that numbers for 2015 indemnities were

given to the audit company by current St. Andrews councillor Russ Paradoski, who sits on the municipalities finance committee.

"He prepared all the documentation for the audit team, and the team asked for more information and he supplied that as well," Pike said.

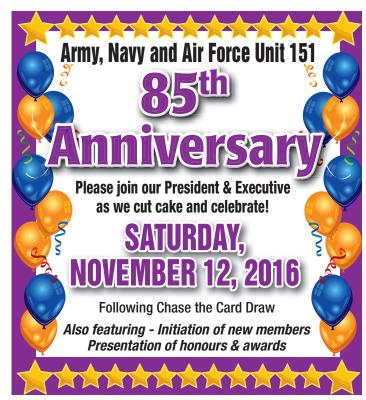
Pike said St. Andrews has their own audit team and added all Manitoba municipalities also have their own audit team.

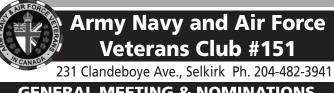
He said that once the audit company is finished with their review, the results will also go to the province, which will look at it those results and must accept them before they come back to the municipality.

"There will be more than a few eyes looking at this," Pike said.

Pike said he still expects a "special meeting" sometime in November where the public will be able to see results of the audit.







**GENERAL MEETING & NOMINATIONS** 

THURS., NOVEMBER 10<sup>™</sup> @ 7PM

**ELECTIONS OF OFFICERS FOR 2017 EXECUTIVE** THURS., NOVEMBER 17<sup>TH</sup> @ 7PM

**GREY CUP PARTY - POTLUCK SUPPER** SUN., NOVEMBER 27<sup>TH</sup> - DOORS OPEN @ 2 PM

**NEW YEAR'S EVE PARTY - DEC 31<sup>ST</sup> MUSIC BY THE BOWMAN BROTHERS - \$15/TICKET** WED. CRIB @ 1:30 PM • THURS. CRIB @ 7 PM

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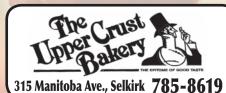




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# They fought for our freedom that we enjoy today' Legion looks to spruce up meta

### Legion prez urges local residents to pick up a poppy

#### **By Lindsey Enns**

Selkirk's mayor said he was "honoured" to receive the first poppy handed out in the city to help kick off the local legion's annual poppy campaign last week.

Being here again and getting that first poppy it really is truly an honour," Larry Johannson said sitting inside the Selkirk Legion located along Eveline Street last Thursday afternoon. "This legion here is the envy of many legions in Manitoba if not further and we're very, very proud to have this club in Selkirk and all that they do. "We truly appreciate it."

Selkirk Legion president Lorne Thorvaldson said they currently have around 800 members but are always looking to welcome more.

"It's a good size club," he said.

Thorvaldson said poppies are now available at the local legion and various businesses in Selkirk and area. Although poppies are handed out free, all donations are put into a poppy trust fund. Thorvaldson added the funds are later donated to local and area organizations.

"We've bought stuff for the palliative care unit quite a few times," he said, adding recently they donated \$3,200 from the branch's poppy fund to the Daerwood Sea Cadets."They help us out with our Remembrance Day ser- and military support operations. The vice."



**TD Canada** Trust Selkirk

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vice in Selkirk will be held once again at the Selkirk Rec Complex. Doors will open around 10 a.m. with the service starting around 10:30 a.m. Thorvaldson said the crowd at the

This year's Remembrance Day ser-

service continues to grow each year.

"Last year was one of our most crowded Remembrance Days," he said. "That just shows the community is behind the veterans, present and

Thorvaldson said wearing a poppy is a great way to show your support for troops past, present and future.

"It's a good way of people showing they still care about them," he said, adding in Selkirk alone they usually hand out around 15,000 poppies. "They fought for our freedom that we enjoy today."

Every year, legion's across Canada launch their poppy campaign on the last Friday of October.

Poppies are distributed by legion branches and the funds collected go into each branch's poppy trust fund. These funds can only be used under strict guidelines set up by the Poppy and Remembrance Committee of Dominion Command to help improve life for people in the communities where the money is raised.

The poppies are intended to honour the more than 117,000 Canadians who have died in the service of their country throughout the world.

Since 1921, the poppy has stood as the symbol of remembrance, a visual pledge to remember always those Canadians who have fallen in war poppy also stands internationally as a 'symbol of collective reminiscence', as other countries have also adopted its image to honour those who have paid the ultimate sacrifice.

"Wearing the poppy demonstrates our understanding of Canada's national debt of gratitude owed to all

335 Main St., Selkirk

BLACK CAT BLADE:

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**RECORD PHOTOS BY LINDSEY ENNS** 

ABOVE: Selkirk Legion president Lorne Thorvaldson, pictured left, presents Selkirk Mayor Larry Johannson with the first poppy outside the local legion to help kick off the annual poppy campaign last Thursday. BELOW: Photographs of former Selkirk Legion presidents are lined with poppies inside the Selkirk Legion leading up to Remembrance Day.



veterans," Lt.-Gov. Filmon said in a campaign's first poppy as a reminder my honour to accept and wear the many have made for us."

release earlier this month. "It will be to always remember the sacrifices so

"A SPECIAL THANKS TO ALL WHO SUPPORTED THIS PAGE"



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**MAIN ST** 



# Legion looks to spruce up metal monument

The Selkirk Legion is hoping to SaskSteel, the Saskatchewan-based make some minor adjustments to a company who was tasked with disspecial Remembrance Day monu- mantling the MS Lord Selkirk II, ment made out of a single piece of which had been rotting in a slough in metal from the former MS Lord Sel- Selkirk Park for 25 years, unveiled the kirk II.

The 12 by eight foot structure, which currently sits beside the Selkirk Legion building located along get a closer look. Eveline Street, was given to the local legion last year by the company hired to dismantle the abandoned cruise ship.

word "remember" etched into it and includes a large red poppy at the top. Selkirk Legion president Lorne Thorvaldson said he's hoping a local company or interested individual will offer to smooth out some of the monument's rough edges.

"And cleaning up all the welding and repainting it a little bit just so it looks a little better," he said. "Around this time of year you'd think people would be looking at it again.

"But not like last year when it got all

the attention."

monument on Remembrance Day last year. Several motorists could be spotted stopping to take pictures and

"I just made it out of respect and that's kind of become a big deal," SaskSteel owner Ben Hoosier said during an earlier interview with the The large metal monument has the Record. "I just picked out a piece of steel and came up with it."

Thorvaldson said once the monument has been fixed up a bit they hope to move it closer to Eveline Street.

"That way people driving by can see it," he said. "We were hoping to get it improved and cleaned up but it hasn't happened yet."

He added if anyone is interested in taking on the project, they are welcome to contact the Selkirk Legion by calling 204-482-6015.























**RECORD PHOTO BY LINDSEY ENNS** 

i'm lovin' it SELKIRK

Selkirk Legion president Lorne Thorvaldson stands next to a special Remembrance Day monument made from a single piece of metal from the former MS Lord Selkirk II outside the local legion last Thursday afternoon. Thorvaldson says they are looking to make some minor improvements to the monument before moving it closer to Eveline Street.





# SDOPTS& recreation INSIDE > OUTSIDE > UPSIDE DOWN

# Selkirk slays Titans in women's hockey

By Brian Bowman

With four of its first five regularseason games on the road, Selkirk will finally have a chance to utilize home-ice advantage over the next three weeks.

Selkirk will play its next five games at the East Selkirk Arena after defeating the Shaftesbury Titans 5-4 in a shootout in Winnipeg Women's High School Hockey League action last Friday.

Cienna Palmer, Kaite Seed, and Livi Weremy, on the power play, scored to give the Royals a 3-0 first-period lead.

The Titans tied the score at 3-3, however, as Emma Klippenstein, Paige Wilson, and Emily Fraser tallied before Selkirk's Alyssa Procter gave the Royals a 4-3 lead late in the second period.

Shaftesbury's Sophie Vandale scored the lone goal in the third.

Jodi Clifton faced 31 shots for the win.

On Oct. 26, Selkirk was stopped 3-1 by the St. Mary's Flames. After the first two periods were scoreless, the Flames ignited to score

three goals, including two by St. Andrews' Haley Steciuk and another by Erin Liebzeit.

Courtney Sorokopud-Jones replied for the Royals late in the third, assisted by Palmer.

Selkirk, now 3-2, hosted Shaftesbury yesterday but no score was available at press time. On Monday, the Royals will host the Jeanne Sauve Olympiens in East Selkirk. Game time is 4 p.m.

In boys' hockey action on Oct. 25, the Royals were edged 3-2 by Dakota as the Lancers scored the game winner in the third period.

Selkirk's Evan Bedard scored in the first period, assisted by Cole Wasnie, and then the Royals' Chad King tallied in the second. Wes Hoydalo assisted on King's goal.

Selkirk will play Sturgeon Heights this Friday at Allard Arena in Winnipeg. Game time is 4 p.m.

The Royals' next home game is Nov. 10 (3:45 p.m.) when they host Kelvin.



**RECORD FILE PHOTO BY LANA MEIER** 

The Royals' Kaite Seed scored during Selkirk's 5-4 win over the Shaftesbury Titans.

#### Pembina Valley Brandon 46 41 41 38 38 35 20 25 **Manitoba Hockey Standings** 27 32 27 39 54 53 51 94 MANITOBA JUNIOR HOCKEY LEAGUE Southwest PTS 27 25 23 22 22 20 14 10 9 6 3 65 56 63 71 62 43 54 39 37 32 40 25 35 56 52 40 41 52 67 53 61 80 Kenora OCN Blizzard Interlake Selkirk Steelers Portage Terriers AAA CITY MIDGET HOCKEY LEAGUE Winkler Flyers Virden Oil Capitals Winnipeg Monarchs Winnipeg Warriors 45 34 26 24 20 21 Winnipeg Blues Winnipeg Hawks Winnipeg Sharks Eastman Selects Interlake Lightning Dauphin Kings GA 41 31 22 GA 5 22 33 32 GA 35 33 54 PIS GF 10 50 4 30 4 14 PTS GF 14 50 9 32 4 21 2 21 PTS GF Peguis Juniors Fisher River Hawks HOCKEY LEAGUE GF 69 35 29 37 8 15 Arborg Ice Dawgs South Division Winnipeg Warriors Selkirk Fishermen St. Malo Warriors North Winnipeg Satelites Lundar Falcons Interlake Lightning MANITOBA HIGH SCHOOL HOCKEY North Division PTS GF GA 11 3 7 14 15 19 25 8 29 OCN Storm 27 29 19 15 9 Cross Lake Islanders 7 Norway House North Stars 4 MANITOBA MAJOR JUNIOR Vincent Massey HOCKEY LEAGUE Charleswood Hawks Pembina Valley Twisters PTS 17 17 16 13 11 10 8 6 PTS 22 19 16 15 50 58 38 46 42 44 31 **GF** 57 56 49 54 GA 24 37 43 35 47 40 55 56 51 58 GA 19 36 31 37 Sturgeon Heights Oak Park Pembina Valley Twisters 12 St. James Canucks 12 Stonewall Jets 10 St. Boniface Riels 12 Raiders Jr. Hockey Club 12 St. Vital Victorias 12 Ft.GarryFt.Rouge Twins 12 Transcona Railer Express 12 River East Royal Knights 12 AAA MIDGET HOCKEY LEAGUE GP Wild 12 WINNIPEG WOMEN'S HIGH SCHOOL HOCKEY CTV Division St. Mary's Flames 0TL PTS GF Selkirk Royals Shaftesbury Titans Jeanne Sauve Olympiens Oak Park Raiders 9 5 14 0 **OTL** Vincent Massey Trojans Dakota Lancers Westwood Warriors 3 0 \*STATS AS OF TUESDAY, NOVEMBER 1 Central Plains

# **Kubic recently named WHL Goaltender of the Week**

Staff

The Western Hockey League recently announced that Vancouver Giants' goaltender Ryan Kubic has been named the WHL Goaltender of the Week for the period ending Oct. 16.

Kubic, an 18-year-old St. Andrews native, went 4-0 that week, including a 28-save shutout in a 2-0 win over the Edmonton Oil Kings in which he was named first star.

Kubic started the week by making 30 saves in a 5-3 win over the Calgary Hitmen and then he made another 25 saves in a 4-3 overtime victory against the Lethbridge Hurricanes.

He concluded the week with a 36-save performance in a 2-1 overtime win against the Medicine Hat Tigers. Kubic, once again, was named the game's first star. In the four wins, Kubic posted a 1.73 goals-against average and .944 save percentage.



Ryan Kubic

The 5-foot-11, 180-pound Kubic is eligible for the 2017 NHL Entry Draft and currently has a 7-8 record with a 3.09 GAA and .902 save percentage.

Kubic was a second-round pick (39th overall) of the Giants at the 2013 WHL Bantam Draft. His Manitoba Junior Hockey League list rights are held by the Selkirk Steelers.



# Steelers sizzle to three straight home wins

By Brian Bowman

It was home sweet home for the Selkirk Steelers last week.

Selkirk played some very good hockey - which resulted in three key victories – in Manitoba Junior Hockey League action.

The Steelers completed the sweep with a solid 4-1 win over the Dauphin Kings on Saturday evening.

"We definitely played a good game on Tuesday against a good Winkler team but we didn't play our best, by any means, on the Friday against Wayway but we managed to get a really good performance from (goaltender Hayden) Dola," said Steelers' head coach Dustin Hughes.

"And then I thought we rebounded with a good effort on Saturday against Dauphin."

Conner Barley led Selkirk with two goals against the Kings, the first coming just 2:21 into the game and the second one at 19:30 of the third.

In between, Selkirk received secondperiod power-play goals from Ryan Pruden and Brayden Lozinski.

Riece Gaber was the lone Kings' player to beat Steelers' netminder Evan Robert. Robert, a Minnesota native, played well, making 25 saves for the win.

Last Friday, Dola stopped 37 shots to

lead Selkirk to a 2-0 home victory over the Waywayseecappo Wolverines.

Liam Kroeker scored the game winner on the power play at 5:35 of the third period and then Nathan Halvorsen iced the win with an empty-net goal with 17 seconds remaining in regulation time.

Kroeker has played very well on the Steelers' blueline since being moved there from his regular forward position a couple of weeks ago.

"We put (Liam) on defence and he seems to be stabilizing our back end immensely," Hughes noted. "We spend less time in our zone and moving the puck out of our zone. It takes pressure off of other guys and everyone is starting to pick up their game."

On Oct. 25, the Steelers played well in an impressive 3-2 home win over the Winkler Flyers.

Selkirk scored a pair of power-play goals, including the game winner by Pruden at 14:43 of the third period.

Jake Dudar gave the home side a 1-0 first-period lead and then defenceman Taylor Fisher struck on the power play early in the second. Dudar also chipped in with a pair of assists.

Winkler tied the score at 2-2, however, as Garrett Kuklica and Nico Labossiere tallied 4:50 apart in the middle



**RECORD PHOTO BY BRETT MITCHELL** 

The Steelers' Ezra Hall battles for the puck in Selkirk's 4-1 win over the Dauphin Kings Saturday evening.

Dola made 26 saves for the win.

Selkirk, now 11-6-1 and in third place, will visit the Virden Oil Capitals on Sunday (7 p.m.) in its only game this week. The Steelers have played a lot games recently and they should enjoy their time off between games this week.

"We're where we want to be at the moment but we definitely have some

room for improvement," Hughes admitted. "It's always good to be up there with the teams in the standings that you want to be with.

"It was good to get a win against a team like Winkler to show we can beat them."

The Steelers' next home game is next Thursday when Steinbach comes to the Selkirk Rec Complex.

# Steelers make trade with Natives

Last season, goaltender Evan Robert played 17 games for the Selkirk Steelers before the team sent him on his

This year, Robert played just one game before he was traded to the Neepawa Natives.

The Steelers sent Robert, an American, and the MJHL list rights of defenceman Troy Earl to Neepawa in exchange for forward Nathan Hillis. Hillis was in his second year with Neepawa, producing five goals and 11 points in 15 games this season.

Meanwhile, Robert's lone game with Selkirk this season came last Saturday when he made 25 saves in a 4-1 victory over the Dauphin Kings at the Selkirk Rec Complex.

Neepawa made a second trade Monday, acquiring forward Braeden Binda from the Winkler Flyers for future considerations.

#### EXCITING NEW TEAM FOR THE 2016-2017 SEASON



HOME GAME

**VS Steinbach Pistons** 

Thursday, Nov. 10th 7:30 pm



**VS Virden Oil Capitals** 

Sunday., Nov. 6th 7:00 pm

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# Sports&recreation INSIDE > OUTSIDE > UPSIDE DOWN



The Royals' Jazmyn Desjarlais (7) goes up for a hit against River East during KPAC action last week. Selkirk won the match 3-1.

# Having fun on the northern swing

Staff

The ride home for the Selkirk Fishermen on Sunday was a joyous one.

Selkirk won both of its road games last weekend, knocking off Norway House 15-1 on Saturday and then blanking Cross Lake 3-0 on Sunday afternoon.

In Sunday's win, Riley Bannerman stopped 30 shots for the shutout while Connor Cyr, Drayton Mendrun, and Griffin Steeves scored for Selkirk.

The Fishermen scored in each of the three periods. Steeves' marker was an empty-net goal with 2:44 left in the third.

In Saturday's lopsided victory, Milan Horanski led Selkirk with three goals and an assist while Auzzie Loewen (two goals, two assists) and Mendrun (goal, three assists) each had fourpoint games.

Mendrun was eighth in league scoring with 12 points (three goals, nine

assists) as of this past Tuesday afternoon.

Gordie Longbottom, Cyr, Michael Smiley, and Dylan Painchaud-Niemi also scored twice for the Fishermen. Dawson Courchene finished the game with a goal and an assist.

Travis Schalk made 28 saves for the

With the two victories last weekend, Selkirk improved its record to 7-0 and has now outscored its opponents by a whopping 50-5 margin.

The first-place Fishermen were five points ahead of St. Malo (4-0-0-1) in the race for top spot in the South Division standings heading into this week's slate of games.

Selkirk will have a pair of home games this weekend. North Winnipeg will visit the Selkirk Rec Complex Friday and then St. Malo will be here Sunday. Both games have 7:30 p.m. start times.



# Royals reach final of JV girls' home tournament

By Brian Bowman

The Selkirk Royals were defeated 2-0 by the MBCI Hawks in the championship game Saturday of their junior varsity girls' home tournament.

MBCI won the match by scores of 25-15 and 25-12.

Selkirk started the playoffs with thrilling 2-1 wins over Miles Mac (25-16, 20-25, 15-13) and Brandon's Vincent Massey (15-25, 25-14, 15-12).

In pool play, the Royals posted a 7-1 record in sets. Selkirk swept Crocus Plains (25-6, 25-14), St. Mary's (25-23, 25-23), and Winnipeg's Vincent Massey (25-19, 27-25).

The Royals split with Sturgeon Heights (25-17, 13-25).

Meanwhile, in junior varsity boys' (25-6, 25-11).

tournament action at River East Collegiate, Selkirk was defeated 2-0 (25-19, 25-23) by Dakota in the third-place game last Saturday.

The Royals were relegated to the third-place game after losing 2-1 to Steinbach Regional in one of two semifinal matchups. After winning the first set 25-18, the Royals then lost the next two by scores of 25-20 and 18-6.

In the quarter-finals, Selkirk downed Daniel McIntyre 2-1 by scores of 21-25, 25-20 and 16-14.

Selkirk was a perfect 3-0 in pool play after 2-0 victories over Brandon's Vincent Massey (25-22, 25-7), Portage (25-12, 25-17), and Northlands Parkway (25-6, 25-11).

# Dola runner up for Recycle Everywhere MJHL Player of the Week

Staff

Selkirk Steelers' goaltender Hayden Dola was a runner up for the Recycle Everywhere MJHL Player of the Week, the league announced Monday.

Dola, a Winnipeg Beach product, posted wins over Winkler and Waywayseecappo last week. The 19 year old netminder made 26 saves in a 3-2 win over the Flyers on Oct. 25 while being named the game's third star.

Dola then made 37 more saves as Selkirk shut out the Wolverines 2-0 last Friday. He was deservedly named the game's first star.

On the season, Dola has a 5-5 record with a 2.95 goals-against average and a .915 save percentage. He also has posted two shutouts.

The Recycle Everywhere MJHL Player of the Week, meanwhile, was OCN Blizzard defenceman Brady Keeper. Keeper had four goals and six points in four games last week.

Keeper, who played his minor hockey in Cross Lake, has com-



Hayden Dola

mitted to play next season with the NCAA's University of Maine Black Bears. Keeper currently leads the Blizzard in points (17) in 13 regular-season games.

The other runner up for the weekly award was Portage Terriers' forward Chase Brakel.



# **Ekosky awarded a Sport Excellence Award**

The Selkirk Judo Club's Damien Ekosky was awarded a Sport Excellence Award yesterday by the Directorat de l'activité sportive, which promotes French sport in Manitoba.

Ekosky, who began judo in September, 2008, was been chosen in the young athlete category. The two-time national champion and five-time provincial winner won seven gold medals, three silver, and four bronze last year.

Here is a list of Ekosky's Top 10 accomplishments (reverse chronological order):

- \* Graded to Shodan (first-degree black belt) – Aug. 20, 2016.
- Bronze medal at the 2016 South America Championships in Cordoba, Argentina July 3, 2016.
- \* Bronze medal at the 2016 Pan American Championships in Cordoba, Argentina - July 1,
- \* Selected to represent Canada

at the EJU Cadet Cup tournament in Coimbra, Portugal on May 28-29, 2016.

- \* 2016 National champion in the U18 under 73 kg division -Canadian Championships held in Calgary on May 13-15, 2016.
- \* Gold Medal at the 2015 Western Canada Summer Games in Wood Buffalo, Alta. from August
- \* Winner of the 2015 David Caligiuri Memorial Award presented by Judo Manitoba to a youth athlete demonstrating excellence and determination in the
- \* Silver medal at the 2015 Canada Winter Games in Prince George, B.C. on Feb. 25–28, 2015.
- \* Bronze medal at the 2015 Elite 8 Invitational Nationals held in Montreal on Jan. 10-11, 2015
- 2014 National champion in the U16 under 60 kg division -Canadian Championships held in Saguenay, Que. on May 1-18,



RECORD PHOTO BY BRETT MITCHELL

The Selkirk Judo Club's Damien Ekosky, right, was awarded a Sport Excellence Award yesterday by the Directorat de l'activité sportive, which promotes French sport in Manitoba.

# **Selkirk Judo Club athletes** win medals in Brandon

Staff

Fifteen Selkirk Judo Club athletes competed at the Brandon Open on Oct. 22. Fourteen of those athletes competed in the U12 and older age divisions, bringing home four gold, three silver and six bronze medals.

Winning gold were Damien Ekosky in Senior Men under 73 kg, Justin Ekosky in U18 Men under 73 kg, Sarah Ekosky in U14 Girls under 52 kg and Jzraelyne Kopp in U14 Girls under 44 kg.

Silver medals went to Bailey Malinowski in U18 Men under 73 kg, Daniel Ekosky in U12 Boys under 50 kg, and Aaron Haak in U18 Men under 81 kg.

Winning bronze were Schaelyce Kopp in U18 Women under 57 kg, Lennon Kuch in U14 Boys over 66 kg, Nickolas Duschinger in U14 Boys under 60 kg, Dylan Wiebe in U12 under 45 kg, Carter Masse in U12 over 50 kg and Jersey Sundseth in U18 Boys under 60 kg.

Meanwhile, two members of the Selkirk Judo Club have been selected to compete with the provincial team at tournaments this fall.

Damien Ekosky will compete at the Quebec Open in Montreal this weekend. Damien and his brother, Justin, will both compete at the Ontario Open in Toronto on Nov. 12-13. Selkirk club member, James Colp, has also been selected to attend the Ontario Open as a referee.

The next local competition will be the St. Boniface Open on Nov. 19.

# **Anderson commits to York University for 2017**



**Brooke Anderson** 

The Manitoba AAA Female Midget Hockey League has announced that forward Brooke Anderson has committed to attend school and play hockey for York University next fall.

York University is located in Toronto and the Lions play in the Ontario University Athletics Conference.

Anderson, who lives in St. Andrews, is the Winnipeg Avros' captain and is known for her strong two-way play.

During her career with the Avros, Anderson has played 132 games, scoring 19 goals while adding 25 assists.

Anderson has also excelled in Hockey Manitoba's Program of Excellence, making the final roster to represent our province at Hockey Canada's U18 National Championship in Regina later this month.

# assifieds

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#### **MOVING SALE**

Moving sale - make an offer, 35 McLennan Rd. St. Andrews, Sunday, Nov 6th, 9 a.m. - 6 p.m. Leather couches, china cabinets. dressers. patio furniture, BBQ, garage tools, and snow blower.

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Open House - 422 Moody Ave., Selkirk, Mb., Nov. 5, 12, and 13 from 10 a.m. - 2 p.m. Offers accepted Nov 14th.

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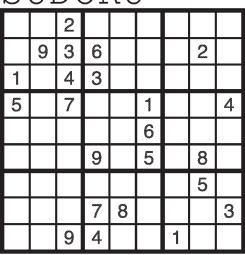
East St. Paul Taxi is looking for drivers. Must have Class 4 drivers licence. \$ 12/ hr. Call 204-757-7377.

### **News Tips? Story Ideas?**

call the Record 204-785-1618

# take a break > GAMES

### SUDOKU

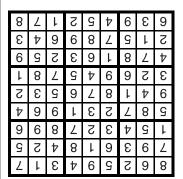


#### Fun By The Numbers

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

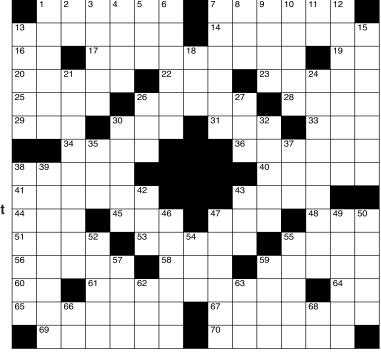


**Crossword Answer** 

# CROSSWOR

#### **CLUES ACROSS**

- 1. State confidently
- 7. Replaced
- 13. Day of remembrance
- 14. Molecular process
- 16. Indicates position 17. Paper-and-pencil game
- 19. Military policeman
- 20. Nests of pheasants
- 22. Corpuscle count (abbr.)
- 23. Seat
- 25. Functions
- 26. Sheets of glass
- 28. Minute arachnid
- 29. Separately managed account
- 30. A bachelor's place
- 31. Dodge truck
- \_\_ Farrow, actress
- 34. Discussion
- 36. Delayed 38. Liaison
- 40. Sediment deposit
- 41. Leased
- 43. Without
- 44. Woman (French)
- 45. Folk-pop artist Williams
- 47. Congressman (abbr.)
- 48. Resembles a pouch
- 51. Superior
- 53. Stalin's police chief
- 55. Razorbill is of this genus 56. Criminal act of setting fire
- 58. Department of Labor
- 59. William Jennings , The **Great Commoner**
- 60. Nickel
- 61. Ordered by canon law
- 64. Where Denver is (abbr.)
- 65. Has 10 straight sides and angles
- 67. Small group with shared interests
- 69. A famous street for kids
- 70. Underlying intentions **CLUES DOWN**
- 1. Mental condition



- 2. Senate Bill
- 3. Where constructions take place
- 4. Ancient Olympic Site
- 5. Not just "play"
- 6. Set of four
- 7. "The beautiful game"
- 8. American time
- 9. Big man on campus
- 10. Syndrome of the eye
- 11. Spanish be
- 12. Cotton cloths
- 13. Roman guardian of gates
- 15. Displays of food
- 18. Anti-Bolshevik Bloc of **Nations**
- 21. Female deacon
- 24. Adrift
- 26. Hit lightly
- 27. Test for high schoolers
- 30. Whittled

- 32. River in western India 35. Small crude dwelling
- 37. One-time AC/DC singer Scott
- 38. Holds up a shirtsleeve
- 39. Mental faculties
- 42. Blot
- 43. A very large body of water
- 46. Redecorated 47. Mineral
- 49. Tree that bears spikes
- 50. Type of boat
- 52. Calypso music
- **54. Director Howard**
- 55. Longtime U.S. Senator Specter 57. Buddhist serpent deities
- 59. Attempt to fly in falconry de plume
- 63. Wheel
- 66. Cerium
- 68. Rural delivery

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# Don't forget clocks back Sunday, Nov 6

For details go to treherne.ca

November 18, 2016.

# 204-785-1618

#### **Public Notice - Rural Municipality of St. Clements Landfill and Transfer Station Winter Hours** Starting Sunday, November 6, 2016

Location	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Libau	Closed	Closed	9:00 am –	9:00 am –	9:00 am –	9:00 am –	9:00 am –
Landfill			5:00 pm	5:00 pm	5:00 pm	5:00 pm	5:00 pm
Dunning	9:00 am –	11:00 am –	11:00 am –	Closed	Closed	Closed	Closed
	5:00 pm	5:00 pm	5:00 pm				
Clark	Closed	Closed	Closed	Closed	Closed	11:00 am –	9:00 am –
						5:00 pm	5:00 pm
Grand	9:00 am –	Closed	Closed	Closed	Closed	11:00 am –	Closed
Marais	5:00 pm					5:00 pm	
Gull Lake	Closed	11:00 am –	Closed	Closed	Closed	Closed	9:00 am –
		5:00 pm					5:00 pm

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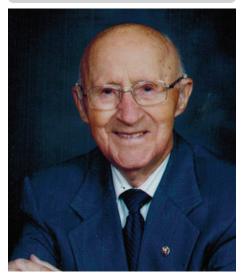
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# Announcements Selkink Regard

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#### ANNOUNCEMENT

#### **BIRTHDAY**



Joe Bosak Happy 96th **Uncle Joe!** November 4th Have a wonderful birthday. With lots of love.

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#### ANNOUNCEMENT BIRTHDAY



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#### ANNOUNCEMENT

#### IN MEMORIAM



In Loving Memory **George David Frost** September 27, 1957 - November 3, 2014

Glen Edgar Frost July 15, 1965 - November 6, 2004

There is always two faces before us, Voices we would love to hear; Smiles we will always remember, Of sons and brothers we loved so dear. Deep in our hearts lies pictures, More precious than silver or gold; It's pictures of my sons, Whose memory will never grow old. We will love you two forever. As long as we all live.

Our sons and brothers, you will always be.

-Love Mom. daughter Shailee, Kelsey, Chelsea. sisters and brothers

**ANNOUNCEMENT** 

**IN MEMORIAM** 

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#### **CARDS OF THANKS**

and neighbours for the many cards, memorial donations, flowers and all acts of sympathy extended to us following the passing of our mother, grandmother, and great-grandmother, Wilma Goodbrandson. Thank you to her many friends and relatives for their faithful visits and acts of kindness during her illness. A sincere thank you to Dr. Demsas for his many years of care and concern shown to Mom. Thank you to the staff of the Selkirk General Hospital for their wonderful care and kindness shown not only to Mom but the family as well. Thank you to Pastor Stan for his many visits, words of comfort and personable service for Mom. Thanks to Donnie Little for preparing and serving the lunch. A warm thank you to Leanne Gilbart for playing the organ and for singing as requested by Mom. We want to express our heartfelt appreciation to the Gilbart family and the staff of Gilbart Funeral Home for the comfort, special care and professional attention shown to us. The care and compassion shown to our family will always be remembered.

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GOODBRANDSON: The family would like to thank all relatives, friends

-Ron, Diane, Holly, Joy, Ted and families





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-Ruth, Kurt, Ailsa and families

Richard Konzelman May 3, 1942 - November 5, 2011

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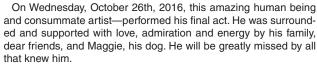


# Announcements

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#### **OBITUARY**

#### **Andrew Carl Henderson**



Left to honour his memory are his parents, Kim and Donna Henderson; sisters Carling (Anthony and Axel), and Kayla (Jonallan and Annalise, Daniel, and Brynn); grandparents Herdis Lindblom; Ben and Irene Schmid; auntie Lois Lindblom; auntie Lori and uncle Ed Gawiak, cousins Nicole (Jeff and Delia) and Matthew; and many close friends that were like family.

Andrew's journey began in Selkirk, Manitoba on September 26th, 1988. Growing up in Clandeboye, he attended school in Selkirk where many of his lifelong friendships, love of language, theatre

and the arts bloomed. His high school experience was capped with a French Immersion Diploma in

His flair for theatre and the arts inspired him to attend York University in Toronto, where he completed his Diploma of Fine Arts with Honours in 2011. While living in Toronto, Andrew adopted the motto "Work Hard, Play Hard". Embracing the spirit of openness and authenticity, Andrew came into his own. His affinity for all things gold and beautiful earned him the name "Glamdrew"—and his glamourous, fabulous side finally got to come out and play! He had found a place where he could be the star of the show, and-of course-he had many adoring friends who loved to play the role the audience. He held many jobs where he could share his love of people and zest for life. He worked as a barista at his local coffee shop, serving up his bright smile, witty comments and kind words along with a hot cup of coffee. He stage-managed plays, concerts and fashion shows. At one point, he was even hired as a 'Party Enhancer'—paid to bring the party! During the summers, he came home to Manitoba and worked as a blacksmith at Lower Fort Garry, a job that suited his social butterfly style and love for history perfectly. While at LFG, Andrew was known for his sunny smile, sharp sense of humour, impeccably styled costumes and his incredible ability to keep white pants clean while blacksmithing.

Andrew also had an ear for languages and passion for travel. His travel bug took him to Denmark, France, Spain, Austria, Australia, and Arizona. He even spent a summer in Argentina, where he facilitated a community art project.

In July 2014, Andrew was diagnosed with a rare and aggressive form of cancer, T-Cell Lymphoblastic Lymphoma. True to his nature, the diagnosis didn't keep him down for long! He confronted it and saw opportunity. He stopped holding himself back. He decided that every day was a day for glitter and champagne. He became more open about who he was, and what was important to him. Andrew had always believed in equality, and that all people are deserving of compassion and respect. But his diagnosis made him realize he needed to be more vocal and more visible, to take a stand against discrimination of all kinds— whether it was because of race, religion, gender or sexual orientation. His activism drew words of both praise and hatred. With support from his family and in spite of direct threats of violence, Andrew attended Steinbach's first PRIDE parade-dressed in his finest, with signs and glitter, to stand in solidarity with Steinbach's LGBT community. His presence was notable, and the energy palpable. This would be just one of the many shining moments to come in his last months.

When Andrew was told that his prognosis was terminal, his purpose shifted to educating us all to live our best lives. He made it his mission to help people build new relationships with illness, death and grief. He was interviewed by local and national media about his prognosis, the realities of living with a terminal illness, and his decision to celebrate his death and remaining life in style. The coup de grace was his "living funeral" performance piece: Taking it to the Grave. The story of Andrew's journey, his mission, and final performance was picked up by media outlets around the world. His words evoked powerful emotions and inspired life-changing moments in many.

Just a few short days after his performance, Andrew's journey ended. He died as he lived: with purpose and passion, incredible courage, grace, and dignity-surrounded by laughter and love. But Andrew's story is not over. His greatest hope was that his journey would inspire people to accept illness and death as an opportunity to make life even richer. To realize that love is love. To get over it

The family extends sincere thanks and gratitude to the doctors, nurses and medical aid assistants of CancerCare Manitoba, and the Selkirk General Hospital Emergency Dept., for their professional

Andrew's service will be at 2:00 p.m. on Wednesday, November 2nd, 2016 in the Gilbart Funeral Chapel, 309 Eveline Street in Selkirk, Manitoba. If Andrew has touched your life in some way and you are a better human for it, consider yourself an Honorary Pallbearer.

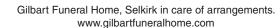
In lieu of flowers, on Andrew's behalf, the family encourages you to embrace your true self with boldness and without hesitation, to share yourself, your burdens and your joys with others, to celebrate love, life and all it's wonderful, messy, amazing moments. If not, donate blood - someone needs it.

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



#### Marieola Krut (Belanger) February 19, 1919 - October 23, 2016

It is with heavy hearts that we announce the passing of our dear mother Marieola on October 23, 2016 at the grand age of 97 years. Cremation has taken place and a Memorial Mass will be held on November 5, 2016 at 11:00 a.m. at the Notre Dame Roman Catholic Church in Selkirk, Manitoba with Father Leo Couture and Father Stan Gacek officiating.





#### Margret Rosa Schmidt

Peacefully on Monday, October 31, 2016, at the Tudor Personal Care Home, Margret Schmidt, aged 78 years, of Selkirk, MB.

She is survived by her husband Jim; daughter Birgit and husband Steve Yuriy; son Kent and wife Theresa Schmidt, daughter Heather and husband Robbie Anderson and daughter Monika Schmidt and partner Rob

A Celebration of Life will be held on Friday, November 4 at 2:00 p.m. in the Good Shepherd Lutheran Church, Selkirk, Manitoba.





#### **Brian Edward Buhr**

Brian Edward Buhr, at the age of 79, passed away peacefully with family at his side on October 28, 2016 after a courageous battle with various medical conditions.

He will be sadly missed by his wife Grace; sons Darryl (Sherrie) and Randy; sister Barbara; sister-in-law Anne and five grandchil-

Brian was born in Winnipeg on December 26, 1936, the only son of parents Edward and Elsie (deceased) and was predeceased by his oldest son Kenny in 1988.

He married Grace (nee McNaughton) on December 29, 1972, they were happily married for 43 years.

Brian proudly served in the Royal Canadian Navy for five years as a young man and worked for Greyhound Bus Lines for over 30 years. He was the model professional driver and was proud of his

service.

He had a passion for golf. He had memberships at St Boniface. Southwood and Selkirk Golf Courses at various times throughout his life where he formed many close and endearing relationships

Brain and Grace had a love for Mexico and spent numerous winters in Guayabitos along with some old and a lot of new friends.

Brian was an old soul storyteller; combining a sharp sense of humor with a detailed memory he

enjoyed keeping family and friends on the edge of their seats.

He will be missed by all.

A Celebration of Life for Brian was held on Tuesday, November 1, at 2:00 p.m. in the Gilbart Funeral Home Reception Center at 309 Eveline Ave. in Selkirk, Manitoba.

In lieu of flowers donations can be made in his memory to CancerCare Manitoba, the Heart and Stroke Foundation of Manitoba, the Manitoba Lung Association or a charity of your choice.

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



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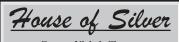
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