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Celebrating culture and tradition

RECORD PHOTO BY LINDSEY ENNS

Grade 1 and 2 students in the English Ukrainian Bilingual Program at Happy Thought School stop to pose for a photo while practicing for their Ukrainian Christmas Concert late last month. This year, English Ukrainian education marks 40 years in Manitoba and for the first time the province will play host to the 2019 National Conference for Ukrainian Educators. For a story, see Page 2.

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Growing with language

English Ukrainian education marks 40 years in Manitoba

By Lindsey Enns

Happy Thought School's English Ukrainian Bilingual Program (EUBP) is rooted in community, culture and tradition.

Adrian Fedyna, a Grade 3 bilingual program teacher at the East Selkirk early years school, says the program has a real community feel to it.

"We have multi-generational involvement in the program," said Fedyna, who has been teaching at the school for nearly five years. "These (students) are new in the world and to know that some of these traditions have been going on in Canada for over 100 years and in Ukraine for a 1,000 years, it gives them a perspective on history and geography."

This year, English Ukrainian education marks 40 years in Manitoba and for the first time the province will play host to the 2019 National Conference for Ukrainian Educators. The conference is set to take place on May 23 to 25 at the Canadian Museum for Human Rights in Winnipeg. Ukrainian bilingual programs are taught in 12 Manitoba schools, including Happy Thought School and East Selkirk Middle School.

Happy Thought School principal Nancy Lovenjak will co-chair the national conference along with Susan Zuk, chairperson of the Manitoba Osvida committee. Lovenjak said she's excited to shed some light on all the great things happening in the Lord Selkirk School Division.

"We really want to showcase our students so we are looking at some entertainment from students during that two-day period," Lovenjak said in the LSSD's fall newsletter. "We want educators to come and be ready to share about a cultural experience or how they promote speaking Ukrainian in their classes."

Lovenjak added Happy Thought's EUBP is going strong, with enrolment



RECORD PHOTOS BY LINDSEY ENNS

ABOVE: Aleksandra Slobodianik, who has been teaching Ukrainian at Happy Thought School for 23 years, helps Grades 1 and 2 students with their outfits during rehearsal for their Ukrainian Christmas Concert late last month. BELOW: Slobodianik holds up some of the items found in the school's Ukrainian museum.

on the rise and the school is fielding more and more calls from interested parents. The program has been available at the school since 1983 and Ukrainian instruction is available to students from kindergarten through Grade 4. Students take the same subjects as the English program in addition to Ukrainian.

Aleksandra Slobodianik, who has been teaching Ukrainian at the school for 23 years, says the program allows students to "spread their horizon."

"It helps them develop their memory, pronunciation," Slobodianik said.

Students can succeed without a Ukrainian background or knowledge of the language. Slobodianik says she teaches her young students songs to help them remember.

"Each song is like a story, like a story book, and ... through different games they are learning the language," she said. "This age is the best age to learn a second language because they're growing with the language."

"They will memorize it forever."

By Grade 2, her students are fluent readers in Ukrainian, she added. The program follows a provincially set curriculum and uses activities to increase cultural awareness and experiences in Ukrainian culture. The school also houses a Ukrainian museum in its multi-purpose room.

"We celebrate Ukrainian holidays, we celebrate Canadian holidays," Slobodianik said. "Students are intro-



duced to Ukrainian traditions."

Three of the school's annual events include the Ukrainian Christmas Concert, the Easter Blessing and the carolling the students do in the community.

Alison Mironuk, who teaches Grade 1 and 2 English/French at the school, says there's a huge benefit to learning a second language at an early age.

"A lot of these kids speak German or Russian at home so they're learning English here as an additional language," said Mironuk, who has been teaching at the school for 12 years. "So some of them are speaking four or five languages and the younger they are the easier it is for them to pick up those extra languages. It's fascinating how fast they pick it up."

Being fluent in more than one language can open up a lot of doors for these students in the future, Mironuk added.

"They can travel all over the world," she said. "Once you learn Ukrainian, there are a lot of similarities between the Slavic languages."

The program also has an active parent advisory council.

"Learning a second language isn't just about learning language. You're building up certain neuro-passageways that are better for things like tolerance, acceptance, math," Lovenjak said. "We're a cultural melting pot and ... learning language is going to be the key to accepting each other and getting along in this big world."

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'We're punching above our weight': Selkirk mayor reflects on 2018

By Lindsey Enns

If 2018 had a central theme, for Selkirk Mayor Larry Johannson it would be reconciliation and working together with neighbouring communities for the betterment of the region.

"We're really starting to have that bond," Johannson said, referring to local leaders in Brokenhead Ojibway Nation, Peguis First Nation, St. Andrews, St. Clements and West St. Paul. "We're working closely with our neighbours and it shows. There's new leadership around us and we're working hard together."

This past summer, Peguis First Nation broke ground on a new strip mall being built along Manitoba Avenue. A partnership between the Manitoba Métis Federation (MMF), the province and Selkirk also helped bring two new affordable housing units to the city last year. Johannson said these types of projects and partnerships are proof that reconciliation is alive and well in Selkirk.

"It's been a smooth transition to partner together on projects," he said. "Reconciliation, that's huge. It's another piece of the puzzle of the success that we've been having."

"I'm glad that we're a part of that. We're rewriting a little bit of history."

The city is also exploring the potential for the RM of St. Andrews to connect to Selkirk's new wastewater treatment facility.



RECORD PHOTO BY LINDSEY ENNS
Selkirk Mayor Larry Johannson answers a phone call while reflecting on 2018 during a year in review interview with the *Record* on Dec. 14, 2018.

"Mayor Sul has shown great leadership and vision and frankly courage to look to Selkirk," Johannson said. "Not only is this a more environmentally responsible option for residents, but it offers a better long-term economic return to the citizens."

The year 2018 also saw ground broken on the city's new wastewater treatment plant, which is expected to be complete by the fall of 2020. Construction also began on the Easton Place Clinic project and the redevelopment of the Selkirk Mall was completed along with the opening of No

Frills. Selkirk's fire hall expansion is also well underway and the department will be acquiring an aerial truck later this year once the project is complete.

"A lot of the projects that we are doing right now they really could be a once in a 10 year project and we have them all going right now," Johannson said.

The city says it also invested more than \$800,000 in road renewal work last year. In response to the province pulling the funding from the Roads and Bridges program, Selkirk also

submitted a resolution to the Association of Manitoba Municipalities (AMM) to lobby the provincial government to reinstate the program. A record 102 Manitoba municipalities co-sponsored the resolution and it was passed by 97 per cent of the attendees at the AMM's convention in November, 2018. According to the city, the province has said it will reconsider its decision and will be coming back with a potential solution to these concerns.

The city was also recognized in various areas last year including being named Canadian Fair Trade Town of the Year, earned a Five Blooms Bronze rating from Communities in Bloom and Selkirk Transit received a Selkirk Biz Customer Service Award.

Johannson said they are currently finalizing the city's budget and they were hoping to finalize it before the new year. He added it's an exciting time to be living in Selkirk.

"From the mayor's chair, it really couldn't be a more exciting time right now," Johannson said. "With these types of dynamic projects, with more and more investors and developers looking at us, the housing that's going up, all the numbers are good, we're really pleased."

"We're punching above our weight." For more information about the City of Selkirk and upcoming events, visit myselkirk.ca.

Selkirk water places second during taste test at Western Canada competition

Staff

Selkirk's tap water came in second place during a blind taste test against some of the largest cities in Western Canada last year.

The City of Selkirk's water earned the second place ranking from a panel of international judges at the 70th annual Western Canada Water Conference in Winnipeg in September, 2018. Epcor Water from Edmonton was first and Buffalo Pound, which provides water for the City of Regina, was third.

Dale Scott, the city's manager of utilities, said he's always believed the city has very good water.

"The City of Selkirk, with a population of just over 10,000 people, is competing with cities like Calgary, with a population of more than 1.2 million and Edmonton at just under one million, and with very large budgets, and we placed second," Scott said in a release recently. "I believe the people of the City of Selkirk should be proud of our water and the great operators who work here. This was the first attempt in this competition and the water came straight from the tap, left

over night for the chlorine to dissipate out, bottled and dropped off."

Western Canada Water is an association of water organizations that represent a diverse set of skills and professions, with a purpose of influencing the future of water. It was founded in 1948 to promote the exchange of knowledge of water treatment, sewage treatment, distribution of water and collection of sewage for towns and cities from across Western Canada.

There were 11 competitors this year, with some of the larger cities being Calgary and Edmonton, as well as Saskatoon, Winnipeg, Prince Albert,

Brandon and Regina. It was Selkirk's first time competing.

Selkirk Mayor Larry Johannson said he is extremely proud of the Water Treatment Plant employees, who year after year, do great work and take their role as water stewards extremely seriously.

The city did an \$11 million expansion to its water treatment plant in 2011 and last year secured a second water source to ensure a safe and reliable flow of water for years to come.

The Western Canada Water competition began in 2013 and this year's 11 competitors was the largest number ever. The three judges were Irving

Leblanc, director for the Assembly of First Nations, from Ottawa, Joe Jacangelo, International Council Chair for the American Water Works Association who works for Stantec in Baltimore, Maryland, and is a former director of research for a large environmental firm and global manager for the Water Knowledge Centre, and Mark Poling, a Director at the Clean Water Services in Portland, Oregon.

The samples are judged on taste, appearance, odour and overall impression. Epcor Water will represent Western Canada in a best-of-the-best taste test in Denver, Colorado next June.

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Crash Test Dummies member visits Selkirk to enjoy the comforts of home

By Michelle Bailey

It's 1:30 p.m. on a Sunday afternoon in November and Ellen Reid has just returned home with her mother, Mickey, following service at Selkirk United Church.

"We're trying to figure out where to go for some lunch," said the 52-year-old who was spending a few days in her beloved hometown before embarking on the next leg of a concert tour with her Crash Test Dummies bandmates.

The year 2018 marks 25 years since Reid and her fellow Dummies release *God Shuffled His Feet*, which contains their most popular single *Mmm Mmm Mmm Mmm*.

The group decided to celebrate by reuniting for an ambitious tour that began this fall and goes well into 2019 with shows across North America. They performed in Winnipeg on Oct. 12.

"The response has been great," said

Reid, who currently resides in Toronto with husband Bryan Flay and their fur babies. "It has been heartwarming and humbling to see our shows selling out. It really gobsmacks me to sit back and think how, after all these years, our original fan base still exists and that there's a whole new generation of fans.

"We pretty much pinch ourselves every day."

Reid, who provides backing vocals, piano, keyboards and accordion for the Canadian rock band, says the way they tour now is quite different than 25 years ago when the fast-paced schedule included squeezing in appearances on shows such as "Saturday Night Live" and "David Letterman."

"We're a little older now," she said with a chuckle. "We've spaced things out so when we fly into a major city, we then travel by van (not tour bus) to get to the next gig with a little down time in between."



SUBMITTED PHOTO

Ellen Reid of the Canadian rock band Crash Test Dummies, pictured right, and her mother, Mickey, snap a photo outside the Mighty Kiwi during Reid's visit to her hometown of Selkirk in November.

Being in Selkirk for a few days before taking off for the first US show gave Reid a chance to do what she usually does when she visits the city she grew up in.

"My brother usually comes over to play Rummy, Mom (a retired librarian) and I will read or she'll knit and I'll do my stitching. Sometimes, I'll get together with friends or head into Winnipeg to check out craft stores. It's a nice time to just relax."

Reid still likes to swing by the Riv-

erboat Restaurant at the mall for a plate of fries (minus the gravy as she's vegan). She has also become a fan of places such as the Mighty Kiwi, which is where she eventually decided to go on this sunny afternoon before checking out the craft show at the Rec Complex.

"I've been lucky my musical career has taken me to places like China and South Africa, but it's always nice to be home, natter with my mom and drive by to wave at Chuck the Channel Cat."

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SUBMITTED PHOTO

Selkirk artist Aaron Starr, pictured left, and his band open up for country music star Gord Bamford at The Pyramid in Winnipeg on Dec. 14, 2018.

Open mic night helps shed spotlight on local artists

By Justin Luschinski

On a cold Friday night, a lone man with a guitar walks onto the stage. He plugs in to the sound system, strums a few chords, adjusting the pitch each time he does it.

Then, he starts playing, a bluesy drawl fills the bar, and the crowd starts whistling and cheering.

For several years now, The Merch, located at 383 Eveline St. inside the historic Merchant Hotel, has been hosting open mic nights every Friday from 9 p.m. till close. The open mic at the Selkirk bar has become a staple of the local music scene, with many local bands such as November Underground and Eternal Now, forming based on performances on that very stage.

Dean Peterson, owner of The Merch, said it's grown from a small open mic to a starting point for many bands.

"About eight months into the open mic, we had a full house. There were some people I knew from 20 years ago, some people I just met, it was a full house of musicians," Peterson said. "I remember seeing 10 different musicians on stage, they're playing a fusion of blues, funk, and contemporary, just riffing on whatever the other people were doing. I remember seeing that and thinking 'man, that's cool.' That's when I knew we had something special."

The Merch's open mic night started around February 2015, and it was initially a one-off idea from Peterson and Ronnie Ladobruk, a Selkirk guitarist. They would hang out at The Merch, playing music and riffing with each other, at which point they decided to



RECORD PHOTOS BY JUSTIN LUSCHINSKI

ABOVE LEFT: Chantelle Knight, singer for the band Eternal Now, takes the stage at The Merch during an open mic night last Friday evening. ABOVE RIGHT: Orvis Thomas of Selkirk performs during The Merch's open mic night last Friday.

host an open mic night, and see if anyone else was interested in jamming with them.

Since then, the open mic has blown up and has become an important part of the local music scene.

The open mic has had a number of hosts throughout the years, initially Ladobruk would take the reins, but he soon became too busy with his own projects to keep up with it. Now, the open mic night is hosted by a variety of guests, all of which have close ties to the local music scene.

Chantelle Knight, singer for the band Eternal Now, and sometimes-host of the open mic, said The Merch just draws in talent.

"The hospitality here is fantastic. As soon as you get on stage, you are immediately treated like you're a superstar, even if it's your first time on

"THIS IS THE BEST STAGE I'VE EVER PLAYED ON, AND IT HAS THE MOST SUPPORTIVE PEOPLE I'VE EVER PLAYED WITH."

stage," Knight said during last Friday night's open mic night. "(Peterson) makes everyone feel important. This is the best stage I've ever played on, and it has the most supportive people I've ever played with."

Knight said she credits Peterson with getting her into music. She recalls hanging out at The Merch during a jam session, and becoming very

interested in learning music. Peterson encouraged her to pursue her passions, and she's very thankful that he's supported her music career.

Peterson said he thinks music itself inspires people to pick up an instrument and play or sing.

"Music is so honest, it's such a powerful thing. I think that by being honest, you can show how something is worth the time you put in it," Peterson said. "I just say 'hey man, get up there and do your thing, we'd love to hear what you have to play.' That's it. Everybody who's anybody started somewhere. So I always say 'why not start here? Why not start now?' I think that's how you inspire people."

For more information about The Merch and their upcoming events, you can follow The Merch on Facebook and on Instagram.

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IERHA celebrates successes while tackling challenges

By Jennifer McFee

Here's to a happy New Year for all Interlake residents — and to all the professionals who work hard to ensure it's a healthy year too.

Ron Van Denakker, CEO of Interlake-Eastern Regional Health Authority (IERHA), provides a glimpse back at 2018 as well as a sneak peak into 2019.

"It's been really busy in 2018. Probably one of the most significant things we've been doing over the course of the year is toeing the fiscal line. We passed a balanced budget, yet volumes are up," he said. "We continue to do more and more, trying to utilize some efficiencies. That's significant because in past years, it's been a real struggle to toe that line."

Another area of success in 2018 has been IERHA's work with their part-

ners in Teulon.

"We've added a second nurse practitioner to the Teulon clinic so we now have a full-time doctor and two full-time NPs," Van Denakker said. "We have a doctor coming back from mat leave working a day a week, and we've got good irons in the fire for some additional physician service there too."

From a primary health-care point of view, the IERHA is making progress with its My Health teams. The IERHA is also pleased about the recent announcement of a Selkirk-based residency program.

"In Selkirk, we're doing some really good work with our physician partners. Also, in the Highway 6 area, we're working very closely with some of the First Nations there. Historically, we've had a couple places where docs have gone into First Nations. We're

now looking at enhancing that by having docs going into the First Nations one day a week and actually providing care right in their communities," Van Denakker said. "That's really great because there were a lot of First Nations people who were repatriated after the flood. They had been away from their homes for many years, so trying to bring some health services closer to home is important."

As well, EMS investments in Teulon and St. Laurent have added extra hours onto shifts.

Coming up in 2019, the IERHA will continue to work with Shared Health on health system transformation.

In addition, a new First Nations Advisory Committee will launch soon in IERHA with a view of providing advice to the board.

Continued on page 7

Selkirk woman named Grand Electa of the Order of the Eastern Star

By Justin Luschinski

A Selkirk woman has obtained a high ranking role in a worldwide charity organization.

Carol Girling became the Grand Electa of the Order of the Eastern Star on Nov. 1, in Orlando, Florida. The organization is an old Masonic fraternity with chapters around the world, and supports their communities through a large number of charity initiatives.

Girling said it's a huge honour to be elected.

"It's quite humbling to be elected. It's a huge honour, to see the Manitoba flag presented with me at my installation. It really raises our profile, in a way we normally don't get to do so," Girling said. "I'm glad I get to show off what Selkirk is capable of."

The role of the Grand Electa is largely a ceremonial role, to promote unity among the various chapters, and to spread the concepts of love and charity around the world. After her installation, her objective is to travel to as many chapters as she can, and support their efforts for three months.

Girling said the order is based on teachings from the Bible, but it is open to people of all religious beliefs. The order has approximately 10,000 members in 20 countries around the world, 600 or so of those members live in Manitoba.

Girling said she hopes to bring more attention to the organization's charity work.

"The Order of the Eastern Star doesn't have much in the way of public-facing notoriety. We don't really wave our own flag, because we don't do charity for personal benefit," Girling said. "That's a double-edge sword, because people don't know what we do. We're all about making a difference, and making the world a better place, because it's the right thing to do."

The order has created several charity initiatives, their primary cause being providing service dogs to people who need them. They also support multiple charities in Manitoba, such as CancerCare Manitoba, Manitoba Riding for the Disabled Association and KidSport among others.

For more information, visit easternstar.org.

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Lake health remains top priority for Dunnottar mayor

By Lindsey Enns

Lake health and the environment were once again top of mind for the Village of Dunnottar in 2018 and they will be well into the future.

"We are a lake side, seasonal community," the village's Mayor Rick Gamble said during a recent telephone interview with the *Record*. "We want the lake to stay healthy and vibrant, it's always been an issue."

Dunnottar, which is located about 38 kilometres north of Selkirk, is home to around 750 residents during much of the year but in the summer months that grows to more than 4,000 residents.

Gamble, who is entering his 17th year as mayor of the village and has spent a total of 21 years on council, says their permanent population is on the rise.

"We're seeing a lot of people who have cottages here either building new homes on their property or renovating their cottages to more of a year round home to stay in," he said. "Once they are retiring, they're moving out here."

He said in 2018 council completed and unveiled a sustainability plan, which sets a course based on public input for the community moving forward.

"It's about protecting our environment, preserving our culture, growing our economy and working within our budget to do so," Gamble said. "Now



RICK GAMBLE

council will move forward developing policy that will be in place to take action on different things in the plan and it will be there for future councils to use as a road map going forward."

When asked about their plans to grow the local economy, Gamble said they plan to release more information on that in coming months.

"We're open to a lot of home-based businesses," he said. "The local public want to keep it as non-commercial as possible and we're trying to do what the people want."

When it comes to the environment, Gamble said the way the community treats its wastewater keeps the health of Lake Winnipeg in mind. The village has a permanent passive filtration system that treats all the community's sewage. The system provides a low-cost and low-maintenance slow-release method that helps reduce nutrients and bacteria going into their



RECORD FILE PHOTO BY LINDSEY ENNS

Workers start taking down one of the iconic Village of Dunnottar piers in this September 2017 photo. The village's mayor says local lake health and the environment continue to be a top priority for council members.

sewage lagoons, Gamble said.

"We went through a pilot project for 10 years," he said. "Finally we've got the full scale model and we're into our fourth season with it this year and over a three year period we've probably seen a high eighties reduction in phosphorus ... and the bacteria levels."

Gamble said the system cost around \$650,000 to construct, with half of the money coming from the province and half from the village. However, when compared to other wastewater sys-

tems, that cost was a lot lower.

"It will hold its own with anything that's out there," he added.

Gamble said the village is also doing smaller projects to help the environment, including creating a composting system and community garden. They are also constructing a trails system to help residents walk and bike around the community.

For more information about the Village of Dunnottar, visit dunnottar.ca.

> IERHA, FROM PG. 6

Although there are many successes to celebrate, the IERHA continues to face a long list of obstacles.

"There's a challenge in access to acute care beds. Patient flow is a big problem for us and there's lots of pressure to take folks from Winnipeg and other areas because there's pressures there as well. So we need to continue to work on enhancing home care and other community-based options so people can stay at home longer," Van Denakker said. "We're also really hoping to hear in the not-too-distant future that there will be some new personal care beds being built in our region to give us a little bit of capacity. We're at a gridlock right now."

Like other health authorities, the IERHA has been dealing with a significant uptake in the use of crystal meth and is working to better quantify the effects of this drug use on the health care system. The first Rapid Access to Addictions Medicine (RAAM) clinic recently opened in Selkirk with limited hours, but Van Denakker anticipates that it will soon start to grow."

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Happy New Year my friends! 2018 will have passed by the time you read this week's gathering of fishing stories our fellow anglers have shared. If you had a great time on New Years, your fishing brothers and sisters are happy for you, however if you need a little "pick-me-up" perhaps their following tales will do the trick!

The sun was just peeking out from behind some thin clouds as I pulled up to Shoal Lake west of Teulon. Not far out on the ice, I saw two men breaking down their portable ice shack and packing it onto their sleigh along with other fishing gear. I left "old red", put my sunglasses on to shade my eyes against the sun's glare coming off the blindingly white snowpack and walked out onto the ice in the pleasantly warm afternoon to meet them. Coming within shouting distance, I called out, "Is this lake one of your favorite places to fish?" "It sure is getting to be," the taller strongly built chap responded as we came up to each other. "Hi, I'm Arnie Weidl, I write the fishing column in the Express, the Tribune and the Selkirk Record," I said.

"I'm Brian Letkeman and this is my son Hunter," the big guy exclaimed, shaking my hand. "We love coming here because you're always assured of catching good quality master sized perch." "Yeah," I said, "I was talking to Jack Ogilvie who has the Erinview Campground here and he said that even though the water level is low, like everywhere else, the giant perch are still here in great numbers." As we were talking, Hunter proudly held up a sample perch of their catch and I wasted no time in taking a picture. I hope you're impressed!

A day or two before I met Brian and Hunter at Shoal I found a real character, Winnipegger, Chris Reed, on the Red River downstream of Selkirk. He was of average height and well proportioned but you just couldn't be around



RECORD PHOTO BY ARNIE WEIDL
Hunter Letkeman of Winnipeg with one of his master sized perch caught from Shoal Lake west of Teulon.

him and not be swept up in his fun-loving, joking antics. Somewhere during his non-stop fishing stories, he lit on a time last New Years' day, when his wife Melanie said he could go fishing. She said she was coming too because he had a habit of meeting friends and forgetting when to come home. Well, there they were in their portable shack and as usual Chris was on his cell phone but nature called and he put it on Mel's lap and left the tent. No sooner was she alone than Chris's rod bent with a strike and Mel, strictly by reflex, jumped up to grab the rod spilling Chris's phone down the ice hole! When they got back to town, Mel feeling for her "hubby" bought him a new phone with a strap that went around the neck and a case that floated! There are times when being a thoughtful Samaritan can become quite thankless.

Lately, I had the pleasure of meeting a very classy guy, Brad Wiebe from Winkler. He was tall and thin with prominent eyebrows and chin. His hair was straight and black streaked with grey. Yet, he seemed thoughtful and caring with an amusing subtle sense of humor as he gave this story. It seems he was fishing last summer just off the shore in hip waders at Stephenfield Lake by Carmen. It was a warm, windy sunny day and he was casting and reeling in near the boat launch pad. A boater came in, beached his boat and retrieved his truck-trailer rig backing it into the water of the launch pad. Brad casually observed the exercise as he continued working his brand new rod until it became clear the boater was having a hard time guiding the boat onto the trailer and hooking up the bow strap. He rested his new toy on the beach and waded to the back of the guy's boat to help guide it against the wind so the boater could get the winch strap on.

No sooner were they making progress then Brad saw his rod jerk toward the water. A fish! He let go of the boat and strode heavily through the water for his rod. He grabbed it and wedged the handle in the branches of a fallen log. Turning, he waded back to the boat and continued guiding it. The boat owner by now was at the front of the trailer winching up. Off to his side Brad heard a "swish"! He turned to see his new pride and joy skipping away along the top of the water. Again, he left the boat and hauled one leg after the other in the resisting water after his rod. With a flip of its handle it was lost, disappeared under water just as the boater with his boat on the trailer, gunned his truck taking off without so much as a thank you!

Brad, old buddy, even if that guy didn't take the time to thank you, we do and good fishing in the years to come! Till next week, bye for now!

View the Selkirk Record online at selkirkrecord.ca



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The Selkirk Record welcomes submissions to Letters to the Editor. Letters can be emailed to news@selkirkrecord.ca or dropped off at our office. Letters must include the name and mailing address of the writer.

TROUBLE WITH PAPER DELIVERY?

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

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Silver Sneakers helping local seniors get in shape

By Justin Luschinski

Fitting in a workout or getting regular exercise during Manitoba's cold, harsh winters can be difficult. But a fitness class in Selkirk is helping some seniors get in shape.

Silver Sneakers classes are currently being offered at Anytime Fitness in Selkirk located at 344 Main St. The not-so-senior 55 and over class is meant for those looking to get in shape and are able to handle doing more complex exercises which include kettlebell wings and burpees.

Kaitlyn Shumilak, previously of Your Life Performance Training, is the creator of the program and says she wants to show seniors that they can still build muscles.

"When I created the program, I saw a need for active aging adults, who needed something more complex than a chair exercise. They needed something more challenging," Shumilak said. "They're still walking, they're staying active, but they need to improve their muscular endurance level. I want to show them that they're strong, and they're capable of getting stronger."

Shumilak said the workout is available to all fitness levels. Newcomers can do modified exercises, such as using a workout bench to do a half-burpee, to help them get stronger. Typically, Monday workouts are cardio-based, Wednesdays are for



Community members take part in a Silver Sneakers class at Anytime Fitness in Selkirk recently. The not-so-senior 55 and over class is meant for those looking to get in shape and are able to handle doing more complex exercises which include kettlebell wings and burpees.

RECORD PHOTOS BY JUSTIN LUSCHINSKI

strength training, and Fridays are a free-for-all exercise circuit.

Charlotte Welk, a retiree from East Selkirk, really enjoys the program.

"I retired three and a half years ago. My husband was always fit. I was somewhat fit, but not like him. So I decided to try (the Silver Sneaker) class," Welk said. "I've been doing it for two and a half years, and it's been wonderful. I've got a lot of muscle tone, I've lost around 60 pounds."

"I like clothes shopping a lot more now."

The Canadian Society for Exercise Physiology says adults ages 18 to 64 need at least 150 minutes (or two-in-a-half hours) of moderate to vigorous-intensity exercise a week. Exercise should be split up throughout the week, in 10-minute sessions. Manitobans are often vitamin D deficient, because of the long winters. This can lead to bouts of depression, anxiety, or seasonal affective disorder. Shumilak

says exercise is the best way to fight off the winter blues.

"We don't get enough vitamin D out here, because the winters are so long. Since we aren't getting out of the house as much, and we aren't getting enough sun, it's harder to fight those winter blues," Shumilak said. "That's why exercise programs like this are so important, it releases those endorphins, and keeps you fit to make up for that vitamin loss."

Classes are held at Anytime Fitness on Monday, Wednesday and Friday at 10:30 a.m. For more information, call Anytime Fitness at 204-485-8338 and ask about the Silver Sneakers program.

The RM of St. Clements will also be offering, for the first time ever, two fitness

classes for those aged 55 and over in south St. Clements. The two classes, which will be lead by fitness instructor Heather Bailey, are called Moving with Muscle and Yoga/Pilates. For more information or to register, visit rmofstclements.com/fitness-classes/.

The RM says these classes were funded with support from the province of Manitoba.



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Senior curling league looks to welcome more players

By Justin Luschinski

The Selkirk Senior Curling Mixed Recreation League is looking for more players to come out and enjoy the game.

The league hosts games on Mondays and Fridays at 1:30 p.m. at the Selkirk Curling Club. The league welcomes anyone, whether they've never curled before, or they're an experienced curler returning to the game.

Ken Bumstead, the president of the Selkirk Senior Curling Mixed Recreation League, says everyone is welcome to play.

"We don't care whether you curl conventionally or you use a stick, as long as they come out and have fun. If this is your first time curling, we'll be there to help you out," Bumstead said. "It's a chance to meet people, get some exercise, and have a great time."

"Some people aren't able to sweep anymore, you throw your rock, and if you have to sit down afterwards, that's fine."

Bumstead said they keep the same skip, but they rotate the players to different teams after every round. That way, players get to meet new people, and some of the more experienced players can help those that are new to the game.

The popularity of curling has grown over the past few years as more youth players have taken up the sport, and older players are returning years after they hung up their brooms.

The Seniors league has grown from



RECORD PHOTOS BY JUSTIN LUSCHINSKI

The Selkirk Senior Curling Mixed Recreation League, which runs out of the Selkirk Curling Club, is currently looking for more players. It's open to men and women, and any skill level is welcome.

six teams to nearly eight full teams, and they still have space for more people to join.

Terry Tillett, the league's vice-president, said it's wonderful to see the sport grow.

"It's great to see more people enjoy the game I've loved for years. We have one player who's been with us since it started, he's around 89-years-old now," Tillett said. "Curling was on a bit of a downswing, but now it's picking back up. It's a really fun sport, and I hope more people try it out."

Tillett said they charge \$7.50 a game, which goes towards the curling club. They also charge a \$7 membership fee, and they run a 50/50 draw and coffee fund to help pay for a meal during

their Christmas dinner as well as a meal at their windup.

Curlers only pay for the rounds they participate in, so they won't be charged if they go on a trip, only when they come back to play.

The league says it's looking for players, whether they want to fully participate in the league or just spare for a round or two. Tillett said people can join anytime, and even if they join



in the middle of a round, they will find a way to accommodate new players.

For more information, call Ken Bumstead at 204-785-2207.

Garson amputee thanks War Amps for their support on 100th anniversary

Submitted

The War Amps 100th anniversary year-long celebration is coming to a close. What began as an association to assist war amputee veterans returning from the First World War, has expanded its programs over the years to support all amputees, including Jayden Doner, 22, of Garson.

Jayden was born a right leg amputee and grew up with The War Amps Child Amputee (CHAMP) Program, which provides financial assistance for artificial limbs and recreational devices. She also attended regional CHAMP seminars where "Champs" and their parents learn about the latest in artificial limbs, dealing with teasing and bullying and parenting an amputee child.

"I am so thankful for the support from The War Amps. The financial assistance to cover the cost of expensive artificial legs has been invaluable and the seminars provided me with a strong support system," says Jayden. "I'm proud to be part of this Association and its 100-year legacy."

Executive Director of the CHAMP Program, Danita Chisholm says, "Although the Association has developed many innovative and unique programs over the past 100 years, there is still much to do to ensure amputees like Jayden have the artificial limbs they need to lead full and active lives. With the public's support of the Key Tag and Address Label Service, our vital programs for amputees will carry on long into the future."

The War Amps receives no government grants and its programs are possible through public support of the Key Tag and Address Label Service.



SUBMITTED PHOTO

Jayden Doner, 22, of Garson is pictured at a War Amps CHAMP Seminar in 2001 (left) and today (right).

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

2018 was a great year for local athletes and teams

Athletes and teams from our area achieved a ton of success in the sporting world in 2018.

Here are some of the highlights.

January

The Selkirk Steelers had five players represent the club at the SJHL/MJHL Showcase.

Carter Barley, Hayden Dola, Nolan Ferguson, Nico Labossiere and Nate Halvorsen participated in the event.

St. Andrews' netminder Ryan Kubic was traded by the Saskatoon Blades along with forward Cameron Hebig to the Regina Pats in exchange for goaltender Tyler Brown, forward Bryan Lockner, a first-round pick in 2020, a second-round pick in 2020 and a third-round selection in 2019, and a third in 2021.

The Pats later hosted the four-team Memorial Cup.



Kerri Einarson

To a different sheet of ice, St. Vital skip Jennifer Jones made a last-rock draw to defeat Darcy Robertson 7-6 in the final of the Manitoba Scotties women's curling championship in Killarney.

Robertson reached the final after defeating East St. Paul Curling Club's Kerri Einarson, who is formerly from Petersfield and now lives in

Camp Morton, 9-7 in a semi-final clash.

Einarson later came one win away from winning a Scotties Tournament of Hearts championship. Einarson was defeated 8-6 by Manitoba's Jennifer Jones in Penticton, B.C.

On the court, the Selkirk Royals continued their stellar play by winning the eight-team Westwood Collegiate junior varsity girls' basketball tournament.

Selkirk defeated Winnipeg's Vincent Massey 81-51 in the championship game. Jessie Fitkowski played a tremendous game for Selkirk, finishing with 25 points. She was later named the tournament's most valuable player.

The Keystone Junior Hockey League announced its all-stars, which included Selkirk Fishermen goaltender Austin DeBoer and forward Drayton Mendrun.

February



Reid Carruthers

Reid Carruthers upset the top-ranked Mike McEwen 7-6 in the final of the 2018 Viterra Provincial Championship in Winkler.

In hockey, the Selkirk Royals boys' team won the third-place game on the champion-

ship side of the Piper Classic Tournament of Champions after blasting the Oak Park Raiders 6-0.

It was announced that eight individuals - including St. Andrews' Dave Boch - and two teams would be inducted into the Manitoba Softball Hall of Fame on May 5.

The athletes included Peguis' Edgar Stevenson, Ed Gilroy, Ashley Lanz, Jill Mathez, Jim Pomeroy and Gregg Waldvogel.

The teams inducted were the Gladstone Whips (1997-2001) and Mariapolis Blues (1976-78).

Boch was inducted in the all-around category along with Reice Pelletier.

More than 100 community and area members helped pack the Selkirk Curling Club and raised nearly \$17,000 for the Canadian Cancer Society.

Twenty-two teams competed in the third-annual event.

The Selkirk Judo Club celebrated its 50th anniversary with a reunion practice, a dinner, and sleigh ride.

An estimated 140 people came out for the dinner, including Don Gifford, who founded the club.

The Manitoba High Schools Athletic Association and Volleyball Manitoba announced the 2017-18 recipients of the Dr. Dale Iwanoczko Memorial Volleyball Scholarships.

The four \$1,000 scholarships are awarded annually in memory of former Selkirk volleyball great, Dr. Dale Iwanoczko.

One of the very deserving recipients was the Selkirk Royals' Annika Loeppky.

For the second time in three years, the Selkirk Royals girls' curling team won the KPAC title.

Selkirk's No. 1 team, comprised of skip Randine Baker, third Karyssa Hiebert, second



Annika Loeppky

Samantha Prokopich, and lead Sarah Cadotte, defeated Miles Mac 8-3 in the final.

On the hardwood, the Selkirk Royals varsity boys' basketball team won the tournament title in Portage la Prairie.

Carl LeBlanc scored a game-high 33 points to lead Selkirk to a 79-77 win over Crocus Plains.

The Selkirk Steelers and head coach Dustin Hughes parted ways after a 7-1 loss to the Oil Capitals in Virden.

Hughes assumed the head coaching position near the end of the 2016-17 season, replacing Wayne Bartley.

After five years curling with the same team - which recently lost in the Scotties national final - Kerri Einarson has decided to move on.

The Camp Morton skip announced she will be leaving her East St. Paul rink at the end of the season.

Einarson is now skipping a new women's team with three other former skips - including three-time Alberta champion Val Sweeting, Shannon Birchard and Briane Meilleur.

The Selkirk Fishermen needed a win in the final weekend of their regular season to finish atop the Keystone Junior Hockey League

standings.

And they got that much-needed victory with a 5-4 overtime win over the St. Malo Warriors. Selkirk then closed out its regular season with a 4-3 shootout victory over the North Winnipeg Satelites.

The Dave Boehmer rink, which featured Terry McRae, Tom Want, George Hacking and Kerry Fedorchuk, advanced to the Canadian Senior Men's Curling Championship.

Boehmer defeated Randy Neufeld 3-2 in the Manitoba final.

The Selkirk Royals played their best hockey in the third period in their Winnipeg Women's High School Hockey League best-of-three playoff series against the Oak Park Raiders.

For the second straight time in the series, Selkirk scored three goals in the third period on their way to a 4-1 win in Game 2 on Feb. 21.

In basketball, the Royals junior varsity girls' team was crowned tournament champions after defeating Father Lancombe 68-55 in the final.

Emma Benson was named tournament MVP while Abby Benson was selected as an all star.



Matthew Fey

Continued from page 11



Alexa Scott

Alexa Scott competed in the Canada Cup 3 Canadian Junior Championships. She skated to three silver medals and a bronze and later competed at the ISU World Junior Speed Skating Championships in Salt Lake City, Utah.

Selkirk's Matthew Fey was part of Team Manitoba/Nova Scotia's gold-medal performance at the 2018 Canada Deaf Games in Winnipeg.

He then helped lead the Selkirk Royals to a KPAC Tier 2 varsity boys' title with a 72-55 road win over the Transcona Titans.

East St. Paul Curling Club members Kim Link and Renee Fletcher were one half of the Manitoba Senior Women's Curling Championship team.

Link captured the Manitoba title at the Assiniboine Memorial Curling Club in Winnipeg on Feb. 26.

Link defeated Stonewall's Laurie Deprez 8-2 in the final and later represent Manitoba at the Canadian Championships in Stratford, Ont.

March

The KPAC Tier 1 junior varsity girls' basketball final be-

tween the Selkirk Royals and River East Kodiaks was an exciting one.

Selkirk played some tenacious defence down the stretch to edge River East 59-58.

Playoff hockey saw the Selkirk Royals lose 8-4 to the Dakota Lancers to end their Winnipeg Women's High School Hockey League season.

Dakota won the best-of-three semifinal series 2-1.

The Selkirk Royals boys' hockey team, meanwhile, lost both of its pool games at the provincials.

The Royals lost 6-1 to Brandon's Vincent Massey Vikings and then were doubled 4-2 by the Sturgeon Heights Huskies.

Local athletes did fantastic at the 2018 Manitoba Winter Games.



Cali Boychuk

In figure skating, St. Clements' Cali Boychuk captured gold in the Juvenile Female Free Skate. She also competed at the StarSkate Championships in Juvenile U12 at Hazelridge and won the event.

East St. Paul's Emmet Dewar won a bronze in the Juvenile Male Free Skate.

In alpine skiing, West St.

Paul's Lauren King earned a silver medal in female parallel slalom and bronze in slalom.

The archery competition saw Selkirk's Ryder Wilson win a bronze in the recurve individual cadet male category.

In gymnastics, East St. Paul's Kaylee Huminuk was terrific, winning gold in all around provincial stream. She captured gold in the vault and balance beam and bronze in the uneven bars.

East St. Paul's Kaitlyn Steinberger earned gold in the uneven bars (13-17) while East St. Paul's Rhea Salvaggio was tops in the floor exercise (13-17).

St. Andrews' Maya Mousseau earned a gold medal in floor exercise regional stream (13-17) while Matlock's Lolita Duschinger won a bronze in floor exercise regional stream (13-17).

St. Andrews' Avery Bowen sped to a silver medal in the 3000m relay U18 mixed speed skating final.

Meanwhile, Garson's Aaron Riehl and Selkirk's Jakob Dainard skated to a silver-medal performance in the 2000m U14 male relay final (along with a Winnipeg athlete).

In the swimming pool, West St. Paul's Eric Dupre was fantastic in his junior male races. He captured gold in the 100m backstroke, 100m butterfly, 200m individual medley and 50m backstroke and also won silver medals in the 50m butterfly and 50m freestyle.

East Selkirk's Sapphire Johnson won gold medals in youth female 100m breaststroke, 100m individual medley and 50m breaststroke.

East Selkirk's Jill Smuttell nabbed a silver in the youth female 50m butterfly.

East St. Paul's Sofia Pounovic won a silver in both the

youth female 100m breaststroke race and the 50m breaststroke. She also raced to bronze medals in the 100m freestyle and 50m freestyle.



Damien Ekosky

On the mat, Damien Ekosky of the Selkirk Judo Club won a gold medal at the 2018 Pacific International Judo Championship in Richmond, B.C.

He also competed in the Senior Men age division, finishing seventh out of 26 competitors.

The Winnipeg Hawks' AAA Bantam hockey team won a provincial title after sweeping the Southwest Cougars 2-0 in a best-of-three series.

Local players on the roster included Cole Plowman, Nate Goodbrandson, Ryland Kuczek, Kyle Follhoffer and Dominic Jacobson.

The Selkirk Steelers' season ended with a disastrous second half of a third period.

Virten snapped a 1-1 tie by scoring four goals in a 6:42 span to defeat Selkirk 5-1 and advance to the MJHL semifinals.

With the win, the Oil Capitals won the best-of-seven quarter-final series in five games.

Selkirk's other junior hockey team, the Fishermen, were defeated 3-2 by the St. Malo Warriors in Game 7 of their

Keystone Junior Hockey League semifinal series.

Off the ice, the Steelers announced the resignation of general manager Ken Petrash.

His duties were taken over by Nick Lubimiv, the current Steelers' head coach and director of hockey operations.

The Keystone Cup had been the Western Canadian Junior "B" hockey championship since 1978.

But this year, no team from the western provinces were involved.

Thunder Bay hosted the 2018 event, which included KJHL finalists - the Peguis Juniors and St. Malo Warriors - while northwestern Ontario was represented by the Thunder Bay Fighting Walleye and the host Thunder Bay Northern Hawks.

The Winnipeg Hawks Bantam "AAA" hockey won a bronze medal at the Western Canada Championship in Kamloops, B.C. after defeating the Thompson Zone Blazers 3-2 in overtime.

Goodbrandson scored the game winner just 37 seconds into OT.

IN volleyball news, Kely Warmington, the talented former Selkirk Royals' middle blocker, announced she was joining the University of Winnipeg Wesmen women's program.

April

Condolences and prayers poured in from across the world - including right here in the Interlake - for families of the Humboldt Broncos' junior hockey team that was involved in a tragic crash.

The accident occurred when a semitrailer collided with the Broncos' bus while on its way to a semifinal playoff game

Continued on page 13



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Continued from page 12

against the Nipawin Hawks in Saskatchewan.

Fishermen players donated team funds to the Broncos in wake of the devastating crash.

The Fishermen organization donated \$1,000 to the Broncos GoFundMe account.

The Manitoba Intact finished with a 2-4-1 record in the National Ringette League division at the 2018 Save-on-Foods Canadian Ringette Championships.

The Intact's roster included goaltender Amy Clarkson of St. Andrews, Selkirk's Sam Sampano and East St. Paul's Taylor Wyatt.

For the second consecutive season – and third time in the past five years – the Raiders Jr. Hockey Club won the Manitoba Major Junior Hockey League championship.

The Raiders captured the title in style, hammering the Transcona Railer Express 8-2 in Game 5 of their best-of-seven final.

Selkirk's Kale Ilchena scored four of the Raiders' goals.

Jeff Scarcello, the Selkirk Royals' varsity boys' volleyball head coach, was the winner of Sport Manitoba's Male Coach of the Year at the Night of Champions Awards gala.

Scarcello was also up for the Peter Dyck Award – School System (for the second straight year) along with three other nominees at the 2018 Coaching Manitoba Impact Awards banquet.

The Royals' Cassidy Ilchena received a WWHSHL Grad-



Nick Trudel

uating Scholarship at the League's awards banquet. The award was based on leadership, athletics and academics.

Nick Trudel was part of the Raiders Jr. Hockey Club's MMJHL championship win and then two days later he picked up a pair of major awards at the Winnipeg High School Hockey League luncheon.

Trudel was selected as the Platinum Promotions Division's top defenceman and was also the Royals' recipient of the Travis Price Scholarship.

The 13U Royals boys' club volleyball team won a silver medal at the Manitoba provincials. The Royals 15U boys' team also won a silver at their provincials.

Mark Oxeer competed at a powerlifting meet in Brandon, coming home with a pair of provincial records with just one lift.

Oxeer competed in the 83kg Men's Masters 1 division (for lifters aged 40 to 49) and set a provincial bench press record while winning his age/weight class.

The Royals' team of Jeston Bartram, Alexa Bunn, Belle Lourenco and Colton Youwza won the 2018 High School 5-pin Bowling tournament.

May

The Royals' ringette team had a fantastic tournament, reaching the gold-medal game where they lost 5-0 to College Beliveau in Ile des Chenes.

In a warmer climate, Team Canada placed third out of four teams at a Women's International Darts Championship in Las Vegas. Canada's contingent had a strong local flavour as Bobbi Haines, Cheryl Dalrymple, Ramey Goetz, and Heather Bell were on the ladies' team while Jarrod Lewis was on the men's squad.

The Interlake Thunder announced they were leaving the Midget Football League

of Manitoba.

Interlake made the decision to leave the MFLM and participate in the nine-man Rural Manitoba Football League.

Back on the ice, Manitoba had a golden time at the 2018 National Aboriginal Female Hockey Championships in Membertou, N.S.

Team Manitoba won the gold medal after defeating Ontario South 5-3.

Team Manitoba's boys' hockey team, meanwhile, came home with bronze medals after defeating Ontario South 4-1 in the bronze-medal game.

The Royals' team of Jeston Bartram, Jessica Robert Alexa Bunn and Belle Lourenco won the Manitoba Varsity 10-pin Bowling Championship.

Bailey Malinowski, together with Damien, Justin and Sarah Ekosky, competed with the Manitoba provincial team at the 2018 Canadian Open National Judo Championships in Calgary.

Sarah Ekosky won five straight matches to collect the gold medal and her first national championship.

Damien Ekosky won his second straight bronze in the U21 under-73 kg weight division.



Justin Ekosky

Justin Ekosky finished ninth out of 26 fighters in the U18 under-73 kg category. Bailey Malinowski also fought well in the same division but did not place.

The Royals were dominant at the beach volleyball pro-

vincial championships.

Selkirk's pairing of Holly Feschuk and Makenna Wryryha were crowned junior varsity girls' provincial champions.

In varsity girls' action, the Royals' duo of Kely Warmington and Annika Loeppky placed fourth.

The varsity boys' division, meanwhile, saw the Royals' Cam Gayleard and Jack Harrison place third in the province.

June

The Selkirk Royals' lacrosse team wrapped up its season with a victory.

Selkirk won the consolation side of Division 1B after a 12-4 victory over Glenlawn.

Annika Loeppky was one of the 16 Manitoba High Schools Athletic Association winners of the 2018 McDonald's Leadership Awards.

Loeppky had a very impressive academic average of 98 per cent.

Selkirk won four medals at the MHSAA track and field provincials.



Heath Kurys

Heath Kurys picked up Selkirk's lone gold medal in the junior varsity boys' 800-metre race.

The Royals' Asha Gurney, meanwhile, won a silver medal in the varsity girls' 100m hurdles.

Gurney also won a bronze medal in the high jump after clearing the bar at 1.54m.

Tim Juvonen earned Sel-



Asha Gurney

kirk's final medal, winning a silver in the triple jump after landing in the sand at 13.49m.

The Royals capped off another tremendous athletic season with their annual awards banquet on June 13.

Selkirk's varsity athletes of the year were Tim Juvonen and Annika Loeppky.

The Royals' junior varsity athletes of the year included Noah Friesen and Rayley Goetz.

The Manitoba High Schools Athletic Association announced the four winners of the 2017-2018 Credit Unions of Manitoba High School Scholar Athlete Awards.

Among the winners was Annika Loeppky.

The North Winnipeg Pirates PeeWee "AAA" baseball team won the Triple Crown Showdown in Portage la Prairie.

The Pirates capped off a tremendous weekend by defeating the Carillon Sultans 8-5 in the championship game.



Garth Collings

Continued on page 14

Continued from page 13

July

Matlock's Garth Collings, who plays out of Breezy Bend, was the runner-up at the Golf Canada - GM Men's Mid-Amateur Championship at the Falcon Lake Golf Course.

Collings finished the tournament at six-over 222, which was nine strokes behind Breezy Bend's Justin McDonald.

Damien Ekosky won a silver medal at the 2018 Canada Cup tournament in Montreal.

The Canada Cup was an International Judo Federation Pan American Cup tournament, attracting fighters from 20 countries. Ekosky claimed the silver medal in a division of 19 competitors.

The Stride Ahead Tough Track team featuring - Alec Dickson, Matthew Exner, Simon Berube and St. Andrews' Tristan Allen - won silver in the senior 4x400m (3:21.31) at the Canadian Track and Field Championships in Ottawa.

Mikyla Albert had a chance



Mikyla Albert

to represent Manitoba once again at the National Junior Girls' Golf Championship.

Albert earned her spot on the provincial team after finishing third at the junior



NW Pirates U18 'AAA' Midget champs

women's provincial championship at the St. Charles Country Club.

Ontario may have won its second consecutive gold medal at the Women's Invitational Baseball Championships in Montreal, but the real story of the tournament was the strong play of the 21U Prospects.

The 21U Prospects team,



Brittney Langlais

which included Garson pitcher Brittney Langlais, reached the final where they lost 6-2 to Ontario.

The North Winnipeg Pirates had a flair for the dramatics in the Midget "AAA" baseball final.

Trailing 2-1 in their final at-bat, North Winnipeg scored a pair of runs with two outs to edge the Bonivital Black Sox 3-2 to claim the city championship.

On the links, Selkirk's Noel Ngo, who golfs out of Pine Ridge, was the top local player at the Nott Autocorp Manitoba Men's Amateur golf championship.

Ngo finished tied for seventh with three other players. He fired rounds of 75, 71, 81 and 73 for a 12-over 300.

The Keystone Junior Hockey League lost five teams - the Selkirk Fishermen, Arborg Ice Dawgs, St. Malo Warriors, North Winnipeg Satellites and Lundar Falcons - which decided to leave the KJHL.

Those five teams formed the Capital Region Junior Hockey League.

The North Winnipeg Pirates already had a guaranteed spot in the PeeWee "AAA" baseball provincials as the host team.

But the Pirates earned their spot at the provincials by winning the city championship.

North Winnipeg defeated Bonivital 11-10 in an extra inning in Game 3 of their best-of-three final series.

North Winnipeg battled back from a 7-0 deficit after just two innings.

All three Lockport Lancers' athletes representing Manitoba made the podium at the Western Canadian Tri Provincial Track and Field Championships in Sherwood Park, Alta.

Benjamin Olafson won gold and set a new provincial record in the 16U boys' four kg hammer throw. He also earned a bronze in shot put.

Morgan Lenchuk won a bronze and set a personal best with her three kg 14U hammer throw.

Rylan Van Kooten tied for first and won gold in the 16U boys' high jump. He also took home a silver in the triple jump.

Three local players contributed to a U15 Division "A" gold-medal win for Team Manitoba at the Canadian Junior Ball Hockey Nationals in Fredericton N.B.

Nate Goodbrandson, Rylan Kuczek and Cole Plowman led Manitoba to a 5-2 win over the Withrow Park Knights in the gold-medal game.

August

Selkirk was the place to be when it hosted the 2018 IPSC Canada National Championship.

The championship decided the best in Canada and was a qualifier for the world championships in 2020.

Selkirk's Joe Rosser, who played in the Midget Football League of Manitoba with the Interlake Thunder, was selected as a recipient of the 2018 Jack Jacobs Scholarship.

The North Winnipeg Pirates earned a spot into the Western Canada Bantam "AAA" Championships in Winkler.

North Winnipeg punched its ticket to the westerns by reaching the final of the provincial championship where they lost 6-4 to South Central.

For the second time in three seasons, St. Clements' Brett Boudreau won a Manitoba Junior Baseball League championship.

Boudreau's Elmwood Giants swept the St. James A's 3-0 in their best-of-five final.

Boudreau was one of three local players on the Giants' playoff roster. St. Andrews' Owen Nychuk and Selkirk's Kevin Burnett were also on the team.

Switching to hoops, Team Manitoba finished seventh overall after posting a 4-2 record at the 2018 17U National Boys' Basketball Championship in Kamloops, B.C.

Manitoba's roster featured East Selkirk's Marcus Foreman.

At the U15 girls' basketball nationals Manitoba finished with a 2-4 record.

Manitoba's roster included East St. Paul's Alyssa Porco.

Team Manitoba finished eighth overall at the 2018 Baseball Canada Cup U17 Championship in Moncton, N.B.

Manitoba was defeated 4-3 by Alberta in the seventh-place game.

Manitoba's roster included West St. Paul's Christian Ingram, St. Andrews' Tyler Smith and Liam Allen.

Team Manitoba finished fourth at the five-team 21U Women's Invitational baseball tournament in Stonewall.

Manitoba, whose roster included Brittney Langlais, was defeated 14-4 by Nova Scotia in the bronze-medal game.

All three local lifters qualified to compete at the 2019 Canadian Western Championships in Saskatoon after some outstanding performances at

the Movement Powerlifting Classic in Winnipeg.

Madeline Livingstone won a gold medal as the best female junior lifter while Chantal Lam won a silver medal.

Cam Chorney, meanwhile, won a bronze medal.

North Winnipeg won silver at the Bantam "AAA" Western Canadian Baseball Championship in Winkler.

The Pirates reached the final where it lost 11-0 to Langley, B.C.

September

Selkirk's Tom Pachal had two personal bests at the Western Canadian Powerlifting Championship in Edmonton.

Mark Oxeer was also there as Team Manitoba's head coach.

The Selkirk Royals varsity girls' volleyball team won the title at the annual University of Winnipeg Wesmen tournament.

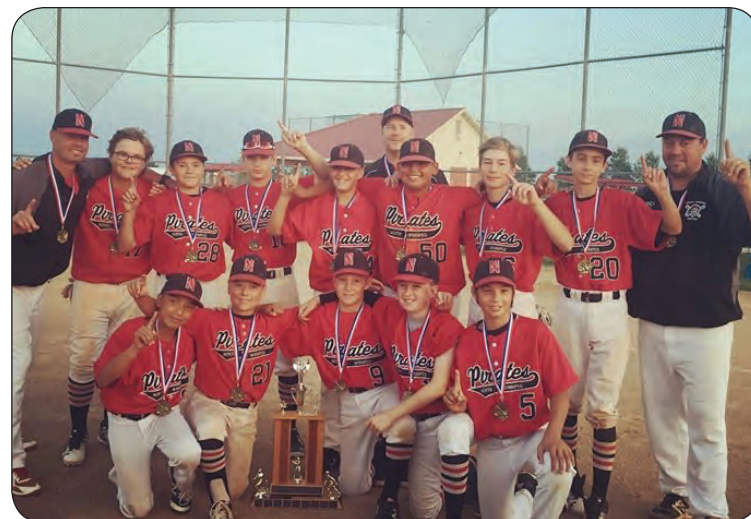
Selkirk continued its impressive dominance at the U of W tourney over the years with a 2-0 win over the Sturgeon Heights Huskies in the championship game.

The University of Manitoba Bison women's volleyball team introduced an impressive recruitment class - which included East Selkirk's Asha Gurney - for the 2019-20 season.

The Royals junior varsity boys' volleyball team won the DMCI tournament while never losing a set.

Selkirk swept Linden Christian 2-0 in the championship match.

In the water, Selkirk's Zachary Adams represented Canada at the International Canoe Federation Dragon boat Worlds in Atlanta.



Pirates 'AAA' PeeWee City champs

Continued from page 14

The Selkirk Royals' Mikyla Albert finished tied for the low score in the girls' division of the MHSAA golf provincials.

Albert fired an 80 along with St. Mary's Academy's Kate Gregoire. St. Andrews' Reece Carter of St. Mary's was third with an 83.

Selkirk used home court to its advantage at the Royal Rumble Invitational.

Selkirk won its annual home tournament after defeating the MBCI Hawks 2-0 by scores of 25-19 and 25-20.

October



Devin Tomko

In the ring, East Selkirk's Devin Tomko improved his pro boxing record to 3-0 after an impressive TKO victory over Chad Thrun in Saskatoon.

The Selkirk Fishermen had their first taste of Capital Region Junior Hockey League regular-season action.

Selkirk lost 5-3 to the Warriors in St. Malo and then played to a 4-4 draw with the Lundar Falcons at the Rec Complex.

The Selkirk Royals made it look very easy at their junior varsity boys' volleyball home tournament.

Selkirk continued its stellar play with another tournament title after defeating the St. Paul's Crusaders 2-0 by scores of 25-20 and 25-22 in the final.

Kerri Einarson's curling team had been real hard to defeat this season. But Edmonton's Chelsea Carey was able to beat her formidable squad 7-5 in the final of the Canad Inns Women's Classic 32-team bonspiel in Portage la Prairie.

The Royals captured the Portage Classic Invitational varsity girls' volleyball championship.

Selkirk outlasted Brandon's Vincent Massey Vikings 2-1 by scores of 26-19, 24-26, 16-14 in the final.

Moving outside, the Royals had several outstanding performances at the MHSAA cross-country provincial championship in Roseisle.

Selkirk's Heath Kurys ran a great varsity boys' race, finishing fourth overall with a great time of 17.25.

The Royals' Sayda Bloom was 10th in the junior varsity girls' race with a very good time of 13.28.

November

East St. Paul Figure Skating Club members competed at the 2019 Skate Canada Manitoba Sectional Championship in Morden.

Emmet Dewar placed second in Juvenile Men's U14 while Jade Pilat was third in Juvenile Women's U14.

Avery Marks Arnold competed in the Juvenile Women's U14 category, finishing seventh.

The Manitoba Baseball Hall of Fame & Museum announced its 2019 inductees, which included St. Andrews' residents Paul Edmonds and Matt Mutcheson.

Edmonds will be inducted in the Special Category for his great work in media while Mutcheson was a star pitcher and will be going in with the Brandon Cloverleafs' team.

The Keystone Junior Hockey League announced it is taking Hockey Manitoba and the Capital Region Junior Hockey League to court.

Peguis was among five Manitoba First Nations that have launched a lawsuit and are asking for an injunction to block the newly-formed CRJHL from continuing its first-ever season.

On the gridiron, the Interlake Thunder capped off a perfect Rural Manitoba Football League season with a convincing 42-20 win over Swan Valley to win the Doug Steeves Trophy.

The Thunder's Gabe Simard of Fisher Branch was named the league's top offensive lineman while Graeme Perrie of Stonewall was selected



The Interlake Thunder Midget boys

as the league's Rookie of the Year.

The Royals were crowned the KPAC Tier 1 varsity boys' volleyball champions yet again.

For the third consecutive season, Selkirk won their league title after sweeping the Garden City Fighting Gophers 3-0 by scores of 25-15, 25-16, and 25-12.

Meanwhile, the Royals used a boisterous home crowd to their advantage in the KPAC Tier 1 junior varsity boys' volleyball final.

Selkirk rewarded its home crowd with an impressive 3-0 sweep of Garden City, winning by scores of 25-19, 25-17, and 25-11.

The Royals reached the final of the McDonald's "AAAA" provincials at the University of Manitoba where they were defeated 3-1 by the Dakota Lancers.

It was a great night for the Lockport Lancers at the junior high divisional volleyball championships. Lockport won all four championship finals.

Lockport's Grade 8 boys'

team went on to win a silver medal at the provincials.

Both of the Royals' varsity teams reached the MHSAA "AAAA" provincial volleyball finals but had to settle for second best in Manitoba.

Devin Tomko's pro boxing record is now a perfect 6-0 after he won a majority decision over France's Augustin Malecot in a six-round bout at the Montreal Casino on Nov. 24.

December

Forward Reece Tessier scored five goals and added an assist in the Selkirk Fishermen's 6-1 win over the St. Malo Warriors in Capital Region Junior Hockey League action.

Just as impressive, Kale Ilchena scored four goals - including a natural hat trick in the second period - to lead the Raiders Jr. Hockey Club to a convincing 9-2 road win over the River East Royal Knights in Manitoba Major Junior Hockey League play.

In curling, the Kerri Einarson and Jennifer Jones rivalry added another chapter in De-

ember.

Winnipeg's Jones beat Camp Morton's Einarson 8-5 to win her record fourth women's title at the Home Hardware Canada Cup in Estevan, Sask.

The MHSAA's Urban High School Athlete of the Week in early December was Spencer Grahame of the Royals' junior varsity boys' volleyball team.

Grahame, the team's captain, guided his squad to victories at Daniel McIntyre, Mennonite Brethren, Lord Selkirk, and Miles Macdonell tournaments.

He also led the Royals to a silver medal at the McDonalds Provincial "AAAA" Volleyball Championships.

The Interlake Magic won the gold medal at the Mid-Canada U16 AA ringette tournament earlier this month.

Interlake stung the Regina Stingers 2-1 in overtime in the championship game.

Local players included East Selkirk's Jill and Valorie Smuttell and Selkirk's Shereise Fetterly.

Next Home Games

Sun. Jan. 13 7:30pm
vs North Winnipeg

Sat. Jan. 19 7:30pm
vs Arborg

Next Away Games

vs North Winnipeg
Tues., Jan. 8 - 8:00pm Mosienko
vs Lundar Falcons
Sat., Jan 12 - 8:00pm Lundar



Meet the Fishermen



#19 TRAVIS SPRATT, Forward

get inspired

> MEAL IDEAS



RED RIVER CO-OP FOOD STORE

Potato, Turkey and Veggie Casserole

mixed vegetables, drained
nonstick cooking spray
1/2 cup bread crumbs
Heat oven to 350 F. In large, nonstick skillet over medium heat, heat 1 table-
spoon oil. Add turkey, thyme, garlic powder, pepper and salt, if desired.
Cook 5-7 minutes, until cooked through, stirring occasionally and breaking tur-
key into large crumbles.

Stir in potato salad and sour cream. Add vegetables; stir to combine. Spray 2-quart casserole dish with nonstick cooking spray. Spoon in casserole mix-
ture.

Toss together bread crumbs and remaining oil. Sprinkle over casserole. Bake 30 minutes, or until bubbly and heated through.

Substitution: Leftover chopped turkey (about 1 1/2 cups) can be cooked 2-3 minutes in skillet in place of ground turkey.

Prep time: 15 minutes
Cook time: 30 minutes
Servings: 6
1 tablespoon, plus 1 teaspoon, olive oil
3/4 pound extra-lean ground turkey breast
1/2 teaspoon dried thyme leaves
1/2 teaspoon garlic powder
1/2 teaspoon ground black pepper
1/2 teaspoon salt (optional)
1 can (15 ounces) READ German Potato Salad
1/2 cup light sour cream
2 cups frozen, thawed or canned

Beet Carpaccio Salad with Toasted Hazelnuts

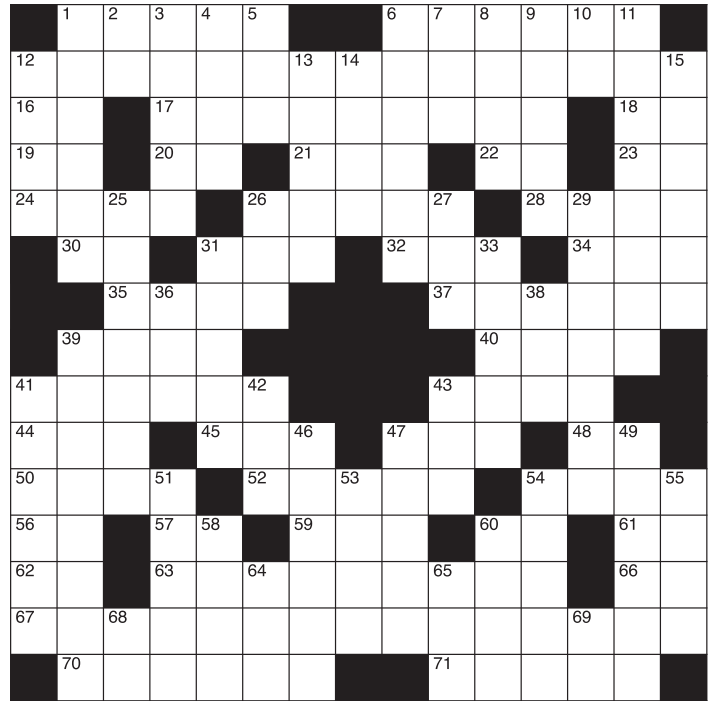
Prep time: 10 min
Servings: 4
1 1/2 pounds roasted beets
2 cups microgreens
4 ounces goat cheese, crumbled
1/4 cup chopped toasted hazelnuts
2 tablespoons Filippo Berio Classic Balsamic Glaze

1/4 teaspoon flaked sea salt
1/4 teaspoon cracked pepper
Heat oven to 400 F.
Using chef's knife or mandoline, thinly slice beets; arrange on platter.
Arrange microgreens over beets; scatter with goat cheese. Sprinkle hazelnuts over top and drizzle with balsamic glaze. Sprinkle with salt and pepper.

X CROSSWORD

CLUES ACROSS

1. Class
6. Husband or wife
12. All the same
16. Exclamation of surprise
17. Lived in
18. Hawaiian entertainer
19. Of I
20. Belonging to me
21. One thousandth of an inch
22. Midway between south and east
23. Article
24. Pitchers have them
26. Steps
28. Mars crater
30. ___ route: on the way
31. Diego, Francisco, Anselmo
32. A baglike structure in a plant or animal
34. These three follow A
35. Frail
37. Platforms
39. Level
40. Computers
41. Where spiders live
43. An enemy to Batman
44. Mineral
45. Body part
47. Give
48. Atomic #21 (abbr.)
50. European tax
52. Bleated
54. Capital of Norway
56. Pa's partner
57. Stephen King's clown tale
59. Atomic #50
60. Military policeman
61. One quintillion bytes
62. Where impulses manifest
63. Offers as a candidate
66. Spielberg film
67. Great job!
70. Live in
71. Cares for



1. Form a whole
2. Indicates position
3. Moves in water
4. Diminutive
5. Old English letter
6. "Save the Last Dance" actress
7. Dab
8. Digits
9. Female cattle's mammary gland
10. Yes
11. Improves
12. We all have one
13. Book of Esther antagonist
14. Invests in little enterprises
15. Organs that produce gametes
25. Mediterranean city
26. Peter's last name
27. Unhappy
29. Swollen area within tissue
31. "No ___!"
33. Soap

36. Chop or cut
38. "Atonement" author McEwan
39. Bullfighter
41. Of the universe
42. Founder of Babism
43. Not good
46. Large, flightless bird
47. Punitive
49. Makes less messy
51. Belts out a tune
53. Aboriginal people of Japan
54. An eye protein
55. Broad sashes
58. Actress Spelling
60. Distribute
64. Unpleased
65. Body art
68. Midway between north and east
69. Overdose

Please see classified section for Answers

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BINGO
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- \$676 + LUCKY 7

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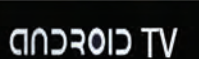
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The Selkirk Record is looking for collators to help with inserting flyers into the newspapers. Must be willing to stand for long periods of time and to carry 20-40 lbs. Manual dexterity is an asset. Shifts are Tuesdays and Wednesdays in Winnipeg, close to Inkster Park. Please drop off resumes to the Selkirk Record office, 217 Clandeboye Ave., Selkirk.

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CITY OF Selkirk

PUBLIC NOTICE

The City of Selkirk would like to thank the Responsible Electronics Recycling (RER) depot located at 511 Robinson for their years of service as the community's drop off location for Household Hazardous Waste (HHW) and Recycled Electronics.

Please be advised that as of January 3rd, 2019 upon the closure of the RER, the City of Selkirk will be accepting HHW and Recycled Electronics at the City of Selkirk Solid Waste Transfer Station located on Hwy 4, about ½ mile north from the intersection of Hwy 9 & 9A.

For more information, please contact the Public Works Dept. at 204-785-4930

take a break > GAMES

SUDOKU

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

Fun By The Numbers

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

Level: Intermediate

Here's How It Works:

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

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

Sudoku Answer

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

Crossword Answer

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ANNOUNCEMENT

ENGAGEMENT



Daren and Crystal Reiter are excited to announce the engagement of their son Barret to Shafagh Daneshfar, daughter of Mojgan Asili and Mohsen Daneshfar. A July 2020 wedding is planned.

ANNOUNCEMENT

IN MEMORIAM

William (Bill) Johanson
January 21, 1946 - January 3, 2015
Husband, Father, Papa

The world changes year to year,
Our lives change every day,
But our love and memories of you
Never fade away.

-Missed and loved, Laverne and family

ANNOUNCEMENT

IN MEMORIAM

Paul Kalyniuk
January 7, 2018
In Loving Memory
of my husband

Gone are the days we used to share,
But in my heart you are always there.
The gates of memory will never close,
I miss you more than anyone knows.
Life goes on, I know that's true,
But it's not the same since I lost you.
Always in my heart and thoughts.

-Love, Lynn

ANNOUNCEMENT

IN MEMORIAM



Marilyn Partridge

September 15, 1955 - December 21, 2012

God saw you getting tired and a cure was not to be.
So he put his arms around you and whispered come to Me.
A golden heart stopped beating,
hardworking hands at rest.
God broke our hearts to prove to us,
He only takes the best.

-Tom, Blaine, Melisa, Brad (Kyla), Brady, Hope, Richard (Kelly), Page and Matty

ANNOUNCEMENT

IN MEMORIAM



Joe King
In Loving Memory of
my dear husband Joe,
father, grandpa, who

passed away January 4, 2009

Hard to believe it has been 10 years.
Though his presence is gone forever,
And his hands we cannot touch;
Still we have so many memories,
Of the one we loved so much.
His memory is our keepsake,
With which we will never part;
God has him in His keeping,
We have him in our hearts.
We miss you every day!

-Missed and loved forever by
wife Elsie, son Richard and
granddaughter Holly

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