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The Selkirk Record

THURSDAY, DECEMBER 1, 2016

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Habitat helps local mom move into her first home



RECORD PHOTO BY LINDSEY ENNS

Stacy Dowan stands outside of her new Habitat for Humanity home along Taylor Avenue in Selkirk with her nine-year-old son Aidan before their house dedication ceremony last Friday. Dowan and her son officially took possession of their new home on Monday.

By Lindsey Enns

It's safe to say Stacy Dowan will never forget the time nearly 30 people stood in her freshly painted basement and she was handed the keys to her new home.

With a smile from ear-to-ear, tears filled Dowan's eyes as the founding member of the Habitat for Humanity Selkirk Chapter, Doreen Oliver, presented her with the keys to the house dozens of volunteers helped her build from the ground up.

"I am still thrilled and still in disbelief that this is actually happening," Dowan said while speaking to a large group of

family members, friends and Habitat for Humanity volunteers last Friday evening inside in her new home located along Selkirk's Taylor Avenue. "I feel like I can't say thank you enough."

The long-time Selkirk resident and her nine-year-old son Aidan officially got possession of their Habitat for Humanity home on Monday.

"I didn't realize how much support I had and it's just wonderful," Dowan said as tears filled her eyes. "This is a very exciting and new chapter for Aidan and I."

Continued on page 7

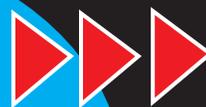


Manitoba 'AAAA' Provincial Champs

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Shooting in East St. Paul sends two to hospital

Staff

East St. Paul RCMP were on the scene of what they referred to as a "double shooting" in East St. Paul on Monday.

In a statement released Monday morning, East St. Paul RCMP said they responded to a report of a gunshot victim in the area of Raleigh Street between Glenway Avenue and Foxgrove Avenue in East St. Paul around 6:15 a.m.

RCMP said when officers arrived, they discovered both a male and a female gunshot victim.

Both victims were sent to hospital, and as of Monday afternoon, they both remained in stable condition.

Around 11 a.m. on Monday morning officers had parts of Glenway Avenue closed to traffic, and a number of police and emergency vehicles could be seen on the street approximately a block west from the intersection of Raleigh Street and Glenway Avenue.

RCMP said that it has been reported



RCMP officers and investigators were still on scene near the corner of Raleigh Street and Glenway Avenue in East St. Paul on Monday morning after a double shooting sent a man and woman to hospital, RCMP said.

a light-coloured four-door car with three male occupants was seen leaving the area at the time of the shooting.

"It is believed the car is connected to the shooting incident, and that this was not a random event," RCMP said

in a statement.

RCMP added there was no threat to public safety in relation to the incident.

RCMP Police Dog Services were also on the scene assisting with the investigation on Monday.

RECORD PHOTOS BY DAVE BAXTER

Some members of the Selkirk RCMP also assisted with the call on Monday morning.

Further information was not available as of Monday's press deadline.

Historic human remains reburied after private ceremony

By Lindsey Enns

Brokenhead Ojibway Nation's chief says he's pleased the province followed the proper protocol after human remains dating back to the 1840s were discovered along the Red River.

Jim Bear said he was contacted by the province's Historic Resources Branch after human remains, which included a skull, were spotted along the riverbank near the junction of Highway 212 and Highway 204 in East Selkirk on Oct. 22.

Bear said he made sure the proper protocol was carried out, including having a smudge ceremony where the remains were found.

"I give them credit for respecting Indigenous traditions," Bear said, add-

ing they were able to confirm the remains were from an Indigenous man that was approximately 30 years old.

Bear said a pipe was placed near the body along with a ceramic pottery bowl and beads.

Following a private ceremony, the man's remains were reburied at the St. Peter, Dynevor Old Stone Church, which overlooks the Red River north of East Selkirk, in early November, Bear said.

A provincial spokesperson said staff from the province's Historic Resources Branch worked with nearby Indigenous communities and a private service was held during the reburial of the remains.

The spokesperson added the re-

mains were exposed due to riverbank erosion.

Local historian Fraser Stewart said back in the 1800s it wasn't uncommon for people to be buried near or close to where they lived.

"At that time there was quite a bit of illnesses going around so there were a number of people that were dying ... so what a lot of people would do is just bury them in a location fairly close to where they live," Stewart said. "Quite likely that is what happened there."

"With the river being their main transportation route, their house could have been close to the river."

Stewart said as the riverbank continues to erode, it's possible more historic human remains will appear along

the Red River.

"There could be more remains come to light," he said.

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BIG DOLLAR

Black Friday sales give local businesses a boost

By Dave Baxter

One Selkirk business owner says she has come to expect a big boost in business when the annual Black Friday Weekend rolls into town.

"It's always my biggest weekend of the year," Gramma Carol's Gourmet Bulk and Health store owner Carol Manlow said. "It's a great thing for my business and I know it's a great thing for a lot of the businesses around here."

The Selkirk Biz's fifth annual Black Friday Weekend saw more than 40 businesses and organizations offer deals, sales and door crashers in Selkirk and area last weekend.

Manlow says the deals she offers during Black Friday weekend are good for her bottom line, but also important "because they always get new customers in the door."

"It always brings in new people and most definitely some will become return customers. When they leave they often say 'I'll be back.'"

"That's huge."

Manlow said she was happy with sales from this year's Black Friday



RECORD PHOTOS BY DAVE BAXTER AND BRETT MITCHELL

ABOVE LEFT: Selkirk Home Hardware employee Jeremy Thomas hands a free bird feeder to a customer last Friday morning during Selkirk Biz's Black Friday Weekend. ABOVE RIGHT: Shoppers with big smiles enter Canadian Tire in Selkirk last Friday morning during Selkirk Biz's Black Friday Weekend.

weekend, which she said were on par with Black Friday last year.

"I think it's important to support your local economy," Moccia said. "Yes you can go to the (United) States for Black Friday, but so many local jobs rely on people shopping locally."

"I feel if we can do as good a job here with Black Friday as the Americans, then save the gas, save the hotel

prices and shop locally."

Selkirk Biz executive director Sheri Skalesky said bringing new customers to the area is also important for new businesses in the community.

"We have businesses that are new to the community that participated this year and I do know some of them had their busiest day ever," Skalesky said. "It exceeded their expectations and

made them a believer in the event, and they definitely want to participate again next year.

"They now realize how important it is to be associated with this event."

On Tuesday morning Skalesky said a number of local businesses said their Black Friday profits were up from last year, and she believes a number of them broke sales records last Friday.

Homes for the Holidays tours bring visitors to Tri-S area

By Dave Baxter

Homes for the Holidays House and Heritage tours once again helped community members and visitors check out heritage sites while getting into the holiday spirit.

The three-day event, which kicked off last Thursday and wrapped up on Saturday with a day-long tour, asked participating property owners to open their doors to the public and decorate their properties for the holidays.

Event organizer Shirley Muir said the event helps bring visitors to the Tri-S area during a season when tourism is typically down.

"Tourism is at its highest during the summer and winter months when people are fishing, so a few of us wanted to find a way to bring people into the community when it's not peak tourism season," Muir said. "And it's an economic incubator because people are travelling into the community and spending their money locally."

Muir said part of the appeal of the event is seeing houses and other properties dressed up for the holidays, but it is also a chance to check out heritage buildings in the area.

"We combine not just people's homes, but we are also looking for



RECORD PHOTO BY BRETT MITCHELL

Manitoba Living History Society women dance during a wine, cheese and dessert reception at the Gwen Fox Gallery to kick off Homes for the Holidays House and Heritage Tours last Thursday evening.

interesting historic properties, and these are properties a lot of people might not normally enter."

Organizers also invited the Fire Heart Women's Traditional Hand Drum Group to perform traditional Indigenous music at St. Peter, Denevor Old Stone Church in St. Clements during the tour.

She said 10 properties took part in the tour last weekend in Selkirk, St. Andrews and St. Clements.

Muir said they wanted to "improve and enhance" from last year's tour, so

they sold 850 tickets this year and 650 last year.

"And they sold out a month in advance, they flew off the shelf," she said.

A portion of the funds raised from last year's ticket sales will be donated to a local charity while the rest will be used to help put on next year's event.

Muir said final numbers are not yet tallied but they expect to donate \$25,000 to Nova House women's shelter, and also start a new fund with the Selkirk and District Community Foundation.

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Santa stops at craft sale



RECORD PHOTOS BY LINDSEY ENNS

Santa Claus, pictured above, makes his grand entrance into the Selkirk Biz's Black Friday Weekend craft show and sale at Memorial Hall last Saturday afternoon. The craft show featured various vendors as well as pictures with Santa himself.



Operation Red Nose returns



RECORD PHOTO BY BRETT MITCHELL

Operation Red Nose volunteers pictured from left to right, Glen Hanson, Celeste Basson-Lambrechts and Karen Emmerson made a pit stop at The Merch in Selkirk last Saturday night. The designated driver program officially kicked off last weekend and runs Dec. 2, 3, 9, 10, 16, 17 and 31 from 9 p.m. to 3 a.m. To book a safe ride home, call the Selkirk branch at 204-482-6673. The service operates in Selkirk, East St. Paul, Garson, St. Andrews, St. Clements, Stony Mountain, Tyndall and West St. Paul.

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Impaired driving message hits home for students

By Dave Baxter

Amanda Oling still remembers the way she cried when RCMP officers came to her house and told her that her father was dead.

"I ended up falling to my knees and going into that hysterical crying," Oling said while speaking to students at The Comp last Tuesday. "You know that crying where it's more like a scream? You can't even breathe and your whole body just shakes."

Oling, a former Calgary police officer, was invited to speak at The Comp to tell students about the often devastating consequences of impaired driving.

She also wanted students to know how impaired driving changed her life and her family's life forever.

Back in 2004 Oling's 55-year-old father was driving to work on a rural Alberta highway when a 19-year-old impaired driver in a stolen truck drove head-first into his car while driving more than 120 km/h.

Flames engulfed her father's vehicle, making it impossible for bystanders or emergency workers to attempt a rescue, and in the end his body was so badly burned it took five days before medical examiners could identify him.

"In front of all of the witnesses and first-responders he burned to death in the vehicle," Oling said. "That's not a way that anyone wants to die."

"The interior of the vehicle was charred black, so you can imagine what was left of my dad's body when the fire was finally put out," she said to gasps from the audience at The Comp.

Oling now travels across North America talking to youth, adults, businesses and organizations about the dangers of impaired driving and also sharing her tragic and personal story.

"I was always daddy's little girl and now I can never talk to my dad again. For the longest time I just thought this



RECORD PHOTOS BY DAVE BAXTER
ABOVE LEFT: Amanda Oling speak to students at the Comp last Tuesday about the dangers of impaired driving, while showing a picture of her father who was killed by an impaired driver in 2004. ABOVE RIGHT: Grade 12 Comp students pictured from left to right, Nikki Buckle, Emily da Mata-Wiens and Mackenzie Brook signed a banner last Tuesday to honour the memory of those who have lost their lives as a result of impaired driving.

couldn't be happening. I had to be dreaming."

The impaired driver of the truck who crashed into her father's car survived, but not without serious injury.

"People stopped and they pulled him out and he was on fire from the top of his head to the bottom of his shoes," Oling said. "And when you are intoxicated you can't be given drugs for pain, so you can imagine the pain he went through."

"His fingers were so badly burned that they could not even take his fingerprints."

The man ended up spending four years in jail and not being allowed to drive a vehicle for 10 years after getting out. He also now has a permanent criminal record.

Oling said she has always felt anger towards the man that killed her father, but she also spoke about how the incident destroyed that man's life as well.

"Up to this point he was a good kid," she said. "He did not have a criminal record. He could be anyone that is sit-

ting in front of me today. He just made a wrong and horrible decision and it cost him and it cost us everything."

Oling ended her presentation by showing a slideshow of pictures of her father, which brought some in The Comp's theatre to tears.

Following her presentation a number of students approached Oling with some wanting to talk and others simply wanting to give her a hug.

Grade 12 Comp students Mackenzie Brook, Nikki Buckle and Emily da Mata-Wiens are all members of school's Teen Talk group, which works to help peers through difficult issues and situations.

During the month of November, Teen Talk is focused on the issue of addictions, so the students said it was a perfect opportunity to have Oling speak at the school.

Brook said during the presentation she imagined what it would be like if her own father were killed by an impaired driver.

"I found it very powerful because

I could relate and put myself in her place if that was my dad," Brook said.

Buckle said she believes a message from someone who has been affected by impaired driving is a strong way to convince others not to make the same bad decisions.

"We hear messages all the time about how drinking and driving is bad," Buckle said. "But it's a lot more close to the heart when you can put yourself in that person's shoes."

da Mata-Wiens said she hoped the message got through to other students in the theatre the same way it got through to her.

"I think it sets up the reality that this is real, and that these are the things that can really happen," da Mata-Wiens said.

Following the presentation, students also got the chance to sign a banner to honour the memory of those who have lost their lives as a result of impaired driving.

Coping with Grief and the Holidays
Monday, December 5th at 7pm at
Selkirk United Church, 202 McLean Ave., Selkirk
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Recycling residents help WSP earn \$15K

Submitted

West St. Paul residents recycled 174,214 tonnes during the first half of 2016, and by doing so brought more than \$15,000 back to the municipality through the province's Waste Reduction and Recycling Support (WRARS) rebate program.

The program, run through Manitoba Conservation and Water Stewardship, rewards municipalities for eligible recycling diverted from landfills. The WRARS payment for \$15,452.78, is for the period from January to June 2016.

West St. Paul residents actually recycled 196,130 tonnes, but due to a cap that limits the amount

of old corrugated cardboard eligible for the rebate to 15 per cent of total recycling, the rebate amount was reduced.

Each person in West St. Paul recycled .035 tonnes, just slightly above the provincial average of .034 tonnes.

The program paid participating municipalities \$88.70 per tonne during this reporting period.

A total of 133 municipalities participated in the program and recycled 38,490 tonnes, an increase of 6.7 per cent over the same period last year. The participating municipalities will share in \$3.4 million in rebates.

> 'THIS IS A NEW OPPORTUNITY FOR US,' FROM PG. 1

Dowan found out around this time last year that she had been selected to receive the eighth Habitat for Humanity home being built in Selkirk and she has been closely involved with the build ever since.

"I've put in hundreds of hours of volunteer work," she said. "I've been able to see it from when it was just the ground to what it is today."

Dowan said since construction started in March, the entire process has been "a great opportunity" for her and her son.

Dowan and her son previously lived at her mother's house in Selkirk for nine years and this is her first home.

"This is a new opportunity for us but you know grandma's place will still be home base," she said with a smile.

Dowan added she is looking forward to making her new house a home.

"I'm excited just to have this opportunity, for Aidan to have his own room and to have the space to run around if he wants," she said. "He's actually very excited."

Angel Fredericks, the local Habitat for Humanity chapter's volunteer coordinator said dozens of community and area volunteers helped with the build as well as the fundraising efforts for the home.

Through volunteer labour and tax-deductible donations of money and materials, Habitat for Humanity builds safe and affordable houses with help from the homeowner.

Habitat houses are sold to partner families at no profit and are financed with affordable, no-interest mortgages.

The homeowners' monthly mortgage payments go into a revolving fund, which is used to build more homes. Along with mortgage pay-

ments, each homeowner invests hundreds of hours of their own time into the building of their home and the homes of others.

Fredericks said the local chapter builds a new home in Selkirk every two years and they plan to start fundraising for their next build in the near future. Where the new home will be built is still being determined. So far the City of Selkirk has donated five vacant lots to Habitat for Humanity.

"This is kind of the last vacant lot that they have so we'll be approaching somebody else to see if they have a vacant lot," she said. "If they don't, then we will have to obviously be purchasing a lot which will add to the cost and the fundraising aspect."

Fredericks said they are currently trying to get a fundraising committee together. Anyone interested in getting involved is asked to contact Angel Fredericks directly by calling 204-330-7888 or via email at habitatangel@hotmail.com.

Fredericks said their group of dedicated volunteers worked tirelessly to help build Dowan's home. She added École Selkirk Junior High students also helped build an outdoor shed for Dowan and her son.

"I can not say thank you enough," Dowan said. "It's amazing, it really is. I hope other people get this opportunity."

She also encourages those interested to not be afraid to go through the application process.

Dowan said she looks forward to being a part of Habitat for Humanity in the future.

"I want to be able to help the next person ... I just want to be able to pay it forward."



RECORD PHOTOS BY LINDSEY ENNS

ABOVE: Stacy Dowan, pictured centre, smiles alongside her father Keith Hiebert, pictured left, who flew in from Texas, and her mother Belle Dowan of Selkirk, pictured right, during the home dedication ceremony for Stacy and her nine-year-old son Aidan's new Habitat for Humanity home along Taylor Avenue in Selkirk last Friday. BELOW: The founding member of the Habitat for Humanity Selkirk Chapter, Doreen Oliver, presents Stacy with the keys to her new home last Friday.



Trans-Canada Trail options now open



SUBMITTED PHOTO

Pictured from left to right: Red River North Trail Association (RRNTA) president and RM of St. Clements Coun. Glen Basarowich, RRNTA executive director Dan Lester, St. Clements Mayor Debbie Fiebelkorn, Selkirk MLA Alan Lagimodiere and RRNTA vice-present and RM of Brokenhead Coun. Sean Michaels gather at the Trail Head in front of the RM of St. Clements office near the Trans-Canada Trail last Friday afternoon. The East Selkirk gap portion project has now been signed and completed.

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Selkirk Record

getfishing

RED RIVER > CHALET BEACH > LAKE WINNIPEG

> ARNIE WEIDL

Pond fishing proves to be rewarding

Hi, thanks for stopping for a moment to enjoy a few fishing stories our buddies have been kind enough to share. Time and again lately I have stopped by the Ponds north of Lac du Bonnet hoping to meet some anglers. Finally, last week I found two chaps there, local boy Dan Dooly and Tyler Booner of Birds Hill there who had caught a couple of Tiger Trout. I probably should have talked about the "Tigers" before because they are so unique to the Ponds and a few other places however let me make amends now. Tiger trout are a spectacular fish with their yellow sides overlaid by brown worm-like patterns. These ferocious eaters are created in hatcheries by crossing brown trout eggs with brook trout milt which results in the breed being sterile but boy can they ever give a fight when hooked! If you get a chance, go over to the Ponds and try for them sometime. I was visiting folks at the Betel retirement home a couple of weeks ago and met a gal by the name of Jennifer Sweetland from Fraserwood who fondly recalled a childhood fishing experience when her grandmother took her riverbank fishing on Lee River north of Pinawa. They were setting when up grandma pulled out a jar of Noxzema and insisted that Jennifer put some on her Red Devil lure. Jennifer was a little hesitant but did what grandma asked then cast out her line. In minutes jackfish were taking her lure time after time. "It's worked for me for years," grandma uttered through her teeth as she reeled in another one. I guess we can add this unusual bait story to the others including wieners and kubasa! Last Saturday, in the cloudy, calm cool afternoon I roamed up and down the Red riverbank meeting and listening to the stories of so many interesting anglers. I ran into one chap, Frank Guzzi, who stood out because he had a clear idea of how he should live his life. He declared that he was a man who took



PHOTO SUBMITTED

Dan Dooly, left, and Tyler Booner with two Tiger Trout caught at the ponds north of Lac du Bonnet.

care of his job and family but other than that he was gone fishing. We've all heard the jokes about golfers who live on the golf course and horribly neglect their wives. Frank freely admitted that when it comes to fishing he's just as guilty. He was sitting in his favorite folding chair as we talked and according to him, he, the chair and his favorite rod had been to just about every lake and river in Manitoba. As he went on about his love of fishing and being alone in the outdoors I noticed his long straight dark brown hair that spilled over his broad forehead. With arching eyebrows over piercing eyes, a thin straight nose, a salt and pepper wiry mustache and pointy beard he was a commanding figure. His personality however was the exact opposite. He was a light hearted joker. "I've been married to three women and lost them all to fishing," he quipped as he scratched his beard reflecting, "the last one hit me so hard as she left, she knocked me tooth out!" "See," he cried as he pulled back his top lip to expose

a dark gap where a tooth should be! I just stood there not knowing what if anything to say as he told this tragic yet humorous tale. What else could I do! Later, a little further upstream I saw a gal in the process of landing a nice pickerel. I shouted encouragement asking who she was. She responded, "Carol Jackson of Winnipeg." Tall and thin, she had a rugged outdoor attractiveness about her with her long light red hair and a throaty mellow voice. We talked quietly in the misty afternoon as she gave an odd story where a month ago while fishing her dog splashed into the water grabbing one of the fish on her string and dragged the whole catch onto dry land. The dog was very proud of herself! In the following month the dog came to believe that was her job and now Carol can't break her of the habit! Well, it's starting to get cold now, I mean I saw anglers boat fishing on the Winnipeg River in their snowmobile suits so buddle up! Till next week, bye for now.

View the Selkirk Record online at www.selkirkrecord.ca



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Volunteers help bring abandoned rink back to life

By Dave Baxter

Dave Harcus didn't see much potential when he first laid his eyes on the old Kirkness Rink in St. Clements earlier this year.

"My first impression was not good," Harcus, the manager of recreation and leisure services for St. Clements said. "It had been abandoned for more than a decade so the weeds were higher than the boards, and there was a 12 foot tree growing right in front of the door to the warming shack."

"I didn't like what I saw when I first got there."

Harcus said St. Clements council asked him to go check out the former outdoor ice rink, which sits on Ashfield Road just east from the corner Highway 59 and Highway 44 in St. Clements.

Council did not know if the rink could be salvaged, or if it should be torn down, he said.

Despite his first impressions, Harcus ended up "pleasantly surprised" with the rink's overall condition.

"I expected the worst but when I took a closer look it was in amazingly



SUBMITTED PHOTO

A picture taken recently shows how the Kirkness Rink currently looks after undergoing more than \$3,000 in repairs.

solid shape for having been neglected all those years," he said.

Harcus has now worked with St. Clements council to do repairs to the rink, which has sat abandoned for more than 10 years.

Harcus said he now hopes the rink can be open to skaters by this winter

and once it opens it will be the only public outdoor rink in St. Clements.

Council has already put more than \$3,000 into the project and Harcus said many community volunteers pitched in to help stain the boards and cut the tall grass and weeds growing inside and outside of the rink.

"Council was very obliging and gave me resources to get started on it, and the community really stepped up," Harcus said.

Harcus said they will now work on getting hydro to the rink to get the lights working and heat into the warming shack, and he hopes they can get the rink flooded this winter.

He said he could not guarantee it would open for skaters this winter, but he is feeling "optimistic."

"We've had some nice weather so the guys just worked like crazy," he said. "It was a tight window of opportunity so guys were out working every day."

He added that considering the way the rink looked for many years, residents should be happy to see how it is being brought back to life.

"If you drive by it actually looks like a hockey rink now," he said with a chuckle.

More information about the Kirkness Rink project can be found by calling the RM of St. Clements at 204-482-3300.

Province announces \$502M in infrastructure funding

Staff

The Pallister government plans to invest \$502 million in improvements to highways, bridges and roads across Manitoba.

Infrastructure Minister Blaine Pedersen made the announcement last Friday in regards to the 2017-18 construction season, with a commitment to spend \$500 million per year over each of the following four years.

The province has also released the list of tenders earlier than usual to give the construction industry more time to prepare.

"We are excited to announce these plans for strategic investment that will improve our network of highways, roads and bridges with the goal of supporting economic growth in our province and keeping all Manitobans safe," Pedersen said in a release. "This stable, predictable, five-year funding allows industry the time to plan and

invest both in the coming year and beyond."

The 2017-18 construction tendering list includes projects such as paving, grading, upgrading bridges, and improvements to intersections. The minister noted the province will continue to leverage opportunities to partner with the government of Canada on capital projects.

The 2017-18 highway capital program of \$502 million can generate approximately 5,000 jobs and contribute \$400 million to Manitoba's GDP, Pedersen said.

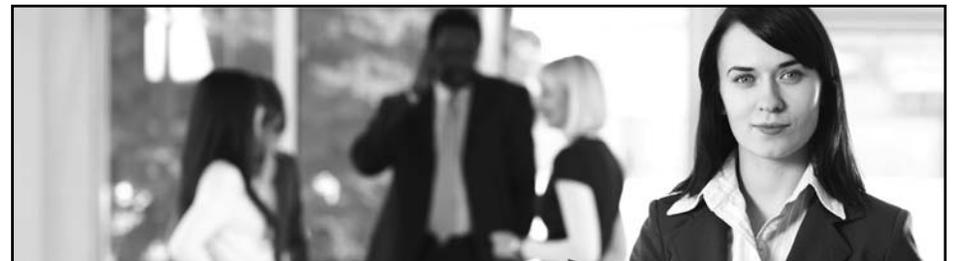
A full list of projects is available on the government's website.

Following the announcement, NDP MLA Jim Maloway said the Pallister government is cutting investments in highways and bridges by \$126 million and has no commitment to increase investments in future years.

The Pallister government's budget

this year cut highway infrastructure spending by \$88 million to \$540 million, Maloway said adding the an-

nouncement is a further cut of \$38 million for next year.



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Selkirk man wins home theatre package



RECORD PHOTO BY BRETT MITCHELL

Darin Smith of Selkirk and his wife Lisa, pictured to the left of the banner, is pictured with Selkirk Safeway store manager Terri-Lynne Dormer and Nathan Nickerson of Visions Electronics on Regent Avenue in Winnipeg last Friday afternoon at Selkirk Safeway. Darin was the winner of a \$25,000 KEF-Denon 5.1 Home Theatre as part of a Safeway contest.

Heliport opening aims to improve patient care across Manitoba

Submitted

Manitoba's first hospital-based roof-top heliport became officially operational at Health Sciences Centre (HSC) Winnipeg on Monday, improving access to care for critically ill and injured patients being airlifted to HSC.

"With this site open, it will be easier and faster for Manitobans to get the emergency care they need," Minister of Health, Seniors and Active Living Kelvin Goertzen said. "This partnership between the WRHA, HSC and STARS is a great example of health partners working together to make a real difference for patients, and further strengthens our health-care system."

Test flights were performed earlier this month so that STARS air medical crews and pilots could familiarize themselves with the new location.

"Manitobans living and working in rural or remote areas in need of life-saving care will benefit from expedited helicopter air ambulance transport times into and out of the roof-top heliport," said Betty Lou Rock, vice-president of operations of Manitoba for STARS. "STARS is pleased to be a partner in the process."

The heliport sits on the roof of the new, 91,000-square-foot Diagnostic Centre of Excellence (DCE), located between pediatric inpatient units of HSC Children's Hospital and the Ann Thomas Building, which houses critical care services including intensive care units, operating theatres and emergency departments. The DCE will house the province's first dedicated pediatric MRI and a new CT scanner, three new adult angiography suites and a shared adult/pediatric cardiac catheterization lab when it opens later in the new year. It will also consolidate pediatric X-ray, fluoroscopy and ultrasound services.

"HSC is Manitoba's provincial resource for many adult and pediatric emergencies such as trauma, stroke, burns and neurosurgical care," said Dr. Perry Gray, HSC's chief operating officer. "The ability to land right at HSC, with direct access to our specialists, will improve survival and quality of life for patients."

"Opening the heliport today is a game-changer in terms of our ability to provide timely access to life-saving care," said Helen Clark, chief operating officer of Emergency Response and Patient Transport with the Winnipeg Regional Health Authority. "Previously, helicopter air ambulances landed at the airport and transferred patients by ground ambulance. Removing that extra step will make a huge difference when minutes count."

HSC Winnipeg is the largest health-care centre in Manitoba. An operating division of the Winnipeg Regional Health Authority, HSC Winnipeg's 8,000 staff and volunteers provide acute hospital (tertiary and other) and community health services to the people of Manitoba, northwestern Ontario and Nunavut. HSC is the designated Trauma Centre for Manitoba, as well as the provincial centre for many specialized services, including transplants, burns, neurosciences and pediatric care.

STARS is a non-profit physician-driven helicopter emergency medical service that provides rapid and specialized medical care and transportation for critically ill and injured patients.

STARS has flown more than 33,000 missions since it began in 1985, including 568 emergency responses in Manitoba in 2015.

STARS operates 24-hours a day from bases in Winnipeg, Regina, Saskatoon, Calgary, Edmonton, and Grande Prairie.

WSP mayor wraps up infrastructure talks in Ottawa

Submitted

Wrapping up four days of meetings on Parliament Hill (Nov. 22-25), West St. Paul Mayor Bruce Henley says he found strong support for local infrastructure priorities among Parliamentarians of all political stripes.

Henley joined local leaders from across Canada on a delegation led by the Federation of Canadians Municipalities (FCM). He joined group sessions with the Finance Minister, Infrastructure Minister, and the leaders of the Conservative and New Democrat opposition parties.

High on the agenda were local priorities like ensuring the Federal Government continues to fund our ongoing wastewater and water projects. Discussions focused on the design for Phase 2 of this historic federal infrastructure plan. As the experts on the needs of individual communities, local leaders say Phase 2 should be based on long-term funding allocations that help communities plan ahead and deliver results.

Holiday Schedule

December 15th	Christmas Greetings Edition
Greeting Deadline – Mon., Dec. 5th, 4 pm Regular Paper Deadline – Mon., Dec. 12th, 4 pm	
December 22nd	Boxing Week Edition
Display Ads, Classified Ads or Announcements EARLY Deadline – Fri., Dec. 16th, 4 pm	
December 29th	Edition
Display Ads, Classified Ads or Announcements EARLY Deadline – Mon., Dec. 19th, 4 pm	

**Offices will be closed
December 24th
through January 1st.
Offices will reopen
Monday, January 2nd**

Happy Holidays!

BPW gather to help celebrate, support women MLAs

By Lindsey Enns

Business and Professional Women (BPW) of Manitoba came together to celebrate the strides women have made in politics over the years last week in Winnipeg.

"In today's world we want to really make sure that women are supported to enter the political realm from all levels," said Colleen Allan, past president of BPW Manitoba and current member of the BPW Club of Selkirk and District. "It takes a lot of courage these days to be part of the political process."

BPW Manitoba celebrated and honoured women MLAs elected in the April 19 provincial election during a special luncheon last Wednesday at the Norwood Hotel in Winnipeg.

Along with various women MLAs, Premier Brian Pallister and Lt. Gov. Janice Filmon helped open the event and House Speaker Myrna Driedger was the main speaker.

The event, entitled "Women's Choices and Women's Voices: Celebrating 100 Years of Suffrage," helped showcase successful women while encouraging and inspiring others to take part in the political process by exercising their right to vote or by entering the political process.

Proceeds from the event will go towards education scholarships and bursaries for women.

Allan said every four years BPW Manitoba comes together to celebrate and honour women who have been



RECORD PHOTOS BY LINDSEY ENNS

ABOVE LEFT: Business and Professional Women of Manitoba (BPW) member Colleen Allan gets ready to speak at the BPW Manitoba luncheon celebrating women MLAs in Winnipeg last Wednesday. ABOVE RIGHT: Premier Brian Pallister, pictured fifth from left, alongside Lt. Gov. Janice Filmon, pictured fourth from left, gather for a photo with women MLAs during last Wednesday's BWP luncheon.

elected.

Allan has been involved with BPW in many shapes and forms since 2003. She said it's been "a real growing experience."

"It's always a struggle when you are a woman to be seen as credible and to be seen as passionate and sometimes we can get a reputation because we are pushing the envelope and when you push the envelope there's always push back," she said. "Particularly in Manitoba, we have really made great strides."

Allan said their club in Selkirk has

worked hard to contribute to the community by working with Nova House, Selkirk Biz and promoting local businesses.

The Selkirk and district club will celebrate its 65th anniversary on March 18, 2017. Currently the club has about 10 members and they are always looking to welcome more. For more information visit selkirk.bpw.ca.

The local club will also host the 10th annual Community Vigil Walk, in conjunction with the Selkirk Friendship Centre and the City of Selkirk, on Tuesday, Dec. 6. Walkers will leave

the friendship centre around 6:30 p.m. and are encouraged to bring a flashlight or candle. A presentation will also be held after the walk outside the city's offices located at 200 Eaton Ave. at 7 p.m.

Last year more than 50 men, women and children took part in the walk, which raises awareness for missing and murdered women across Canada.

BPW aims to develop the professional, leadership and business potential of women on all levels of advocacy such as mentoring, personal development and skill building.

City to host parks strategy workshop Dec. 8

Submitted

The City of Selkirk will host a public workshop on Dec. 8 where citizens can add their voices to what will become a Parks Strategy for Selkirk's outdoor spaces.

The workshop will be held at the Rec Complex Banquet Room and will begin at 6 p.m.

Chris Carruthers, the city's director of culture, recreation and green transportation, said the city has been working on a Parks Strategy for about a year now and has consulted the public along the way, most recently with a Parks Survey in September.

The public workshop will build on information the city has already gathered and allow the people who use parks and trails and other outdoor spaces further opportunity to shape their future.

"The public isn't coming to this workshop to receive information, they're coming to provide information and opinions that can be used to form the Parks Strategy," Carruthers said. "We want to make sure the plan we're putting in place reflects what the public, who are the users of the parks, wants, and that what we're doing goes in the same direction as our Strategic Plan, and our overall Recreation Strategy. Everything's got to be in alignment."

Carruthers said the survey included questions about all city parks, green spaces, paths and trails, soccer and baseball fields, and the Waterfront. It sought answers on when people used certain spaces and why, as well as what they liked about them and what they'd like to see change.

According to the survey, 94 per cent of respondents went to one of the city's eight parks within the last 12 months and almost 40 per cent visited Selkirk Park weekly. Twenty-five per cent went to a neighbourhood park or the Waterfront weekly.

Carruthers said the survey revealed that people are really pleased with the direction the city is taking with parks and outdoor spaces, but they'd also like to see improvements to Selkirk Park, their neighbourhood parks and the trail system.

Public input is essential to the success of the Parks Strategy, Carruthers said, and when people speak, the city gets insight they didn't have before. For example, Carruthers said the Parks Survey showed some respondents had safety concerns in city parks.

"The people told us they felt they weren't safe in the parks, which was really news to us because we'd never heard any issues like that."

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Manitoba RCMP now equipped with naloxone kits

By Lindsey Enns

More Manitoba RCMP officers are now carrying a life-saving opioid antidote.

Every front-line RCMP officer in Manitoba is now equipped with a nasally-administered naloxone kit, according to RCMP.

In Manitoba, 1,010 kits have been distributed to RCMP officers.

Naloxone is a tool police use to counteract the effects of fentanyl or other dangerous opioids on those in medical distress.

The move comes in the wake of a "growing public health crisis" of synthetic opioid use throughout the province, the RCMP said.

"The safety of Manitobans and of our police officers is first and foremost," said Chief Supt. Mark Fisher, officer in charge of criminal operations for the RCMP in Manitoba said in a release last Thursday. "Equipping RCMP officers with naloxone kits is a public safety measure and was a priority for this division."

In November, there were at least seven suspected overdoses in Winnipeg linked to fentanyl, which is a drug used as a painkiller for terminally ill cancer patients and is 100 times more powerful than heroin.

Like many other controlled substances, fentanyl is present throughout the province.

"We are very aware of the presence of fentanyl in Manitoba communities, and we are prepared for the enforce-



SUBMITTED PHOTO

All front-line RCMP officers in Manitoba are now carrying a life-saving nasally-administered naloxone kit, pictured above. Naloxone is a tool police use to counteract the effects of fentanyl or other dangerous opioids on themselves or others who are in medical distress.

ment piece of this puzzle," Cpl. Scott Hanson, head of Manitoba RCMP D Division's synthetic drug operation said in a release last Thursday. "However, we cannot arrest our way out of this issue.

"We are also focussing on the prevention, education and harm reduction elements related to the use of fentanyl."

As of last week, Manitoba Health Minister Kelvin Goertzen said there have been at least 24 confirmed opioid-related deaths so far this year in Manitoba.

During the recent national summit on opioids, Manitoba called upon the federal government to take immediate action to stop the flow of illicit fentanyl and other opioids from countries such as China.

"I am pleased that today the RCMP and the Chinese Ministry of Public Security announced their commitment to work together to combat the illegal importation of these drugs into Canada," Goertzen said in statement last Thursday. "While I am pleased to see the federal government is taking these much needed initial steps, I

would note there is further work to be done.

"I urge the federal minister to move as quickly as possible to restrict the sale of pill presses across the country. Illicit drug manufacturers do not respect provincial borders and a co-ordinated, national response is required to ensure these tools cannot flow freely within Canada."

"I encourage the government of Canada to provide enhanced detection authority to the Canada Border Services Agency to ensure that fentanyl and other opioids are prevented from entering into Canada."

He added Manitoba will continue to work with our partners across the country and across the province "as we focus on immediate and long-term solutions to address this very real public health concern."

In an earlier interview with the *Record*, Hanson said the illegal use of fentanyl has risen "drastically" over the last year across the province.

"It's the most dangerous drug I've seen on the streets in my police service," said Hanson, who has been a member of the RCMP for 16 years and for more than 10 of those years has been directly involved with drug enforcement. "We are actively engaging every fentanyl file we can. Every one of them is being investigated."

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

Province aims to fight fentanyl with awareness campaign launch

Staff

The province has launched a new social media awareness campaign in

response to growing concerns over the number of reported overdoses due to fentanyl, a powerful synthetic opioid narcotic.

Speaking to students at a Winnipeg high school last Friday and a rural high school in Steinbach in the afternoon, Health, Seniors and Active Living Minister Kelvin Goertzen said that a significant increase in fentanyl-related overdoses has been observed in the past few years, with this number expected to increase again in 2016.

"Fentanyl and

other dangerous opioids are showing up in many drugs in our province, killing people of all ages and many backgrounds and putting non-users, including children, at risk," said Goertzen. "This growing trend is of great concern and we recognize that we must expand our efforts to ensure that everyone, user or not, is aware that these drugs kill."

Goertzen said the new social media awareness campaign, funded through the Federal Proceeds of Crime Fund, is needed to educate people about the dangers posed by these drugs to both users and non-users and their presence in common recreational illicit drugs.

"Fentanyl is a danger to everyone, it does not discriminate," Justice Minister Heather Stefanson said. "First-time users, long-time addicts and innocent bystanders are all at risk of harm when faced with the increased presence of these drugs in our communities."

The ministers explained the new campaign's focus is on prevention and aims to create awareness for every Manitoban. They added it is imperative that everyone understand that illicit use of fentanyl and other opioids can have devastating impacts.

In addition to the social media campaign, public health officials continue to look at both immediate and long-term actions needed to prevent and respond to overdoses in Manitoba.

The Manitoba government is developing a program to distribute naloxone to high-risk injection opioids users across the province. Naloxone is a medication used to reverse the effects of opioids, preventing accidental and potentially fatal overdoses. The Winnipeg Regional Health Authority launched a naloxone program earlier this year and several lives have been saved thanks to the availability of these kits, Goertzen noted.

For more details, visit manitoba.ca/fentanyl.

Local seniors teaming up for this month's art show

By Lindsey Enns

Local quilters, painters and carvers are coming together for this month's art show at Selkirk's Gwen Fox Gallery.

Nearly 40 artists and members of the Gordon Howard Active Living Centre will have their pieces on display until the end of this month.

"We just want to showcase our artwork and show what the seniors are up to," the show's organizer and local artist Pat Johnson said while standing inside the local art gallery last Thursday afternoon. "This is an absolutely fabulous group.

"We have award-winning carvers, we have award-winning painters, so it's wonderful."

Johnson said it's been three years since the group of artists put on an art show together.

Deanne Soke, who is a member of the centre's quilter's club, said they help raise money for Alzheimer's as well as make quilts for children in hospitals.

"We have a lot of fun," Soke said with a smile.

Gordon Kanne says carving new creations has become one of his favourite escapes from everyday life.

The Selkirk resident started carving 11 years ago after his wife attended an open house at the Gordon Howard Active Living Centre and connected him with a local carver.

"It's like going fishing where your mind is nowhere near the troubles around the house, it's escaping,"



RECORD PHOTO BY LINDSEY ENNS

Pictured from left to right: Dory McKnight, Pat Johnson, Deanne Soke, and Gordon Kanne hold up some of their pieces that will be showcased during the December art show at the Gwen Fox Gallery last Thursday afternoon.

Kanne said, adding his award-winning works of art over the years have included a pair of moccasins and various wildlife. "I started doing water colours and once I got hooked with that everything just fell into place."

Kanne's carvings and water colours will also be on display during this month's art show.

The Gordon Howard Active Living

Centre is a membership based, multi-purpose centre with an emphasis on healthy living styles for seniors.

The centre provides recreational activities, learning opportunities and informational workshops as well as promotes leadership, volunteerism and community participation.

The centre, which is located on the corner of Eveline Street and Manitoba

Avenue, services Selkirk, St. Andrews and St. Clements.

The centre is open from 9 a.m. to 4:30 p.m. Monday to Friday. For more information visit gordonhoward.ca.

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

Trapper tracks down 3 coyotes in East St. Paul following complaints

Submitted

The RM of East St. Paul has received several complaints of a coyote pack in the municipality that has been attacking family pets.

The RM has a trapper, who trapped three coyotes in the northern area of Pritchard Farm two weeks ago. No coyotes have been trapped since that time. The RM is continuing its trapping efforts.

Because there are traps set in the Pritchard Farm area, the RM reminds residents to keep your dogs on a leash, and don't allow any pets to roam loose.

Below is a list of ways to reduce coyote problems, as well as what to do if you encounter a coyote.

- Do not feed coyotes or any other wildlife, especially near human habitation.

- Keep all garbage in plastic or metal containers with lids tightly secured.

- Keep children under close supervision while they are outside.

- Bring pet food inside a secure location every night or, better yet, feed your pet indoors.

- Keep pets inside at night and under close supervision while they are outside during the day.

- Avoid close contact with any wild animal or wild animal feces to prevent exposure to disease or parasites, and ensure your pet's vaccinations are up to date.

- Coyotes can also be removed by a homeowner at anytime in defense of

private property or to protect personal safety on land that they own. Property owners may also use the services of another individual, such as a licensed trapper, to address a particular problem coyote on their property.

- Never approach or crowd a coyote — give it an escape route.

- Stop, remain calm and assess your situation.

- If the coyote seems unaware of you, move away quietly when it is not looking in your direction.

- If the coyote is aware of you, let it know you are human: shout at it, wave your arms above your head to make yourself appear more threatening, throw stones or other objects at it.

- If the coyote continues to approach, back away slowly and move toward buildings or human activity.

- Do not turn away or run — this may encourage the coyote to chase you.

— Tips courtesy of the Province of Manitoba's Wildlife Branch



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LSSD collects community feedback at final forum

By Kara Famakinde

The Lord Selkirk School Division (LSSD) held their final community forum last Tuesday evening at The Comp in an effort to collect feedback from community and area residents.

This was LSSD's fourth and final forum leading up to school board's 2017-18 budget deliberations. The three previous forums were held throughout the division at William S. Patterson School, Happy Thought School, and Walter Whyte School.

The main goals of these forums are to have the opportunity to listen to the comments and concerns of attendees from different areas within the division, and recognize the repeating trends. These reoccurring trends help to develop the division's 2017-18 budget.

LSSD Supt. Scott Kwasnitza began the evening with opening remarks regarding the school board's mission statement.

"I really like that the word care comes before excellence, because without care there can be no excellence," Kwasnitza said. "We focus on succession planning and really communicating and involving the community. We are now more inclusive and diverse than ever before, and are making strides to improve in all aspects."

"We want what's best for kids in our classrooms. This includes the quality of teaching, programs and services, as



RECORD PHOTO BY KARA FAMAKINDE
Community and area residents as well as Lord Selkirk School Division (LSSD) staff members gathered at the Comp last Tuesday evening for the division's fourth and final community forum before LSSD's 2017-18 budget deliberations.

well as staff development and training."

During the 2016 school year the board developed a "student success for all" program with the goal of ensuring equality for all students throughout the division.

Roughly 45 people attended last week's community forum and themes discussed included the lack of full-time kindergarten opportunities.

This concern was debated between

attendees due to the lack of evidence that full-time kindergarten is actually beneficial for these children.

Overcrowding of buses was also brought up by another attendee. Steps have been taken to improve the bus system; the board has organized a communication system accessible by phone or Internet that alerts parents/guardians of bus cancellations etc.

Other concerns included equality in funding for the division's arts pro-

grams (music, art, and drama etc.).

"We are considering a city run performing arts centre," LSSD board member Ken Avery said. "We are in the process of negotiating details with the division and the city, and \$100,000 has been set aside in the budget for this performing arts centre plan."

Another issue brought forth was the need for more school psychologists to address students' difficulties such as addiction and students living with disabilities.

"We need more specialized, trained staff such as social workers and psychologists to avoid missing the wide scope of issues our students are facing," one attendee said. "Without the coordination of insurance companies and the school counsellors we are allowing students to slip through the cracks and depriving them of equal opportunity to have their individual needs met."

Partnering with private insurance companies came up as a solution to this problem. One group also mentioned the idea of having Indigenous studies as a requirement from grades K-12, a mandate that was passed at the University of Winnipeg this year.

The division closed the forum with the summarization of everyone's concerns and emphasized that anyone is welcome to contact a school board member with any and all feedback and questions by calling 204-482-5942.

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**RECORD PHOTO BY
DAVE BAXTER**

Robert Smith School students pictured from left to right, Beth Penner, Samuel Roberts, Tehya Blackburde Moore and Beau Bodman didn't let a little snow keep them from getting outside last Tuesday afternoon. The students spent their recess building a snowman and playing in the snow in the school's playground area.

Students team up to build a snowman in the snow



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How to tame indoor home odors

A clean home interior can make a strong first impression on prospective buyers, but only if that home is accompanied by pleasant scents. Odors can make a strong impact on buyers' perceptions of a home, including its level of cleanliness and upkeep.

Although dirt and other grime can contribute to the odor of a home, additional culprits can contribute to foul smells as well. Everything from pets to the foods cooked in the kitchen to the hidden presence of mold can impact air quality and odor inside a home. Fortunately, there are ways to remedy stinky problems and come away with sweet-smelling solutions.

It's important for homeowners to realize that foul air inside a home can be the result of poor indoor air quality - which can be a health hazard. The Environmental Protection Agency ranks indoor air quality as a top five environmental risk to public health. EPA studies found indoor air pollutants were generally two to five times greater than outdoor pollution levels. In some cases, indoor air pollution was 100 times greater. The Consumer Product Safety Commission says the following can contribute to poor indoor air quality and also to some

interior odors: combustion sources; tobacco products; building materials and furnishings; wet or damp carpet; cabinetry or furniture made of certain pressed wood products; products for household cleaning and maintenance and even outdoor sources such as radon, pesticides and outdoor air pollution.

So how does one remedy poor indoor air quality and odors inside a home? These tips can improve conditions.

- Ensure adequate ventilation. Open windows and doors when weather permits to eliminate the concentration of pollutants and help air out odors. Use exhaust fans in kitchens and baths to pull indoor air to the outside.

- Invest in an air filter. A high-efficiency particulate air filter will force air through a fine mesh and trap harmful particles, such as pet dander, smoke, pollen, and dust mites, that can build up in a home. Remember to change the filter regularly.

- Increase the number of plants. Plants can brighten interior spaces, and they're also remarkable at clean-

Continued on page 17



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Judging a home by its appearance is often par for the home-buying course. An appealing home exterior suggests the homeowner takes pride in his or her home and wants to make every effort to maintain that home. Curb appeal involves various components a home's exterior, but beautiful landscaping can make a home stand out. While maintaining a lawn is something many homeowners may think is exclusive to spring and summer, lawn maintenance is really a year-round endeavor. The following steps can help anyone maintain curb appeal no matter the season.

Spring

Spring is a season of renewal when plants and trees will begin to look fresh and green once more. Spring maintenance includes applying fertilizer to lawns, replenishing mulch in planting beds, creating more pronounced edges around the lawn and garden beds, and testing soil. Some homeowners like to apply a weed-prevention product in the spring as well. Spring is a good time to plant annuals that will add a pop of color to the landscape. For those concerned about permanent planting, container gardening allows homeowners to move around planters in a configuration that works best for them.

Summer

Summer landscaping is all about maintaining what was established in the spring. Regular mowing, weeding and trimming can keep a landscape manicured. Other than drought, weeds are perhaps the biggest lawn and garden nuisance to a landscape in the summertime. Black medic, carpetweed, knotweed, mallow and prostate

spurge are some of the weeds that will crop up during the summer. Seeds begin to germinate as soil warms up, control with a broadleaf postemergent herbicide applied when the weed is actively growing will help prevent weeds from suffocating lawns.

Autumn

Autumn is often a forgotten season when it comes to maintaining a landscape. However, fall is a key time to keep landscapes in order. According to the landscaping resource LoveYourLandscape.com, fall is the ideal time to tend to a lawn that just endured summer heat. Seeding and fertilizing can ensure a stronger lawn come next spring. Perennials should be pruned and cut back. Raking leaves will help keep the property looking presentable.

Winter

One of the ways to maintain an attractive landscape throughout winter is to install plants that can survive the colder temperatures. Winterberry is a cousin of holly, but loses its leaves in the fall. The bright red berries can be a stark contrast to the white of winter snowfall. Camellia is an evergreen that blooms from fall to early spring and looks like pink roses. Heather is a popular plant in the United Kingdom, but is growing in popularity on this side of the Atlantic as well. The Home Depot says this plant blooms all year and offers beautiful flowers in summer and fall. In winter, the thick foliage makes for an appealing contrast to the more delicate blooms of other winter plants.

Maintaining a landscape through the seasons makes a home attractive all year long.



Your Local Community Home Real Estate Section

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> HOME ODORS, FROM PG. 15

ing indoor air. The Clean Air Study conducted by NASA set out to find out the best way to clean the air in space stations. The association found that the Boston fern, spider plant, Chinese evergreen, weeping fig, variegated snake plant, and English ivy, among many other plants, were ideal for filtering air and removing harmful contaminants.

- Ditch disposal odors. Food can become trapped and decompose in garbage disposals. Cut citrus fruit into chunks and drop them into a running disposal to remove many odors.

- Air out the washer. New washing machines have tight seals and gaskets that do not allow air to penetrate (or water to leak out). Mildew can

grow as a result. Leave the washer door open after a round of laundry to let things dry and air out.

- Tame pet odors. Pets contribute heavily to odor in a home. Wet dog smells are prevalent on rainy days, while cat litter boxes can pack a pungent punch. Cleanliness can cut down on smells. Use activated charcoal in litter products to tame smells and empty the litter box frequently. Make sure dogs are dried off thoroughly when coming in from the rain, and use a deodorizing spray on pet fur. Regular grooming can help as well.

Odors in a home can be embarrassing and set a poor tone when inviting company over or showcasing a home for prospective buyers. Keep odors at bay by identifying the sources of smells and taking action.

Did you know?

Real estate agents help buyers and sellers through the often complicated process of navigating the real estate market. Individuals not only want to find an agent with expertise, but also one with whom they have a strong rapport. By asking agents certain questions up front, prospective home buyers and sellers can find the right real estate agent for their needs and save time and money in the process. The following tips can help buyers and sellers find the right agent.

- Find out how long the agent has been in the business, including how many homes he or she turns over on average. Think about using an agent who is a full-time real estate professional, rather than one who only dabbles part-time.

- Consider which geographic areas the agent handles. It's best to find an agent who is familiar with a particular town, city or even subdivision.

- Assess the agent's personality and ability to remain calm under pressure. He or she can then extend that placid demeanor on to buyers or sellers who may be feeling stressed by the prospect of home ownership.

Smart Move!

Daniel Kreutzer
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Maximize fall and winter energy savings with simple tips

(MS) - By Scott McGillivray

As temperatures decrease during the fall and winter months, energy usage and costs tend to climb. These five energy-saving tips for your home will ensure the comfort of your family and your wallet.

1. Adjust your thermostat. Lower the heat on your thermostat while you are away from home and before you go to bed. Better yet, invest in a programmable thermostat so you don't have to give it a second thought.
2. Seal gaps around windows and doors. Cracks and gaps around windows and doors can let cold drafts into your home. Weatherstripping or caulking will seal these problem areas and keep your home warmer, without having to turn up the heat.
3. Insulate well to protect your home from the cold. Add insulation to your basement walls, headers or attic to make a noticeable difference in the temperature of your home and its energy consumption. A mineral wool product spe-

cifically designed for thermal performance, such as Roxul Comfortbatt, is ideal. This type of batt insulation will also provide protection from fire, moisture and unwanted noise. Adding insulation is one of the simplest and most-cost effective ways to increase home energy efficiency.

4. Make use of natural sources of heat. Pull back your curtains to let natural light in. The sun can help to warm a room with its rays on a bright fall or winter day. If there are any large windows in your home that don't receive much sunlight, keep the curtains closed to form a barrier from the cold.

5. Use ceiling fans to your advantage. In the winter, set the fan to rotate clockwise. The blades will pull the air up and around, redirecting warm air that rises back down into the living space. The effect can help you lower your thermostat by two degrees in the winter. While cutting back on energy may seem more challenging as the weather gets colder, it doesn't have to be. There are many no- or low-cost methods to conserve energy that can provide consistent savings over time.

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Trail signs bringing local history to life in West St. Paul

By Dave Baxter

West St. Paul hopes some new signs in the community will give those using the RM's walking trails a lesson in local history.

"We wanted to have it so that when people that are walking, running or cycling on these trails hit destination locations they are able to get some education about these locations and about our history," West St. Paul Mayor Bruce Henley said.

Henley said that as part of the West St. Paul Trails Legacy Project the RM spent approximately \$15,000 to erect

four new signs.

Those signs can now be found outside at the Sunova Centre, the West St. Paul Municipal Building, Centennial Park and Rivercrest Park in West St. Paul.

"We've started with four, and each year we plan to add at least one more," Henley said.

The signs, which are all set up along the community's approximately 15 kilometres of walking trails, provide facts about locations as residents pass those locations on the trail.

"We thought that as part of peo-

ple's walking or exercise routine they could get some education," Henley said. "There is a lot of history in this community, and we want to provide an education through these signs to show people there are these interesting facts about our community."

"We really want to promote our history."

The signs include facts as well as historical photos and information on the signs is available in both French and English.

The signs also show maps of the trails and of the community, Henley

said.

"Since they have been up I have had so many positive comments about this project. People are really happy," he said.

Henley added that West St. Paul School will be able to utilize the signs because educators often take students for walks on the community's walking trails.

Henley said the trails system in West St. Paul is available during all four seasons, and he hopes they get use during the winter months, as well as during spring, summer and fall.



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Selkirk set to host MS self-help group meetings

By Dave Baxter

Karla Wasylik knows the thoughts that can run through a person's head when they are living with Multiple Sclerosis (MS).

"What's so hard is not knowing from day-to-day how you are going to feel or what's going to happen," the 33-year-old Selkirk resident said. "A person with MS can get depressed and anxious because of that uncertainty and if they get lost in those thoughts it can snowball."

"It can be hard to get out of that mindset."

Wasylik knows all too well about both the mental and physical challenges that come with MS. Wasylik was diagnosed with the disease, which is classified as an autoimmune disease of the central nervous system, about 10 years ago at the age of 23.

For the last year she has been working with the Manitoba Chapter of the MS Society of Canada to bring an MS self-help group to Selkirk, and that group will hold its first meeting on Dec. 8 from 7 p.m. to 8:30 p.m.

The meetings will take place once a month falling on the second Thursday

"WHAT'S SO HARD IS NOT KNOWING FROM DAY-TO-DAY HOW YOU ARE GOING TO FEEL OR WHAT'S GOING TO HAPPEN."

of each month, and those looking to get more information on the location and register for a meeting are asked to contact the program co-ordinator Ada-Jane Okonkwo at 204-988-0904, or via email at adajane.okonkwo@ms-society.ca.

Anyone affected by MS including those living with the disease and those who care for others with MS are welcome to join the group.

Volunteers at the meetings will show educational videos, talk about different ways to deal with the mental and physical effects of the disease and also



SUBMITTED PHOTO
Karla Wasylik, 33, of Selkirk who has lived with MS for 10 years has worked with the Manitoba Chapter of the MS Society of Canada over the last year to help bring an MS self-help group to Selkirk.

let those with MS know about other resources that are available in the community.

The group will also give those with the disease a chance to meet others dealing with the same challenges and "discuss those challenges and share

ideas," Wasylik said.

"I think it's just so important that people get out and meet others that are going through the same thing," she said. "I am very open when people ask me about my experiences with the disease."

"Having a group of people to connect with that know what you are going through is very beneficial."

According to the MS Society of Canada's website MS is "unpredictable and can cause symptoms such as extreme fatigue, lack of coordination, weakness, tingling, impaired sensation, vision problems, bladder problems, cognitive impairment and mood changes."

Ada-Jane Okonkwo, who is co-ordinating the program in Selkirk, said there can be a number of benefits to MS self-help groups including "reducing social isolation, providing the opportunity to meet new friends, and providing education on self-management strategies for MS."

She added that about 3,500 Manitobans currently live with MS.

More information about MS can be found online at mssociety.ca.

Heartfelt thanks to heroes who saved Stonewall woman

By Jennifer McFee

Life can change in a heartbeat.

Few people know that better than the Oughton family, who are still reeling from a traumatic incident that nearly took the life of their beloved mother.

On Friday, Nov. 4, 71-year-old Lorraine Oughton of Stonewall embarked on a weekend getaway to Grand Forks with her daughters Lana and Laurie, son Dale and granddaughter Cara McCullough.

They planned to spend two nights together in the States to do a little shopping, enjoy time together as a family, and dine in the great restaurants of North Dakota.

On the Saturday evening, they sat down to a meal at the Toasted Frog, their favourite restaurant in Grand Forks.

"We all ordered our meals and we were having the best time," Dale said. "My sisters and I are always joking around, and my mom was in her glory with three of her kids and her granddaughter there."

But then things took a turn for the worst when Lorraine suddenly went completely silent. They didn't know it in the moment, but she had choked on a piece of filet mignon. Laurie laid her mother down on her side on the restaurant floor. Someone else yelled out



PHOTO SUBMITTED

The Oughton family would like to thank their heroes who came to the rescue during a recent medical emergency.

to call 911, while Lana called out into the restaurant to see if anyone knew CPR.

Seconds later, three people rushed to their sides to provide expert assistance: Nancy Friesen-Vokey, an ER nurse at St. Boniface Hospital; Shane Wasylyow, a restaurant server who is training to become a firefighter; and Cody Boyle, an American medical student.

"At the time, we didn't know she was choking. We didn't know what was going on. Then the severity of the aspiration caused our mom to have a heart attack," Dale said. "Within seconds, Nancy was at my mom's side performing CPR. Then Shane took over for Nancy and she turned her focus to working with us because we were traumatized — the person we love the most is lying on the floor with

no heartbeat."

Their three "angels" in the restaurant were unable to get a pulse, but paramedics arrived at the restaurant in four minutes and they were able to get a heartbeat on the way to the hospital. Two police cars rushed the rest of the family to the hospital to be by Lorraine's side.

Lorraine spent five days in the intensive care unit. She couldn't speak for the first four days, but on Day 3, she was able to open her eyes and squeeze her family's hands.

Lorraine was eventually moved out of the ICU to another hospital room with 24-hour care where she had a nurse assigned to her due to the gravity of her situation. Then on Thursday, Nov. 17, she was released from the hospital. Dale picked her up and brought her to Laurie's home in Stonewall, where she continues to recuperate. Home care is being set up to help with the recovery process.

Although the CPR was necessary to save her life, it caused several broken ribs that have been quite painful for Lorraine. She also developed pneumonia due to fluid in her lungs, which were damaged due to the choking.

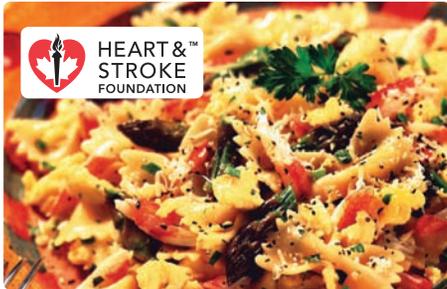
In the spring, the Oughton family plans to host a thank-you party for their heroes with visits in both Winnipeg and Stonewall.

get inspired

> MEAL IDEAS

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Farfalle with Crabmeat, Asparagus, Scrambled Eggs, Garlic, and Herbs



- 1 pound farfalle
- 1/2 pound asparagus, trimmed and sliced diagonally, 1/4-inch thick
- 10 extra-large eggs
- 4 tablespoons unsalted butter
- 1 garlic clove, minced
- 1/4 cup freshly grated Parmesan cheese, plus more for serving
- 2 tablespoons heavy cream
- 1/2 pound cooked lump crabmeat, picked over to remove any bits of shell or cartilage
- 1/4 cup finely chopped fresh chives
- 2 tablespoons finely chopped fresh Italian parsley

Freshly ground black pepper
Bring a large pot of water to a boil. Add the farfalle and cook until al dente, following the manufacturer's suggested cooking time. About 2 minutes before the pasta is done, add the asparagus.

Meanwhile, in a mixing bowl, beat the eggs with a fork or whisk until slightly frothy. Set aside.

When the pasta and asparagus are done, drain and set aside. Immediately melt the butter in a large skillet over medium heat. Add the garlic and sauté until fragrant, about 1 minute. Add the pasta and asparagus and toss briefly to coat them with the butter mixture. Pour in the eggs, add 1/4 cup Parmesan and the cream, and stir and toss the mixture until the eggs just have begun to form moist curds, about 2 minutes. Add the crabmeat, chives and parsley and continue cooking and tossing until the eggs have formed more solid curds that cling to the farfalle, 1 to 2 minutes more.

Serve immediately, passing freshly grated Parmesan and black pepper for guests to add to taste.

Best Oatmeal Ever



- 1 cup rolled or steel-cut oats
- 11/2 tablespoons fresh lemon juice
- 1/8 teaspoon sea salt
- 1/4 cup dried cranberries, cherries, raisins, currants, or a mixture
- 1/4 teaspoon ground cinnamon
- 1/8 teaspoon ground cardamom
- 1/8 teaspoon powdered ginger or grated fresh ginger
- 1 teaspoon maple syrup
- 1/4 cup organic milk or soy milk (optional)

Chopped toasted almonds or a dollop of Fruit Compote (see box) for garnish

Place the oats in a pan or bowl with water to cover and add the lemon juice. Soak overnight. Drain through a fine-mesh sieve and rinse well under cold water.

In a four-quart pot, combine the oats, 2 cups water, and the salt. Bring to a boil over high heat and cover. Decrease the heat to a simmer and cook for 10 minutes, stirring occasionally. Add the dried fruit, cinnamon, cardamom, and ginger. The oatmeal will become very creamy as the water evaporates. Add the maple syrup and milk and stir. For less-moist oatmeal, leave the lid off for the last 3 to 4 minutes of cooking.

Serve in a colorful bowl; garnish with toasted nuts or a dollop of compote. PC121624

SIDEBAR: Fruit Compote Makes 4 to 5 cups

- 1 cup pitted prunes
- 1 cup unsulfured dried apricots
- 1 cup dried cherries or raisins
- 3 cinnamon sticks
- 6 cardamom pods, or 1/4 teaspoon ground cardamom

- 1/2 teaspoon chopped fresh ginger, or 1/4 teaspoon powdered ginger
- Pinch of sea salt
- 1/4 teaspoon fresh lemon juice

Place the prunes, apricots, cherries, cinnamon, cardamom, ginger, and salt in a medium saucepan. Add water to cover the fruit. Soak overnight, if possible, or for a few hours before cooking.

Bring the mixture to a boil over high heat. Decrease the heat to low and slowly simmer for about one hour, or until all the ingredients are very, very soft and the liquid has become syrupy. Stir in the lemon juice.



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Egg, Shrimp and Scallion Pancakes

- 1 pound medium shrimp, peeled
- 5 eggs, beaten
- 2 scallions, white and green parts, chopped
- Salt

Canola or other neutral oil for frying
Fish sauce or light (regular) soy sauce for serving

1. Refresh the shrimp by putting them in a colander and tossing them with a liberal amount of salt. Rinse immediately under cold water and press gently to drain well. Put the shrimp in a bowl, add the eggs and scallions, and mix well.

2. Put enough oil into a large nonstick skillet to coat the bottom thinly. Place over medium heat and heat until a drop of egg immediately sizzles and bubbles upon contact

with the oil. To make each pancake, ladle about 2 tablespoons of the egg mixture into the skillet, making sure that a few shrimp are included in each portion, and then quickly nudge the shrimp in each pool of egg so they don't overlap. Fry only as many pancakes at once as will fit without crowding, about 3 pancakes at a time in a 12-inch skillet. Don't worry about the shape each one takes, as they are meant to be free-form. When the edges of a pancake are set and lightly browned, after about 2 minutes, use a spatula to turn it carefully. (If the pancakes have stuck together, use the spatula to separate them before flipping.) Fry for another 30 seconds to 1 minute, until browned on the second side. Transfer the finished pancakes to a plate and keep warm while you fry the rest.

3. Arrange the pancakes in 2 plates or a platter and serve with the fish sauce for dipping.

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Royals crowned provincial champs once again

Selkirk wins third JV boys' title in past four seasons

By Brian Bowman

The Selkirk Royals junior varsity boys' volleyball team has done it again.

Selkirk won its third MHSAA "AAAA" title in four years under head coach Ryan Penner after a convincing 3-0 (25-18, 25-18, 25-16) sweep over the Garden City Fighting Gophers Monday evening at Investors Group Athletic Centre on the University of Manitoba campus.

"It was a real team win," said Penner soon after winning the provincial title. "Everyone was executing and everyone was playing well. Our team defence was superb and we blocked extremely well. Our energy was high and the boys really came to fight."

As KPAC rivals, Selkirk and Garden City played against each other during the season. Penner has a lot of respect for the Fighting Gophers' program.

"They are a really good team," he stressed. "They're very defensive and we knew that they were very scrappy and would fight back."

The Royals, at times this past season, would win the first set but then struggle in the second one. That didn't happen Monday in their biggest game of the season.

After winning the first set 25-18, Selkirk grabbed an 8-4 lead in the second. The Royals never looked back and were the better team throughout the entire match.

"We kept the gas (pedal) down the entire time," Penner said. "It was good to see."

What also is good to see is the Royals having a tremendous amount of success at the junior varsity boys' level. Winning provincial championships is never easy, but Selkirk has been making it look that way in recent years.

"I grew up in Selkirk and I grew up looking at those banners but I never got one as a player," Penner said. "I always wanted to put one up there for the school, the community, so to win two in a row is special."

"For the kids and the program, this is really exciting and it makes you feel good."

Meanwhile, Chris Faial, a talented left side, had a strong match against Garden City and was deservedly named the MVP for the provincials.

"He's been improving all season and he's put pressure on himself to perform in big moments," Penner explained. "He played his best game (tonight). He was powerful at the net and passed really well for us."

Selkirk middles Damon Budge and Nick Brzoza were also very good and were selected as provincial all stars. The middle position was an important one for Selkirk all season.



RECORD PHOTO BY BERN LEBLANC

The Selkirk Royals junior varsity boys' volleyball team won the MHSAA 'AAAA' banner Monday evening. Pictured front row, left to right: Braden Fey, Adam Trudeau, Riley Recksiedler (assistant coach), Dawson Doucet, Nick Brzoza (all star); back row: Ryan Penner (head coach), Liam Allen, Easton Donohoe, Justin Gillespie, Damon Budge (all star), Cam Gayleard, Carl LeBlanc, Chris Faial (all star), Lisa Michaleski (manager) and Tristan Hodges (assistant coach).

"Our middle blockers do a lot of really good things," Penner said. "They block really well and they stay and defend."

The Royals reached the provincial final after sweeping the Vincent Massey Vikings from Brandon 3-0 and then defeating the Steinbach Sabres 3-1 in the semifinals.

Steinbach won the first set 26-24 but Selkirk came back to win 25-19, 25-22, and 25-23.

In junior varsity girls' provincial play, the Royals had their season abruptly end after a tough 3-0 (25-14, 25-13, 25-15) semifinal loss to College Jeanne Sauve.

Selkirk started the provincial tournament with a thrilling 3-2 quarter-final win over the Vincent Massey Vikings.



RECORD PHOTO BY TERESA FAIAL

Damon Budge, left, and Nick Brzoza, middle, were selected as provincial all stars. Chris Faial was named the provincial MVP.

Thunder announces winners at awards banquet

By Natasha Tersigni

The Interlake Thunder had a chance to recognize the outstanding achievements of their athletes from this past season at the organization's awards banquet last Saturday in Teulon.

Capping off an exciting season, including their first-ever junior girls' provincial championship, the Interlake Thunder Football Club had lots to celebrate.

While awards were handed out to

recognize the success of individual players and teams, Interlake Thunder president Joel McDonald took the opportunity to recognize the progress that has been made in the six short years since the club was formed.

"We have come a long way and we have only just begun. We have come a long way since 2006 when Mitch (Obach) first approached the Stonewall Collegiate to resurrect the Stonewall Rams football team. We have

come a long way since 2011 when we transformed the Stonewall Rams into the Interlake Thunder Football Club and entered our Midget team into the Midget Football League of Manitoba," said McDonald.

"We are now one of the largest football clubs in the province and while it sometimes feels like we have to battle we have become a respected member of the football community."

During the evening, the Atom, Pee Wee, Junior girls, Senior girls, Bantam and Midget teams recognized their most outstanding offensive, defensive and lineman players. As well, the Thunder Impact Player award was presented to one player on each team to recognize how that player contributes to their team in more than just athletic abilities, including team building efforts and mentoring other players.



The Atom boys' award winners, presented by John Montgomery, were back row: Most Outstanding Defensive Player Sean Sevillano, Most Outstanding Lineman Matteus Law; front row: Thunder Impact Player Lance Hudson and Most Outstanding Offensive Player Aiden Will.



The Bantam award winners, left to right, presented by head coach Ed deLaroque: Thunder Impact Player Brayden Beers, Most Outstanding Lineman Andrew Heald, Most Outstanding Defensive Player Connor Henry and Most Outstanding Offensive Player Carlin Doak.



Senior girls' head coach Joel McDonald, left, recognized Most Outstanding Defensive Player Isabelle McDonald, Thunder Impact Player Paige Kenny, Most Outstanding Offensive Player Maddy Siwicki, Most Outstanding Lineman Sydney Duck-McFadyen and offensive assistant coach Julie Sprague.



The Junior girls' award winners were presented by head coach Derek Charison to Most Outstanding Offensive Player Zoe Oughton, Most Outstanding Defensive Player Madison Charison and Thunder Impact Player Bailey Prystupa. Missing from the photo is Most Outstanding Lineman Zaida Thompson.



RECORD PHOTOS BY NATASHA TERSIGNI
Award winners for the Thunder's Midget team: Back row left to right: head coach Kris Johnston, Thunder Impact Player Kevin Lister, Most Outstanding Special Teams Player Alex France, Most Valuable Player Thomas Dunlop, Most Outstanding Lineman Joe Rosser, Charlie Cooke Leadership Award winner Tristan Kisilowsky, Most Outstanding Defensive Player Austin deLaroque; front row: Most Outstanding Offensive Player Colton Nedotiafko and Most Outstanding Rookie Tanner McCallen.



Head coach Mitch Obach, right, recognized Pee Wee boys' players Most Outstanding Offensive Player Tyson Wryha, Most Outstanding Lineman Keenan Karish and Most Outstanding Defensive Player Bailey Prystupa. Missing from photo is Thunder Impact Player Jackson Doak.

Great volleyball action highlights LSSD finals night

There was a lot of great action at the LSSD Junior High volleyball finals night on Nov. 22 at the Comp.

Lockport School won the Grade 9 girls' title after a 2-0 (25-8, 25-17) victory over Ecole Selkirk Junior High. Emma Benson was named Lockport's most valuable player while Kaitlin Whitelam was selected as ESJH's MVP.

The Grade 9 boys' final saw East Selkirk Middle School sweep Lockport 2-0 (25-23, 25-12). Lockport's MVP was Steele Palmer while Noah Friesen was named ESMS' top player.

In Grade 8 girls' play, ESJH swept Lockport 2-0 by scores of 25-17 and 25-18. The MVP for Lockport was Morgan Baker while the MVP for ESJH was Annika Goodbrandson.

The Grade 8 boys' championship final, meanwhile, saw Lockport defeat ESMS 2-1 in a thriller 22-25, 25-22, and 16-14. Lockport's MVP was Cade Chisholm. Spencer Grahame was named ESMS's top player.



RECORD PHOTOS SUBMITTED
The LSJHAA volleyball finals were held Nov. 22 at the Comp. Pictured clockwise from top left, East Selkirk Middle School won the Grade 9 boys final while Lockport School were the Grade 9 girl champions. In Grade 8 action Lockport boys won the title while Ecole Selkirk Junior High won the girls' championship.



Varsity boys confident heading into provincial semifinal

By **Brian Bowman**

When you are as talented as the Selkirk Royals varsity boys' volleyball team is, there is no reason to change anything heading into your biggest game of the season up to this point.

You just keep doing what you do.

Royals' head coach Jeff Scarcello said there won't be any drastic changes to their game plan when they battle the Vincent Massey Vikings from Brandon in the MHSAA "AAAA" provincial semifinals this Friday (6 p.m.) at the University of Manitoba.

"We played them about three or four times and they are a really good team," said Scarcello Tuesday morn-

ing. "They pass extremely well and serve tough. They have a really good setter, a really big kid, who plays on top of the net and runs a real good offence."

The real question, however, is does fifth-ranked Vincent Massey have the power to get the ball past top-seeded Selkirk on a consistent basis. The Royals are blessed with a ton of height – and talent – throughout their lineup.

"They can run a good offence and their most powerful hitters are on the outside," Scarcello explained. "They use their hands really well but if we can get up and do our jobs, we should stop them."

If the Royals do play to their talent level, they will stop the Vikings. There's no sense coming up with some odd-ball strategy to defeat Vincent Massey in order to advance to the provincial final.

"It comes down to the basics," Scarcello said. "If we can pass and serve really well, then that's what it's going to be. Our offence is so dynamic. I was looking at our tape and wondering how I would scout us and what are some of the things that they would look at."

"But we're a hard team to scout because we have so many options."

The Royals reached the semifinals

after winning a tough quarterfinal match against the St. Paul's Crusaders last Saturday. Selkirk won the match 3-0 by scores of 25-15, 25-22, and 25-22.

"St. Paul's, in our opinion, was a stronger team than their eighth-ranked seeding would be," Scarcello said. "They had a good season all year and we had to play really well to win that match."

In the other MHSAA "AAAA" provincial semifinal this Friday, Miles Mac will play the Dakota Lancers. The championship game will be played Monday at 8 p.m.

Fishermen back atop South Division standings

By Brian Bowman

The Selkirk Fishermen are back where they belong in the South Division standings.

Selkirk regained top spot in their division after a pair of solid efforts last weekend, resulting in a pair of Keystone Junior Hockey League victories.

The Fishermen started the weekend with a 7-1 shellacking of the Cross Lake Islanders Friday at the Selkirk Rec Complex.

Treymian Trout gave the visitors a 1-0 first-period lead but that was the last time the Islanders would beat Selkirk goaltender Riley Bannerman. Bannerman made 15 saves for the win.

Special teams played a big role in Selkirk's comeback in the second period. Griffin Steeves and Auzzie Loewen scored power-play goals and then Milan Horanski tallied a short-handed marker.

In the third period, the Fishermen received even-strength goals from Gordie Longbottom, Horanski, and

Connor Spratt. Steeves then closed out the scoring with a power-play goal at 19:09.

Horanski finished with a game-high three points while Drayton Mendrun and Mike Smiley each had two assists.

On Saturday, Selkirk travelled to Arborg and defeated the Ice Dawgs 3-1.

After Arborg's Colton Davies scored a shorthanded goal midway in the first period, the Fishermen received power-play goals from Loewen and Horanski.

Horanski then scored his second goal of the game in the third period, assisted by Josh Poponick.

Selkirk outshot Arborg 48-31 as Travis Schalk earned the win in goal.

Selkirk, now 11-5, will have a pair of home games this weekend, beginning Friday when the North Winnipeg Satellites visit the Selkirk Rec Complex. The Lundar Falcons will then travel here Sunday.

Both games start at 7:30 p.m.



RECORD PHOTO BY LANA MEIER

The Fishermen's Auzzie Loewen scored a power-play goal in Selkirk's 7-1 win over the Cross Lake Islanders last Friday.

Royals hoped to extinguish high-powered Flames

By Brian Bowman

It wasn't going to be easy, but the Selkirk Royals had upset on their minds when they battled the St. Mary's Academy Flames Wednesday evening in the MHSAA "AAAA" varsity girls' volleyball semifinals at the University of Manitoba.

The score from that game was not available due to Tuesday's press deadline, but No. 3 Selkirk was expecting a tough test from No. 2 St. Mary's.

"They're a veteran team and they have a lot of experience," noted Royals' co-coach Jaimie Yuzdepski. "They have some of the top athletes in Manitoba and they're the defending champions from last year, so it's going to be

a tough game for us."

That being said, every team is beatable. So what will the Royals have to do to extinguish the Flames?

"We can beat them with our serving," Yuzdepski suggested. "We are a tough serving team and we're excellent at it. We can also beat them with our heart. If the girls can come out and play passionate, then they have a great opportunity to win."

If the Royals can serve tough, that will be pressure on the Flames' talented setter, Julia Tayes. Tayes does a great job setting up St. Mary's attack to players like middle Laura Hill.

Selkirk advanced to the semifinals after a heart-attack-special victory

over the Vincent Massey Trojans from Winnipeg last Saturday. The Royals won the match 3-2 by scores of 25-21, 25-23, 20-25, 19-25, and 15-13.

"That was the most stressful thing that I have ever been a part of," Yuzdepski joked. "It was five sets and we won 15-13 after being up two sets to none."

"Vincent Massey came out and played so hard against us in the third and fourth sets."

The Royals were hoping to carry the momentum from that thrilling quarter-final victory into their game against St. Mary's. Tayler Nickert and Annika Loepky each played really well in that quarter-final win, said

Yuzdepski.

"We finally saw the heart come out of the girls that we have wanted to see all year," Yuzdepski noted. "They left it all out on the court and it came down to two points or we were done our season - kudos to the ladies for fighting hard for that."

In the other "AAAA" varsity girls' semifinal last night, the Westwood Warriors played Brandon's Vincent Massey Vikings.

The winner of that game will advance to the winner of Selkirk/St. Mary's matchup in the "AAAA" final Monday evening at IGAC. The championship game will begin at 6 p.m.

Selkirk competes at St. Boniface Open Judo Tournament

Staff

Fifteen members of the Selkirk Judo Club competed at the 2016 St. Boniface Open Judo Tournament in Winnipeg last Saturday.

There were 150 entries in this tournament and Selkirk came home with three gold, four silver and four bronze medals.

Gold medals went to Sarah Ekosky

(U14 Girls under 52 kg), Jzraelyne Kopp (U14 Girls under 44 kg) and Joey Kuch (Senior Men over 100 kg).

Silver medals were won by Loki Johnson (U18 Men under 55 kg), Justin Ekosky (U18 Men under 73 kg), Brody Malinowski (U12 over 55 kg) and Dylan Wiebe (U12 under 45 kg).

Bronze medalists were Daniel

Ekosky (U12 under 50 kg), Aaron Haak (U18 Men under 73 kg), Schaelyce Kopp (U18 Women under 57 kg) and Connor Macfarlane (U14 Boys over 66 kg).

In other news, the Selkirk Judo Club will host the provincial judo championships this Saturday at the Lord Selkirk High School.

Fighters from across Manitoba

will compete for provincial titles in the U16, U18, U21 and Senior age divisions. Provincial championship results are a factor in determining selections for the team that will travel to the national championships in Calgary next May.

Fighting at the provincials starts at 11 a.m.

Barley brothers lead Steelers over Kings

By Brian Bowman

It was the Barley show at the Selkirk Rec Complex on Saturday evening.

Connor Barley scored twice while his younger brother, Carter, also tallied to lead the Selkirk Steelers to a 5-2 victory over the Dauphin Kings in Manitoba Junior Hockey League action.

Carter opened the game's scoring just 2:50 into the contest and then Dauphin's Daniel Chartrand and Selkirk's Ezra Hall traded goals 2:22 apart later in the period.

Connor then scored to put the Steelers up 3-1 at 16:06 of the first period.

Defenceman Ryan Gardiner, recently reassigned to the Steelers from the WHL's Moose Jaw Warriors, scored for Selkirk late in the second period and then the Kings' Grady Hobbs and Connor traded goals in the third.

Hayden Dola made 20 saves for his ninth win of the season. Selkirk outshot Dauphin 42-22.

With the win, Selkirk improved its



Veteran forward Dallas Starodub, right, received a plaque from GM Ken Petrash for recently breaking the most career games played by a Selkirk Steeler.

record to 15-8-1 and the Steelers now have 31 points to occupy sole pos-



RECORD PHOTOS BY BRETT MITCHELL
Carter Barley is taken down by a Kings' player during MJHL action last Saturday at the Selkirk Rec Complex. Carter scored a goal to lead Selkirk to a 5-2 victory.

session of sixth place in the 11-team league heading into this week's slate of games.

The Steelers closed out November

with a road game against the Winkler Flyers this past Tuesday. Selkirk will then host Swan Valley on Saturday at 7:30 p.m.

Selkirk posts pair of WHSHL shutouts

By Brian Bowman

The Selkirk Royals had a great time in the Winnipeg High School Hockey League last week.

They also played some great hockey.

Selkirk won both of its games last week – skating to shutout wins over the Kelvin Clippers (3-0) and the St.

John's Ravenscourt Eagles (7-0) – in a 24-hour period.

In the seven-goal win over the Eagles last Thursday in East Selkirk, the Royals' Reece Tessier and Derek Woloshyn scored first-period goals and then Jordan Simko, Logan Artimovich, Alex Ashton, Travis Spratt and

Evan Bedard tallied in the third.

Simko and Wes Hoydalo each finished the game with three points. Brady Hrymak posted the shutout.

Against Kelvin at River Heights Arena, Bedard scored in the first period and then Woloshyn and Tessier netted goals in the third.

Austin DeBoer was perfect in goal for Selkirk to earn the shutout.

The Royals, now in fourth place in the Platinum Promotions Division with 15 points, hosted first-place St. Paul's on Tuesday but no score was known at press time.

Selkirk will then play at fifth-place River East next Tuesday at Gateway Arena. Puck drop is 4:30 p.m.

In Winnipeg Women's High School Hockey League action, Selkirk

stopped the St. Mary's Flames 4-1 on Nov. 22 in East Selkirk.

The Royals' Brooke Anderson scored a first-period shorthanded goal and then St. Mary's Chloe Kreitz and Selkirk's Jenna Truthwaite traded goals in the second period.

Selkirk then sealed the win with a pair of third-period goals from Jazmyn-Rae Desjarlais.

Lily Hoydalo, Cienna Palmer, and Brooke Johnstone each had an assist in the game. Jodi Clifton made 16 saves for the win.

Selkirk, now with 13 points in 10 games, hosted the Jeanne Sauve Olympiens this past Tuesday but no score was available at press time. The Royals will then visit the Dakota Lancers on Dec. 9. Game time is 4 p.m.

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Selkirk hosting new junior curling program

By Brian Bowman

It's been over a decade, but the Selkirk Curling Club is now hosting a junior curling program for youngsters.

The program, for curlers aged six through 18, started about a month ago and runs every Saturday from noon to 2 p.m.

Shayne Merritt saw a need for this type of program in Selkirk. The program also features a Little Rockers session (for kids six to eight) where mini rocks are used in half-sheet games.

"We started with practices and now we're having games," said Merritt after last Saturday's session. "A lot of the kids are enjoying it out there and it's introducing new people to the club."

The kids have made vast improvements in just a short period of time.

"When they first got out there, they were slipping and falling," Merritt said. "But now they're becoming real good players."

The idea of the junior program, said Merritt, is to bring fresh faces to the local curling club. So far, 30 kids have signed up for the program (10 in the Little Rockers).

That's a pretty good number but Merritt would like to see more kids come out and learn to curl.

"We want to have new people come out to the club all of the time," said the 18 year old Merritt. "We've also seen the parents come out and get interested and join some of our leagues that happen throughout the week."

The cost of the junior program is just \$50 and extends until March. That's a real cheap price to introduce kids to a sport for an entire winter.

"I would still accept kids into the program," said Merritt, who lives in Lockport. "I want to keep this program going for many years to come. I love seeing the kids come out and try the sport that I love."

Anyone interested in signing up their child for the junior program can contact Shayne at 204-391-1562.

Merritt, meanwhile, is also running a Curl for the Cure event again this February 2017.

Last Friday, paper curling rocks were sold at Harry's Foods in St. Andrews.

People wrote the name of someone they know effected by cancer or wrote a message to people that have succumbed to the ugly disease.

Rocks sold for \$2 apiece and 100 per cent of the \$560 raised locally will go to the Canadian Cancer Society. Merritt was very pleased with the money they were able to raise at Harry's Foods.

"I was hoping to sell maybe 20 (rocks)," Merritt admitted. "But we sold over 100 rocks."



RECORD PHOTO BY BRETT MITCHELL
The Selkirk Curling Club is hosting a new junior program every Saturday afternoon until March.

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2013-14	Steelers	51	13	14	27	35
2014-15	Steelers	58	18	15	33	73
2015-16	Steelers	56	21	35	56	43
2016-17	Steelers	24	8	9	17	33



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MISCELLANEOUS

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Student desk study lamp EWO \$15; toaster EWO \$15; LN sz. 9 safety shoes EC \$60. Ph. 204-785-8598.

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

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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!

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Sudoku Answer

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

Crossword Answer

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

CROSSWORD

CLUES ACROSS

- No (Scottish)
- Heroic tales
- A way to tend
- Not or
- Where rockers play
- Dutch name for Ypres
- Ingested
- A resident of California
- Unfounded rumor
- Oats
- Type of women's coat
- Life forms
- Every
- Alternating current
- Withered
- "Gymnopedies" composer
- Plate glasses
- Musical artist __ DeBarge
- Before
- Arrange in steps of size
- Electron cloud model
- Morning
- Leonard __, famed Swiss mathematician
- Capital city of Buenos Aires province
- Snouts
- Of I
- Swiss river
- Perplexed
- Made angry
- Precious stone
- Type of envelope
- One who believes in reason and knowledge
- Monitors brain activity (abbr.)
- Get __ of
- Actress Zellweger
- Spinal muscular atrophy (abbr.)
- "Inferno" author
- Puts together in time
- Silvery-white metal

CLUES DOWN

- Civil Rights group

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					70		

- Early Slavic society
- Mammals that lack incisors and canines
- Blasphemy
- Israeli city
- Put this in your hair
- Black tropical American cuckoo
- Month in the Islamic calendar
- Begets
- Court game
- Painkiller
- New Zealand parrot
- Suffix
- Egg cells
- Another name for Thor
- About pontiff
- The academic world
- Raise
- Civil rights city in Alabama
- Encompasses
- Helmet
- Nostrils
- Lovable Spielberg alien
- Divides
- Ruthenium
- Preceding all others in time
- Past participle of lie
- Fastener
- Overindulged
- Ancient lyric poem
- Ardent supporter
- Iranian village and Islamic pilgrim attire
- A fragrant resin obtained from tropical trees
- Semitic fertility god
- Millisecond
- Cool!
- "Take on Me" singers
- ESPN sportscaster Bob
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ANNOUNCEMENT

BIRTHDAY



Chris Bowman
Mom
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December 7th

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-Love from all your family

ANNOUNCEMENT

BIRTHDAY



Michelle, Michelle, we think you're swell You're Selkirk Record's "sales Belle" Quick to laugh, with a ready smile, You always go the extra mile. Your last names are hilarious, we think, and we know there's no way you'll ever sink. You're generous and caring, fit and sporty We can't believe you are turning 40! We hope your birthday on the 4th of December Turns out to be a day you'll always remember.
-From all your pals at the Record

ANNOUNCEMENT

IN MEMORIAM



In loving memory of
Charlie Fryza
who passed away
December 3, 2012

No one knows our heartaches,
Only those who have lost can tell;
Of the grief that we bear in silence,
For the one we loved so well.
-With love - Mae, Bob, Evelyn,
Andrew, Brenda and Amber

ANNOUNCEMENT

IN MEMORIAM

Patricia Hubick
December 2, 2015

In loving memory of
my dear wife
It's been one year
Since you have been gone,
And I miss you every day.
-Love your husband, Ernie



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**LORD SELKIRK SCHOOL DIVISION
NOTICE**
The Regular Board Meeting of
Tuesday, December 20th, 2016
has been re-scheduled to
Monday, December 19th, 2016, at 7:00 p.m.
AND
The Regular Board Meeting of
Tuesday, January 3rd, 2017
IS CANCELLED
The next Regular Board Meeting is
Tuesday January 17th, 2017 at 7:00 p.m.

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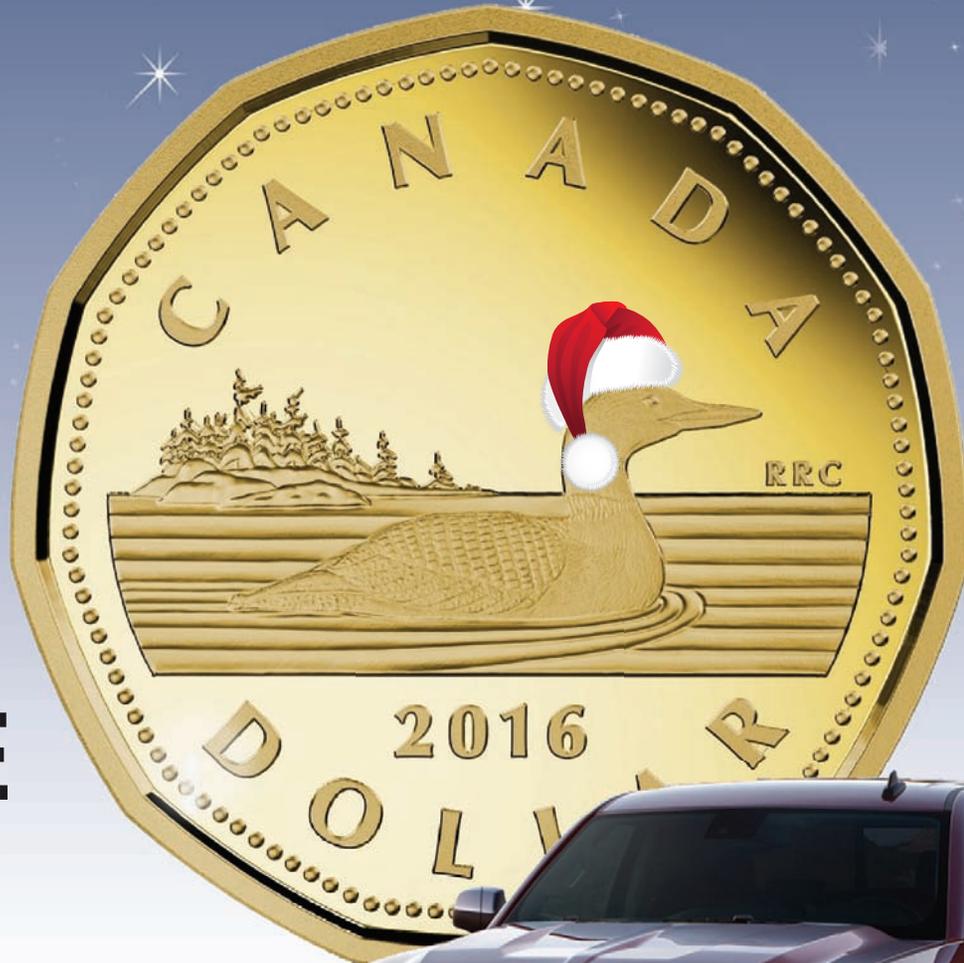
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