

**JEFF MICHIE | Associate Partner/Broker**  
 Jeff received his real estate license early in 2006 and attained the Real Estate Broker's designation in 2010. Jeff is diligent about looking after our clients' best interest and in addition to Listing and Selling properties he is responsible for reviewing all of the office's transactions for completeness and accuracy.

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# The Selkirk Record

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**Celebrating a commitment to community**

RECORD PHOTO BY LINDSEY ENNS

Selkirk and District Community Foundation chair Kelly Lewis, pictured right, presents Ashley Monkman, pictured left, with a piece of art from the Gwen Fox Gallery during the 31st annual Citizen of the Year Banquet at the Selkirk Golf and Country Club last Wednesday evening. Monkman, 33, of Selkirk is officially the youngest Citizen of the Year award winner. For more photos from the event, see page 13.

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



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# We remember



RECORD PHOTOS BY LINDSEY ENNS

Hundreds of Selkirk and area community members, both young and old, packed the Selkirk Rec Complex for this year's Remembrance Day service last Friday morning. The service included a wreath laying ceremony, a reading of "In Flanders Fields," and various choral performances while local and area Second World War veterans, pictured right, were seated in the front row. For more photos, see page 3.



## Celebrating 10 Years Of Giving Back at Selkirk Chrysler

Bill Knight loves to get involved with the community and help out people in need. Bill spends his days at Selkirk Chrysler helping people comfortably get into their next vehicle. Not only does Bill make the vehicle buying experience easy, he gives back a portion of all earnings back to the community. *"Any kind of charity or anything out here, I want to help."* says Bill.

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**BIG DOLLAR**

# WSP honours fallen soldiers



RECORD PHOTOS BY DAVE BAXTER

Community members came out to the Sunova Centre in West St. Paul last Friday to remember and honour those who have fought in armed combat, and those who made the ultimate sacrifice for their country. The West St. Paul Remembrance Day Ceremony began with a bagpiper accompanying flag bearers and local dignitaries into the ceremony area, where wreaths were laid to honour fallen soldiers. A number of speeches given during the ceremony spoke about soldiers from the West St. Paul area who fought in armed combat, and honoured those who lost their lives.

## Library Fundraising Raffle

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Only 500 tickets will be sold at a cost of \$20 each. Draw will take place in the Library at 1pm on December 9th. See us at the Circulation desk to get yours.

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Now's the time to help our community grow!

**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](http://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.



# Manitoba marks Domestic Violence Prevention Month

Staff

Manitobans are being encouraged to recognize the role of misogyny in domestic violence this month during Domestic Violence Prevention Month.

"Although there is no simple explanation for domestic violence, it's important to note that misogynistic attitudes can contribute to the normalization of violence against women," Sport, Culture and Heritage Minister Rochelle Squires, minister responsible for the status of women, said in a release last week. "When this occurs, bystanders may be less likely to intervene. That's why the Manitoba government is committed to raising awareness of this serious issue."

As part of Domestic Violence Prevention Month this month, Nova House is hosting a domestic violence

**"THIS CRIME IS STILL UNDERREPORTED AND IT'S DIFFICULT TO ASK FOR HELP."**

workshop at Selkirk United Church on Tuesday, Nov. 29 from 9 a.m. to 12 p.m.

Topics to be covered include the types of abuse, why people stay in abusive relationships and what help is available.

Those interested in more information can contact Tracy at 204-482-7882.

According to the Chief Public Health

Officer's Report on the State of Public Health in Canada 2016: A Focus on Family Violence in Canada, there were almost 134,000 reported victims of dating or family violence in 2014, and the majority of the victims were women.

To address this, the province has once again partnered with the Winnipeg Blue Bombers to help create a culture where abuse is not accepted. In new online public service announcements, players Matthias Goosen, Jake Thomas and Ian Wild encourage men to be allies in preventing violence against women.

"Violence against women is a men's issue. As athletes, we are fortunate enough to have a platform to ask men to step up and join us in championing this cause," said Ian Wild, linebacker

for the Winnipeg Blue Bombers and ambassador of the Break the Silence on Violence Against Women program.

Although both men and women experience domestic violence, the minister noted all social, cultural and economic demographics are affected including men and boys.

"This crime is still underreported and it's difficult to ask for help," said Squires. "If you or a loved one is experiencing domestic violence, help is available."

For more information about support and services go to [gov.mb.ca/fs/fvpp/resources.html](http://gov.mb.ca/fs/fvpp/resources.html).

For more information about Manitoba Victim Services, go to [gov.mb.ca/justice/victims/multi.html](http://gov.mb.ca/justice/victims/multi.html). Confidential help is also available any time at (toll-free) 1-877-977-0007.

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# Students talk Trump after his surprise election victory

By Dave Baxter

When Ava Truthwaite sat down in her global issues class at the Comp last week she couldn't help but let out her emotions.

"I cried, I cried in class," 17-year-old Truthwaite said. "And there were others crying."

"We knew we could express how we felt because the global issues class feels like a safe space."

Early Wednesday morning United States Republican nominee Donald Trump won the Electoral College vote in the 2016 U.S. election, defeating Democratic nominee Hillary Clinton and becoming the President Elect of the United States.

He will take over the office of the White House in January 2017.

Since the beginning of his campaign more than a year ago, Trump has made racially divisive comments, and has proposed policies that many consider to be xenophobic and anti-immigrant.

Truthwaite said even though she does not live in the U.S., she cried on Wednesday because she feared what could happen over the next four years.

"It's just an ongoing fear," she said. "And so many people that I have talked to or have commented online said they are literally scared of the new leader of the United States of Amer-



RECORD PHOTO BY DAVE BAXTER

Global issues students at the Comp pictured from left to right, Ava Truthwaite, Hailey Suttorp, Shelby Smith and Paige Mason all say they feel fear and anxiety now that Donald Trump has been elected as the next President of the United States of America.

ica.

"That's terrifying because people are not supposed to be afraid of their own leader."

Kevin Lopuck teaches the global issues class at the Comp, and said although he has his own opinions regarding the election, his job as an educator is to help students understand why different global events

happen.

"The important thing in my role is to look at all sides," Lopuck said. "That can be a little more challenging with Donald Trump, so the question I have emphasized with the students is 'why?'"

"Why are people voting Trump? Why did they vote him in as President? And what are all the events that

led up to this?"

He added he has brought in editorial from a wide range of publications to try and look at different perspectives of the election.

Lopuck said he also felt he had to speak to the class about comments Trump has made about inappropriately grabbing women.

"You have to face these issues head on and you can't hide from them," he said. "It's in the news and it's important we have those discussions."

Although she does not live in the U.S., 17-year-old Comp student Paige Mason said one of her concerns is that the election of Donald Trump would "normalize" the harassment of minority groups.

She also worries that kind of harassment could trickle over into Canada.

"If I were part of a minority group I would now feel fear," Mason said. "You already hear about hate crimes and even kids being bullied at school and it's truly terrifying and sickening."

Lopuck said the 2016 U.S. election has been a major topic of conversation with his students throughout the school year.

He said he has told them that even if they are not happy with the results they should not feel feelings of hopelessness and should "continue to stand up for what they believe in."

## ANAF celebrates 85 years



RECORD PHOTOS BY DAVE BAXTER

The Army Navy and Airforce (ANAF) Veterans Unit 151 celebrated its 85th anniversary last Saturday evening by cutting a birthday cake, and honouring long-standing members of the unit. ABOVE LEFT: 96-year-old Pam Linklater, pictured left, was honoured for 60 years of membership with the unit, while 89-year-old Gladys Midford, pictured right, was honoured for 65 years of membership. A number of other long-standing members were also honoured for their service last Saturday. ABOVE RIGHT: Pictured from left to right: St. Andrews Mayor George Pike, Selkirk Mayor Larry Johannson, ANAF Veterans Unit 151 president Charlie Braun, St. Clements Mayor Debbie Fiebelkorn, Unit 151 Ladies Auxilliary President Lorraine Leniuk and Manitoba/N.W.O Provincial Command Vice President Gord Kent show off the cake that was cut and served at the ANAF Veterans Unit 151 anniversary celebration last Saturday.

# Condo development a first for East St. Paul

'It will just feel like coming home,' woman says

By Dave Baxter

When Lois Swistun heard a multi-family development was being built in the same community where she was born and raised, she knew right away she wanted in.

"Right off the hop I said 'that's where I want to be,'" 85-year-old Swistun said. "I knew I had to get my foot in the door."

Along with her partner, Swistun plans to move into the new Silver Ridge Condominium in the town of Birds Hill this spring.

The eight-unit condo/apartment building is currently under construction at the corner of Birds Hill Road and Agar Street. Once completed, it will be the first stand-alone multi-family dwelling ever built in the town of Birds Hill, and in the RM of East St. Paul.

"It's great. I'll be within walking distance of the grocery store, the post office, and the Credit Union," Swistun said. "I don't know how much longer I'll be able to drive a car, and you have to be able to get around and do these things."

Swistun raised her own family in Birds Hill, but about 17 years ago she and her partner moved north to Grand Pines.

After her partner was injured, she said they decided it was time to move into a condominium or an apartment.

Now with the Silver Ridge Condominium under construction, they will be able to move back to the community where she lived for decades.

"It will just feel like coming home," she said.

She added the development could



RECORD PHOTO BY DAVE BAXTER AND SUBMITTED ABOVE LEFT: A photo taken on Nov. 2 shows the construction site of the new Silver Ridge Condominium in the town of Birds Hill, which is expected to open in April of next year. ABOVE RIGHT: Pictured from left to right developer Carla Devlin, East St. Paul Mayor Shelley Hart and Lois Swistun stand at the spot where the Silver Ridge Condominium is expected to open this spring.

be an attractive option for other local seniors and retirees who don't want to relocate.

"If someone's partner passes away and there is only one person left, the house and the yard can be too hard to keep up and maintain," she said. "But it's hard to leave because if you go to a new community you don't know anyone."

Carla Devlin of Carrington Property Developments lives in Birds Hill and is the developer behind the project. She said she knew she wanted to get her hands on the property from the first moment she saw it.

"I was driving by the lot and when I saw the for sale sign I literally slammed my brakes, and my kids said 'mom what are you doing,'" she said with a chuckle. "I contacted and immediately made an offer. I believe I may have been the first person to see

the sign."

Devlin said she had believed for years that a multi-family development was needed in the area, and agreed it will be a good option for seniors looking to stay in their community.

"I do know there is a need because anyone looking to downsize currently has no options other than to leave," she said.

She said the Silver Ridge Condominium is now expected to open on April 1, 2017 and she added she already has 80 per cent of the suites filled with both renters and buyers.

Although she believes seniors will be interested in the development, she said suites are available to rent or buy for all ages of residents and families.

Each of the eight suites will be 1,056 square feet with each having two bathrooms.

East St. Paul Mayor Shelley Hart,

who is currently in her first term as mayor, said she had heard from residents in the community that some were looking for multi-family options.

"When I was campaigning I heard that the community wanted and needed this," Hart said. "And when we formed the current council we decided to make it clear to the development community that we were open to development in the neighbourhood."

She added Devlin held public meetings on her own to make sure the public understood the project, and "from the start worked to communicate with residents about the plan."

"People were properly informed and in the end there was no opposition," Hart said.

Anyone looking for more information about the Silver Ridge Condominium can contact Derrick Smyth at 204-955-3695.

## Selkirk Lion's Club hosts flea market



RECORD PHOTO BY LINDSEY ENNS

Records, homemade jam, Christmas decorations and more were on display during the Selkirk Lion's Club Flea Market and Sale at Memorial Hall on Oct. 22.

Teulon Farmers Market

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Please note that Santa will leave Winterfest on Friday at 6:30 pm so he can be in the parade!

Pictures with Santa by  
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**Selkirk Record**

# getfishing

RED RIVER > CHALET BEACH > LAKE WINNIPEG

> ARNIE WEIDL

## The tale of the fish that got away



**PUBLISHER**  
Lana Meier



**MARKETING & PROMOTIONS**  
Brett Mitchell



**EDITOR**  
Lindsey Enns



**SALES**  
Michelle Balharry



**REPORTER/PHOTOGRAPHER**  
Dave Baxter



**SPORTS REPORTER**  
Brian Bowman



**OFFICE MANAGER/ADS**  
Lucy Kowalchuk



**ADMINISTRATION**  
Georgia Campbell



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Christy Brown



**PRODUCTION**  
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**PRINT**  
Dan Anderson



**ADMINISTRATION**  
Corrie Sargent



**ADMINISTRATION**  
Allana Sawatzky

Hello good friends. Before I get along with our fishing stories this week, I would like to welcome the Red River North Tourism organization who will be carrying my column. Red River North Tourism help bring anglers and travelers to Manitoba from around the world and our Selkirk Record, the Express, the Stonewall Teulon Tribune and the Winkler Morden Voice are most happy to have them put the “get fishing” column on their website.

Also, even though Remembrance Day has just passed, there is a Veteran among Veterans in our midst I would like us to acknowledge. Paul Munroe who lives in Stonewall was a Canadian Army Infantry Master Corporal in Afghanistan. He was awarded the Medal of Military Valour and now owns and operates CatDaddy Fishing Guide Service. I know you will join with me in thanking Paul and all our armed forces brothers and sisters who have helped preserve our way of life. Thank you all and Paul, thank you, it's an honour to know you.

There was this chap, Peter Verbeek from Winnipeg who I met not long ago at the Lockport pier on a chilly invigorating sun drenched morning. He was a very tall man with a furrowed face and white hair under a toque. I think his slight accent was Scandinavian, which made me feel kindly toward him as he gave us a humorous story of mature wisdom.

One day he was sitting in his living room relaxing in his favorite chair reading the paper when a loud knock came on the back door. He rose and went to the door opening it to an excited young fireman who exclaimed, “your house is on fire.”

Pete never one to get excited about anything said, “you mean the smoke in my back yard?”



**RECORD PHOTO BY ARNIE WEIDL**  
Felicia Prise of Komarno with her little wiggly perch that got away.

“Yes,” cried the young fellow. “Son,” Pete exclaimed, “behind you is my smoke house and I’m smoking goldeye which I have done in that smoker for 30 years.

“You’ll have to put that out,” the kid cried. “No I won’t, there is no fire hazard,” Pete insisted.

“I’m going to get my Chief from the truck, the kid affirmed and rushed away. In moments he returned with his older boss in tow. The Chief looked at Pete, nodded, and with a half smile, hands in his pockets, casually walked out to the smoke house. He looked around it, then in it then turned and strode back to Pete quietly saying, “nice goldeye, they look almost done.”

“Yea, I’m looking forward to trying them” Pete agreed. The Chief then turned to his young co-worker and said, “Come on Carl leave the man alone there’s nothing wrong here.”

Last Saturday I decided to run over to the pier at Victoria Beach and was a little surprised at the large number of anglers there. I wandered from one angler to another passing the time and trading fishing stories until I came up to a group of younger guys and asked how come there were so many people here today.

A tall well built slow talking guy by the name of Scott Warwaruk of Winnipeg said their gang and the bunch beside them were at Breezy Point but there were so many anglers riverbank fishing there they decided to come here instead. It turned out to be a good decision because everyone was catching lots of good eating sized pickerel.

A little while ago I had to be in Gimli and went out onto the harbor pier to walk off lunch. There I saw a gal fishing over the water break wall. Suddenly she began squealing with excitement and reeling her line in as I approached. She hauled up on her quivering rod and a hooked perch came flying over the wall. I ran toward her asking her to hold it up so I could take a picture. Laughing, our new fishing friend, Felicia Prise from Komarno unhooked it but found hanging onto it was not that easy.

I started snapping pictures as this energetic thrashing fish began bouncing down her parka while Felicia fumbled with it like a juggler. Finally, with the fish almost down to her knees, it popped out of her grasp and as their gymnastics had brought them to the piers’ edge, the perch made a beautiful dive into the water.

Until next week, bye for now.

View the Selkirk Record online at [www.selkirkrecord.ca](http://www.selkirkrecord.ca)



**> CONTACT US**

By phone: **204-785-1618**  
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Find us: **217 Clandeboye Ave.,  
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Office Hours: Mon. - Fri. 9:30am-5pm

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Email: [bigandcolourful@mymts.net](mailto:bigandcolourful@mymts.net)

Michelle Balharry: 204-485-1419  
Email: [michelle@selkirkrecord.ca](mailto:michelle@selkirkrecord.ca)

or call our office at 204-785-1618

**EDITORIAL**

Lindsey Enns  
204-485-3337  
[news@selkirkrecord.ca](mailto:news@selkirkrecord.ca) Twitter: @LindseyEnns

**Dave Baxter**

cell 204-481-4180  
Office 204-785-1618  
[dave@selkirkrecord.ca](mailto:dave@selkirkrecord.ca) Twitter @davebbaxter

**TROUBLE WITH PAPER DELIVERY?**

Christy Brown, Distribution Mgr.: 204-467-5836

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# Lego league helping local youth build their skills

By Dave Baxter

Austin Bodz has some big dreams for when he grows up, and he hopes a new group and a popular toy will help him make them come true.

Bodz, a Grade 8 student at East Selkirk Middle School, is a member of the First Lego League Jr. club, which meets once a week at the Gaynor Family Regional Library in Selkirk.

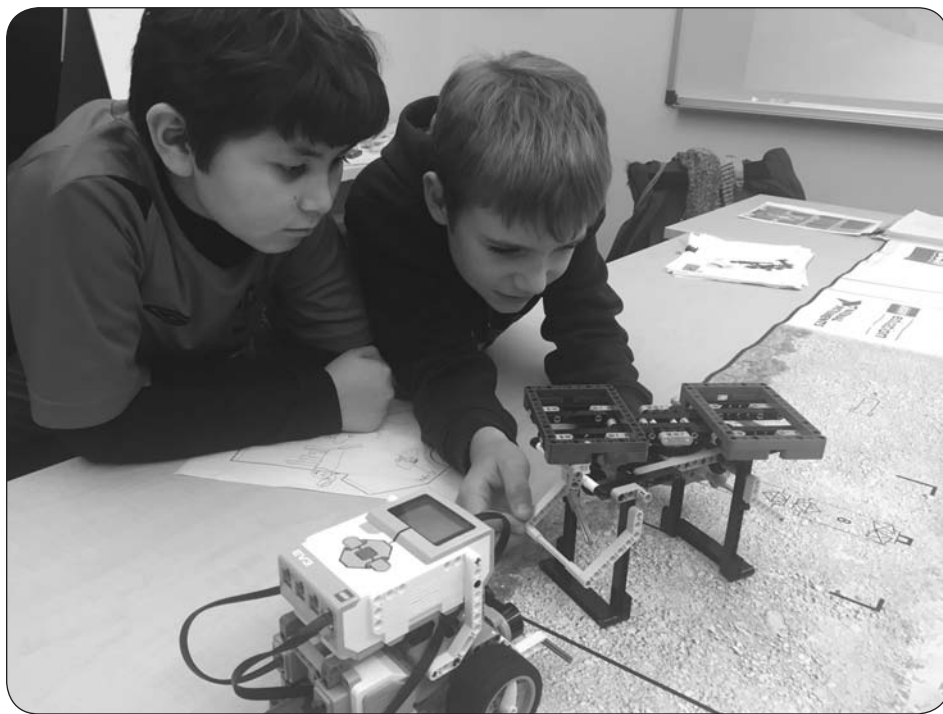
The league, which sees groups of youth meet all over the world, uses Lego to teach concepts of science, technology, engineering and mathematics to young people.

"I want to be an engineer," Bodz said, while taking part in the league earlier this month at the Gaynor Library. "I like this because I get to learn about how to build and create stuff."

The library is currently offering the only First Lego League Jr. club in all of Manitoba.

Heidi Avanthay is one of the founders of the Selkirk-based group, which she said started with a pilot program last year and has now expanded.

The group sees youth split up, with K-3 students in one group working on Lego projects to suit their age and skill level, and Grade 4-8 students working on more intricate projects that involve



RECORD PHOTO BY DAVE BAXTER

Aidan Thomas and Reece Forman, who are both members of the First Lego League Jr. club in Selkirk work on a Lego project earlier this month at the Gaynor Family Regional Library.

Lego as well as robotics and computer programming.

"It runs like an extra-curricular activity," Avanthay said. "But instead of sports it's science, technology, engi-

neering and math.

"It seems they all like Lego and enjoy playing with Lego, so we use that as the tool to bring out these other interests and subjects."

First Lego League Jr. clubs also compete in competitions and tournaments all over the world and in a number of provinces in Canada.

Avanthay said she hopes more of the groups start to pop up in Manitoba so the Selkirk group can start competing without having to travel long distances.

She added there is also the First Lego League Jr. curriculum available for high school aged students and they hope to eventually expand the program and offer it to teenagers in Selkirk and area.

"It gets really technical with the higher levels and it's real robotics," she said. "We really hope to grow it."

The group is also a chance for youth to socialize and build their confidence, Avanthay said.

"It teaches teamwork and helps with public speaking and overall confidence," she said.

Anyone interested in getting more information about the First Lego League Jr. program in Selkirk can call Leesa Furgale at the Gaynor Family Regional Library at 204-482-3522.

Information about the league can also be found at [firstlegoleaguejr.org](http://firstlegoleaguejr.org).

# Selkirk among 28 others to receive provincial tourism grant

By Lindsey Enns

The City of Selkirk is among 29 communities across Manitoba chosen to receive a grant through the province's Tourism Development Fund.

Selkirk's \$6,000 grant will go towards the second phase of the Wayfinding and Interpretive Signage Plan for the Selkirk Community Trail, according to the city's marketing and communications co-ordinator Vanessa Figus.

"This aligns with our strategic plan as we are continuing to develop Selkirk's natural features and outdoor spaces," Figus told the Record via email last Friday.

The grant will be used for five Wayfinding posts within the trail system as well as three interpretive panels that will help add an educational component to the trail system.

The province has awarded grants to 29 rural, northern and Indigenous tourism and community organizations through the Tourism Development Fund.

"Manitoba has unique and exciting destinations that should be shared with visitors from around the world," Growth, Enterprise and Trade Minister Cliff Cullen said in a release last week. "The Tourism Development Fund is set up to assist communities

and local organizations in expanding and promoting their unique Manitoba stories. These grants will help local communities improve the experience of visitors to all parts of our magnificent province, which will in turn contribute to the significant and growing impact the tourism industry has on our province's economy."

Under Manitoba's new government, the Tourism Development Fund has increased by more than 50 per cent to \$297,000 for 2016-17 and has seen an uptake in applications for funding, Cullen said, noting that last week's announcement includes grants to six northern organizations totalling \$63,125.

"Our government has been developing relationships with northern Man-


itobans and seeking their advice for long-term solutions," added Cullen. "Our entire province's economy will benefit from successful northern enterprise and we look forward to working with the successful applicants as they implement their local projects."

Tourism generates more than \$1.6 billion in economic activity across Manitoba including both permanent and seasonal jobs. The Manitoba government has committed to efforts that support the expansion of tourism-related opportunities and has also increased funding to Travel Manitoba under Plan 96/4, an investment that will allow Travel Manitoba to expand marketing campaigns targeting Canada, the United States and overseas travellers, Cullen said.

Other recipients include (grant organization and approved amount):

- Gimli Glider Museum Inc. – \$10,000;
- Homes for the Holidays Red River North – \$9,400
- Louis Riel Institute – \$17,449;
- Municipality of Emerson-Franklin – \$10,000;
- Musée St. Joseph Museum Inc. – \$10,000;
- Partnership of the Manitoba Capital Region Inc. (PMCR) – \$25,000;

A complete list of grant recipients can be found at [gov.mb.ca/jec/tourism\\_sec/tourism\\_dev\\_fund.html](http://gov.mb.ca/jec/tourism_sec/tourism_dev_fund.html).




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# ADDICTION AWARENESS

## NOVEMBER 13 - 19

### Selkirk woman credits her family's support for helping her get sober

By Dave Baxter

After nearly a decade of drug abuse and addiction, Reena Leclerc can finally say she's clean and sober.

Now the Selkirk woman wants others struggling with addiction to seek help before it's too late.

"My message is just make that first call and get help if you're struggling," Leclerc said. "If you just reach out for help there is help available.

"I honestly don't know how much longer I would have survived the way I was going."

The 26-year-old went into detox drug treatment in Winnipeg on Oct. 3 following a lengthy battle with drug addiction that saw her use drugs everyday for more than nine years.

During those years Leclerc used everything from opiates to Fentanyl patches. She first starting using Percocet as a way to overcome anxiety when she was just a teenager.

Leclerc also knows all too well that drug addictions can claim lives.

One day after going into treatment Leclerc's friends Corey Berens, 35, of Lockport and Myles Brown, 27, of St. Andrews were both found dead inside a car in Winnipeg from what Winnipeg Police suspect was a drug overdose.

"And I know it won't be the last," Leclerc said. "It's just a matter of time until more are gone."

Now more than a month after seeking help, Leclerc continues to stay sober. She said one of the things she had to do to stay clean was push almost everything from the last nine years out of her life.

"I have to stay away from my old crowd," she said. "I pretty much just had to shut out everyone otherwise I knew I'd just fall back into it.

"In many ways I've been

"IF YOU JUST REACH OUT FOR HELP THERE IS HELP AVAILABLE."

hibernating."

She now splits her time between her mother's place in Grand Marais and her father's home in Selkirk.

"In some ways I'm actually astounded with myself that I've stayed clean," she said. "It's just hard to believe I've been able to do this after what I had been doing for all those years.

"At this point I am very proud of myself."

She also said her nine years of drug abuse were extremely difficult for her family, but they never gave up on her, and they are still there for her.

"I have a lot of family support and that has been a huge factor," she said. "All they ever wanted to do was help me, but it was hard because it's not a lot of fun being around an addict.

"I just couldn't hurt them anymore. It's better this way. They're happy and starting to trust me."

National Addictions Awareness Week (NAAW) is an initiative of the Canadian Centre for Substance Abuse (CCSA) and runs Nov. 13 to 19 in Canada.

"Led nationally by CCSA, NAAW highlights issues and solutions to help address alcohol and other drug-related harm," CCSA said on their website, which can be found at ccsa.ca. "It provides an opportunity for Canadians to learn more about prevention, to talk about treatment



**SUBMITTED PHOTO**  
Reena Leclerc of Selkirk is now clean and sober after nearly a decade of drug abuse and wants others who are struggling to seek help.

and recovery, and to bring forward solutions for change."

Although addiction treatment can work and lead to long-term recovery, there are barriers that can prevent people from accessing the services they require, according to the Canadian Centre on Substance Abuse.

Some of these barriers include a fragmented system of care, a lack of services in rural areas, long wait times, and a need for more medical detox facilities. Stigma is also another significant barrier, according to the organization.

Anyone in Manitoba seeking help for addictions can contact the Addictions Foundation of Manitoba Addictions Helpline at 1-855-662-6605, or get more information online at afm.mb.ca.

**"A SPECIAL THANKS TO ALL WHO SUPPORTED THIS PAGE."**

# ADDICTION AWARENESS

## NOVEMBER 13 - 19



# 30% of Canadians say addiction has impacted them personally, poll finds

### Submitted

Addiction — whether involving drugs, fentanyl, prescription opiates or alcohol — is regarded as one of the most pressing social issues facing the country, a recent Canada-wide Insights West poll has found.

In an online survey of a representative national sample, Canadians were asked to outline the three most important social issues facing the country today. Seven-in-10 (71 per cent) included poverty in their ranking, followed by affordable housing (68 per cent), addiction (66 per cent), immigration (62 per cent), racism and race relations (61 per cent), homelessness (also 61 per cent) and smoking and tobacco use (60 per cent).

Three-in-10 Canadians (30 per cent) say addiction has impacted them personally or people close to them. The rating is similar for homelessness (34 per cent) and smoking and tobacco use (31 per cent), but lower for racism (20 per cent) and homelessness (18 per cent).

There are some striking regional differences in the data, with 81 per cent of British Columbians, 76 per cent of Albertans and 73 per cent of Ontarians including affordable housing on their list. In stark contrast, 81 per cent of Quebecers and 78 per cent of Atlantic Canadians

mentioned poverty, while 85 per cent in Saskatchewan and Manitoba focused on tobacco.

“Drug addiction in general, and fentanyl in particular, have been discussed prominently as a result of recent developments in urban areas,” says Mario Canseco, vice president, public affairs, at Insights West. “The fact that almost a third of Canadians have personally experienced the impacts of addiction outlines the severity of the problem.”

Across the country, 86 per cent of Canadians voiced support for opening more spaces for drug rehabilitation for people who may require it, and 84 per cent are in favour of launching an education and awareness campaign about fentanyl.

When it comes to naloxone—a medication that can reverse the effects of an opioid overdose—three-in-four Canadians (75 per cent) support making it available to community workers, and three-in-five (62 per cent) would allow it to be provided without a prescription.

A majority of Canadians would also push for stronger penalties against people who import and traffic drugs (86 per cent) and restrict access to devices involved with drug production, such as pill presses and tableting machines (74 per cent).

Seven-in-ten Canadians (72 per cent) would also like to see a re-

duction in the number of prescriptions of opioids.

“I miss my daughter terribly, and my heart breaks every time I see a story about another person losing their life to addiction—and I wonder how I can help rescue these people,” says said Veronica Staddon who lost her daughter Gwynevere. “I believe there should be stiffer sentences for drug dealers, but we also need more counsellors and there should be mandatory rehab for youth.

“We also need to clean up all the sites to ensure drug dealers are not able to access their customers.”

“Our collective mindset around pharmaceuticals also has to change,” continues Staddon. “There is an overall belief that we need drugs for everything. In my view, opiates should only be used in hospital situations or for terminally ill people.”

The polls results are based on an online study conducted from Sept. 6 to Sept. 8, 2016, among a representative sample of 1,013 Canadian adults. The data has been statistically weighted according to Canadian census figures for age, gender and region.

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# New hospital gearing up to open its doors in June

By Dave Baxter

The Interlake-Eastern Regional Health Authority (IERHA) says Selkirk's new hospital is nearing completion and is expected to open its doors this June.

"The building is considered to be about 95 per cent complete at this time," IERHA vice-president of corporate services Ron Janzen said last Thursday. "Things are progressing very well, and we're really into the anticipation stage now."

"We're very much switching gears from construction to operating and that's tremendously exciting."

Construction began in spring 2014 on the approximately 180,000 square foot Selkirk Regional Health Centre, which will replace the current 85,000 square foot Selkirk and District General Hospital on Easton Drive in Selkirk.

Janzen said they "are now in the process of finishing exterior and landscape work on the exterior of the building, and closing ceilings and doing millwork on the interior."

He added they are also now setting up and testing equipment.

IERHA expects to take possession of the hospital building in February and open its doors to begin operating in June.

Janzen said the entire budget for the project including construction costs, moving costs, furnishing and equip-



RECORD FILE PHOTO BY DAVE BAXTER

An aerial shot taken in early September shows the construction site of the new Selkirk Regional Health Centre. The Interlake-Eastern Regional Health Authority says they expect the new hospital in Selkirk to be up and running in June.

ment purchases, and the demolition of the old hospital building sits at \$159 million, with about \$125 million of that being specifically for construction and consulting fees for the new building.

He said the project is currently "on-time and on-budget."

"We're quite confident we are on schedule for the June 2017 date to be operational and open our doors," Janzen said. "It is going really well."

The new hospital will be far more "welcoming" than what residents typically expect from a healthcare centre, Janzen added.

"They are going to be greeted by a beautiful atrium foyer with a very welcoming and beautiful atmosphere," he said. "And there will be visual lines-of-sight that go through glass walls to an open-air park and atrium area in the centre."

"This will look entirely different

"WE'RE VERY MUCH SWITCHING GEARS FROM CONSTRUCTION TO OPERATING AND THAT'S TREMENDOUSLY EXCITING."

than what many have come to expect from the traditional hospital with the long, double-loaded hallways."

He added there will be a café and gift shop area when residents first walk into the main entrance.

"It will be a very welcoming environment designed to be calming to people who could be in situations of stress or illness," he said. "It's all designed to put people at ease and comfort them."

"It will be like entering a community hub."

Janzen added the building will have "state-of-the-art" equipment and technology, and "vastly improved diagnostic services."

IERHA will soon begin putting out job postings for some positions to fill the hospital staff, and will ultimately look to recruit 135 staff members by the time they begin operating.

## Province pays homage to Sgt. Tommy Prince with plaque in Hall of Honour

Staff

In recognition of Aboriginal Veterans Day, a plaque honouring Sgt. Thomas 'Tommy' Prince of the Princess Patricia's Canadian Light Infantry will be installed in the Legislative Building Hall of Honour.

Born in Scanterbury and a member of the Brokenhead Ojibway Nation, Prince became one of the most decorated First Nations veterans in Canadian history, serving in both the Second World War and the Korean War.

"We owe a huge debt of gratitude to all the members of our Canadian Armed Forces who have served our nation in times of war and peace," Indigenous and Municipal Relations Minister Eileen Clarke stated in a release last Tuesday. "Over 12,000 First Nations people served in the First and Second world wars and also in the Korean War."

"Today we remember a soldier whose remarkable bravery and courage saw

him honoured by King George VI at Buckingham Palace when he received the Military Medal. The citation he received from the king said, "Sgt. Prince's courage and utter disregard for personal safety were an inspiration to his fellows and a marked credit to his unit."

Prince was also honoured by the United States government with the Silver Star medal and was one of only three soldiers in the Second World War to receive both the Military Medal and the Silver Star. Prince also received nine service medals throughout his service.

Prince, who died in November 1977, is buried in Brookside Cemetery in Winnipeg.

Clarke noted the plaque honouring Prince was to be permanently installed sometime last week in the Hall of Honour, located on the main floor of the Legislative Building.

## Craft sale lends a hand to Headstart



RECORD PHOTO BY DAVE BAXTER

Garth Taylor, pictured left, sells a handmade Christmas stocking to Kathy Duncan, pictured right, during the Aboriginal Headstart Pie and Holiday Market Sale at the Selkirk Friendship Centre on Nov. 5. The sale saw vendors sell crafts, baked goods and other products. Money raised from the sale will support the local Aboriginal Headstart Program.

# St. Andrews sewer system hearing to continue Nov. 28-29

Staff

Dates have now been set in St. Andrews to continue a municipal hearing regarding a new proposed sewer system.

An adjourned Municipal Board Hearing for bylaw 4271 will take place on Monday, Nov. 28 and Tuesday, Nov. 29 at the St. Andrews Community Club at 28 A St. Andrews Rd., with the hearings starting at 7 p.m. on both nights.

The hearing will continue on Nov. 28

and 29 because the Municipal Board Hearing for bylaw 4271 that was held on Oct. 19 and 20 in St. Andrews was adjourned when the board did not have enough time to hear from all registered speakers.

The adjourned hearing is to hear from residents who are in favour and those who are opposed to a new sewer system that could soon be coming to St. Andrews in phases.

Phase one would see more than 900 homes in the south end of the mu-

nicipality hooked up to a permanent sewer system that would see sewage travel from St. Andrews through West St. Paul, to a sewage treatment plant in Winnipeg.

Bylaw 4271 would allow for the construction of a regional wastewater collection system from Riversprings Drive in West St. Paul to River Road in

St. Andrews, a lift station and odour control system at River Road, and low-pressure sewer lines throughout phase one.

Once the meeting is complete, the Municipal Board can decide to halt the project, allow it to continue, or request that changes be made to the plan before it can move forward.


## Community comes together to honour Citizen of the Year



RECORD PHOTOS BY LINDSEY ENNS

ABOVE: Selkirk Mayor Larry Johannson, pictured right, helps honour the Citizen of the Year award winner Ashley Monkman, pictured left, during the Selkirk and District Foundation banquet at the Selkirk Golf and Country Club last Wednesday. Monkman is currently the executive director of the Selkirk Community Renewal Corporation and has given her time to countless organizations, 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. BELOW: Monkman, pictured centre, is surrounded by family and friends during last Wednesday evening's Citizen of the Year banquet in Selkirk.





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# Bloodshots hit the right notes with rock music fans

## Merch providing rock bands with a place to perform

By Kara Famakinde

A grunge rock band formed in Selkirk continues to build up their solid hometown following.

The name of the band, The Bloodshots, was born through the songwriting process of their single "Bloodshot."

"Lying in bed I just had this riff in my head that I kept building on," said the band's lead vocalist CJ Loane. "I eventually went outside and spent hours structuring and forming the song, and when I came back inside and looked in the mirror my eyes were completely bloodshot."

This song was to become the first single the band wrote in the summer of 2013, and it "released a lot of feelings, like therapy," Loane added.

Loane and Cody Widrick on drums and vocals are the head songwriters of the group. Keith Skazyk on guitar and vocals, along with Garrett Evans on bass came together to create inspired and relatable lyrics that have attracted the attention of Canadian producers, radio stations, and other artists due in part to their lyricism, high energy performances, and tightness in their playing.

All of the band members were drawn to music and instruments at a young age, influenced by the likes of Guns 'N Roses, Metallica, The Ramones, and Motley Crue.

The band says they've recently finished producing in Winnipeg working



The Bloodshots perform for a sold out crowd during a Halloween themed show, Massacre at The Merch, on Oct. 29 at The Merch in Selkirk.

alongside Canadian producer Dave Penner, who has produced talents such as Nickelback, Matthew Good, and Econoline Crush.

When asked about the music making process Loane said "we send ideas of songs ahead of time, and just get into the studio and start collaborating and recording."

The band also caught the attention of renowned rock band Finger Eleven through a radio contest on 92 Citi FM.

Hundreds of local bands sent demos and applied, hoping to achieve the winning prize, opening up for Finger Eleven.

Cody said the pool of applicants was narrowed down to the top five entries

RECORD PHOTO BY KARA FAMA KINDE

by voters, and the final winner was chosen specifically by the members of Finger Eleven.

There they performed "Breaking Down" in front of thousands of fans, a pivotal moment in their music career.

The Bloodshots have also performed across Canada, mostly in the western provinces, and are often featured on the Winnipeg based online radio station "204 the Hitz" and on Wolf 104.9 with the likes of Metallica and the Foo Fighters.

Loane said their hit song "Breaking Down" touches on themes of expectations and failure, life, depression, loneliness and disillusionment are present, combined with a heavy met-

"ARTISTS AS FAR AS BRAZIL, EUROPE, AND THE UNITED STATES ARE REQUESTING TO PERFORM HERE."

aphorical feel, creating an interesting balance between the emotionality and hostility of their sound.

Unfortunately, the rock environment in Winnipeg and Selkirk is diminishing. Venues are shutting down, artists are no longer able to book shows in the area, leaving little opportunity for local artists of this genre.

The Merch has taken on the role of becoming a refuge for these types of artists who just want to perform.

"Since about April 2016 we've been going full board with live music," The Merch owner Dean Peterson said. "Lots of venues are dropping off and we're trying to fill that gap."

"We have so many bands calling, requesting to play here due to the lack of venues in our area. Artists as far as Brazil, Europe, and The United States are requesting to perform here."

Peterson said they are working on creating a better atmosphere for patrons by investing in major renovations while promoting live music, a friendly atmosphere and integrating fresh ideas. One of which is an open mic night hosted every Friday night, welcome to all types of artists.

To keep up with The Merch's upcoming events follow them on Facebook at "The Merch."

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# Fisheries envoy to host meeting in Gimli Dec. 1

## Staff

The fisheries envoy and provincial government are planning community meetings to obtain input from fishers and other organizations on the transition from the current system to flexible markets.

"We know fishers have many great ideas about how they can independently market their own harvest and we want to hear from them," Sustainable Development Minister Cathy Cox said in a release last week. "These meetings will be an excellent opportunity for stakeholders to come together and share their ideas with the fisheries envoy about how we can move this process forward and create a strong marketing system."

Signature Mediation is the fisheries envoy and will be developing the process allowing Manitoba fishers to have alternatives to the Freshwater Fish Marketing Corporation (FFMC) and independently market their harvest, the minister noted.

Community meetings will be held on:

- Nov. 28 at 1 p.m. at the Wescana Inn Banquet Room in The Pas;
- Nov. 28 at 7 p.m. at the Super 8 in Swan River;
- Nov. 29 at 2 p.m. at the Community Hall in Eddystone;
- Nov. 30 at 6 p.m. at the Community Hall in St. Laurent; and
- Dec. 1 at 2 p.m. at the Waterfront Centre in Gimli.

Planning is also underway for meetings in Berens River, Poplar River and Island Lake.

In addition, the fisheries envoy will:

- identify new regulations, policies and systems needed to establish the new marketing system;
- establish a process for effective and sustainable fisheries management, such as catch and sales reporting requirements; and
- make contact with private-sector interests wanting to develop local fish-processing facilities or marketing co-operatives.

The fisheries envoy is responsible for consulting commercial fishing communities, Indigenous groups and businesses to identify important issues and opportunities.

A final report with recommendations is due next spring, Cox added.

For more information, including up-to-date meeting times and locations, visit [gov.mb.ca/conservation/waterstewardship/fish/fish\\_envoy.html](http://gov.mb.ca/conservation/waterstewardship/fish/fish_envoy.html).



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# Finding some balance



RECORD PHOTOS BY LINDSEY ENNS

ABOVE: Ardine Starodub closes her eyes and takes a deep breath during a Sama Yoga class led by Erin Petaski inside the Selkirk Rec Complex's Banquet Hall last Wednesday evening. Classes run every Wednesday evening from 7 p.m. to 8 p.m. until Dec. 7. For more information visit, [myselkirk.ca](http://myselkirk.ca). Registration for a second session begins on Jan. 4, 2017. ABOVE RIGHT AND BOTTOM: Erin Petaski leads a group of five local and area ladies through a Sama Yoga class at the Selkirk Rec Complex last Wednesday evening.

# City of Selkirk seeks residents to join CitizenVoice

## Submitted

The City of Selkirk wants you to take an active role in shaping the city's future.

Selkirk is looking for people who want to play a key role in the city's decision-making process by joining a team of citizens, representing all segments of the city's population, who will offer their opinion on select projects.

The city has established CitizenVoice, a team who will be called upon to participate in online surveys throughout the year. George Pasiaka, the city's project administrator, said the city is looking for a minimum of 400 people to join the team.

Pasiaka said having as many as 1,000

people on the team would be desirable and that 400 is the minimum number required for a survey representing a city the size of Selkirk to be statistically significant.

Pasiaka said team members will be in the unique position of assisting council in its decision making process.

"The reason you would want to do this is to help shape your future. You may be interested in parks, you may be interested in child development. This is your opportunity to provide and to get continuous feedback," Pasiaka said.

Mayor Larry Johannson said this council and administration have always solicited public opinion of city projects. He points to the Water Tower

Lands development, the Manitoba Avenue Task Force, the recent Parks Survey and the Water Conservation Survey as examples of the city's efforts to involve the public in shaping Selkirk's future.

Creating the CitizenVoice team is the next step in the evolution of community engagement, he said, and encouraged all citizens to embrace the opportunity to make a difference in their community.

"This council and administration have always tried to engage the public whenever we could. Now we're taking it another step, we want to have a group that we can go to and engage their input into future endeavours in Selkirk," he said.

The city is partnering with Credit Union Central of Manitoba, (CUCM) who will manage the surveys and respondents. Credit Union Central of Manitoba is a trade association for 34 Manitoba credit unions and as part of its role, conducts primary and secondary research on a variety of topics for credit unions across the province. It has agreed to work with the City of Selkirk as its first client outside of the credit union system.

The city is asking citizens to sign up by visiting [MySelkirk.ca/CitizenVoice](http://MySelkirk.ca/CitizenVoice).

Anyone who signs up between now and Nov. 25 will be entered into a draw to win one of three \$100 Selkirk Biz gift certificates. Every time team members participate in future surveys, they will again be entered into a draw.

The time commitment to be part of CitizenVoice is minimal, and team members will never be asked to attend meetings – they will simply agree to take part in short, eight-10-minute-long surveys approximately 4 to 5 times a year. The city is looking for a long-term commitment, but members can opt out at anytime.

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**Friday, Nov. 25**  
**Saturday, Nov. 26**  
**Sunday, Nov. 27**

• St. Andrews • St. Clements • West St. Paul • Selkirk



IT'S ALL  
RIGHT  
HERE



Black Friday Capital of Manitoba

The  
**Selkirk  
Biz  
BLACK FRIDAY  
Weekend**

Friday, Saturday, Sunday  
November 25, 26 & 27

**FIRST**

Take advantage of great SAVINGS at  
PARTICIPATING LOCAL MERCHANTS

**SECOND**

Pick up a Black Friday Passport at any of the participating merchants.  
Have it stamped by 5 of these merchants [no purchase necessary]  
Once you have the 5 stamps, fill out your contact information  
and drop it in the Black Friday Bin at that merchant.  
Pick up another passport and keep shopping!

DEADLINE FOR ENTRY: SUNDAY, November 27th  
Draw Date: Tuesday, November 29th  
12:00 noon - Gramma Carol's, 240 Main St., Selkirk



#selkirkbizblackfriday

Last Year's Prize was worth **\$5,600**

This Year - **ONE GRAND PRIZE  
& ONE SOCIAL MEDIA WINNER**

\*\* Cannot be exchanged for cash. \*\* 2015 Black Friday winner cannot win in 2016.

• St. Andrews • St. Clements • West St. Paul • Selkirk

SERVING ST. ANDREWS, ST. CLEMENTS, WEST ST. PAUL & SELKIRK

# SELKIRK Biz.ca NEWS

"It's all right here!"

YOUR CHAMBER OF COMMERCE SINCE 1901

YOUR REGULAR BIZ UPDATE - SIX TIMES A YEAR!

## Out & About

A recap of events since our last edition in September

### 2nd Annual High Time Golf Ball Drop - September 29

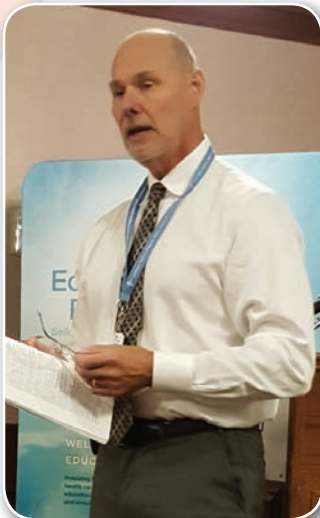


(l-r: Kayla Fidler - Ball Drop Chair, Teri Gudmundson - Helicopter ride winner)

The inaugural event was so successful; we hosted this event again! This year, we dropped 701 golf balls at the Selkirk Golf & Country Club, courtesy of Prairie Helicopters. The winning ball belonged to Pat Wur who received a cheque for \$2336.67 and the same amount was donated to our good friends at the Selkirk & District Community Foundation - Here For Good! The helicopter ride was won by Teri Gudmundson and the surprise ½ hr ride for 4 was won by Ron Typliski. Thanks to all of our ticket sellers, ticket outlets and of course you, the ticket buyer! Thank you to our sponsors, host venue Selkirk Golf & Country Club and Red Bomb for donating the fireworks prize packages.

### Speaker Series - September 28

We hosted Ron Van Denakker (IERHA CEO) and members of the Easton Place team on September 28 for a breakfast presentation. With the new hospital set to open in 2017 and the Easton Place project set to break ground as well, these two entities will impact our local economy in a big way. We are the healthcare hub of the region and will continue to grow even stronger!



Ron Van Denakker - CEO IERHA

### 5th Annual Biz Awards - who do you love?

We received a record number of nominations this year telling us exactly who! We honoured these shining stars on October 26 at our Gala Awards Evening at the Selkirk Golf & Country Club. Congratulations to all recipients and nominees. Thank you to all nominators, volunteers and supporters who made this event a huge success!

#### Customer Service.....Juan More Thing

(presented by RM of St. Andrews)  
Also nominated: Canvasback Pet Supplies, Searle Greenhouses, Three 6 Tea

#### Community Spirit...Skinner's Locks Market

(presented by Selkirk & Dist. Learning Centre)  
Also nominated: Selkirk Chrysler, Gramma Carol's, Three 6 Tea

#### Business of the Year...Gramma Carol's

(presented by Selkirk Biz)  
Also nominated: Buus Construction, Three 6 Tea, Canvasback Pet Supplies, Searle Greenhouses

#### Woman Entrepreneur of the Year... Elizabeth Swirsky

(presented by Selkirk & Dist. Business & Professional Women)  
(The Shops of St. Andrews)

Also nominated: Ruth Veitch (Avani Wellness), Carol Manlow (Gramma Carol's), Joy Sul (Skinner's Locks Market), Melanie Rerie (Belleza Mente Salon & Spa), Dale-Ann Boss (Juan More Thing), Michelle Bloom (Three 6 Tea)

#### New Business of the Year...Avani Wellness

(presented by City of Selkirk)  
Also nominated: Three 6 Tea, Juan More Thing

#### Business Philanthropist..... Noventis Credit Union

(presented by Selkirk & Dist. Community Foundation)  
Also nominated: Gramma Carol's, Three 6 Tea



(l-r: Dr. Al Lagimodiere -MLA Selkirk, St. Andrews Coun. Joy Sul, Michelle Bloom, Carol Manlow, Cst. Jim Dao, Sylvia Magyar-Brambilla, Dale-Ann Boss, Betty Swirsky, Terri-Lynne Dormer, City of Selkirk Mayor Larry Johannson)

#### Farm Family.....Preun Farms

(presented by TD Canada Trust Agricultural Services)  
Also nominated: Pigeon Bluff Farm

#### Brand & Marketing of the Year.....Three 6 Tea

(presented by The Selkirk Record)  
Also nominated: Canvasback Pet Supplies, Searle Greenhouses

#### Inclusive Employment...Canada Safeway Selkirk

(presented by Community Living)  
Also nominated: Canadian Tire Selkirk, Geller's Year Round Property Service, Harry's Foods, Modern Cleaning Concepts, Three 6 Tea

#### Sponsors

Partner Level



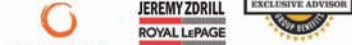
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#### Award Sponsor



#### Wine Sponsors



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# SELKIRK Biz.ca NEWS

"It's all right here!"

YOUR CHAMBER OF COMMERCE SINCE 1901

YOUR REGULAR BIZ UPDATE - SIX TIMES A YEAR!

## Upcoming Events

### Around the Office - Who & Where We Are 2016 Executive Team



L-R: Kurtiss Krasnesky (Scotiabank), Jenifer Bilsky (Selkirk Journal), Christa Denoon (Individual member), Brett Mitchell (Selkirk Record)  
Back Row: Chad Balmer (Sunlife Financial)

Are you looking for a great way to volunteer and make our region better? We are now taking nominations until Dec 14



Sheri Skalesky  
Executive Director  
200 Eaton Ave  
City of Selkirk Civic Centre  
Selkirk MB R1A 0W6  
204-482-7176  
info@selkirkbiz.ca  
facebook.com/SelkirkBiz  
Twitter.com/SelkirkBiz



A list of our officers & directors can be viewed at [www.selkirkbiz.ca](http://www.selkirkbiz.ca)

Proud Members of: Manitoba Chambers of Commerce, Interlake Tourism Association, Chamber of Commerce Executives of Canada, Chamber Executives of Manitoba

### The Original Black Friday Weekend – Nov 25-27



Coming to OUR community again this November, a Black Friday weekend planned to be bigger & better than last year! Selkirk Biz is spearheading another community-wide event to keep shoppers not only north of the border but north of the perimeter during "Black Friday". Here's an opportunity for members to partake in a retail oriented community

based extravaganza created to capitalize on the internationally branded Black Friday while keeping the dollars in our own business community. You've heard the stories from our participating retailers unable to keep up with the demand & exposure to new customers. Don't miss your chance to be a part of the excitement! Shoppers are encouraged to pick up their "passports" for a chance to win an amazing prize package. Last year's total prizes were worth over \$5600 in items donated by the retailers.

**ARE YOU IN the weekend of Friday November 25th?**  
**#selkirkbizblackfriday**  
**and you could win!!**



Facebook & Twitter: SelkirkBiz



### Board of Director & Officer Elections – December 14

The 114th annual election of the Selkirk Biz executive & board of directors will be held soon. We are always looking for volunteers to lend a bit of time & skill. If you are interested in joining the Chamber as a board member, please contact the Nominating committee chair Cyndi Typliski (204) 785-7600.

### 2nd Annual New Member & Networking Night (Winter Version)

This fun & social evening provides members with an opportunity to network and meet their fellow members. New members are also recognized and given the opportunity to introduce themselves and their business. More details soon...planned for January 2017.

### Speaker Series 2017

With our calendar being planned, more details on the exciting line up of speakers will be available in our January edition.

### 8th Annual State of the Region Address – March TBA

Join us for this annual reflection on our region's successes and hear the opportunities that lie ahead in the coming year. Plan to have lunch with us, hear more about the state of our region and network with our community & business leaders. Details on this will appear in our January edition.

### Annual Fair & Rodeo Parade – Saturday, July 15

It's never too early to start thinking of the annual parade! Mark your calendars and plan to be either one of the 10000+ spectators or with one of the 80+ entries raising your profile and gaining new contacts. Be seen!

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# SELKIRK *Biz*.ca NEWS

*"It's all right here!"*

**YOUR CHAMBER OF COMMERCE SINCE 1901**

**YOUR REGULAR BIZ UPDATE - SIX TIMES A YEAR!**

## CHRISTMAS HACK ALERT!

### Keep Christmas Gift Giving LOCAL

**\$\$\$CHAMBER DOLLARS** are quickly becoming the solution to holiday giving...

- flexible denominations – made to order
- redeemable at several participating locations
- no expiry date makes them easy to give and redeem
- anyone can buy them and anyone can receive them
- **EMPLOYERS**....these are great for staff Christmas bonuses or recognition!

Who's on your "nice" list this year? Better reward them with a \$\$\$Chamber Dollar or two! Call our office to order some today or visit our website for more info!



## Membership News Why Join the Chamber???

- Advocacy
- Leads, Referrals & Networking
- Awareness & Promotion of Your Business
- Access to Cost Reduction Programs – saves you \$\$\$
- Learning, Education & Development
- Did we mention networking?
- And more....join today!

### What do we do?:

- 2 New Member & Networking Nights per Year
- Annual State of the Region Address in March
- Speaker Series Events
- Annual Fair Parade in July
- Golf Ball Drop Fundraiser in September
- Annual Business Awards in October
- Annual Black Friday Weekend in November
- Shop Local program
- And so much more....be a part of it!

### Did you know...???

- Only members can receive great cost reduction on:
- merchant services – free analysis to show how much you can save
  - group insurance benefits – even for one or two employees
  - MTS data/long distance
  - and many more programs

The savings alone could pay for your membership!

New members receive 50% of the regular fee for the 1st year plus... can attend the next new member night for FREE!

### Welcome to our new members in 2016:

AED Sound & Light .....	Allan	Depape
Cadger Martial Arts .....	Arlie	Cadger
Clean Line Sewer & Drain .....	Sally	Peel
Consolidated Snow Removal & Hauling.....	Mike	Bartman
Dr. Alan Lagimodiere - MLA Selkirk.....	Alan	Lagimodiere
Freshlook Marketing .....	Ryan	Kirkness
Holmes & Sons Ent Ltd .....	Todd	Holmes
Individual Member.....	Ted	Lewis
Janet e Hamel Consulting.....	Janet	Hamel
Julie Neiser - Mortgage Professional .....	Julie	Neiser
Kelty iManagement .....	Jason	Simmons
Kodiak Shelter Systems.....	Richard	Perchotte
Papa Carlo Pizzeria & Gelati.....	Gino	Guzzi
Rich Moyer - Royal Lepage Prime Real Estate .....	Rich	Moyer
Riverbend Heating & Air Conditioning Ltd. ....	Marty	Slusarchuk
Selkirk Community Art Centre .....	Joyce	Shead
Selkirk Web Solutions .....	Michael	Cook
TDL Photography .....	Holly	Petelski
Three 6 Tea .....	Michelle	Bloom
Wheatfield Insurance .....	Reid	Henderson

### Local Member Nominated for Provincial Award

Congratulations to Gerdau for being a finalist at the MB Chambers of Commerce Business Awards in the Long Term Achievement category. New Flyer Industries was the selected recipient on October 28, with Winnipeg Free Press also being nominated.



## GERDAU

Gerdau Industries (Selkirk)

Founded in 1906, in St. Boniface as a horseshoe manufacturer, Gerdau Industries moved to Selkirk and started production operation 1916. Gerdau is the leading company in the production of long steel in the Americas and is one of the major suppliers of specialty steel in the world. Gerdau in Selkirk is the only mini-mill steel mill production and steel recycling company in Manitoba employing over 540 Manitobans.

Gerdau's process is vertically integrated. Starting with raw material, our Selkirk metallics recycling yard is one of the largest within the Gerdau Group with the capacity to process 500,000 tons of metal annually through our shear, shredder and railcar dismantling process.

Our Marketing strategy is focused on these groups mainly due to suitability to their manufacturing infrastructure and a business culture defined by the relationships we have with our customers. Success in the steel industry requires innovation, market intelligence and the ability to understand the Value Proposition demanded by the customer. Gerdau Manitoba Special Selections understands these attributes extremely well.

# Your Local Community Home Real Estate Section



## Home Improvements That Increase Home Value

When granite countertops or shiny, stainless steel appliances beckon homeowners from the display areas of home improvement stores, it's tempting to gear remodeling thoughts toward the items that will add flair and decorative appeal to a home. Even though most improvements add some measure of value, deciding which are the best investments can be difficult.

Return on investment, often referred to as "ROI," varies depending on the project. Frequently, the projects that seem like the best investments don't bring the greatest rate of return, while those that seem like smaller projects bring substantial returns. Real estate professionals routinely weigh in with their expert advice, and homeowners can couple that advice with Remodeling magazine's annual "Cost vs. Value Index" to reap the greatest financial impact from their renovations.

The following were some of the proj-

ects that garnered the greatest ROI in 2015.

- Open the door to improvement. Region by region across Canada, installation of a new steel door on the front of a home can have a large impact on the resale value of a property. The ROI ranges from 123 percent at the highest, to 86 percent at the lowest - which is still a considerable investment return for such a simple project. Match the door's style with the style of the house for the best value.

- Turn up the kitchen heat. An attractive kitchen can encourage buyers to overlook some of a home's less attractive components. In the kitchen, replacement countertops, wall color changes, new cabinetry and flooring offer the biggest ROI.

- Dreaming of a new bedroom. Remodeling magazine also points to creating an attic bedroom to increase home value. The ROI of an attic remodel that

adheres to code can garner an 83 percent ROI.

- Home maintenance projects. There's little good to improving the aesthetic appeal and functionality of a home if there are existing structural or maintenance issues, warn experts. Siding replacement, HVAC system repair or replacement, a new roof, and basement dampness prevention solutions can be smarter investments before other flashy remodels. Many buyers have a strict budget for a house, and those buyers

may be more likely to buy a house with little or no maintenance issues. Such buyers will then upgrade the kitchen or baths themselves.

- Worthy window replacement. Angie's List, a home services review and referral resource, has found that the average ROI of new windows is 77 percent. The cost of installation and energy savings tend to offset at around the 10-year point. If remodeling is on the horizon, homeowners should give strong consideration to ROI before choosing a project.

## The George Hacking Team



George Hacking



Ashley Douglas



Nicole Pashko

OPEN HOUSES	SELKIRK	COUNTRY
<b>Sunday Nov. 20 1-3 pm</b> 114 Oliver Ave 216 Rosser	<b>NEW LISTING</b>  520 Moody Ave \$236,000	<b>PRICE REDUCED</b>  6127-A PTH 9A \$299,900
<b>NEW LISTING</b>  216 Rosser Ave \$219,000	<b>COUNTRY</b> <b>PRICE REDUCED</b>  7 Victoria Ave Matlock \$207,000	<b>PRICE REDUCED</b>  31144 Rd 86N \$149,000
<b>TO BE BUILT</b>  7 Howard Place \$365,000	<b>PRICE REDUCED</b>  202 Edith Ave, Petersfield \$280,000	<b>PRICE REDUCED</b>  2186 Rushman Rd West St Paul \$349,900
 527 Christie Ave \$349,900	<b>PRICE REDUCED</b>  58 Pine Ave, Tyndall \$329,900	<b>5 ACRES</b>  76068 Two Mile Rd. \$349,900
 306 Robinson \$149,000	 104 S. Dominique Drive \$98,800	<b>VACANT LAND</b>
 205 Dorchester \$179,900	 114 Oliver Avenue \$599,900	3 Houghton Bay Road \$59,900 81 Colony Rd - 2.76 Acres \$95,000 16 ACRES Kreamer Rd. Cottonwood Park <b>NEW PRICE</b> \$95,000 2 Gwen Ellen Way St. Francois Xavier \$110,000 Hwy 26 St. Francois Xavier \$120,000 0 Petersfield Pits, 120.6 Acres \$340,000 72101 Pine Road S. Prime Development \$445,000 605 Cil Road - 65.62 Acres \$492,000 DEVELOPMENT OPPORTUNITY
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 30056 Rd 81N, 80 Acres \$390,000	 311 Grassie Blvd Completed Subdivision \$385,000	<b>COMMERCIAL</b>
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<b>NEW PRICE \$499,900</b>  Vendor motivated Custom built home on park like acreage	<b>New Listing</b>  Vacant Land 40.25 acres, \$70,000 Road 84N St Clements	<b>104 Edstan</b>  <b>SOLD</b> \$322,900
<b>SOLD</b>  829 Strathcona Rd. East Selkirk. 7 sq ft, 3 bdrm, bungalow. Numerous renovations. Finished bsmt. Well treed private lot. \$239,000	<b>New Listing</b>  Vacant Land Road 30E 47.71 acres \$86,000	<b>New Listing</b>  Forty acres with old yard site Road 30E \$130,000

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# Your Local Community Home Real Estate Section

HOUSES APARTMENTS CONDOS COTTAGES RETIREMENT FINANCING IMPROVEMENTS INSURANCE



## 'Protect Your Family - Test Your Home'

November is 'Radon Action Month' and the Canadian Cancer Society is urging all Manitobans to test their homes for radon.

Radon is a radioactive gas that you cannot see, smell or taste and it can get into your home undetected. It

is the second leading cause of lung cancer after smoking and the leading cause of lung cancer for non-smokers.

When radon escapes from the ground into the outdoor air it is diluted to low concentrations and is no cause for concern. However, when

radon enters an enclosed space, like a home, it can accumulate to high levels and become a health hazard.

'In the Interlake region of Manitoba, 23% of homes have higher than acceptable levels. Testing is the only way to find out if you have high radon levels in your home. Protect your family, test your home,' says Sharon Mulder, Interlake Regional Rep for the Canadian Cancer Society.

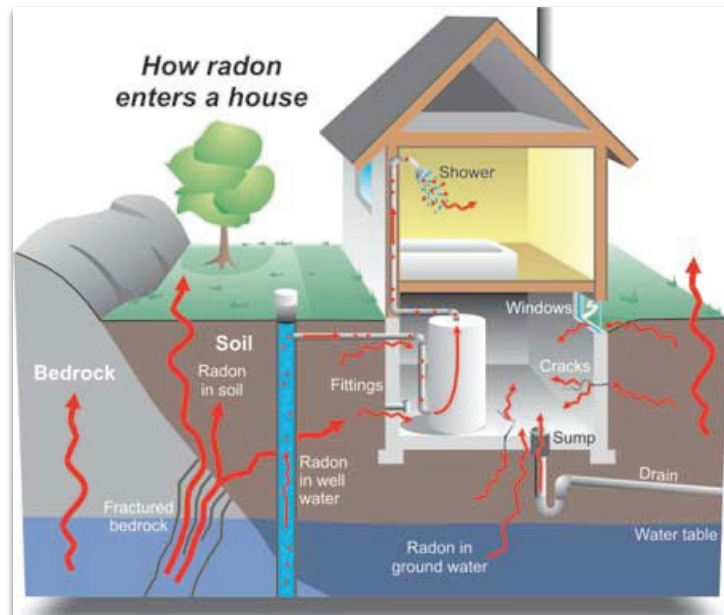
How radon can enter your home

For most of the year, the air pressure inside your home is lower than the pressure in the soil surrounding your foundation. The difference in the pressure can draw air and other gases from the soil, including radon, into the house.

Gas containing radon can enter your home at any openings where the house contacts the soil. These openings can be present even in well-built and new houses.

The current Canadian guideline for radon in indoor air for dwellings is 200 becquerels per cubic metre. In the Interlake region Mulder has seen radon test results ranging from the low 20's to over 900 becquerels per cubic metre.

How do I test my home for radon? There are two options for testing a house for radon: purchase a do-it-yourself radon test kit or hire a radon



**Canadian Cancer Society**

measurement professional.

If you choose to purchase a radon test kit:

- Place it in the lowest level of your home that is occupied for at least four (4) hours per day.
- Be sure to do a long term test. Test for a minimum of three (3) months to ensure the most accurate reading.

How can I reduce the amount of radon in my home?

If your radon test result is above the guideline of 200 becquerels per cubic metre, you can take the following steps to help reduce the level of radon.

- Increase the mechanical ventilation, via a heat recovery ventilator (HRV), to allow an exchange of air.
- Seal all cracks and openings in foundation walls and floors, and around pipes and drains.

Continued on page 23

### Smart Move!

**Daniel Kreutzer**  
REALTOR®/B. Admin



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\$180,000



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# Your Local Community Home Real Estate Section

HOUSES APARTMENTS CONDOS COTTAGES RETIREMENT FINANCING IMPROVEMENTS INSURANCE

## > RADON, FROM PG. 22

- Ventilate the basement sub-flooring by installing a small pump to draw radon from below the concrete slab to outside before it can enter your home (commonly known as a Sub Slab Depressurization typically performed by a contractor.)

If you choose to hire a contractor, Health Canada recommends that the contractor be certified as a radon mitigation professional from an accredited organization.

Health Canada recognizes the Canadian certification program, Canadian National Radon Proficiency Program (C-NRPP), www.c-nrpp.ca, 1-855-722-6777.

How much will it cost to reduce the level of radon in my home?

The cost of radon reduction depends on the design and size of a home and the work that is needed. Costs typically range from \$500 to \$3,000 and can be financed through the Manitoba Hydro Energy Finance Plan. In many cases, radon levels can be reduced from extremely high to very low in a single day.

Attend a radon presentation and purchase a radon test kit from the Canadian Cancer Society!

Who: Sharon Mulder, Interlake Regional Rep, Canadian Cancer Society  
When: Friday, November 25, 2016  
11:30am - 3:30pm

Presentations at: Noon, 1:30pm and 3:00pm

Where: Selkirk Seniors Resource Centre

310 Christie Avenue, Selkirk  
Radon test kits can also be purchased by calling the Canadian Cancer Society toll-free at 1-888-532-6982. Or contact your local representative, Sharon Mulder at (204) 276-2664 Email: smulder@mb.cancer.ca

Test kits are \$30 which includes the lab fee.

Radon test kits are also available at many Interlake area hardware stores. 'Radon can be an issue in all types of homes whether they are new or old, with finished or unfinished basements, whether they are heavily sealed or drafty. The only way to find out if your home has high radon levels is to test.'

For more information about radon and how to test your home visit: cancer.ca Canadian Cancer Society radon@hc-sc.gc.ca Health Canada c-nrpp.ca Canadian-National Radon Proficiency Program

For more than 75 years, the Canadian Cancer Society has been with Canadians in the fight for life. We have been relentless in our commitment to prevent cancer, fund research and support Canadians touched by cancer. From this foundation, we work with Canadians to change cancer forever so fewer Canadians are diagnosed with the disease and more survive. When you want to know about cancer, visit our website at cancer.ca or call toll-free bilingual Cancer Information Services at 1-888-939-3333.



#1 Seller of Real Estate in the Interlake

(Based on exclusive & MLS sales since 1962)

If your thoughts are turning to buying your first home, needing more space for the growing family or thinking it might be time to downsize, give us a call. We will take the time to answer your questions, address your concerns, and provide unbiased advice to guide you through your decision making process.

<p>9 Fial Crescent, Lockport Lovely 3br family home in great location! \$283,000 Kim, 204-482-5806</p>	<p><b>PRICE REDUCED</b> 323 Morton Drive, Warren \$239,900, Calvin 204-461-3055</p>
<p><b>COMING TO MARKET</b> 1397 Breezy Point Rd. Superb property on 40 acres. Call Jim at 204-485-2446</p>	<p>1440 sf Home Half hour from Southbeach. \$139,000 Mike, 204-588-7967</p>
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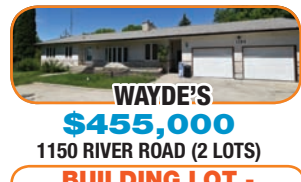
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**October 2016 Market Report**

**Selkirk**

**St. Andrews**

**St. Clements**

**SOLD PRICE**

2016  
 Avg. Sale Price: \$233,950  
 YTD Avg. Sale Price: \$231,989

2015  
 Avg. Sale Price: \$236,629  
 YTD Avg. Sale Price: \$232,762

**PRICE INCREASE YTD: -0.3%**

**SOLD PRICE**

2016  
 Avg. Sale Price: \$346,500  
 YTD Avg. Sale Price: \$347,232

2015  
 Avg. Sale Price: \$438,490  
 YTD Avg. Sale Price: \$385,161

**PRICE INCREASE YTD: -9.8%**

**SOLD PRICE**

2016  
 Avg. Sale Price: \$351,359  
 YTD Avg. Sale Price: \$338,065

2015  
 Avg. Sale Price: \$256,500  
 YTD Avg. Sale Price: \$328,014

**PRICE INCREASE YTD: 3.1%**

**DAYS ON MARKET**

2015	2016
Average: 24	Average: 34

**NUMBER OF HOMES SOLD**

2015	2016
Sales: 7	Sales: 10

**ACTIVE LISTINGS: 44**

**DAYS ON MARKET**

2015	2016
Average: 29	Average: 47

**NUMBER OF HOMES SOLD**

2015	2016
Sales: 10	Sales: 9

**ACTIVE LISTINGS: 58**

**DAYS ON MARKET**

2015	2016
Average: 19	Average: 38

**NUMBER OF HOMES SOLD**

2015	2016
Sales: 8	Sales: 10

**ACTIVE LISTINGS: 50**

**SOLD PRICE/LIST PRICE RATIO**

2015	2016
Average: 96%	Average: 96.3%
Low: 93%	Low: 88.7%
High: 105%	High: 100%

**SP/LP RATIO: 0.3% INCREASE**

**SOLD PRICE/LIST PRICE RATIO**

2015	2016
Average: 95.4%	Average: 97.9%
Low: 85.5%	Low: 79.6%
High: 101.3%	High: 99%

**SP/LP RATIO: 2.5% INCREASE**

**SOLD PRICE/LIST PRICE RATIO**

2015	2016
Average: 97%	Average: 95.3%
Low: 91%	Low: 89.3%
High: 98.5%	High: 105.8%

**SP/LP RATIO: 1.7% DECREASE**

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\* not intended to solicit buyers or sellers currently under contract with a brokerage. Figures based on information from MLS data provided by WinnipegREALTORS®



# Community foundation launches Vital Signs study

By Lindsey Enns

The Selkirk and District Community Foundation is hoping a new study will encourage positive changes throughout the city and beyond.

The foundation officially launched its own Vital Signs study earlier this month, which looks at a range of subjects that are important to the health and welfare of the region including Selkirk, St. Andrews and St. Clements.

More than 75 community foundations across Canada, and now in Britain, use Vital Signs studies to help determine where the gaps are in a community and to chart a path to address hidden challenges.

"This special tool helps communities figure what is it that's working well in their communities and what they need to improve," the foundation's executive member Shirley Muir said. "It's all based on what we know about our community."

"We want the Vital Signs report to have big impact."

Muir said the foundation wants to be able to use to the study to help make changes in the community.

"The long-term goal here ... is how do we improve the things that are making gaps in our community," Muir said, adding the study will be completed around this time next year.

Muir said nearly 90 people from a wide range of occupational backgrounds and community and area organizations came out for the Vital



SUBMITTED PHOTOS

Various community leaders from a wide range of occupational backgrounds and community and area organizations came together for the Selkirk and District Community Foundation's Vital Signs study launch on Nov. 1 at Selkirk United Church.

Signs study launch on Nov. 1 at Selkirk United Church.

Muir, who facilitated the launch, said those in attendance were asked questions such as what do you love about this community and what can we improve on.

"What makes people most proud about this community is how well we work together ... we come together swiftly and quickly and we get stuff done," Muir said.

Some of the feedback they received included the need for more afford-

able housing in the area, bridging the gap between the rich and the poor and repairing the community's relationship with the Indigenous community.

Those in attendance also explored various themes for the study including arts and culture as well as housing.

With the local community foundation celebrating 21 years this year, Muir said they thought it was a good opportunity "to take a look at our



communities."

Muir said they are still looking at getting more financial partners on board with the study.

"We're continuing to meet with funders for this research," she said.

Those seeking more information or those interested in providing feedback can contact the Selkirk and District Community Foundation directly by calling 204-785-9755 or via email at selkirkfoundation@shaw.ca.

# Sunova president, CEO appointed to health authority board

Staff

The province has appointed new boards for the five provincial regional health authorities to guide the provision of health-care services across Manitoba.

"Regional health authority boards are responsible for the resources and performance of the health-care system, and I know these knowledgeable and skilled Manitobans will work hard to ensure the future of health care in this province," Health, Seniors and Active Living Minister Kelvin Goertzen said in a release. "As we focus on improving and ensuring the sustainability of health care, these people will help ensure the best possible care is available right across Manitoba."

The new board chairs are:

- Edward Bergen, president and CEO of Sunova Credit Union, Interlake-Eastern Regional Health Authority;
- Cal Huntley, senior contracts administrator for Hudbay Minerals Inc., Northern Regional Health Authority;
- Catheryn Pedersen, former office

manager for Manitoba Habitat Heritage Corporation (retired), Prairie Mountain Health;

- Abram Bergen, Kleefeld Developments Ltd. (property development) and former director of development with Canadian Mennonite University, Southern Health – Santé Sud; and

- Karen Dunlop, interim executive director of the Association of Registered Nurses of Manitoba and a consultant for Karen M. Dunlop and Associate, Winnipeg Regional Health Authority.

As per the Regional Health Authorities Act, the minister of health, seniors and active living appoints directors to each regional health authority board. Board members of regional health authorities must ensure the organization complies with applicable legislation, regulations, provincial policies and ministerial directives. The Winnipeg Regional Health Authority board can have up to 15 board members, while rural and northern regional health authorities can have up to 12 board

members.

The selection of board members was based on a range of knowledge and skills, in such areas as governance in public-sector, private-sector or not-for-profit boards, government structures and processes, law, business, finance and accounting, among others,

the minister noted.

The minister noted each regional health authority has also created local health involvement groups. These organizations, made up of area residents, provide local advice to regional boards on issues that affect the delivery of local health services.

**Saturday, November 26, 9:30 am-4 pm**  
**It's the BLACK FRIDAY WEEKEND**  
**CRAFT SALE**  
**Pictures with Santa**  
**11 am - 1 pm**  
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*Selkirk Biz*  
 BLACK FRIDAY

**Memorial Hall**  
 JENIMA ST. (NORTH OF CHRISTIE AVE)

# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Selkirk wins JV girls' vball quarter-final

By Brian Bowman

The Selkirk Royals made it look real easy against Springfield in the KPAC Tier 1 junior varsity girls' volleyball quarter-final last Thursday at the Comp.

Selkirk made quick work of Springfield, sweeping the visitors 3-0 by scores of 25-16, 25-11, and 25-20.

"It wasn't our best match but it was against a weaker team," said Royals' head coach Victoria Sherwood. "We mixed up our lines and made sure everyone got playing time. Our strategy was a bit different than usual but they did a pretty good job finishing the game."

The Royals were very good in the second set, cutting down their errors significantly compared to the opening set.

"The best thing that we did the entire match was that we served tough," Sherwood stressed. "That helped us stay ahead in all of those sets and we had a number of girls that had quite a few aces throughout the match. That was good to see."

Selkirk, ranked No. 1 among KPAC Tier 1 teams, hosted fifth-seeded Transcona on Tuesday evening but no score was available at press time.

Transcona earned a berth into the semifinals after upsetting fourth-ranked Miles Mac last Thursday.

Transcona may be able to give Selkirk a tough test but the Royals are expected to advance to the league final.

"We have only seen them once this year and we beat them in our first home game of KPAC," Sherwood recalled. "We know that we can beat them but they have a couple of girls that can hit. But as long as we stick to our game plan, then we should be good."

The Royals' junior varsity boys' volleyball team was also in action this past Tuesday as they hosted Miles Mac in their KPAC semifinal. Selkirk, the top seed in the league, had a bye into the semis while Miles Mac defeated Maples Collegiate.

The KPAC junior varsity boys' and girls' finals will be played at the Comp tonight, beginning at 6 p.m.

Meanwhile, the Royals varsity volleyball teams were both in semifinal playoff games last night on their home court.

The KPAC championship games will be played Friday at the Comp. The varsity girls' final begins at 6 p.m., followed by the boys at 8 p.m.



RECORD PHOTO BY BRETT MITCHELL

The Selkirk Royals' Jazmyn Desjarlais goes up for a kill during KPAC Tier 1 playoff action last week at the Comp.

## Manitoba opens with 2-1 record at mixed curling nationals

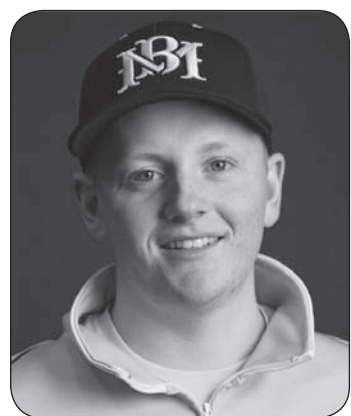
Staff

Manitoba posted a 2-1 record after four draws at the 2017 Canadian Mixed Curling Championship in Yarmouth, N.S.

Manitoba, which includes Braden Calvert, Gimli's Kerri and Kyle Einarson, and Jennifer Clark-Rouire, had a great start Tuesday morning, thrashing Nunavet 13-2.

The winners scored early and often in this one, scoring three times in the first end and then added two more in each of the third, fourth, and sixth ends. Manitoba also scored four in the fifth.

After getting a bye in the first draw, Manitoba opened the nationals with a



Braden Calvert



Kerri Einarson



Kyle Einarson



Jennifer Clark-Rouire

convincing 10-3 win over the Northwest Territories on Monday afternoon. Later that day, Manitoba was defeated

5-2 by Quebec.

Manitoba played B.C. later Tuesday afternoon but no score was avail-

able at press time.

The gold-medal and bronze-medal games will be played this Saturday.

# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Royals' hockey teams see mixed results

By Brian Bowman

The Selkirk Royals needed a bigger net to shoot on against the Vincent Massey Trojans on Monday.

Despite firing 25 shots on Vincent Massey goaltender Taylor McDermott, the Royals failed to find the back of the net in a 3-0 Winnipeg Women's High School Hockey League loss in East Selkirk.

Taylor McDonald scored a second-period goal for the Trojans and then Robin Maslyk added a pair in the third.

Jodi Clifton made 20 saves for Sel-

kirk.

Selkirk, now with nine points in eight games to sit in fifth place in the CTV Division standings, will host the Dakota Lancers this Monday in East Selkirk. Game time is 4 p.m.

The St. Mary's Flames will then visit East Selkirk the following day for a 4 p.m. contest.

In Winnipeg High School Hockey League action last Thursday, the Royals played a very good game in clipping Kelvin 3-2.

Travis Spratt led Selkirk with two goals while Reed Hoium scored the

eventual-game winner in the second period. Matt Lawrence scored for Kelvin in the first period and then the Clippers made it a one-goal game when Kyle Nanton struck on the power play in the third.

Brady Hrymak posted the win in goal.

Selkirk, which now has eight points to occupy sixth place in the Platinum Promotions Division, hosted River East this past Tuesday but no score was available at press time.

The Royals will then host St. Paul's today (3:45 p.m.) at East Selkirk Arena.

## Fishermen blank Juniors in KJHL play

By Brian Bowman

After winning seven straight games to begin their Keystone Junior Hockey League season, the Selkirk Fishermen were on a high.

Then they hit a low after losing three straight games.

But the Fishermen's roller-coaster season took another turn Sunday with an impressive 4-0 shutout victory over the Juniors in Peguis.

Harley Hoydalo and Coel Forsyth scored first-period goals for Selkirk and then Milan Horanski netted a

pair just nine seconds apart late in the second. Horanski leads Selkirk in points (16) along with Auzzie Loewen.

Riley Bannerman was perfect in goal for Selkirk, stopping 33 shots.

On Saturday evening, the Fishermen lost 6-5 to the OCN Storm as five different players scored for Selkirk. Loewen and Horanski each scored once and had an assist while Gordie Longbottom, Kale Ilchena, and Dylan Painchaud-Niemi also tallied.

Travis Schalk made 37 saves for Selkirk. The Fishermen were 1-for-

7 on the power play while OCN was blanked in their seven chances.

With the split last week, the Fishermen are now 8-3 and lead the South Division by a single point over the St. Malo Warriors (7-2-0-1).

Selkirk played at North Winnipeg this past Tuesday but no score was available. The Fishermen will then battle the Falcons in Lundar on Friday (8 p.m.).

On Sunday, Selkirk will host St. Malo in a 2:30 p.m. game.

## Dola runner up for MJHL Player of the Week award



**RECORD PHOTO BY BRETT MITCHELL** Hayden Dola backstopped the Steelers to a pair of wins last week and was one of two runners up for the MJHL player of the week award.

**Staff**

Selkirk Steelers' goaltender Hayden Dola was one of two runners up for this week's Recycle Everywhere MJHL Player of the Week award.

Dola, a Winnipeg Beach product, backstopped the Steelers to a pair of key victories last week while allowing just two goals.

For the season, Dola is 7-6 with a 2.62 goals-against average and .921 save percentage. He has also posted two shutouts.

Virden forward Tyler Kirkup was named the MJHL player of the week after recording five points (two goals, three assists) in three games for the Oil Capitals. Kirkup currently leads his club in points with 24.

The other runner up for the player of the week award was Swan Valley forward Cody Ellington.



## Curling excellence

**PHOTO SUBMITTED**

Broadcasting legend Bob Picken, far right, presents Zone crests to winners of the Lloyd Gunlaughson Memorial Bonspiel. The winning team consisted of Petersfield skip Dave Boehmer, third Kerry Fedorchuk, second Terry McRae and lead George Hacking.

# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Steelers pump Pistons, whip Waywayseecappo

By Brian Bowman

The Selkirk Steelers looked like a team that can do some damage in the Manitoba Junior Hockey League this season after a pair of impressive wins last week.

The key, for Selkirk, is to play like that on a nightly basis.

Selkirk was very good in a solid 5-1 home victory over the league-leading Steinbach Pistons last Thursday and then took care of the Waywayseecappo Wolverines 4-1 Saturday at the Selkirk Rec Complex.

"I think we're definitely making progress with structure and playing as a unit," Steelers' head coach Dustin Hughes said. "And we got a couple of good performances from guys Thursday night over Steinbach."

In the Waywayseecappo win, Cole McCartan led the Steelers with two goals while Liam Kroeker and Brady Castellano each had two assists. Nathan Halvorsen and Jake Dudar added a goal and an assist apiece.

Hayden Dola made 24 saves for his seventh win of the season. The Winnipeg Beach product was deservedly selected Monday as a runner up for the MJHL player of the week.

"Hayden's been real solid for us," Hughes said. "He's been a rock back there and he's been making big saves at the right time. I also think our team has been playing better in front of him as well."

Meanwhile, Steelers' forward Ezra Hall had, by far, his best game this season against Steinbach, scoring

three goals. It was a huge win for the Steelers against a very good hockey team that currently leads the league with a 17-2-1 record.

"The reality is that most of our wins have come against the bottom half of the league," Hughes admitted. "But I felt we had a really good game against Winkler a couple of weeks ago and then we had a really good game Thursday against Steinbach."

"It's giving us proof that we do have what it takes to be one of the better teams in the league on any given day if we play our best hockey."

Riley Giauque and Hall scored for Selkirk in the first period against Steinbach and then Castellano and Hall tallied in the second.

Steinbach's Vaughn Dupre finally solved Dola at 14:14 of the third period. But Hall quickly answered just 28 seconds later to complete his hat trick. Giauque also had a very strong game for Selkirk, finishing with four points. Dola made 28 saves for the win.

Selkirk (13-7-1) played the Flyers in Winkler this past Tuesday but no score was available at press time. The Steelers will then host the Swan Valley Stampeders on Saturday in their lone game this weekend.

"November is a slower month for us after a busy month of October," Hughes noted. "But we've been spending a lot of time together with workouts after practice to get our bodies back to where they were at the beginning of camp."

Game time Saturday is 7:30 p.m.



RECORD PHOTO BY BRETT MITCHELL

The Steelers' Liam Kroeker moves the puck out of his zone while being hounded by the Pistons' William Koop.

## Manitoba Hockey Standings

MANITOBA JUNIOR HOCKEY LEAGUE							
Team	GP	W	L	OTLPTS	GF	GA	
Steinbach Pistons	20	17	2	1	35	84	33
OCN Blizzard	21	15	3	3	33	71	48
Winkler Flyers	22	15	7	0	30	81	54
Portage Terriers	19	14	5	0	28	87	65
Virden Oil Capitals	22	12	6	4	28	62	60
Selkirk Steelers	21	13	7	1	27	75	62
Winnipeg Blues	22	9	11	2	20	76	74
Swan Valley Stampeders	18	6	10	2	14	52	69
Neepawa Natives	20	6	14	0	12	47	79
Dauphin Kings	20	3	15	2	8	43	82
Waywayseecappo Wolverines	21	3	17	1	7	55	107

KEYSTONE HOCKEY LEAGUE							
Central Division							
Team	GP	W	L	OTLPTS	GF	GA	
Peguis Juniors	11	7	4	0	14	73	62
Arborg Ice Dawgs	9	5	4	0	10	45	34
Fisher River Hawks	8	2	6	0	4	45	62
South Division							
Team	GP	W	L	OTLPTS	GF	GA	
Selkirk Fishermen	11	8	3	0	16	63	19
St. Malo Warriors	10	7	2	1	15	62	47
North Winnipeg Satellites	11	4	6	1	9	45	50
Lundar Falcons	10	4	6	0	8	43	46
North Division							
Team	GP	W	L	OTLPTS	GF	GA	
OCN Storm	9	7	2	0	14	82	53
Cross Lake Islanders	10	4	5	1	9	52	47
Norway House North Stars	7	0	7	0	0	11	101

AAA MIDGET HOCKEY LEAGUE							
Team	GP	W	L	OTLPTS	GF	GA	
Wild	17	14	1	0	30	81	28
Yellowhead	17	11	3	1	25	72	50
Central Plains	17	11	5	1	23	73	54
Brandon	15	9	4	1	20	62	45
Thrashers	16	9	5	1	20	66	40

AAA CITY MIDGET HOCKEY LEAGUE							
Team	GP	W	L	OTLPTS	GF	GA	
Winnipeg Monarchs - CM	12	12	0	0	24	66	26
Winnipeg Hawks - CM	12	6	3	2	15	49	36
Winnipeg Sharks - CM	9	6	3	0	12	42	32
Winnipeg Warriors - CM	11	5	4	1	12	48	38
Eastman Selects - CM	10	1	7	1	4	25	50
Interlake Lightning - CM	12	1	11	0	2	27	75

AAA BANTAM HOCKEY LEAGUE							
Team	GP	W	L	OTLPTS	GF	GA	
Winnipeg Monarchs - B1	11	11	0	0	22	80	12
Winnipeg Warriors - B1	12	7	4	0	15	52	39
Winnipeg Hawks - B1	11	6	3	1	14	78	31
Eastman Selects - B1	9	6	3	0	12	42	31
Winnipeg Sharks - B1	12	3	7	1	8	26	47
Interlake Lightning - B1	10	0	9	1	1	26	81

MANITOBA FEMALE MIDGET AAA HOCKEY LEAGUE							
Team	GP	W	L	T	OTW	OTL	Pts
Winnipeg Avros	11	7	2	-	2	-	18
Westman Wildcats	9	7	1	-	-	1	15
PV Hawks	9	6	2	-	1	-	14
Yellowhead Chiefs	10	6	4	-	-	-	12
Eastman Selects	9	4	3	-	-	2	10
Central Plains	8	2	4	-	-	2	6
Norman Wild	12	1	10	-	1	-	4
Interlake Lightning	8	-	7	-	1	-	2

STATS AS OF TUESDAY, NOVEMBER 15

### Next-Home Games



**St. Malo Warriors**

VS

**Sunday, November 20<sup>th</sup>**

**2:30 pm**

**at the Selkirk Rec Centre**




**Meet the Fishermen**

**#15 Kale Iichena**  
Forward

# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Ekosky strikes gold at Ontario Open Judo Tournament

### Staff

The Selkirk Judo Club's Damien Ekosky, a black belt, won a gold medal at the Ontario Open Judo Tournament in Toronto last weekend.

On Saturday, Ekosky competed in the U21 under-73 age division, which featured 11 competitors. He had a bye through the opening round and then won three straight matches, including the gold-medal final against Max Teeuwen from Nova Scotia.

The next day, Ekosky, 17, competed in the Senior age division, finishing with a 2-2 record.

"Damien fought 13 matches in two days at the Quebec Open last weekend and then did four days of hard training at the national training centre," said Brian Jones, one of the Selkirk club's coaches.

"To cap this trip off with a gold at the Ontario Open is an outstanding result and establishes Damien among the top U21 competitors in his weight division."

Ekosky's brother, Justin, a brown

belt, also competed with the provincial team at the Ontario Open in the U18 under 66 kg division. Justin, 15, finished with a 2-2 record in this division of 17 fighters.

"Justin fought in a challenging under 66 kg division in his first major tournament in the U18 age category," Jones noted. "He fought very well, winning his first two matches. He then fought the eventual-gold medalist, David Wu from Alberta, who narrowly defeated him."

"With more experience in this division, Justin will do very well."

Meanwhile, James Colp, 24, a brown belt from the Selkirk club, also participated at the Ontario Open as a referee. Colp, a National "C" level referee, was recently named to the Judo Manitoba Referee Committee.

"James is working hard to develop his refereeing skills and is rapidly moving up the referee ranks," Jones said.

The Ontario Open was the second major tournament on the Canadian



RECORD PHOTO SUBMITTED

The Selkirk Judo Club's Damien Ekosky, second from left, won a gold medal at the Ontario Open Judo Tournament last weekend.

circuit in 2016-2017 and attracted the United States. competitors from across Canada and

## Manitoba places seventh at U18 women's hockey nationals



Brooke Anderson

### By Brian Bowman

Team Manitoba placed seventh at the 2016 National Women's Under-18 Hockey Championship in Regina last weekend.

Manitoba finished the tournament with a 6-1 win over Team Atlantic last Saturday.

"We were a little disappointed (with our finish) because we had a couple of bad bounces," said Team Manitoba forward Brooke Anderson, who lives in St. Andrews. "We really thought we should be in a higher ranking. But we have to be happy with what we did."

On Friday afternoon, Manitoba edged Quebec 3-2 in a shootout.

Anderson had an assist in Manitoba's first game of the tournament, a 3-2 loss to B.C. on Nov. 9.

The next day, Alberta nipped Manitoba 2-1. The 0-2 start - losing both games by a single goal - was a tough way for Manitoba to begin the elite tournament.

"We had played B.C. in an exhibition game before and we beat them," Anderson said. "We went into the B.C. game thinking we can beat these guys and then we had a really bad bounce (go against us) in the Alberta game with a minute left."

This was the first year for Anderson on Team Manitoba. The 17 year old really enjoyed the experience of playing against players from other provinces.

"It's one of my biggest experiences yet," she said. "I wouldn't trade it for the world and I want to go back because it was such a good experience."

Manitoba will not play in another major event this season, meaning Anderson will be focusing on playing well for her other teams - the Winnipeg Avros and Selkirk Royals.

Ontario Red won the gold medal at this year's nationals, defeating Quebec 4-1. The bronze-medal game saw B.C. beat Ontario Blue 5-3.

# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Interlake Speed Skating Club hosting races this Saturday

By Brian Bowman

Earlier this month, the Interlake Speed Skating Club held a fun meet for several clubs from across Manitoba.

On Saturday, the local club will host a series of races that will count.

Speed skaters from across the province will converge on the Selkirk Rec Complex for the one-day event. Interlake is expected to have around eight to 10 skaters take part.

"The one (this Saturday) is a more competitive style of racing," said Malcom Scott of the Interlake Speed Skating Club. "There will be some really good racing, so it's worthwhile to come and check it out."

The racing day will begin at 9 a.m. and continue to 4 p.m. Admission is free.

The races held in Selkirk earlier this month were a great way to get some younger skaters some invaluable experience.

"We tried to have one competition short track and one competition long track," Scott explained. "It didn't cost the athletes anything to run that day, so we had as many as we could come

out.

"We had (60 skaters) from the little guys all of the way to the provincial team."

Scott said the local club has good numbers this season and a lot of skaters that are really interested in the sport. Interlake has a skater as young as seven and another as old as 16.

Still, they would always like to have more skaters join their club. Instructor Leslie Braun, who has coached with the Interlake club the past five years, said the numbers are "consistent" compared to past years.

"We've lost a few members but we gained them back," she noted. "We're pretty average with 12 to 15 skaters but it would be better (if the numbers were higher)."

Speed skating is an individual sport – and also a team one – at the same time.

"We would like to get the numbers boosted up a little bit," Scott admitted. "They all train as a team, so they get the camaraderie of training together as a team. Most of the kids like having both (elements of the sport) but when it comes down the competition,



RECORD PHOTO BY BRETT MITCHELL

The Interlake Speed Skating Club will host several races this Saturday at the Selkirk Rec Complex. Skaters from across the province will take part in the one-day event. Ethan Vanderburg, in front, and Kennedy Campbell will both be competing.

it's yourself."

The local club, which practices twice a week at the Selkirk Rec Complex, begins its season in October. The season then wraps up in early April. Scott said registration costs in the neighbourhood of \$450 to \$500, which includes all of the ice time and skate rentals.

"Typically, everyone rents skates for the first few years, because kids are continually growing," Scott explained.

Braun said having a skating background in hockey can be a benefit to speed skating.

"It's technical, so it does take a number of years to become really good," she said. "But anyone with a skating background can pick this up quite readily."

If anyone is interested in joining the club please contact: granger5@mymts.net or jmsscott@mymts.net



Representing the Interlake club will be Alex Campbell.

**The Selkirk Record**

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## take a break > GAMES

### SUDOKU

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

Fun By The Numbers

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

Level: Intermediate

#### Here's How It Works:

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

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

Sudoku Answer

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

Crossword Answer

## CROSSWORD

### CLUES ACROSS

- Sensitivity
- Angle between leaf stalk and stem
- Popular in Nebraska
- Hot drink
- A newt
- Engine additive
- Wealthy Connecticut town
- Not invited or requested
- Embrace
- Spiritual leader
- Wild or sweet cherry
- Day, actress
- Daughter of Ion
- Recline
- Type of acid
- City in Utah
- Lazily
- Music term
- Divulge a secret

### CLUES DOWN

- Very short skirt worn by

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17					18						19			
20				21		22				23				
			24		25				26					
27	28	29		30			31				32	33	34	
35			36			37				38				
39					40				41					
42					43				44					
45				46			47				48			
			49				50				51			
52	53	54				55			56		57	58	59	
60						61			62		63			
64						65					66			
67						68					69			

### ballerinas

- Group of eight
- Twyla \_\_, dancer
- Pouch
- Singer Charles
- Cattle genus
- Eye infection
- Where couples go to marry
- Long bench with backs
- Unrestricted free agent
- \_\_ Talks
- Causal agent
- Nincompoop
- Relating to the aura
- Person of conspicuous wealth
- Type of mottled fruit
- Essential
- Fertility god
- Folk singer Ives
- La \_\_ Tar Pits, Hollywood
- Foot
- Digital audiotape
- Drunk

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Men's light blue suit, coat & blue shirt sz. XL, pants sz.38-40 Pants in-seam (leg) 30, out seam 36. Immac. cond.\$50. Men's purple pinned striped suit, coat & white shirt sz. XL. Pants measurements same as above.\$50. Winter over-coat red, white & black for above EC \$100. Both suit, coats & pants have recently been dry cleaned. Had very little use. Ph. 204-785-8598.

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**UPCOMING EVENTS**

ECKANKAR, presents free "Spiritual Wisdom on Health and Healing" presentation. Thursday, November 24th, 6:30 p.m., Gaynor Regional Library, Selkirk. Explore spiritual nature of health/healings, guidance from dreams, effects of attitudes/beliefs, try spiritual exercises with light, sound to heal the past, understand why your life has hardships, discover HU a love song to God. Information 204-785-1742 [www.eckankar-mb.ca](http://www.eckankar-mb.ca)

Christmas Craft & Vendor Market, Sunday, Nov. 20 from 11 to 3 at Croatian Community Hall, 22 Skazyk Rd, Lockport. Free admission. ...all welcome! Proceeds to benefit Growing Years.

Clandeboye Community Club Craft Sale on Saturday, November 19th from 10 a.m. – 3 p.m. at Clandeboye Hall.

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

Selkirk Food Bank Annual General Meeting, Wednesday, Nov 16th, 7 p.m. at 310 Christie Ave. Everyone welcome.

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**PUBLIC NOTICE NOVEMBER AND DECEMBER COUNCIL MEETING SCHEDULE CHANGES**

Public Notice is hereby given of the following Council meeting changes for November and December 2016:

- November 22 Council meeting – cancelled
- December 27 Council meeting – cancelled

Mayor & Council  
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## Roast Chicken 4 Ways



- 2 whole chickens, about 3 lb/1.5 kg each
- 2 small onions, halved
- 1 small lemon, halved
- 10 sprigs of fresh thyme
- 2 tsp (10 mL) canola oil
- 1/2 tsp (2 mL) fresh ground pepper

### Directions

Preheat oven to 400° F (200° C).

Place onion and lemon half in each of the chicken cavities along with 4 of the thyme sprigs. Place on rack in roasting pan. Drizzle with oil and sprinkle with pepper and remaining 2 sprigs of thyme.

Roast in oven for 1 hour. Cover lightly with foil and continue roasting for about 20 minutes or until thermometer inserted in thigh

reaches 170° F (80° C). Set aside to rest.

Enjoy the chicken alongside your favourite side dishes. Then remove skin and bones from remaining meat and refrigerate. Use leftover meat (about 4 cups or 1 L from one chicken) in these packable lunches:

**Chicken and vegetable soup:** Add 2 cups (500 mL) chopped cooked chicken and 2 cups (500 mL) frozen diced vegetables to 4 cups (1 L) no salt added chicken broth and heat through before packing in a thermos.

**Chicken wrap:** Stir together 3/4 cup (175 mL) chopped cooked chicken with 2 tbsp (25 mL) hummus and spread over large whole wheat tortilla. Top with lettuce and roll up.

**Chicken quesadillas:** Divide 2 cups (500 mL) of chopped cooked chicken among 4 small whole wheat tortillas. Chop 1 red pepper and 2 green onions and divide over top of chicken. Sprinkle each with 2 tbsp (25 mL) crumbled goat cheese or grated light cheddar cheese. Fold in half and brown both sides in nonstick skillet or grill pan.

## Pecan-Crusted Chicken Tenders



- 1/2 cup pecans
  - 1/3 cup whole-wheat flour
  - 2 teaspoons paprika
  - 2 teaspoons dry mustard
  - 2 teaspoons garlic powder
  - 1 teaspoon onion powder
  - 1/2 teaspoon salt
  - 1/2 teaspoon freshly ground black pepper
  - 1 tablespoon expeller-pressed canola oil
  - 1/2 cup panko bread crumbs
  - 1 large egg
  - 1 pound chicken tenders, larger pieces cut in half lengthwise
- Preheat the oven to 475 F and line a

sheet pan with parchment paper. Whir pecans, flour, paprika, dry mustard, garlic and onion powder, salt, and pepper in a food processor until pecans are ground to a powder, about 30 seconds. Drizzle in the oil with the motor running, blending completely. Transfer mixture to a shallow dish and stir in the panko bread crumbs.

Beat the egg in a second shallow dish and add the chicken tenders, coating them completely. Transfer each tender to the breading, turning to coat evenly. Arrange the chicken on the prepared pan. Bake until golden brown and nearly firm, about 8 minutes.

**Note:** Chicken tenders come from the undersides of chicken breasts and are naturally portioned into strips, saving you time in cutting them. If you don't have chicken tenders, substitute chicken breasts cut into 4- x 1-inch strips.

## Skinny Chicken Parmesan with Spinach



For the sauce:

- 2 teaspoons extra-virgin olive oil
- 2 cloves garlic, sliced
- 1 28-ounce can whole tomatoes
- 1 1/4 teaspoon dried basil
- 1 1/4 teaspoon dried oregano
- 2 pinches salt
- 2 pinches freshly ground black pepper
- 1 1/2 teaspoon honey

For the chicken:

- 3 tablespoons grated Parmesan cheese
- 2 tablespoons whole-wheat flour
- 1 1/2 teaspoon salt, divided
- 1 1/4 teaspoon freshly ground black pepper
- 1 1/4 teaspoon dried basil
- 11 1/2 pounds chicken breast, cut into 6 pieces, pounded to 1 1/4 inch
- 2 tablespoons plus 2 teaspoons extra-virgin olive oil, divided
- 4 cups baby spinach
- 1 teaspoon lemon juice
- 3 3/4 cup fresh mozzarella cheese, sliced into 6 medallions (or shredded)
- 6 cups cooked whole-grain thin spaghetti tossed in 2 teaspoons olive oil

Preheat oven to 375 F and coat the bottom of a 9 x 13-inch pan with olive oil spray.

To make the sauce: Heat a medium saucepan over medium heat. Add oil and garlic and cook gently for 30 seconds. Do not brown. With your hand, squeeze each tomato into the pan and add basil, oregano, salt, pepper, and honey. Reduce to medium heat and simmer for 20 minutes, lowering the heat as needed.

To make the chicken: Combine parmesan cheese, flour, salt, pepper, and basil in a medium dish and coat chicken with cheese mixture. Place a large skillet over medium heat and add 2 tablespoons of oil. When oil is shimmering, add chicken, rounded-side down, and cook until golden on one side, about 5 minutes. Arrange chicken in a baking pan. Pour remaining 2 teaspoons of oil into skillet and add spinach. Cook spinach for 1 to 2 minutes until wilted and swirl in lemon juice. Gently press spinach to release water and divide spinach on top of chicken. Spoon sauce around and over the chicken, place mozzarella on top, and sprinkle with 1/4 teaspoon salt. Bake for 15 minutes until chicken is cooked through. Serve over spaghetti.

## BINGOS

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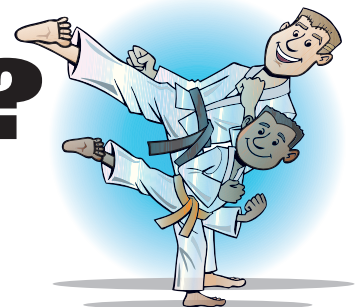
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**ANNOUNCEMENT**

**CARDS OF THANKS**

BUHR - The family of Brian Buhr wishes to thank all who expressed their sympathy by attending Brian's Celebration of Life on November 1, 2016; and for the cards and donations made in his memory. Thanks to Gilberts Funeral Home, Brackendale Luncheon Specialties for the lunch; and a special thanks to Bud McCormick for being the MC.

Thanks to all the staff of the Selkirk & District Hospital for the care and compassion shown to Brian as well as to his family.

-Grace, Darryl and family

**ANNOUNCEMENT**

**CARDS OF THANKS**

PURVIS - Sharon and her family would like to thank all relatives, friends and neighbours for the many cards, memorial donations, flowers and all acts of sympathy and kindness extended to our family following the passing of my husband, their Dad and Papa, Ted Purvis. A special thank you to his friends who took the time out to have tea with him and visit him in the hospital during his lengthy illness. Thanks to the beloved firemen who formed his honor guard, I know he was watching. A special thanks to my loving sisters in P.E.O. who helped with the lunch and dainties. Thanks to the hospital staff and Compassionate Care who were so kind to my Ted and were by his side until the end. Thank you also to the Home Care staff who helped me out as well as caring for Ted.

A special thank you to Leanne for playing and lending her lovely voice at the celebration. Thank you to Pastor Stan for his many prayers and compassion to Ted and our family. To Donnie Little and staff for his great lunch that he served. Thank you to the staff of Gilbert Funeral Home for their comfort and professional and personal care in helping us out at this heart-breaking time. Thank you all for the kindness from everyone, it will always be remembered.

- Sharon, Ted, Darcy, Sean and family

**ANNOUNCEMENT  
FIVE GENERATIONS**



**Five Generations!!**

Great Great Grandma Edith Zechel  
Great Grandpa Harvey Zechel  
Grandma Laura Cook  
Mother Danielle Farrand  
Baby Lilianna Raine Farrand

**ANNOUNCEMENT**

**BIRTH ANNOUNCEMENT**



**Lilianna Raine Farrand**

We welcome with love,  
Lilianna Raine Farrand, born October 3, 2016  
at 8:38 p.m. weighing 5 lbs 14 oz, 21 inches  
Proud Parents are Tyler and Danielle Farrand.  
Grandparents Ron and Diane Farrand,  
Todd and Laura Cook.

**ANNOUNCEMENT**

**IN MEMORIAM**



**Andrea (Andi) Bannish  
(nee Lajeunesse Jungkind)**

December 10, 1981 - November 18, 2010  
Everyday we miss our precious Andi and the bright future she should have had.  
Sadly missed and never forgotten.

-Danny and families

**ANNOUNCEMENT**

**IN MEMORIAM**



**Edwin G. Sutherland  
In loving memory of**

Ed, Dad, Grandpa, and Great Grandpa  
28 July 1928 - 19 November 2011  
All our memories keep you near,  
As five years have passed since you were here.

-Lovingly remembered by  
Frances and family

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