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# The Selkirk Record

VOLUME 9 EDITION 1

THURSDAY, JANUARY 4, 2018

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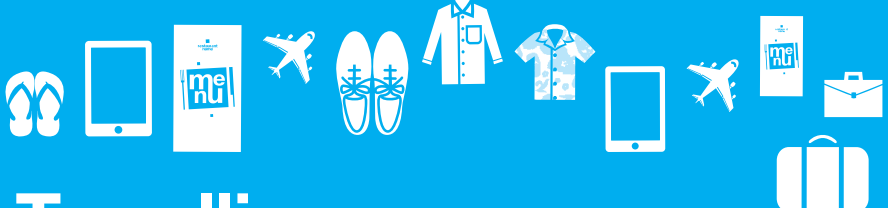


## Puppy love

RECORD PHOTO BY JUSTIN LUSCHINSKI

Grace, a four-year-old mastiff-cross, relaxes with some Grade 2 students at Mapleton School recently where she serves as a trained therapy dog for local students. For a story, see Page 5.


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




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# City of Selkirk passes 2018 budget, 'modest' 2.5% tax hike

## Staff

The City of Selkirk capped off 2017 by approving their 2018 budget along with what administration is calling a "modest" 2.5 per cent tax increase.

"Council worked hard to keep increases to a minimum, and budget 2018 features a modest 2.5 per cent increase," the city stated in a release to the *Record* on Dec. 21.

The city added for an average home in Selkirk assessed at \$237,450, a 2.5 per cent tax hike means an increase of \$54 annually or \$4.50 per month.

Selkirk Mayor Larry Johannson said city administration and managers have once again worked with council to complete the budget before year's end, allowing Selkirk to start tendering jobs early.

"Strategic planning allows us to be in control, we're not reacting to problems, we're taking stock of what we have now and what we need in the future so we're better positioned, we're better prepared and we're building a better Selkirk," Johannson stated in a release.

Budget 2018 has a heavy focus on infrastructure reinvestment and according to the city's CAO Duane Nicol, residents will notice a change this year when it comes to street work.

"People will see a lot more road work this year than they have in the past and we're doing overlays on streets rather than resurfacing them, which will give them up to an extra 20 years of life," Nicol said.

Overlays, Nicol explained, involve adding asphalt on top of the existing asphalt to extend the life of the surface, as opposed to letting it deteriorate to the point where a more costly resurfacing has to be done.

Sections of Manchester Avenue will get new sewer pipes, which means the old combined sewer system there will be replaced with separated sewers, reducing the chance for backups in heavy rain events.

The city has also been steadily working to replace combined sewers, which were installed prior to the 1970s when it was an accepted practice.

Other large infrastructure projects this year include the start of the city's new \$39.5 million wastewater treatment plant and \$3.9 million fire hall expansion.

The wastewater treatment plant is the largest infrastructure project in Selkirk's history and brings the city into compliance with new wastewater regulations.

The fire hall is much needed and will allow the city to purchase and store a ladder truck, local firefighters don't have now, but need. The new hall will be an expansion of the existing building on Eaton Avenue. The new construction will be to the west of the current hall, and will be a three-storey building that will include a training space, the city's EMO and an area for showers and changing, which are required in a new build. There will also be a backup generator.

"It's a far better functional space for our firefighters," Nicol said.

A concept plan for Annie West will be done and work on a west end lift station and force main trunk line will begin. The work, Nicol explained, is so the city is prepared for growth in the coming years, in the retail area and the business park, and to relieve some of the pressure on existing infrastructure.

The city will also continue improvements to its recreation facilities and parks. Structural improvements at the Selkirk Rec Complex that began a few years ago under a renewal plan will include upgrading of pavement around the facility to improve drainage and raising the height of the ice resurfacer entrance way. The city will also install

solar panels and LED lights will be installed in the ice shed.

The first round of management plans for city parks and facilities will be developed as well.

"All of our facilities over time will have a management plan, and basically it's getting clear about what services they're intended to provide and at what standard and what level," Nicol said.

Places for the Selkirk Waterfront, Selkirk Park, Little Lake Park, as well as the Selkirk Rec Complex will also be made this year.

The city will also begin developing a Community Safety Strategy in 2018, which follows up on the creation of the protective services position.

"For a long time community safety has been focused just on policing, Council's vision is that we move beyond that," Nicol said. "We're looking to engage the community in the process and work with individuals and groups like Citizens on Patrol, Citizens for a Safer Selkirk and Selkirk Bear Clan."

"We want people to feel safer and we want them to feel welcome to participate in these kinds of programs that will increase safety over time."

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## Liftmas challenge with Santa Claus

RECORD PHOTOS  
BY BRETT MITCHELL

Cassie Watson, pictured above, deadlifted 315 lbs and did 115 lbs for 52 reps during Liftmas at Iron Image Fitness in Selkirk with a little help from Santa on Dec. 19. Cameron Chorney, pictured right, managed to do 32 squats with 135 lbs during Liftmas at Iron Image.





## Santa stops at Ruth Hooker School



ABOVE LEFT: Ruth Hooker School students visit with Santa during his stop at the local school on Dec. 19. ABOVE RIGHT: Pictured from right to left: Grade 3 Ruth Hooker School students Kaley Boucher, Talia Seaton and Darian Taylor enjoy pancakes and juice for breakfast at their school.

RECORD PHOTOS BY JUSTIN LUSCHINSKI

# MPI unveils its top 5 road safety resolutions for 2018

### Submitted

How many road crash deaths are okay? Manitoba Public Insurance is encouraging all motorists to conclude that losing even one Manitoban from motor vehicle collisions is one too many – and is encouraging motorists to resolve to make 2018 the safest-ever year on Manitoba roadways. On that note, Manitoba's public auto insurer has released its Top 5 road safety resolutions for motorists to consider:

#### 1. Drive Sober

The use of either alcohol or drugs while driving is a dangerous mix. Many drivers believe cannabis has no effect on their driving ability. MPI's public awareness and education efforts over the next year will give Manitobans the information they need to make safe decisions when it comes to driving after consuming cannabis, and to understand how, similar to alcohol, cannabis and other drugs can impair driving ability.

On average, every year 25 people are killed in an impaired-driving related collisions and a recent medical study published by the British Medical Journal shows that crash rates for drivers under the influence of cannabis are two to six times higher than for drivers who are not impaired.

Don't become a statistic!

#### 2. Stick to driving: distracted driving can be fatal

Each year in Manitoba about 28 people are killed as a result of distracted driving. A recent survey of Manitoba drivers revealed that 15 per cent of respondents admitted to using a hand-held cellphone while driving, with usage nearly doubling among drivers age 25 to 39.

However, distracted driving is not exclusive to the use of smart phones while driving. Distracted driving is anything that diverts your attention from the road. Distractions take your eyes off the road, hands off the wheel

and your mind off the job of driving.

Stay focused on the task of driving!

#### 3. Buckle up. Every time.

On average, 20 people each year are killed in Manitoba because they were not wearing a seatbelt. Consider the odds: A person is nearly 35 times more likely to be killed and five times more likely to be seriously injured when not wearing a seatbelt. In rural Manitoba, highway speeds increase crash severity, which makes wearing seatbelts even more important, regardless of where you are seated in the vehicle.

Whether a short trip or a long one – seat belts save lives!

#### 4. Watch your speed

Speeding claims about 21 lives yearly in Manitoba, in addition to 600 people injured in speed-related crashes. Weather conditions in Manitoba can also make driving treacherous.

At this time of year, all drivers should be in full 'winter driving mode'. Be particularly cautious when traveling

on overpasses and bridges. The surfaces on these structures can freeze quickly due to a lack of ground insulation. Allow more time to stop. Traction is reduced when roads are slippery it takes more time to come to a complete stop. If you don't have winter tires, it's not too late to get them.

Drive to road conditions speed limits are intended for 'ideal' driving conditions!

#### 5. Watch out for vulnerable road users: motorcycles, pedestrians and cyclists

Over the first 11 months of 2017, seven motorcyclists and 11 pedestrians lost their lives in motor vehicle-related collisions on public roadways. As our most vulnerable road users, drivers are encouraged to look twice, and give the time and space needed to keep pedestrians, cyclists and motorcyclists safe. For cyclists, this means giving at least one metre of space when passing.

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# BiG DOLLAR



# Recovery centre triples intake of people seeking help for addictions

By Patricia Barrett

Since opening its doors about a year and a half ago, the Aurora Recovery Centre has seen an increase in people with addictions turning to them for help.

The private treatment facility, located along the shore of Lake Winnipeg in the RM of Gimli, helps people overcome addictions to alcohol and drugs, as well as other addictions such as gambling. It also addresses mental

health issues, including depression, anxiety and obsessive-compulsive disorders, which are commonly associated with addiction.

"One of the things that's been most successful is the number of members we've been able to treat," said business development and public relations officer Ian Rabb. "We had projections... and in the first 18 months we tripled the numbers we thought we would see."

Aurora's detox team, clinical therapists and addiction specialists have treated over 400 people, primarily from Manitoba, but many from other parts of Canada.

"One thing that is very unique about the Aurora Recovery Centre is that we do individualized treatment plans. We have had members stay up to 120 days or longer," said Rabb. "We really built our programs based on their addiction history and co-occurring mental health issues."

Rabb said the ability to detox people the moment they're ready to reach out for help has a lot to do with successful rehabilitation.

"We take them in whatever condition they're in, on whatever day and time they need help," said Rabb. "There's no wait times. One of the things I did when I built Aurora was we made sure the detox was large enough and we had enough transitional beds so we'd



PHOTO COURTESY OF AURORA RECOVERY CENTRE

Aurora Recovery Centre in Gimli has treated more than 400 people struggling with various addictions since it opened its doors.

never have to say no to anybody."

The Health Sciences Centre has a detox for people based on "immediate health risk," such as a risk of "dying because of alcoholism," he said, but those who wanting to get off substances like opiates have to wait several months to access public treatment programs.

"It would be beneficial of the province to think of a process which would best serve people who need immediate access to treatment – when they need it," said Rabb. "We are the only real medical detox in the province."

Aurora's medical withdrawal unit has 16 beds that are staffed 24-7, 365 days a year. And it has a 54-bed treatment program that provides individualized treatment plans, one-on-one counselling, group therapy, and a relapse prevention and life-skills program. Depending on the extent of an

addiction, 30-, 45- and 60-day detox treatments are available.


Rabb said Aurora's continuing-care program is vital to the success of managing addictions post-treatment.

"The longer you keep someone engaged in a recovery conversation, the better off their chances of long-term recovery," he said. "Everybody that comes to Aurora is part of our continuing care family and they have access to their counsellors and a group meeting every week either by Internet or phone. If they're far away, we have the ability to bring them into the meeting and participate just like if they were here."

Some of the major challenges the centre has faced are finding specialized staff and funding.

"We're the largest employer in the Interlake. We have about 75 employees and any business that starts up has human resource issues," said Rabb.

Rabb said a number of staff members have moved from other parts of Canada to work at Aurora and are "incredibly caring and loving and very dedicated to people with co-occurring mental health issues and addictions."



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Jan 19 – Black Water Band 8:30pm  
Jan 26 – Ravin Band 8pm  
Jan 31 – General Meeting 7:30pm

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<b>OPEN SUNDAYS</b> 12 Noon - 7:00 pm		

**Everyone Welcome**



# Therapy dog helps comfort students during difficult times

By Justin Luschinski

Grace, a four-year-old mastiff-cross, wanders through the hallways of Mapleton School. While wearing a red T-shirt, she stops to let passing students pet her.

This has been Grace's job for two years.

With some help from her owner Elaine Johnston, a school counsellor at both Mapleton and Daerwood schools, Grace is now a trained therapy dog for students. Johnston said Grace naturally fell into the job.

"It just kind of happened. My daughter gave me (Grace). At the time, I was taking night courses at the university. The professor had therapy dogs, so she allowed me to bring Grace. When I was hired by Lord Selkirk, I asked if they were interested in a therapy dog program, and after that she started working here with me."

She was originally trained as a service dog for Johnston. Grace helped her deal with the trauma she experienced, while also allowing Johnston to feel comfortable and safe. Johnston said that Grace has three roles: Being a family pet, being a service dog for her, and being a therapy dog at Mapleton and Daerwood schools.

Johnston said that Grace acts very differently in these three roles. She suspects that Grace can understand what job she's supposed to be doing based on the type of clothing that the dog wears.

If Grace is wearing the red T-shirt, she's patient, caring, and displays empathy towards children and faculty alike. If Grace is wearing her service dog vest, she doesn't respond to any



RECORD PHOTOS BY JUSTIN LUSCHINSKI

ABOVE LEFT AND BELOW: Grade 2 students at Mapleton School interact with Grace, a trained therapy dog at their school. ABOVE RIGHT: Elaine Johnston, a school counsellor at both Mapleton and Daerwood schools, works alongside Grace together to help local students during difficult times.

outside attention, and will only stay by Johnston. When Grace is "off-duty" and wearing nothing, she's a hyper and playful dog, who loves to run around outside.

Johnston said that Grace has become part of the school faculty now.

"Grace helps the kids process things. A child who's unhappy or angry, we can take the dog to the child, and that child will allow Grace in, and regulate themselves, whereas a human being couldn't do that ... The kids really identify her and part of our school community. If someone says 'who's dog is that?' Well, it's our dog. It gives them a sense of comfort and pride," Johnston said.

Mapleton School principal Dan Marshall said Grace has been a very positive influence on students.



"You can see it in the hallways, whenever Grace comes, you see the kids smile, they give her a pet behind the ears and they feel happy," Marshall said. "Kids sometimes go through

some tough things, and when they get here, a hug and a lick from Grace is enough to make them feel better.

It's also teaching the kids about empathy."

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# getfishing

RED RIVER > CHALET BEACH > LAKE WINNIPEG

> ARNIE WEIDL

## 'Are you ready to start fishing some more?'

Welcome to more stories and a brand new year, fellow fishers!

I know I said we were done with open water stories until next spring but this one I think you'll agree is a bit of fun.

It was a sun bathed, crystal clear, cloudless sky-blue Saturday morning when David Bartmanovich looking out the kitchen window asked his wife Joan if she wanted to go fishing. Although she hadn't fished all that much she said, "Sure."

They jumped in the truck and headed for the Icelandic River by Riverton. Dave knew the area well guiding his truck across a grass field and up to the tall bulrushes that lined the muddy banks of the river. Leaving the truck they tramped down a patch of reeds, set up chairs, fishing gear and picnic fair. It was a glorious day, the air was still and though the sun bore down on them it was comfortably cool in early fall. With baited lines in the water, all was quiet for some time until Joan who had a sense of humor picked a wood tick off her arm saying, "You take me to the nicest places," she kidded Dave as she flicked the tick at him. With his stocky frame he sidestepped the incoming tick chuckling then turned serious gawking at Joan's line as it began straining with great force. "Start reeling in honey, you've got something big," Dave urged. Joan, having an aggressive nature did just that and almost immediately telltale waves of a fish caught just below the waters' surface appeared to come toward her. She started backing up as she reeled in but what parted the waters and soon lay flapping about in the bank mud stopped her cold. There a huge, blueish-black, catfish with seemingly glowing eyes glaring at her, lay slowly flapped its' tail from side to side. She lost it! Joan turned, throwing her rod high in the air and ran for the truck, leaping in slamming the door shut.



**RECORD PHOTO BY ARNIE WEIDL**  
Thomas Norquay of Selkirk with one of his catch on the Red River by Selkirk.

She sat there trembling, jumping up and down clasping her hands together in fright. Dave stood beside the beast laughing at her, his arms outstretched saying, "What are you afraid of?" "You put that thing back in the water," she shouted at him. Smiling, shaking his head, he pushed the beast back into the muddy water where it slowly sank from sight. In time things calmed down and Joan came out of the truck slowly walking, head down, to her chair. Dave busied himself getting out their lunch but couldn't resist teasing her a bit, asking, "Are you ready to start fishing some more?"

It was nice to see the towns' people at Grand Marais had made their

street-to-ice ramp when I visited there just after Christmas. Quite a few ice anglers had used it and were about a kilometer off shore so I nosed "old red" down the steep slope and out to a portable shack separate from the others. As I pulled up, the zipper of the shack opened and a chap perhaps in his thirties with a short dark beard and over sharply defined facial features said, "Hi, how're doing?" We introduced ourselves and our new friend, Paul Weselowski told me he was from nearby Balsam Bay. I asked why he wasn't fishing there seeing as how it was the main place to fish on the south end of Lake Winnipeg. "Have you been there lately," he asked me? "It's like a zoo with hundreds of guys there! I come here where it's a little quieter!" A day or so later I visited with anglers on the Red River by Sugar Island downstream of Selkirk and noticed one portable ice shack with an extraordinary amount of steam coming out of a vent window. I couldn't help but stop and meet whoever was inside. "Hello in there," I called out as I slipped out of the truck. The sound of the zipper door opening came to me and a young lad's face popped out followed by his tall thin body followed by billowing steam. He saw me looking at the cloud and said, "I like it warm inside." We got to talking then this Selkirk boy, Thomas Norquay, pointed to two old ice holes a few feet away from his shack saying, "See that, my girlfriend, Cori Simpson from Petersfield and I had our tent over those holes yesterday and never caught a thing. Today, not more than a few steps from there I'm catching pickerel! One had both hooks in its mouth!" He graciously held up one of his catch for us and as I took a picture I announced, "You and that fish are the first for 2018, congratulations!" Till next time, bye for now.

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



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# Goalie fighting to stop pediatric cancer one puck at a time



RECORD PHOTOS BY JUSTIN LUSCHINSKI

Sarah Ernstberger, pictured above, a goalie for the Northeast Eagles Pee wee A2 Blue team, pictured below, started the Shutout Childhood Cancer initiative with the CancerCare Manitoba Foundation in 2016. This hockey season Ernstberger is hoping to raise \$7,000 for pediatric cancer research.

By Justin Luschinski

An 11-year-old hockey goalie is helping raise funds for pediatric cancer research, one puck at a time.

Sarah Ernstberger, a goalie for the Northeast Eagles Pee wee A2 Blue team, started the Shutout Childhood Cancer initiative with the CancerCare Manitoba Foundation in 2016.

Ernstberger started fundraising on Nov. 1, 2017 and will continue to do so at various hockey rinks in Manitoba until April 30, 2018. For every goal she lets in, she will donate \$1 to pediatric cancer research. For every shutout her team experiences, she will donate \$5.

After receiving a few letters asking her to donate towards cancer research, she decided she wanted to do-

nate in a unique way.

"We got a letter saying that they were looking for people to donate money," she said. "I asked my parents if I could do something like that."

Ernstberger said she's happy to combine her hockey skills with charity work.

"If I donate to pediatric cancer, some kids can be cured," she said. "Then they don't have to deal with that for the rest of their lives."

By the end of the last season, she donated \$125 dollars towards pediatric cancer research. But after the parents of her teammates heard about the initiative, and donated whatever they could, she ended up raising a total of \$3,550. This year she is hoping to do-



"IF I DONATE TO PEDIATRIC CANCER, SOME KIDS CAN BE CURED."

nate more than \$7,000.

Ernstberger's father, Ken, helped her start and manage the finer details of the fund. He said that he's proud

of her and that they've received a lot of support. Ernstberger has also received a donation from her own personal hero, Shannon Szabados, a two-time gold Olympic goaltender for Team Canada.

"It's great, we've worked hard to try and get the word out there, getting people to donate, and just playing hockey," Ken said. "Her whole team knows, and the parents are very supportive, we had a lot of donations last year."

To follow along on Ernstberger's journey and to learn more, visit [shutoutchildhoodcancer.ca](http://shutoutchildhoodcancer.ca).

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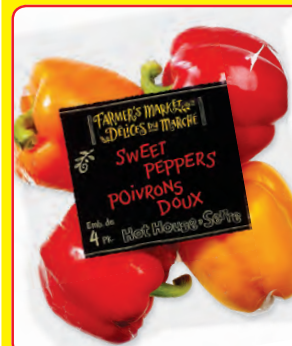
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PROUDLY CANADIAN



# Selkirk's mayor looks back on a successful 2017

By Lindsey Enns

While reflecting on 2017, it wasn't difficult for Selkirk Mayor Larry Johannson to think of a long list of highlights for the city.

"It was a complete success," Johannson said. "If I had to sum it up it was probably the year of improved infrastructure."

"Sometimes infrastructure's not the sexiest thing out there but you need it."

One of the city's highlights for the year was continued work on the design of Selkirk's new wastewater treatment plant, Johannson said, adding construction is set to begin sometime this year.

"That's going to take us above and beyond for decades to come," he said. "It's going to keep Selkirk and area efficient, it's environmentally safe, it's a minimum 40-year plant before you'd even have to look at doing anything with it."

Other 2017 highlights included the launch of the city's investment profile, the unveiling of Selkirk's Canada 150 Mosaic Mural at the Gaynor Family Regional Library, the city earning five blooms once again from Communities in Bloom as well as receiving a Fair Trade Town designation and the cre-



**RECORD PHOTO BY LINDSEY ENNS**  
Selkirk Mayor Larry Johannson speaks with community members during Aboriginal Day in Selkirk Park on June 21, 2017. Johannson said 2017 "was a complete success" for the city.

ation of a Block Party program. Major investments were also made in street infrastructure, including the rebuilding of McLean Ave. from Main St. to Eveline St. and the rebuilding of Sophia, which is a completion of a three-year project from Greenwood Ave. to Manitoba Ave. and Pacific Ave.

Holiday Alley and Homes for the Holidays were other highlights for Jo-

hannson.

Johannson said Holiday Alley is a "great jump start" to the work the city has already been doing on revitalizing the downtown area.

"The amount of people that came out from out of town for this was very impressive," he said. "It's priceless when you can get that many people all together for us."

"This is what we're working towards. This is what we want. We want people down there and we want people to stay down there."

City of Selkirk CAO Duane Nicol said part of the city's plans for downtown revitalization will include housing.

"We're looking to create a diversity of use on that Manitoba Avenue strip into the waterfront and spilling into Eveline," Nicol. "It's very busy during the day ... but what we're trying to do is have activities that extend into the evening and then also introduce residential housing in that area."

Johannson added condos or apartments are things they are hoping to offer in the city's downtown core.

"We know that's an integral part of the whole puzzle, that's a big piece of it, we need people down there," he said.

Nicol said there are open spaces along Manitoba Avenue now that could be transformed or replaced for housing. He added residents likely won't start seeing visible changes to the downtown area until 2019.

"We're currently working on the detailed design work," Nicol said, adding public consultations will take place in 2018.

## Doctor recruitment efforts dominate 2017 for IERHA

By Lindsey Enns

Without a doubt, two of the biggest highlights of 2017 for the Interlake-Eastern Regional (IERHA) was bringing 19 new family doctors to the region as well as the opening of the Selkirk Regional Health Centre.

"We are absolutely thrilled with the work that was done in terms of opening the new hospital on time and on budget, that doesn't happen in health care," IERHA CEO Ron Van Denakker said during an earlier interview with the *Record*. "We've had so many people come through there and the feedback has

been tremendous.

"So we had a very successful year,"

Van Denakker added 2017 was a big year when it came to continuing their recruitment efforts to help combat the region's doctor shortage.

"We had just a ton of physician recruitment events over the year, meeting with medical students, we've had recruitment events with our docs, we've met with the residents just to sort of continue to keep the Interlake-Eastern RHA on the road map for an optional place for them to work in the years to come," he said. "That's gone along really well."

But Van Denakker admits that they still have a lot of work to do. He said they'd like to bring around 30 more doctors to the region.

"The work in relation to recruiting docs very much has to carry on because we still rely very heavily on international medical graduates," he said, adding the IERHA is still working on creating their own residency program. "The evidence is really quite compelling if you train in the region with a group of docs there's a good chance you're going to stay there if there's opportunity for you to stay there."

Continued on page 9



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# Selkirk-Interlake-Eastman MP wraps up a busy 2017



**SUBMITTED PHOTO**  
Selkirk-Interlake-Eastman MP James Bezan said 2017 was another busy year for him and he doesn't show any signs of slowing down.

By Lindsey Enns

The year 2017 was another busy one for James Bezan.

The Conservative Selkirk-Interlake-Eastman MP says getting new infrastructure projects off the ground and finalizing trade deals were among his highlights for the year.

Last year also marked Bezan's second consecutive year as the Conservatives' defense critic, which he says was another "successful" one.

"We were successful in reversing some bad decisions by the government in particular when they took away the danger pay for our troops that were out fighting ISIS ... and in Iraq and Syria," he said. "We were able to get that pay reinstated as well as making sure all future deployments whenever our troops are out there are getting the danger pay that they deserve."

"They're taking on incredible risks, their families also take on a lot of hardship because their loved ones are away."

Bezan called it a "critical win for our troops."

In regards to issues at the local level, Bezan said he continues to fight for

the things that matter to his rural constituents, including what he calls the "Liberals attack on small business."

"Largely it's agriculture that drives a lot of rural economy in the riding and if we are forcing more and more people off the family farm and forcing businesses to shut down then it ultimately could be the death of our small communities and I just can't let that happen," he said. "So I'll continue to fight, I'll continue to educate people ... we have a few months to educate people on how dangerous this is."

Bezan also announced in late 2017 that he plans to seek re-election in 2019.

"I have the support of my family, I've enjoyed and am honoured to be the member in parliament and carried the conservative banner in the last five elections and believe that I still have more to contribute and have the confidence of our leader Andrew Sheer," Bezan said during an earlier interview. "I still believe that there's a lot of things in the riding that I've been successful carrying forward to Ottawa and I believe there's more that need to be done."

## > IERHA YEAR IN REVIEW, FROM PG. 8



**RECORD PHOTO BY BRETT MITCHELL**  
Interlake-Eastern Regional Health Authority (IERHA) CEO Ron Van Denakker tours Selkirk Biz members around the new Selkirk Regional Health Centre in this 2017 photo. Van Denakker said 2017 was "a very successful year" for the IERHA.

A main part of doctor recruitment efforts also involves the communities within the region, he said.

"(New doctors) want to feel welcomed," he said. "The other thing is really the mentorship and partnership with the physician groups in that area so that they have the ability to consult with people. It's really taking the young bucks under their wings."

"Good partnerships retain docs as well."

When it comes to the emergency room closures in Winnipeg, Van Denakker said they are starting to see an increase of patients coming to the region seeking care.

"I do believe that there are people

from Winnipeg that are probably now accessing our emergency rooms," he said. "And people from our region who have gone to Winnipeg are now seeking services in Selkirk and that's a good thing."

"We're handling the increased workload but we have to put some focus on making sure we can see people in a timely way."

Looking forward to this year, Van Denakker said the IERHA will be focusing their efforts on mental health and addictions.

"We're going to be working hard on looking at strategies and working with the province on how do we improve in those areas."

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> MEAL IDEAS

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## Leftover Turkey Taco Crescent Ring



Prep time: 25 minutes  
Cook time: 25 minutes  
Servings: 10  
1 package McCormick Original Taco Seasoning Mix, divided  
2 tablespoons butter  
1 cup finely chopped onion  
2 cups shredded, cooked turkey  
1 can (15 1/4 ounces) whole-kernel corn, drained  
1 can (10 ounces) diced tomatoes and chilies, drained  
1 garlic clove, minced  
1 container (8 ounces) whipped cream cheese  
2 cups shredded cheddar cheese, divided  
2 packages (8 ounces each) refrigerated crescent dinner rolls

Heat oven to 375 F. Reserve 1 teaspoon taco seasoning mix in small bowl; set aside.

In medium saucepan over medium heat, melt butter. Add onion; cook and stir 3 minutes, or until tender. Add turkey, corn, tomatoes, garlic and remaining seasoning mix. Cook and stir 5 minutes. Remove from heat. Stir in cream cheese and 1 cup shredded cheese.

Unroll crescent roll dough on greased or parchment paper-lined baking pan. Separate into triangles. Arrange triangles to resemble sun with center open. Press dough where bottoms of triangles overlap. Spoon

turkey mixture in ring where dough overlaps. Fold triangle points over filling, tucking into bottom layer to secure. Continue until entire ring is enclosed.

Bake 15 minutes, or until golden brown.

In bowl, stir remaining shredded cheese into reserved seasoning mix. Remove ring from oven. Sprinkle with cheese mixture. Bake 5 minutes longer, or until cheese is melted.

Serve with desired toppings, such as shredded lettuce, sour cream or guacamole.

## Chipotle Corn Pudding



Prep time: 10 minutes  
Cook time: 1 hour  
Servings: 8  
1/4 cup cornstarch  
1/4 cup sugar  
2 teaspoons McCormick Minced Onions  
1 1/2 teaspoons McCormick Ground Mustard  
1 teaspoon McCormick Gourmet Sicilian Sea Salt  
1/4 teaspoon McCormick Chipotle Chili Pepper  
4 eggs  
1/2 cup milk  
1/4 cup (1/2 stick) butter, melted  
2 cans (14 3/4 ounces each) creamed

corn  
1 can (15 1/4 ounces) whole-kernel corn, drained

nonstick cooking spray  
Heat oven to 400 F. In small bowl, mix cornstarch, sugar, onions, mustard, sea salt and chili pepper until well blended; set aside.

In large bowl, lightly beat eggs. Stir in milk, butter and all corn. Gently stir in cornstarch mixture until well blended. Pour into 2 1/2-quart baking dish sprayed with nonstick cooking spray.

Bake 1 hour, or until set, stirring halfway through cooking. Let stand 10 minutes before serving.

## Pecan Pie Brie

Prep time: 5 minutes  
Cook time: 12 minutes  
Servings: 12

1/2 cup firmly packed brown sugar  
1/2 teaspoon McCormick Ground Cinnamon  
1/4 teaspoon salt  
1/8 teaspoon McCormick Ground Nutmeg  
3 tablespoons butter, divided  
1 cup pecans, chopped  
1/2 cup light corn syrup



2 tablespoons water  
1 teaspoon McCormick Pure Vanilla Extract  
1/2 teaspoon McCormick Rum Extract  
1 wheel Brie cheese, warmed  
In small bowl, mix brown sugar, cinnamon, salt and nutmeg until blended. Set aside.  
In large skillet over medium heat, melt 2 tablespoons butter. Add

pecans; toast 5-7 minutes, or until golden brown, stirring frequently. Reduce heat to low.

Stir remaining butter, corn syrup, water, vanilla extract, rum extract and brown sugar mixture into skillet. Cook and stir until butter is melted and mixture is heated through. Remove from heat. Mixture will thicken as it cools.

Spoon over warmed Brie.



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# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Selkirk Record sports highlights from 2017

### Staff

The sporting world in the Tri-S area was an extremely busy – and exciting one – this past year as local athletes and teams attained athletic excellence.

Here are some of the highlights from 2017:



Hayden Dola

### January

The Selkirk Steelers' Hayden Dola was selected as the MGEU-MJHL Goaltender of the Month.

Dola, 19, posted an impressive 7-1 record in December, highlighted by one shutout and a sparkling .926 save percentage. He was twice named a game star that month.

University of Winnipeg men's volleyball player Mi-



Mikael Clegg

kael Clegg was named the Wesmen's Male Player of the Week.

Clegg, a second-year setter, orchestrated the attack in the Wesmen's weekend sweep over the UBC Okanagan Heat.

The former Royal finished weekend play with 65 assists, 12 defensive digs, and three



Devren Dear

blocks.

University of Manitoba Bison volleyball player Devren Dear, another former Royal, was selected Canada West Male Third Star of the Week for the period ending Jan. 15.

Dear is the second Manitoba male athlete named to the 2016-17 conference weekly honour.

In basketball, the Selkirk Royals saved their best performance for their final game at the Gimli varsity boys' tournament.

Selkirk was very good in dominating the Lac du Bonnet Chargers 96-61 in the third-place game.

In girls' action, the Royals played some tremendous basketball on their way to winning their varsity home tournament.

Selkirk stunned the No. 5-ranked Fort Richmond Centurions 51-49 in the championship game.

On the ice, the Selkirk Royals reached the championship game of the Piper Classic Tournament of Champions.

But after winning a tourney title last season, Selkirk was

on the losing end of a 2-1 decision to the Dakota Lancers.

### February

Social media was buzzing after a tweet was sent out suggesting that the Selkirk Steelers were finalizing details for a move to Beausejour next season.

But Steelers' director of hockey operations and general manager Ken Petrash was quick to refute the rumour on social media that the Steelers were moving to Beausejour.

The same week, Steelers' blueliner Taylor Fisher was selected as the Sher-Wood-MJHL Defenceman of the Month.

Fisher, 20, was steady on the blueline for the Steelers while producing 10 points (five goals, five assists) in 10 games.

On the court, the Royals had a pair of outstanding efforts to reach the final of their varsity boys' home basketball tournament.

But, unfortunately, the final did not go the way they would have hoped.

Selkirk was defeated 90-38 by the Shaftesbury Titans in the championship game of their six-team tournament.

The Manitoba High Schools Athletic Association and Volleyball Manitoba announced the 2016-2017 recipients of the

Dr. Dale Iwanoczko Memorial Volleyball Scholarships.

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

Four student-athletes were selected for this year's scholarships, including Selkirk Royals' standout Owen Schwartz. He played left side for the Royals and maintains a 91 per cent average in the classroom.

Schwartz and Jack Mandryk committed to the University of Manitoba Bison men's volleyball program for this season.

In hockey, St. Mary's Academy Flames' forward Haley Steciuk was named the Winnipeg Women's High School Hockey League's player of the week in the CTV Division.

Steciuk, a St. Andrews product, was instrumental in two Flames' victories that week, scoring a goal while adding two assists in a 5-0 victory over the Dakota Lancers.

Two days later, she chipped in with another goal and an assist in a thrilling 4-3 victory over the Vincent Massey Trojans.

Selkirk Steelers' forward Jake Dudar was named to the Manitoba Junior Hockey League's second all-star team.

Dudar led the Steelers in goals (27), assists (35) and points (62) at the time the se-

lection was announced.

### March

The Selkirk Royals boys' hockey team's tremendous season came to an end after a 7-4 loss to the Dakota Lancers in a MHSAA "AAAA" provincial wildcard game.

In hoops action, the Selkirk Royals were perfect during their KPAC Tier 2 junior varsity boys' basketball regular season, posting an 8-0 record. And they continued that perfection in the playoffs.

Selkirk soundly defeated the Transcona Titans 69-45 in their league championship game at the Comp.

University of Manitoba Bison men's volleyball player Devren Dear was named a 2016-17 Canada West first-team all star.

Dear earned his second consecutive conference all-star selection in his fifth season at Manitoba. He was later named the Bison male athlete of the year.

The Selkirk Steelers' season ended with an ugly playoff loss to the Portage Terriers. The Terriers won their MJHL best-of-seven quarter-final series in six games after defeating the Steelers 7-1 in Portage la Prairie.

The Selkirk Judo Club's Damien Ekosky and Justin Ekosky won bronze medals at the 2017 Pacific International Judo Championships held at the Richmond Olympic Oval in Richmond, B.C.

The tournament attracted over 500 entries from across Canada and from the United States and Japan.

Back on the ice, the Lord Selkirk/Seven Oaks Rebels Midget "AA" hockey team capped off a tremendous season by winning the Hockey Winnipeg championship.

The Rebels made quick work of the River East Marauders,



Selkirk Royals AAAA varsity boys volleyball champions

Continued on page 12





Lord Selkirk Steelers 10A1 Atom Champions

Continued from page 11

sweeping their best-of-final in three games.

Lord Selkirk/Seven Oaks won games by scores of 5-3, 6-1, and 3-2.

Medea Clifford looked like a seasoned pro as she flexed her way to a pair of first-place finishes at the 2017 Manitoba Amateur Bodybuilding Provincial Qualifier on March 25 in Winnipeg.

#### April

Winning a city championship is always quite an accomplishment. But winning three consecutive city titles takes a special group.

The Lord Selkirk Steelers' has made winning a habit the past few years, most recently with a 10A1 Atom title.

The best-of-three city final against St. Boniface White saw Selkirk lose Game 1 by a 5-3 score but they rebounded nicely to win the next two games 5-2 and 2-0.

Former East Selkirk native Greg Jablonski was inducted into the Toledo Hockey Hall



Greg Jablonski

of Fame. He was a consistent scorer in his three seasons with the International Hockey League's Omaha Knights and 10 years with the Toledo Blades and Toledo Hornets.

Former Selkirk Steelers' star forward, Adam Pleskach, signed a professional tryout agreement with the American Hockey League's Manitoba Moose.

In his Moose debut, Pleskach was held scoreless in Manitoba's 2-1 overtime loss to the Grand Rapids Griffins on April 5. He did, however, get on the scoresheet with a first-period hooking penalty.

For the second time in four seasons, the Raiders Jr. Hockey Club was crowned the Manitoba Major Junior Hockey League champions.

The Raiders clinched the title after a 5-1 win over the Stonewall Jets at the Seven Oaks Sportsplex.

The 1920 Selkirk Fishermen were announced as part of the Manitoba Hockey Hall of Fame's Class of 2017.

The Fishermen are the longest running junior hockey team in Canada. The franchise was founded in 1917



Travis Fredborg

and joined the Winnipeg and District Junior League's inaugural season in 1918. The league changed its name to the Manitoba Junior Hockey League in 1931

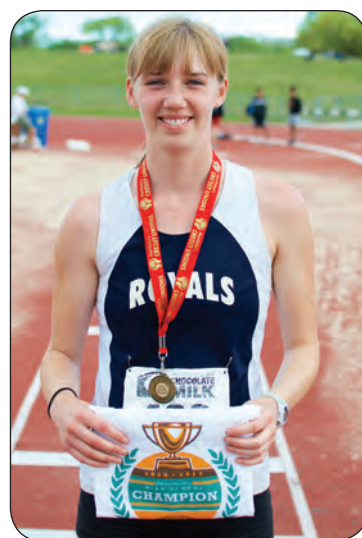
#### April

Travis Fredborg announced he will be headed to one of the top U.S. college golfing programs this fall.

The former Nevada Wolf Pack will soon be showing off his golf skills for the University of Arizona Wildcats.

In boxing, Devin Tomko, the "Ukrainian Assassin" from East Selkirk, improved his pro record to a perfect 3-0 after an impressive TKO victory over Chad Thrun in Saskatoon.

#### May



Asha Gurney

St. Andrews' setter Mikael Clegg was chosen to be part of Canada's junior men's volleyball team. Clegg was among 14 players named to the national roster.

The Interlake Blue Jays reintroduced themselves to the Manitoba Junior Baseball League last week. After a lengthy hiatus, Interlake returned to the MJBL with a 5-0 road loss to the Carillon Sultans on May 10.

The Selkirk Royals 14U boys' club volleyball team saw the beautiful sights of Abbotsford, B.C. And they came home proudly wearing some well-deserved silver medals from the western Canadian volleyball championships.

Selkirk was outstanding as it reached the 14U finals where they lost a hard-fought 2-1 (22-25, 25-11, 15-9) match to Alberta's Canuck Red.



North Winnipeg Pirates 13U AAA champions

The MHSAA Tire Recycle Urban Athlete of the Week recently was Bailey Purse of the Lord Selkirk Royals' track and field team.

The talented 5-foot-9 thrower finished top three in her three events at the Royal Rumble on the Rubber Meet, winning the shot put while finishing third in both the discus and Javelin.

In judo, four Selkirk Club members competed at the Canadian National Championships in Calgary on May 26-28.

Sarah Ekosky, 13, won a silver medal in U16 girls' under-52 kg. Ekosky was granted special permission to compete at the nationals as she was below the age requirements for the U16 division.

Damien Ekosky, in his first year in the U21 age division, won bronze in the under-73 kg weight category.

#### June

Asha Gurney capped off a tremendous athletic season for the Royals, winning a pair of medals at her first-ever high school provincial meet.

She won a provincial gold medal in the junior varsity girls' triple jump after landing in the sand at an impressive 10.46 metres. Gurney earlier won a silver medal in the high jump after topping out at 1.53m.

The Lord Selkirk Royals held their 2016-17 athletic awards banquet June 14 at the Comp.

The Royals' Josten's Female



Amy Clarkson

Varsity Athlete of the Year was Maegan Balagus while the male winner was Owen Schwartz.

Asha Gurney was selected as the Keystone Female Junior Varsity Athlete of the Year and Carl LeBlanc was the male winner.

There was just one Manitoban selected to be part of Canada's senior national team that competed at the 2017 World Ringette Championship in Mississauga from Nov. 27 to Dec. 3.

St. Andrews' Amy Clarkson made her third appearance representing our country on the senior national team.

#### July

One would be hard-pressed to find a more exciting football game than the one played between the Interlake Thunder and North Winnipeg Nomads at the Investors Group Field.

With a league title at stake, the Thunder won the junior girls' football championship after a thrilling 71-63 overtime victory.

The West St. Paul Stars capped off a tremendous season with a convincing 12-3 victory over Chalmers to claim the 13U baseball city championship.

The annual Manitoba Junior Baseball League all-star game took place at Shaw Park.

The Interlake Blue Jays were well represented with five players - Martin Knutson, Baily Proctor, Derek Petrasko, Brennan Cheasley and Emerson Klimpke - being selected to play in the game.

Former Selkirk Royal Tristan Allen was recruited by the University of Manitoba Bisons' track and field team for the upcoming season.

The Tri-S region was well represented on Team Manitoba at the volleyball nationals.

Team Manitoba's girls' youth roster included Petersfield's Isabella Benson, St. Andrews'

Continued on page 13



Continued from page 12

Holly Feschuk, and Talia McMurchy, who now lives near Lockport, while Selkirk's Jaclyn Risk is an assistant coach to Stonewall's Chris Cara.

The North Winnipeg Pirates Midget team picked the perfect time to play their best baseball of the season.

And it resulted in a trip to the nationals in London, Ont.

The Pirates were outstanding at the provincials in Winnipeg, defeating Bonivital 8-6 in the championship game.

In PeeWee action, North Winnipeg trailed the St. James A's 6-4 in the top of the seventh inning in Game 2 of their best-of-three city final, but the Pirates exploded for five huge runs in a wild 9-6 comeback victory.

With the win, the Pirates claimed the city championship.

Before the final round of Golf Manitoba's Nott Autocorp Men's Amateur Championship, Travis Fredborg felt strongly that if he shot a 67 he would win the tournament.

Well, guess what the Selkirk native did?

Fredborg fired an impressive 4-under 67 at the Elmhurst Golf & Country Club to secure a three-stroke victory over his good buddy, Devon Schade.

The Interlake Blue Jays knew the Carillon Sultans would be a tough opponent in their Manitoba Junior Baseball League best-of-three first-round playoff series.

And they were tough.

Carillon swept the series in two games, winning 10-0 at home and then 5-4 in Stonewall.

## August

Our American friends received some lessons in the sport of field lacrosse from a group of talented Manitobans late.

True Manitoba Lacrosse, which included Selkirk's Josh Poponick and Stonewall's Seth Mandryk, dominated their U.S. counterparts in winning a pair of tournaments in two different states.

The Manitoba contingent, which is a travel team, won a tournament on the prestigious University of Notre Dame campus in South Bend,

Ind. and then headed west to win another event in Eden Prairie, Mn.

St. Clements' Rachael McLeod had a medal moment at the Canada Summer Games as she teamed up with Manitoba's Tegan Turner, Tayo Babalola, and Brianna Tynes to win the bronze in the 4X100-metre relay.



Wesley Hoydalo

On the links, McKyla Poponick will be taking her golfing talents to the state of Michigan this fall.

The University of Detroit Mercy women's golf team recently announced the signing of Selkirk's Poponick, a junior college transfer.

The third time was certainly the charm for Wesley Hoydalo at the Canadian Junior Men's Golf Championship.

The talented Selkirk product was outstanding all week in his third appearance at the junior nationals as he finished 14th overall in Kingston, Ont.

The North Winnipeg Pirates became the 13U "AAA" provincial champions after a 6-2 win over Carillon in St. James.

It was a golden moment on the court for Manitoba's female volleyball team at the Canada Summer Games.

Manitoba, whose roster included St. Andrews' Jessica Andjelic, defeated Alberta 3-1 by scores of 28-30, 25-22, 25-20 and 25-15 at the University of Manitoba's Investors Group Athletic Centre.

On the diamond, Garson's Brittney Langlais was one of three Manitobans selected to participate in Canada's Women's National Team's 2017 summer baseball program.

She was joined on the 31-player roster along with Katie Heppner (Winkler) and

Sarah Moir (Winnipeg).

As Manitoba enjoyed medal mania with its record-breaking performance at the Canada Summer Games, a local athlete can be proud to say he added to that count.

Selkirk's Zachary Adams won a bronze medal for Manitoba in the canoe/kayak K4 200-metre sprint. He later received Manitoba's Order of the Buffalo honour.

Wesley Hoydalo fired a sizzling 68 to edge Portage's Trevor McCartney by a stroke at Golf Manitoba's Rural Men's Championship at the Portage Golf Club.

On the women's side, Mikyla Albert won the rural championship by four strokes over Coral Zamzow. Albert carded rounds of 81 and 87 to finish at 26-over 168.

The North Winnipeg Pirates finished with a 4-1 record at the 15U western baseball championships in Kamloops. Despite that stellar record, though, North Winnipeg failed to advance to the playoffs.

Cameron Gayleard spent a day playing in the sand – and he got rewarded with a bronze medal.

The St. Andrews' native teamed up with Anola's Austin Baran to win the bronze at the Beach Volleyball Provincials Aug. 13 at the Sargent Park Beach Centre in Winnipeg.

## September

For the 14th time in the past 15 seasons, the Selkirk Royals varsity girls' volleyball team were crowned U of W tournament champions after they swept Westgate 2-0 in the championship game.

The Selkirk Royals junior varsity girls' volleyball team was crowned champions at the Buckeye Invitational tournament in Winnipeg.

Manitoba finished tied for third place with Quebec at the Canadian Men's Senior Golf Championship at the Kanawaki Golf Club in Quebec.

Individually, Matlock's Garth Collings (Breezy Bend) finished tied for 18th after closing with a 295 after four days of competition. He had rounds of 71, 75, 73 and 76.

Hockey Manitoba announced the 2017 U18 Team Manitoba roster for the Women's National Championship taking place Nov. 1-5 in Quebec City.

On that roster are Stonewall's Olivia Cvar and St. Andrews' Hailey Karbonik. Karbonik plays defence for the St. Mary's Academy prep team while Cvar is a forward for the Balmoral Hall prep squad.

The Selkirk Royals were very good in the KPAC varsity girls' cross-country race held at Bird's Hill Park.

Selkirk finished first overall with 27 points, narrowly edging out River East by a point.

Tonie Sledz once again led the entire field, finishing first overall after an impressive time of 15:38. That was 40 seconds faster than River East's Angela Kroeker.

A hot scoring streak has earned Selkirk Steelers' forward Connor Barley the Recycle Everywhere MJHL Player of the Week award.

Barley, 19, tallied six points (three goals, three assists) in three games for the Steelers.

Selkirk Royals' volleyball standout Nigel Nielsen committed to the University of Winnipeg Wesmen men's volleyball program for the 2018-2019 season.

The Selkirk Royals varsity boys' volleyball team is on a very impressive streak that will be really hard to duplicate.

After winning six tournament titles a year ago, Selkirk has continued its winning ways with three more tournament championships this season.

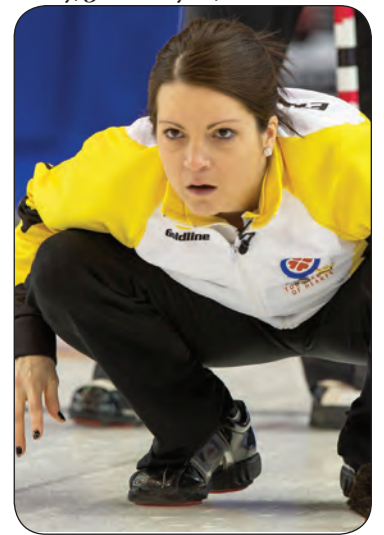
With nine straight Manitoba Junior Hockey League victories, the Selkirk Steelers probably forgot what it was like to lose a game.

But the Winkler Flyers gave Selkirk a rude reminder of that feeling on Sunday.

The Flyers scored five goals in a 5:04 span midway in the second period en route to a 7-1 home victory.

## November

The Royals had a lot of pressure in the third set of their home tournament championship final against Brandon's



Kerri Einarson

Vincent Massey Vikings.

But the Royals used that pressure to their advantage, winning the third set 17-15 to claim the Selkirk Royal Rumble junior varsity girls' volleyball title.

Jennifer Jones defeated Camp Morton's Kerri Einarson 7-4 Sunday in Lloydminster, Alta. to capture her first Master's women's title.

Einarson, who grew up in Petersfield, led 3-2 lead after four ends, but Jones scored three in the fifth and stole one in the sixth on her way to winning the second Grand Slam of Curling event of the season.

Selkirk Steelers' forward Brady Castellano was named the Recycle Everywhere MJHL Player of the Week.

The 19-year-old forward recorded six points (three goals, three assists) in two games for the Steelers.

Damian, Justin and Sarah Ekosky competed with the Manitoba team at the Ontario Open Judo Tournament Nov. 11-12 in Toronto.

Fighting in the Senior Men under 73 kg division, Damien (18, black belt) finished with four wins and a loss to earn the bronze.

The Selkirk Royals varsity girls' volleyball team set the tone for a great night of volleyball at the Comp.

The Royals won the KPAC Tier 1 varsity girls' championship after a stellar effort in a 3-0 sweep over the MBCI Hawks in front of a raucous home crowd.

The Royals' varsity boys later claimed the KPAC Tier 1 title after soundly defeating the River East Kodiaks 3-0.

Continued on page 14



Continued from page 13

Selkirk won the sets by scores of 25-18, 25-15, and 25-21.

## December

The Selkirk Royals came back from a 1-0 set deficit to defeat River East 3-1 by scores of 21-25, 25-23, 25-18 and 25-22 to claim their second consecutive MHSAA "AAAA" varsity boys' volleyball title.

Joe Rosser made the rare switch from lineman to middle linebacker this season for the Interlake Thunder Midget football team.

Rosser, who lives in Selkirk, enjoyed a standout season with the Thunder this past season and was recently honoured with the league's most valuable player award.

The Selkirk Steelers' Ryan Gardiner was named the Manitoba Junior Hockey League's Sher-wood Defenceman of the Month for November.

The 20 year old Winnipeg product scored four goals and had nine assists in 11 games last month.

The Selkirk Royals probably didn't learn a whole lot of French on their trip to Montreal but they did come home with a tournament championship.

Selkirk's boys' hockey team was undefeated in five games in Montreal, capping off their stellar performance with a 1-0 victory over Winnipeg's Dakota Lancers in the championship game.

The Selkirk Judo Club hosted the Provincial Judo Championships at the Lord Selkirk High School.

Seven competitors from the Selkirk Club competed, winning two gold, four silver, and a bronze medal.

Amy Clarkson, a standout goaltender from St. Andrews, played in an exhibition game and both series games against Finland at the world ringette championship in Mississauga.

Finland swept Canada 2-0 in their best-of-three series.



Joe Rosser

# Fishermen lose rare game in regulation time

By Brian Bowman

Something rare happened to the Selkirk Fishermen on Dec. 19.

They lost a hockey game in regulation time.

Selkirk lost for just the second time in regulation time this season after getting edged 3-2 by the North Winnipeg Satelites in Keystone Junior Hockey League action.

Rustyn Lodon scored the game winner late in the third period. Payton Boguski and Braden Sargent, on the power play, scored the Satelites' other goals.

Dylan Painchaud-Niemi scored both of Selkirk's goals.

Selkirk wrapped up play for 2017 with a home game against the St. Malo Warriors on Dec. 23. No score from that game was available, though, prior to our press deadline.

The Fishermen will begin play in the new year with a home game against Lunder at the Selkirk Rec Complex on Jan. 11. Game time is 7:30 p.m.



RECORD PHOTO BY LANA MEIER

Dylan Painchaud-Niemi scored both of Selkirk's goals in the Fishermen's 3-2 loss against the North Winnipeg Satelites.



## Riehl competes on ice track

RECORD PHOTO BY  
BRETT MITCHELL

The Interlake Speed Skating Club's Aaron Riehl competed at the Manitoba Open Short Track Speed Skating Championship last month at the Selkirk Rec Complex. Skaters from Manitoba and Saskatchewan competed in the event.

**Next Home Game**  
**Sun. Jan. 14 7:30pm**  
**vs Peguis Junior**  
**at the Selkirk Rec Centre**

**Away Games**  
**vs St. Malo Warriors -**  
**Fri., Jan. 12 - 8:00pm St. Malo Arena**  
**vs Fisher River Hawks -**  
**Fri., Jan. 19 - 8:30pm Fisher River Arena**



Meet  
the  
Fishermen



#17 Damien Catcheway, Defence



# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Royals play Grinch against WHSHL opponents near holiday break

By Brian Bowman

The Selkirk Royals' boys' hockey team wasn't exactly in the Christmas mood before the holiday break.

Selkirk played the role of Grinch as it defeated Gabrielle-Roy 5-4 in overtime on Dec. 18 and then downed the Miles Mac Buckeyes 6-4 the following day.

In the one-goal win, Travis Spratt scored the game winner in the extra frame.

Easton Donohoe led Selkirk with two goals and an assist while Nick Trudel had a goal and two assists.

Spratt and Braeden Hummel each finished the game with a goal and an assist.

Brady Hrymak was the winning goaltender.

Against the Buckeyes, Selkirk overcame a 4-2 third-period deficit to score the game's final four goals.

Gregor Grossgasteiger paced the Royals with a hat trick while Derek

Woloshyn, Spratt and Grafton Hopkins added singles.

James Kulyk earned the win in goal. Selkirk then hosted Garden City on Dec. 21 (no score was available at press time) to wrap up play for 2017.

The Royals won't resume action in the New Year until Jan. 15 when they host the first-place St. Paul's 1 Crusaders at the Selkirk Rec Complex.

Meanwhile, the Royals' girls' hockey team hosted the Oak Park Raiders Dec. 21 and then wrapped up play before the holiday break with a road game against the Vincent Massey Trojans the following day.

No score from either game was available.

Selkirk will get back on the ice next Wednesday when it plays the Miles Mac Buckeyes at Gateway Arena. Game time is 4 p.m.



RECORD PHOTO BY BRETT MITCHELL

The Royals' Gregor Grossgasteiger scored a hat trick against the Miles Mac Buckeyes on Dec. 19. Selkirk won the game 6-4.

## Curling Centre of Excellence to be developed by government

Submitted

Manitoba is sliding closer to establishing an International Curling Centre of Excellence (ICCE) by selecting the committee that will help guide its development, Premier Brian Pallister and Sport, Culture and Heritage Minister Cathy Cox announced last Friday.

"Manitoba has a reputation as a world leader in curling, and we will build on that excellence with a centre to develop and support the sport at all levels," said Pallister. "We are bringing together some of curling's best and brightest to help us develop a training ground that will nurture great talent

from at home and abroad, and inspire the next generations of curlers."

The committee will make recommendations to government on how best to establish a centre in Winnipeg. ICCE will be designed to promote curling at all levels, train and develop curlers and coaches to achieve top-class international performance, engage students from across Canada, and seek out and host international competitions. ICCE will strive to be recognized by every level of curling, the premier noted.

"We have assembled a winning team with Manitoba's top curlers, coaches and technical experts," added

Cox. "We're bringing together people who are passionate about this project and truly love the sport to help us find ways to fulfil our vision of a centre that will attract curlers to Manitoba and help grow the game."

Committee membership represents 13 players, coaches and icemakers with experience ranging from grassroots to top-level international competitions. The committee will be chaired by Mark Olson, a Brier champion, international level coach and past-president of the Manitoba Curling Tour, and includes some of Manitoba and Canada's biggest names in curling including Jennifer Jones and

Connie Laliberte.

"We're excited to get started," said Olson. "Having Winnipeg and Manitoba as the home to where the international curling community can come and raise their game to the level they desire makes perfect sense to me. We're going to do our best to see that it comes to fruition, right here in the modern-day home to curling."

Among its first tasks, the committee will review similar centres in other jurisdictions and look for ways to partner with the private sector. The committee is expected to provide recommendations to government by summer 2018.

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GAMES**

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■ VS Waywayseecappo Wolverines

Sat., Jan 13<sup>th</sup> 7:30 pm



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## take a break > GAMES

### SUDOKU

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

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!

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

Sudoku Answer

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

Crossword Answer



## CROSSWORD

### CLUES ACROSS

1. Make ale
5. Residue
8. Female parent
12. Succulent plants
14. OJ's judge
15. Czech river
16. Embarrassing predicament
18. NHL legend Bobby
19. Sunfish
20. One who acclaims
21. On the \_\_: running away
22. Oklahoma's "Wheat Capital"
23. The Golden State
26. Merrymake
30. Siberian nomads
31. Pock-marked
32. Baleen whale
33. Leaf-footed bug genus
34. Treasure
39. Tanzanian shilling
42. Changed
44. Intestinal pouches
46. Walked in a celebratory way
47. South American mountain chain
49. Jai \_\_, sport
50. Consumed
51. Firm
56. Pubs
57. Leafy drink
58. Cured
59. Northern wind of France
60. Tax collector
61. Respite from the sun
62. American spy Aldrich
63. Central Standard Time
64. Myanmar ethnic group

### CLUES DOWN

1. Crush
2. Razorbill genus

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			

3. "Full House" actress Loughlin
4. Bluish green
5. Garlic mayonnaise
6. Attacks repeatedly
7. Secretion
8. Special instance
9. A handsome youth loved by Aphrodite
10. Tree genus in the mahogany family
11. Israeli city
13. Formed a theory
17. Remove
24. Type of light
25. Repeats
26. Certified public accountant
27. River in eastern France
28. Returned material authorization (abbr.)

29. Special \_\_: military group
35. Ribonucleic acid
36. Not even
37. Power transmission belt
38. Doctor of Education
40. Type of nerve
41. Types of tops
42. Large primate
43. Flooded, low-lying land
44. Gritty
45. Gets up
47. Stake
48. Not the most
49. Swedish rock group
52. Expresses pleasure
53. Expression of boredom
54. Queen of Sparta
55. Where Adam and Eve were placed at the Creation



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## NOTICES

ANAF Ladies Auxiliary #151 Cash Calendar Draw Winners DRAW DATE- Dec.9/17 (ANAF #151) Taylor, Jack - Dec. 1st; Freeman, Gary - Dec. 2nd; McAulay, Marlene - Dec. 3rd; Goertzen, Val - Dec. 4th & 16th; Atkins, Trevor - Dec. 5th; Boyko, Betty - Dec. 6th; Midford, John - Dec.7th & 29th; Christiansen, Quinn - Dec. 8th; Jablonski, Wendy - Dec. 9th; Inman, Al - Dec. 10th; Starodub, Sandy - Dec. 11th & 15th; Inkster, Kerry - Dec. 12th; Shurvell, Gordon - Dec. 13th; Johnson, Ken - Dec. 14th; Gertie, Nick - Dec. 17th; Buckle, Kaely - Dec. 18th; Philippe, Beverley - Dec. 19th; Kraus, Peter - Dec. 20th; Lebett, Karen - Dec. 21st; English, Laura - Dec. 22nd; Donald, Margaret - Dec. 23rd; Hall, Marlene - Dec. 24th & 30th; McDonald, Margaret - Dec. 25th; Anderson, Linda - Dec. 26th; Bartley, Jackie - Dec. 27th; Dreffs, Alice - Dec. 28th; Bidzinski, Melanie - Dec. 31st. Congratulations & thank you for your support! Lottery License #32-17

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## ANNOUNCEMENT

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**Philip Stolar**  
December 1, 1921 – January 6, 2014  
In the silence of my mind,  
Where no one else can see;  
Your voice, your smile, your embrace,  
Your memory is kept so lovingly.  
Some may think you are forgotten,  
Though on earth you are no more;  
But in my heart you are with us,  
As you were before.  
Missing you so very much.  
-Love Sally and Gord

## ANNOUNCEMENT

### IN MEMORIAM

**In Loving Memory of**  
**William (Bill) Johanson**  
January 21, 1946 – January 3, 2015  
Husband, Father, Grandfather  
Three years have passed since that sad day,  
When the one we loved was called away.  
God took you home, it was His will,  
But in our hearts you are with us still.  
-Loved and missed by your family

## ANNOUNCEMENT

### CARD OF THANKS

A special thank you to everyone who attended my surprise retirement party held on December 15th, 2017. All the people who bought tickets, donated prizes and the delicious lunch and cake much appreciated. Special thanks to my wonderful family especially my brother Smokie Bear, sister Christine Schaffer, my neighbors Bucky and Sharon Anderson, The Prairie Man Band, Selkirk Army and Navy and staff. You are all truly one of a kind. Your kindness and thoughtfulness will never be forgotten on such a special evening.  
Luv ya all.  
-Nadine Bear

## ANNOUNCEMENT

### IN MEMORIAM



**Joe King**  
In Loving Memory  
for my dear husband Joe,  
father, grandpa,  
who passed away  
January 4th, 2009  
Nine years ago

As we prepare for Christmas,  
Our thoughts will be of you;  
You always made our Christmases,  
The happiest we ever knew.  
We'll try our best to celebrate,  
The birth of Christ our King;  
But in our hearts we realize,  
We've lost our everything.

-Forever missed and loved by  
wife Elsie, son Richard,  
and granddaughter Holly

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