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# The **Selkirk Record**

VOLUME 11 EDITION 1

THURSDAY, JANUARY 9, 2020

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## Warming Hearts

RECORD PHOTO BY KATELYN BOULANGER

Sophia Thorne volunteering in the the Interlake Art Board and Selkirk Community Art Centre's blanket making session at the Gwen Fox Art Gallery, Dec. 19. Thorne and other young people in the community came together to make blankets and cards this holiday season for residents at Betel Care Home. Story on page 3.

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# Hummingbird Project sends almost 1000 packages

By Katelyn Boulanger

Kari Klassen, a Lockport area resident is starting the new year by taking the Hummingbird Project, a non-profit that she created which supplies care packages to people when they receive chemo therapy treatments, national.

"We've had a really awesome start at this and we've had a lot of people on board. We haven't had any problems with getting a lot of support," said Klassen.

The Hummingbird Project is a non-profit that Klassen put together after she was diagnosed with cancer. The project has nearly reached the goal of distributing 1000 care packages in the first year helping people.

"The first day that you're sitting there at chemo it's scary as all hell. You don't know what to expect so we just figure that it's a comforting gift to get from someone who's gone through it and it's comforting to just get them through that first week," said Klassen.

"When you go through your first treatment they give you a list of side effects and everything that you should have at home to help alleviate your symptoms or help with side effects like ginger tea and lip balm because you can get really dry skin so lip balm, a soft bristle tooth brush, hand sanitizer, they stress to eat a lot of protein because it helps you heal all that kind of stuff," she explained.

The packages that she puts together contain items that help with these symptoms so that people undergoing chemo don't have to run to the store for supplies immediately following their first treatment.

The bags also contain a painted rock from the Winnipeg Rocks Community. This is an homage to

Klassen's father who carried a rock with the word courage painted on it while he fought cancer.

"People like to hold on to things. Before my dad passed away, he passed away shortly before I was diagnosed, from lung cancer, and he had a rock that he would hold on to all the time. It's a way for me to bring that into it too," said Klassen.

As the project has continued they've thought of more things to add to the package and have intentions to continue to add more items to the care packages as they continue to provide them to patients.

"We distribute through the local cancer care centres so basically we'll send packages about a dozen at a time and the nurses distribute them. Now we basically do through all of rural Manitoba," said Klassen.

They have also gone national with parcels being sent to Ontario and British Columbia.

"We also do a program where you can request a package online for somebody. So if you are in a region that doesn't have this you can just go on our website and request a package and we send it out for free so you're giving somebody something," she said.

Klassen said that for her the not knowing what to expect and, because everyone reacts differently to chemo, not being in control is what were the most scary parts of chemotherapy. When she went for treatment the first time she didn't know how she would react to the medication.

"It's nice to give someone that personal things that says I know what you're going through and you've got this. It's meant to be a comfort and an inspiration and it's sent to each person and I don't think that there's enough of that out there," she said.

The project accepts donations and has a list of



SUBMITTED PHOTO

Kari Klassen the founder of the Hummingbird Project with care packages that she ships out to patients who are receiving chemotherapy treatments.

items that they stock in their care packages on their website at hummingbirdproject.ca. Financial donations and corporate sponsorships are also accepted which help to expand the project and cover the cost of shipping parcels.

## Province announces more provincial tax relief for Manitobans

Submitted by Manitoba government

The provincial government is ringing in the new year with more tax relief for Manitobans, Finance Minister Scott Fielding announced recently.

"The 2020 Tax Rollback Guarantee will bring significant savings to Manitobans," said Fielding. "Our plan will save Manitobans an average of \$2,020 over the next four years by removing unnecessary taxes and fees so people can keep more of their hard-earned money."

The provincial government continues to roll out

its 2020 Tax Rollback Guarantee, which will be fully implemented over the next four years. Further measures will include eliminating the sales tax on home insurance, personal services such as haircuts, and on professional personal income tax return preparation, as well as phasing out education property taxes once the budget is in balance.

The 2020 Tax Rollback Guarantee includes previously implemented measures, such as reducing the provincial sales tax rate to seven per cent from eight per cent and indexing the Basic Personal Amount

and personal income tax brackets.

Since implementing indexation, approximately 7,600 Manitobans have been removed from the tax roll and Manitobans have saved more than \$75 million. In 2020, the province estimates another 3,300 Manitobans will be removed from the tax roll, with additional tax savings of \$34 million.

As previously announced, Manitobans will no longer have to pay provincial sales tax on the prep-

Continued on page 8

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# Blanketing Betel with good cheer

## Young people give back

By Katelyn Boulanger

Young people in Selkirk were given the opportunity to volunteer this holiday season by making cards and blankets for residents at Betel Care Home. Volunteers finished seven blankets as part of the fleece blanket project at Gwen Fox Gallery Dec. 19.

This was the first year for this initiative, which was sponsored by the Interlake Art Board and Selkirk Community Art Centre through a grant from IERHA's Healthy Together Now program allowed young people ages 10 to 24 to get together to give back to their community while learning new skills.

"It's been an ongoing process. We did two classes at Home Hardware because they have the new classroom there and I think we were their first class to try something. It's a nice location and so we did two of the card making classes there," said the event's coordinator Mary Thorne.

The card making events had participants ranging from ten to 16 years old and took place on Nov 4 and Nov 18.

The idea to make lap blankets came from one of the members of the art centre who received a fleece lap blanket and learned that they were easy

to make and so proposed the idea for this project.

The blankets are made out of polar fleece and are 45 by 60 inches. The volunteers not only learn how to make a new craft but are taught about art concepts like coordinating colours and saturation which can serve them in their future creative projects.

"I think that everybody that's actually come and done one of the classes has really had a fun time creating something. We've hoping that what they leave with is a sense that there is creativity in everything. It doesn't have to be a painting it can be a blankets, a pillow case, almost everything you can use your artistic senses in," said Thorne.

Thorne said that another benefit is that this blanket making process is actually a very social thing to do because you can talk while you're tying. It's doesn't require a lot of thought process.

"I just know how important volunteering is for kids. Volunteering in anything – visits with the elderly, shovelling snow, meals on wheels, all of that stuff it makes you feel good," Thorne said.

Participant Hailey Witko felt that for



RECORD PHOTO BY KATELYN BOULANGER

Sophie Thorne (left) and Hailey Witko making blankets for Betel Care Home at the Gwen Fox Gallery on Dec. 19.

her volunteering was important because, "You care and you are willing to devote your time to someone else."

Sophia Thorne who was also a volunteer said, "It is also more sentimental that someone will get something that I put effort into."

The blankets from this event as well as one which took place at St. Nicholas Church in Narol on Dec. 15 were

presented to residents at Betel Care Home on Dec. 24.

"This has been good. Volunteering with the kids is a lot of fun for me. I can see the changes in them especially with the elderly and the youth how that really fosters good vibes on all parts," said Mary Thorne.

## New Year's Baby arrives at Selkirk Regional Health Centre

Submitted by IERHA

Rochelle Hofer and husband Patrick of the Beausejour area are celebrating the New Year with the birth of their first child, Will, who arrived at 3:35 the morning of January 1, 2020.

"It was a good experience. We were very well taken care of. The nurses and doctors were great!" said Rochelle while holding Will in Selkirk Regional Health Centre's family birthing unit.

Will is seven pounds, two ounces and 21.5 inches long. On the day he was born, a member of Selkirk Regional Health Centre's gift shop volunteers visited him and his parents to carry on a tradition of celebrating the first baby of the year. The family received gifts that included diapers, a new playpen, a baby carrier, a sleeper set and a gift basket and flowers for the new mom. Also part of the gift package from the volunteers was a onesie that says "I was born in Selkirk".

"We've been celebrating New Year's babies for as long as I can remember

and I've been here for 20 years," said Betty Milkowski, president of the gift shop volunteers.

Attending the birth was Dr. Andrea Fulmore and nurses from the family birthing unit. Sara Unrau, who manages the birthing unit, said the number of babies being born at Selkirk Regional Health Centre continues to grow every year.

"In 2019, 389 babies were born in our family birthing unit that services moms from all over the Interlake-Eastern region. That exceeds the 377 births we experienced in 2018," Unrau said. "We encourage anyone who is expecting to contact us for a tour of the family birthing unit. We appreciate opportunities to highlight features in the unit, introduce ourselves and answer any questions people may have."

Last year, an additional 11 babies were born elsewhere in the Interlake-Eastern region bringing the total number of births in Interlake-Eastern RHA in 2019 to 400.



RECORD PHOTO BY BETTY MILKOWSKI

Proud new parents, Rochelle and Patrick Hofer of the Beausejour area, welcomed their son Will on New Year's Day. Will was the first baby of 2020 to be delivered at Selkirk Regional Health Centre.

# Forum on housing needs puts Vital Signs report into action

## SUBMITTED

When the Selkirk and District Community Foundation released its Vital Signs report in April 2018, the Board of Directors made a commitment to improving on areas the report identified as having weak pulses.

One area that was in need of attention was housing, and on Dec. 5, the Forum on Housing Needs brought together more than 50 people with deep connections to local housing and together, they took the first steps in working towards results-based outcomes.

Executive Director Bev Clegg said Vital Signs was completed in 2018, but is in no way done. The document is a snapshot of the health of the community at that given time, and it serves as a starting point for betterment.

"Vital Signs was created by the people of Selkirk, St. Andrews and St. Clements, so it is their vision and their assessment of their own community," Clegg said.

"The SDCF is committed to moving the Vital Signs vision forward. Housing was then, and is now, an area identified as needing improvement, and that's what the Forum on Housing

Needs intends to accomplish."

The Forum brought together representatives from non-profit groups, private business and local governments to discuss housing needs.

Facilitator Shirley Muir broke the large group into smaller ones for discussion purposes, allowing participants to converse with new acquaintances who all share the same goal.

After several sessions with different groups, participants were asked to identify their top concerns for improving housing – the top four were: municipal development agreements that address affordable housing, aging in place housing, mixed and integrated housing and more long-term and transitional housing.

A second housing forum is being planned.

St. Clements Mayor Debbie Fiebelkorn took part in the Forum and said it was impressive to see those who can affect change in local housing show up and take part in what is a crucial area of concern, not just in the Tri-S area, but globally.

"Vital Signs identified housing as an area that needs improving and I think we can all agree with that," Fiebelkorn



RECORD PHOTO SUBMITTED

SDCF Board Member Barbara Knoll (standing) takes part in a discussion group at the Forum on Housing Needs held on Dec. 5.

said.

"The Forum on Housing Needs provided an excellent opportunity for important conversation that will move

all three municipalities forward and take us from talking about what needs to be done to implementing actions."



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Red River North Tourism, headquartered in Selkirk, Manitoba (40 minutes north of Winnipeg) is looking for a creative event and communications planner for its two tourism initiatives [HomesForTheHolidaysRedRiverNorth.ca](http://HomesForTheHolidaysRedRiverNorth.ca) and [HolidayAlley.ca](http://HolidayAlley.ca)

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## Warming heaters melt more than snow

With our most enjoyable festive season break now over, welcome back my good friends. Just before Christmas on a clear sunny day I made my way along the snow packed trails well out on the ice of Lake Winnipeg's south basin. I urged "old red" my trusty (if not slightly rusting) truck far out from shore into a collection of portable and hard wall ice shacks. The exceptionally warm afternoon had drawn many of the anglers from their shelters to sit on chairs and pails in the open jigging short fishing rods in their ice holes.

The bright yellow jacket of a young chap tailgating with his friend caught my eye. I pulled over to them just as his friend sprang from his seat lifting a wiggling forearms length pickerel from his hole. The men's excited chatter filled the air as I left my truck. I took care to step on the snow covered ice so I would not fall. Little did I know that safety measure would soon have relevance.

"Is that the first one today?" I called out. "No, we got more," the yellow jacketed, seemingly more talkative of the two offered. I watched the darker clothed fellow unhook the fish as I asked if they had a fishing story for us.

"Yeah I barbequed my butt out here last week," the yellow jacketed chap snapped back causing his buddy to throw his head back laughing. "Do tell," I said as I pulled out my recorder. "I'm Anthony Ezekich and this is Andrew Harms," as he jerked his thumb toward his buddy. "We were fishing and I had to go outside for a call of nature," Anthony began. Early that morning they had been fishing inside the shack and later outside with one of their heaters just by the door. As Anthony stepped back into the shack the snow by the door had melted and he slipped falling backward landing on the heater which instantly burned through his clothes to his butt! "Later I went to the doctor," Anthony exclaimed, "and was told the branded impression of the heater burn will be with me for the rest of my life!"

Last week I got over to Balsam Bay and as I drove down the slope to the harbor I could see a hundred or more shacks spread over the ice as far out as the eye could see. I maneuvered my truck past the harbor north to the vast smooth lightly snow covered ice fields. It didn't take long to get a few miles out and soon came upon a big light brown hard wall ice shack. I pulled up to it and leaving my truck for the shacks' door I called out, "Is anybody home?"

"Yeah, come on in," a voice replied from inside. Opening the door, I saw four people jigging fishing rods in ice holes accessed from floor cutouts. Once inside, I could see the wall panels were fastened together with hooks. "I'll bet this shack comes apart quickly?" I remarked to a thin, older gray haired chap in the corner. "Yeah, we can have it collapsed and on the truck in twenty minutes," he responded adding his name was Richard Yarenius. A tall

**RECORD PHOTO BY ARNIE WEIDL**

Andrew Harms, left, and Anthony Ezekich with some of their catch on Lake Winnipeg's south basin.

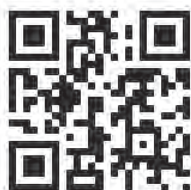
muscular chap closest to me with long straight dark hair who gave his name as Glen Kobun soon became eager to tell a summer fishing story of his youth.

Years ago he lived in Arborg and he with friends would catch crayfish at the "rapids" in the Icelandic River in town. Then they would bike over to Lake Winnipeg and use the crayfish to catch whitefish. One time they caught a huge whitefish and had put it on a thin chain. When they weren't looking the fish took a notion to just leave taking the unanchored chain with it! Richard purely by reflex surprised himself by casting out and snagging the chain recapturing the whitefish!

The next day on the Red River ice I happened upon a young averaged sized fellow with a light brown beard by the name of Rob Bbiekrahnn who remembered a day of fishing he would rather forget. A few years ago he and his dad wanted to go fishing on the Red. They loaded up his dad's car and his Grammas, who was in Florida, and had given instructions not to touch her car. On the Red it was a fine fishing January day. Suddenly the darkening afternoon was joined by a vicious blowing snow storm. They quickly broke camp and when driving off the river to the road Rob thought he saw a spot with not much snow. He gunned Gramma's car and instead of bouncing onto the road, it dropped into an ice pocket with deep snow. Dad coming behind tried time after time to pull him backwards. Finally Rob got frustrated and put the car in reverse slamming down on the accelerator only to hear a sickening grinding. Gram's transmission was wrecked! The final bill turned out to be fifteen hundred dollars and yes Gramma did find out about it!

Till next week, so-long fellow anglers.

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# Manitoba Public Insurance unveils top five frauds of 2019

## Submitted by MPI

Staged collision. Bogus bodily injury claims. A drunk driver exposed by surveillance cameras. These are some of the auto insurance frauds that took place last year and are highlighted in Manitoba Public Insurance's annual Top 5 Frauds.

"MPI releases its annual top five fraud list to raise awareness about the costs related to auto insurance fraud about \$50 per customer yearly," said MPI's Chief Operating Officer, Curtis Wennberg.

"The list is compiled based on the unique circumstances of each fraud, financial savings to MPI ratepayer, and investigative excellence in unearthing the fraudsters."

Anyone with information about auto insurance fraud is encouraged to call the Manitoba Public Insurance TIPS Line: 204-985-8477 or toll-free 1-877-985-8477. All calls are anonymous.

Suspicious claims are handled by MPI's Special Investigation Unit (SIU). As of the end of this November, claims savings are more than \$10.2 million with the SIU closing nearly 1,200 investigations.

No. 1: "Prison blues" - A Winnipeg man suffered serious injuries as the result of a motor vehicle collision. He began receiving income replacement payments of \$3,600 monthly. However, as the months passed, MPI's case manager regularly had difficulties locating and communicating with the man.

The man eventually sent a lengthy letter to his case manager, explaining he was feeling emotionally distressed and needed a "mental break and holiday." He further stated that he would be out of touch for several months as he would be staying at a remote cottage in northern Saskatchewan.

An investigation was soon launched

based on the man's reluctance to provide contact information. It was subsequently discovered that the man was actually incarcerated in a federal prison automatically making him ineligible to receive any payments from MPI.

The man's benefits were terminated resulting in an estimated savings of nearly \$200,000.

No. 2: "Smile for the camera" - The registered owner of a vehicle opened a physical damage and theft claim after her pick-up truck was found badly damaged in an apartment parking lot.

The woman's husband, who was the co-owner of the truck, admitted to an MPI adjuster that he was last to drive the truck, taking it to a friend's house. He admitted to consuming "several" beers and then walking to a near-by bar where he and friends continued to consume alcohol. Upon returning to his friend's house, the husband said

he decided to leave his truck parked and walk home.

The husband speculated that someone must have stolen his key fob from his jacket while he was partying at the bar.

An investigation was launched due to several irregularities around the husband's story. An MPI investigator was able to locate a surveillance camera located across the street from the crash scene. Surveillance footage clearly showed the truck being driven erratically into the well-lit parking lot, hitting a number of vehicles. Footage also showed the driver exiting the smashed vehicle, locking it and then staggering away.

After watching the surveillance footage, the husband withdrew the claim and agreed to pay the damages for the other vehicles, resulting in a claims

Continued on page 8

# Dog control by-law changed in West St. Paul

## By Katelyn Boulanger

West St. Paul Council updated their dog control by-law on Dec. 12 updating language, declaring breaches of the by-law to be emergencies, and acknowledging dangerous dog declarations from other jurisdictions as part of efforts to increase safety in the community.

"When we look at the dog control by-law it enforces the restraining and regulating of the running at large of dogs and dangerous dogs and to provide for the impounding and destroying of dogs and dangerous dogs," said Municipal Legislative Officer from the RM of West St. Paul Lainie Shaw.

The current by-law replaces the last version, which came into effect in 2015.

"Some of it was just tidying up and updating the language. The main changes was a recommendation from the ombudsman to state that any breach of the by-law was deemed an emergency as per our general enforcement by-law and the other significant change that was made was to address

instances where a dog is declared a dangerous dog in another jurisdiction. What the new by-law is saying is if [for example] you lived in Selkirk and your dog has been declared dangerous and you've moved to West St. Paul it is considered dangerous here. We don't have to do the hearing. It has been done by an authority and we accept that finding," said Shaw.

The recommendation from the ombudsman was what started off the process of looking at the by-law for any ways that it could be improved.

"When we knew that we were opening the by-law something that we knew was very important to address in the municipality was the safety of residents and to ensure that if a dangerous dog came into our municipality that it was considered and treated as such," said Shaw.

Residents when registering their dogs with the RM will now need to self declare should their dog have previously been classified as a dangerous dog in another jurisdiction and will have to meet the guidelines

set out by the RM.

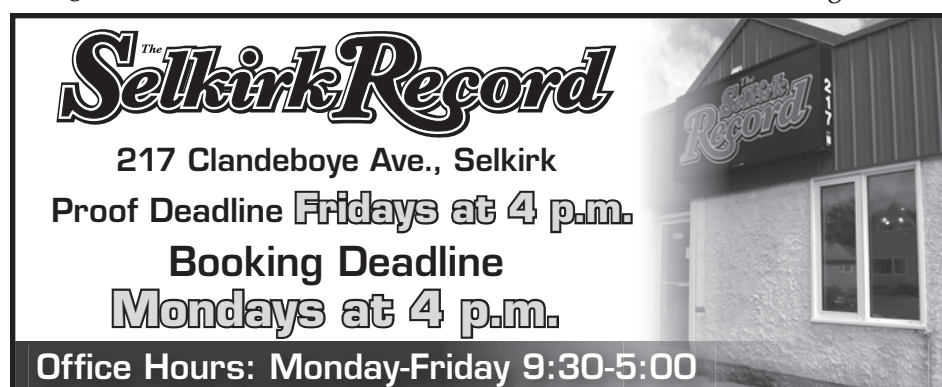
"Nothing has been updated as far some by-laws being breed specific. We do not address that here. We didn't change the number of dogs permitted. We didn't change the process of applying for a third dog or for a kennel license none of that structure has changes at all. It was really just meant to update these main points and to updated the language as the old by-law was dated," explained Shaw.

The declaration of a breach of a by-law to be an emergency addresses the fact that when a dog is at large it can sprint from yard to yard. In the interest of safety for both people and the animal the RM will retrieve the dog quickly without having to locate the owners of each property to ask permission to enter. There was a clause

that allowed this in the previous by-law. This does not allow the RM to conduct inspections when they are on the property.

"This was really a maintenance update, some housekeeping, and just looking for the safety of residents in making sure that the dangerous dog recommendation follows the dog and that it's not waiting for an incident to happen here. That it's been dangerous and that there are certain requirements that those owners have to follow to have those dogs here and that a recommendation from the ombudsman was followed," said Shaw.

For more information about dangerous dogs, registering your pet, or to learn more about the new by-law visit the RM's website at weststpaul.com.



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# Comp students break even with new products

By Ligia Braidotti

The students at the Comp used their bright ideas to create and sell their own products while learning about entrepreneurship.

On Dec. 12, before the holidays, business and English teacher Chrystel Hildebrandt organized and held a business fair at the Lord Selkirk Comprehensive Secondary School, where students presented products and services they created at their entrepreneurship class.

"We look at business models, the way the market works, the idea of supply and demand, and we also take a look on entrepreneurship and developing business and innovation and trends in society," Hildebrandt explained. "In this safe space, we push them to take a risk and develop something and sell it."

By pushing students to think outside the box, Hildebrandt encourages them to create something that's big-

ger than a simple bake sale.

"They gravitate towards what they know and what they think will always sell but, I think what they don't necessarily realize is that is not just about selling, it's about taking a risk and seeing what they can create and what they can develop," the teacher added.

Grades 10 and 11 students used the opportunity to try their creations. Some chose to take the culinary route and tested food truck menus, flavoured popcorn, and traditional grandma's baking.

Jasmine Bahara is a great example of a student who took the risk, put her product out there and is now seeing the results of success.

She is the owner of JB Lips and sells homemade lip balms and lip scrubs made with natural oils. Her product has won many fans who have now become loyal customers. The Grade 10 student came to the market having

already broken even, but all thanks to the skills and knowledge she gained from her entrepreneurship class at the Comp.

"I use them every day, so I thought, 'Why not create my own and create a healthier version of it?'" said Bahara who had sold out almost all of her products.

"I didn't expect to sell as much as I did. I didn't know if it was going to be a hit or not, I didn't know who my customers were, I didn't know if the guys were going to come buy it, but I had lots of guys and lots of girls."

Once Bahara made her first batch of lip balms and scrubs, she asked her mom to take them to her co-workers to test it out. Little did she know that from then on, her time outside of school would be filled by her orders.

"I learned about the cost of making the product and the difference between selling it, I've learned how to

market, how to attract the customers eyes," she said. "It was a very useful project."

It was two days of testing, adapting and evolving products, target market, and marketing.

"They get a real sense of entrepreneurship and what it takes to create a business. They know the market but also, I think sometimes they don't. They have this stereo concept of what will sell, what high school students will buy, and it challenges the idea too, that it's not just the high school students, but what about the staff? What about the idea of purchasing gifts?" Hildebrandt, who has a background in marketing and communications said. "It takes it beyond academic."

Students also used technology to create their banners and logo, instead of using crayons and markers — making it as professional as they would encounter outside the school.

## > FIVE FRAUDS OF 2019, FROM PG. 7

saving of more than \$15,000 to MPI ratepayers.

No. 3: "Vehicle computer reveals all" - Thanks to a vehicle's internal data recorder, MPI was able to save nearly \$70,000 and two Winnipeg men eventually pleaded guilty in court to Filing a False Statement to MPI and were fined \$3,000 each.

Both men opened collision claims, stating they got into a two-vehicle collision at a rural intersection. A female friend of one of the men explained to an MPI adjuster that she missed a stop sign, hitting another vehicle which was travelling in the intersection.

An investigation was launched due to inconsistencies in the drivers' stories and damages to the vehicles. An MPI training and research technician did a data dump on one of the vehicle's on-board computer. The data reported that the vehicle (a Honda) was stopped/stationary for five seconds prior to impact then accelerated and steered into the second vehicle (a Jaguar) with brakes being applied within

the half second prior to impact.

The physical evidence supported the theory that the Jaguar was stationary at the time of being struck by the Honda. There was no evidence found to support the report that the Jaguar was in motion at the time of collision. In addition, there was no evidence confirming anyone was sitting in the Jaguar at the time of the collision.

After being presented with the findings of the on-board computer, the owner of the Honda admitted he had lied about the crash and, in fact, carried out the staged collision in a large storage yard. He admitted money was the motivating factor, explaining that his Honda was in poor condition.

No. 4: "Vehicle surfer" - A man claimed he was an innocent victim of auto theft and suffered several injuries while trying to prevent it. He opened a bodily injury claim with MPI, which, if approved, he would have received income replacement payments.

The 34-year-old man told MPI he had hired a driver for his car and while out running errands the wind-

shield wipers were not working properly. The man said after he exited the vehicle to fix the wipers, his driver began to drive away. The vehicle owner said he managed to scramble on top of the trunk and during the frenzied drive was forced to smash in the back window to try and unsuccessfully gain entry. The vehicle eventually crashed, throwing the man onto the pavement, resulting in several injuries.

The man's story quickly unravelled when a number of witnesses approached police at the crash scene and said they had seen a man standing on the top of the speeding vehicle, "hooting," "hollering," "waving his arms," and, "laughing." They said the man was likely car surfing.

Based on the witness and police reports the vehicle crashed into a parked vehicle. MPI denied the claim, stating the man's injuries were the result of his careless and wilful actions.

No. 5: "A pain in the neck" - A woman opened a bodily injury claim after her vehicle rolled into a ditch after swerving while trying to avoid two deer which were on a rural Manitoba

road. It was confirmed the woman sustained a number of injuries, including fractures within her neck region.

The woman claimed she suffered from severe headaches and debilitating neck pain, in addition to being physically unable to care for either herself or children. She was submitting invoices for childcare expenses, in addition to personal care and receiving income replacement payments.

Based on a call to the TIPS Line, MPI launched an extensive investigation into the woman's actions. Over a period of two weeks she was observed driving her vehicle, shopping for long periods of time, playing VLTs and pushing a double stroller with her two children contrary to her statements that she was completely bedridden.

As a result of the investigation, the woman's benefits were terminated, resulting in claims savings of \$23,000. The Corporation is also seeking repayment of nearly \$10,000 in personal care expenses paid to the woman.

## > TAX RELIEF, FROM PG. 3

aration of wills as of Jan. 1, 2020. Sales tax will be eliminated from the preparation of wills, health-care directives and powers of attorney. This measure is estimated to save taxpayers nearly

\$1 million per year, Fielding noted. The province will also eliminate probate fees as of July 1, 2020.

To assist Manitoba businesses, the

province committed to reducing the interest rate on provincial tax debts from the current prime plus six per cent. The interest rate would decrease by one per cent over the next three years as follows:

- prime plus five per cent on Jan. 1, 2020;
- prime plus four per cent on Jan. 1, 2021; and

- prime plus three per cent on Jan. 1, 2022.

"We are committed to making Manitoba's tax environment more affordable and fair for taxpayers," said Fielding. "By making changes to the interest rate we charge on provincial tax debts, we are bringing Manitoba more in line with other jurisdictions."

Manitoba Finance requires taxpayers to pay interest on outstand-

ing debts for various provincially administered taxes, such as the retail sales tax, the health and post-secondary education tax levy, the insurance corporations tax, the corporation capital tax, the tobacco tax, the fuel tax and the mining tax. The province does not collect personal and corporate income taxes, which are administered on Manitoba's behalf by the Canada Revenue Agency.

# IERHA promoting Get Better Together workshops

By Evan Matthews

The Interlake-Eastern Regional Health Authority is promoting togetherness, as Interlake residents living with chronic conditions are invited to the organization's Get Better Together workshops.

IERHA Wellness Facilitator Jan Keryluk said chronic conditions such as arthritis, MS, depression, asthma, stroke, chronic pain, diabetes, anxiety, cancer, fibromyalgia, and heart disease, can often leave people feeling isolated.

Thus, creating compounding social issues, she said.

"All of these conditions have a lot of things in common. When we all get together and talk about it... It becomes a way of learning some self-management skills," said Keryluk.

"It's an opportunity to share and talk about problem solving, how to manage symptoms, and how to cope with some of the difficult emotions and feelings," she said.

For the sixth straight year, the IERHA is encouraging Interlake residents to attend Get Better Together workshops to collectively face common issues, and to motivate each other with solutions and techniques.

The workshops are free and run for six weeks, Keryluk said, and are designed to help people with ongoing health conditions take control of their health.

Common issues, according to Keryluk, including dealing with frustration, pain, fatigue and isolation; communicating effectively with family, friends and health professionals; appropriate exercises for maintaining and improving strength, flexibility and endurance, appropriate use of

medications, maintaining proper nutrition, and engaging with community resources.

"We're trying to remove barriers. Of course, it's a free class, but you also get a resource textbook to keep beyond the end of the class. If someone wants to bring a family member or friend, we encourage that as well.

"This is about support, and no judgement. If people are struggling with transportation, they can call us, and we'll help connect them with resources in their community to arrange that," said Keryluk.

"We want to ensure all Interlake residents who participate leave with positive feelings about the (workshops), and are able to move forward in a positive way," she said.

So far, that notion has rung true.

Many participants in past workshops have reported the workshop's teachings have stuck with them long after the workshop

had ended.

"There is help and hope for your condition, to make your life better through these (workshops)," said one participant, who asked to remain anonymous.

"We are not alone; others are suffering too, different but the same," the testimonial went on.

Get Better Together workshops are based on a program model developed by the Patient Education Research Center and Stanford University, ac-



RECORD PHOTO BY PIXABAY

Many struggling with chronic conditions experience isolation and compounding social issues. Get Better Together is designed to provide necessary tools to deal with those issues.

cording to its website.

People who participated in the Stanford program reported fewer days spent in the hospital, more healthy behaviours and overall better health status, with changes lasting well beyond the end of the program, the site reads.

In Manitoba, the Wellness Institute — powered by Seven Oaks General Hospital — has brought the workshops to Manitoba.

The Institute is training wellness facilitators all across the province in order to provide workshops such as Get Better Together, according to Keryluk.

In addition to Get Better Together, Keryluk said the IERHA will be facilitating other wellness programs in 2020 such as Commit To Quit (a quit smoking program), Craving Change (improving one's relationship with food), and the Relaxation Series (in-

troduction to mindfulness and stress management).

The IERHA is also offering free consultations with dieticians in the region, Keryluk said.

The next workshops are set to kick off right away, as they begin on Jan. 15 in Lundar and Stonewall.

The Lundar Primary Care Clinic will host from 1 p.m. to 3:30 p.m., while the Stonewall Hospital will host its own at the same date and time.

"We offer these programs throughout the year," said Keryluk. "If somebody can't make it this round or are looking for something closer to home, please give us a call."

Dates after January include Beausejour on Feb. 13, and Gimli and Eriksdale on March. 5.

The IERHA offers a toll-free line for inquiries at 1-877-979-9355 or email at wellness@ierha.ca.

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# Couple will match \$150,000 in Kidney Foundation donations

By Jennifer McFee

A philanthropic couple with ties to the local community hope to help people impacted by kidney disease — and they've initiated a matching grant to encourage others to do the same.

Yvonne and Conrad Desender will match \$150,000 in donations to the Kidney Foundation's campaign called Challenging Limits, Changing Lives, which aims to raise \$1 million in Manitoba for research, patient and family services, and prevention initiatives.

"I'm on dialysis and the disease is not a nice one," Conrad said. "If I can help 10 people not to get that disease, the money is worth it."

Val Dunphy, executive director of the Kidney Foundation's Manitoba branch, said that the Desenders are highlighting the fact that the need in Manitoba is not only important but also urgent.

"With their match, we hope that people will donate today to help families affected by kidney disease. Donations will count twice," she said.

"This is tremendous support and we are very grateful to Mr. and Mrs. Desender, who hope that this new funding will truly change lives."

One in nine Manitobans is affected by kidney disease, which is the highest per-capita rate in Canada.

"There is no cure for kidney disease — only two treatments: dialysis and transplantation. While new cases are levelling off in other provinces, this is not the case in Manitoba, where many of our friends, neighbours and family members are being diagnosed with End Stage Renal (Kidney) Disease each week and need to start dialysis to stay alive," Dunphy said.

"The leading causes of kidney disease in Manitoba are diabetes and high blood pressure. It is very important that people with these conditions follow their medical advice carefully and take medications as prescribed. Also, Manitoba has the youngest peo-

ple affected; patients in Manitoba are 10 years younger than the national average."

Part of the funds raised through the campaign will be used for research, since improved dialysis treatments and kidney transplantations are needed.

"Years ago, a dialysis treatment took about 12 hours; today, thanks to advancements made through research projects, these treatments take 4-5 hours, on average," Dunphy said.

"We also need one kidney transplant to last a lifetime. Research provides hope for these improvements."

Campaign funds will also go towards patient programs, Dunphy added.

"Last year, the Kidney Foundation conducted a nation-wide survey of patients and confirmed that the financial burden associated with kidney disease is substantial. For example, we know that when on dialysis treatments, many people can no longer work on a full-time basis. At this time of reduced income, additional travel is required to and from dialysis treatments, which may or may not be in their local town. These new and additional gas and/or parking costs are borne by the family," she said.

"There will also likely be increased expenses for medications, which can result, very often, in families being unable to afford basic necessities. People with a transplanted kidney must also follow an extensive regime of medications for the rest of their lives to combat the body's natural instinct to reject a 'foreign' organ. The Kidney Foundation is pleased to offer financial assistance to many families in need; however, additional funding is required to address the growing



RECORD PHOTO SUBMITTED

Yvonne and Conrad Desender will match \$150,000 in donations to the Kidney Foundation's campaign called Challenging Limits, Changing Lives, which aims to raise \$1 million in Manitoba for research, patient and family services, and prevention initiatives.

need."

Another area that will receive funds is prevention.

"Prevention initiatives to educate and heighten awareness regarding the links between diabetes and hypertension and kidney disease especially for populations at high risk, are desperately needed," Dunphy said.

Kidneys are master chemists in our body, Dunphy explains.

"Most of us are born with two kidneys, located in our lower back area. People can live normal lives with only one kidney. Dialysis treatments try to replicate the cleaning of the blood of toxins, that kidneys normally manage. For those of us who can, we encourage people to drink an extra glass of water, for their kidneys. They love to be flushed," she said.

"Thirty per cent of patients with kid-

ney failure need emergency treatment because they were not aware they had kidney disease. Kidney function can decline gradually, over a long period of time. It is important to ensure that your health-care provider monitors your kidney function. Just ask 'How are my kidneys?' It takes a simple test using blood and urine samples to determine this."

The Kidney Foundation of Canada encourages people to visit [signupfor-life.ca](https://signupfor-life.ca) and speak to their family about their wishes regarding organ donations. Manitoba has the longest wait for a transplant in Canada at 5.5 years.

To make a donation, which will be matched by the Desenders, call 204-989-0800 or donation online at <https://kidney.akaraisin.com/hopehero/CLCLDonate>.

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The Selkirk Fishermen collected toys for The Andrushko's Kare Campaign to close out 2019. The Andrushko boys, Kasen and Karter, collected donations for Winnipeg's Children's Hospital. This was their 10th year of delivering truck loads of toys for children at Christmas time. Various gifts will be given out during the holiday season, and throughout the rest of the year, to the many children requiring medical attention.

# Snoman/MASC partnership to protect unharvested fields

Submitted by Snoman

Snoman (Snowmobilers of Manitoba) Inc. has partnered with Manitoba Agricultural Services Corporation (MASC) to help producers protect unharvested fields from snowmobile traffic.

As weather, snow and volunteer time permits, Snoman Inc.'s clubs will put up signs along the Snopass trail system where crops are left on the field, urging snowmobilers to stay on the trail and not to trespass.

"It was a difficult harvest for many producers in Manitoba," said Yvonne Rideout, Executive Director of Snoman Inc. "We want to make sure that riders are staying on designated trails, respecting private property and crops that have yet to be harvested."

With 53 clubs throughout Manitoba, Snoman Inc. has in excess of 12,000 kilometers of well-groomed trails for snowmobilers to use. In the past, close to 19,000 riders purchased a Snopass giving them access to the trail system.

"The trail system throughout rural and northern Manitoba provides a safe environment for snowmobile riders and helps to reduce trespassing on private property. The trails link communities and promote winter tourism, which boosts the local economy," said Rideout.

In addition to the new signs being posted along the trails, MASC will also have limited quantities available at all 26 offices for producers to pick-up and display on fields that are unharvested and generally have a lot of snowmobile traffic. MASC insures producers against crop losses caused by weather-related perils through a variety of insurance programs.

Snoman Inc., a non-profit organization, is dedicated to providing strong leadership and support to its member clubs to develop safe and environmentally responsible snowmobile trails to further the enjoyment of organized recreational snowmobiling in Manitoba.



RECORD PHOTO SUBMITTED

Snoman (Snowmobilers of Manitoba) are urging snowmobilers to stay on the trails and off unharvested fields.

# SALP brings writing contest to Selkirk

By Ligia Braidotti

The Selkirk Adult Learning Program is holding a writing contest to encourage Selkirk and area residents to celebrate adult literacy.

The Selkirk Adult Learning Program is currently holding an adult literacy program to close the gap between literacy between adults and the younger generation.

"We know that the literacy level of parents and adults have a direct impact in the younger generation," Adele Plett Bartel, co-ordinator at the SALP, explained. "We want to recognize the literacy skills that are in the community."

The writing contest is the one of its

kind for the SALP and they it is also an initiative that celebrates Family Literacy Week from Jan. 21 to 27.

"We are a literacy program and we want to create an awareness — the assumption is that when you think of literacy education, you think of younger kids, but there also some adults that are needing help in literacy, and that's why we are here," Plett Bartel continued.

"I believe everybody has a story to tell."

SALP offers many opportunities to adults in the literacy subject. The program holds literacy classes in Selkirk in the morning at the Gaynor Family Regional Library, in the afternoon at

the Selkirk Friendship Centre, and in the evening at the Lord Selkirk Education Centre.

Plett Bartel said all are welcome to participate and connect with SALP for more information and discuss which programs best fits their needs.

"We are a program for adults and we do upgrading. We work particularly with English and math but we also have computing classes. We have people who never got their high school diploma, we are connected with the (Lord Selkirk School Division's) credit course adult education, we also work with people who want to upgrade skills for employment, we have newcomers to Canada who are

working on language and math skills and we also have seniors who come particularly for our computer class," she explained.

Participants of the writing contest have to fill out an official entry form found at the SALP and send their entries by Fri., Jan. 24. Entries must be original and unpublished, and can be on any topic, fiction, non-fiction or poetry. Participants are allowed to send multiple entries, but will only win one prize. Entries must be typed or handwritten very clearly, double-spaced, on a 8.5 by 11-inch paper and a maximum of five pages or 1,200 words.

A panel will judge the entries based on content, originality and style.



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# Gimli and area physician couple put down roots

Submitted by IERHA

Dr. Andrea Fulmore recently moved her prenatal practice from Selkirk to Gimli where she joins her husband and Gimli Hospital's chief medical officer, Dr. Jonah Fulmore who has practiced in Gimli since January 2018.

Andrea's work focuses mostly on woman's health, prenatal care and pre/post conception counselling. She's also more recently taken on the role heading the hospital's dialysis unit.

"Many of my pregnant patients previously had to travel every week or every second week to Selkirk to do prenatal care after they reached 28 weeks. By offering prenatal care in Gimli I am helping save those patients the commute by offering this service closer to their home community."

The two physicians enjoy working and living in Gimli and think other young graduates or soon to be graduates will too. Jonah looks forward to his role in that.

"I feel fortunate to be able to build a cohesive team here in Gimli in my role as chief medical officer through recruitment and then eventually retention of physicians and I think we're getting there."

It sounds like the two are settling into the community just fine after moving here permanently six months ago. Jonah is a part of both the local men's golf and hockey leagues. But as much as they en-

joy Gimli, they also enjoy spending time travelling with their son. In fact they have an upcoming trip to Mexico planned.

The pair met in medical school and eventually got married. Fast forward to the end of 2019 and both are enjoying being in the community of Gimli and raising their young son, Jagger.

Jonah is the hospital chief medical officer and personal care home's medical director. He enjoys the work he does both in hospital and through his primary care clinic practice.

"My passion is for emergency medicine and I take as many as seven or eight (24 hour) shifts a month in on top of my personal care home work and my primary care practice. I also hold a licence to prescribe medications to treat addictions so patients come to me as referrals from the region's Rapid Access to Addictions Medicine Clinic."

Growing up, they each spent time in the community of Gimli fishing, golfing and playing hockey with friends and family. So when they heard the community needed physicians to set up practice, they were on board.

Although the two have a full roster right now caring for their son, Jonah's shifts in emergency and Andrea's new role heading the dialysis unit, the two are hopeful they will be able to announce the capacity to take on new patients in the near future.



**RECORD PHOTO SUBMITTED**  
Dr. Jonah Fulmore and wife Dr. Andrea Fulmore holding their son Jagger at Gimli's Johnson Memorial Hospital where they work.

## Firefighter's Anti Up for 5th Year of WSP Texas

### Proceeds Benefit WSP's Annual Canada Day Celebration

By Katelyn Boulanger

The West St. Paul Fire Department is hosting it's 5th annual Texas Hold'Em Tournament. Residents are invited to test their luck on March 6 with proceeds going towards the RM's annual Canada Day ceremony.

"We have varying levels of poker players from beginners to players that enjoy playing on a regular basis. If you're at all interested it's a good opportunity to get out and have

some fun and support a good cause and you might even leave with a little bit of money," said Greg Morris, the coordinator of the tournament and firefighter with the West St. Paul Fire Department.

The tournament is supported and run by all the 33 members of the West St. Paul Fire Department and almost all members will be in attendance to help out with this community fundraiser.

"This is going to be our fifth year doing it and the proceeds support our annual Canada Day ceremony at the Sunova Centre on July 1 every year," said Morris.

"It all starts with a registration period over an hour and we can host 200 poker players which is 20 tables. Most of the dealers are members of our fire department," he explained.

The cost of entry is \$60 per ticket and payouts are given to the top 18 players.

"There's a two-hour period at the beginning of the tournament where you're allowed rebuys so if you're knocked out you can buy back into the tournament. After the two-hour period we have a break and supper is supplied by Chicken Chef and after the break there's no more rebuys," Morris said.

The tournament takes about 6 hours in total to play to the end with a few breaks for players to eat and stretch their legs.

"There's 20 tables with ten people at each table but as people are eliminated we shuffle people

around to make the tables even so that there's the same amount of people at each table and then when there's enough people out we eliminate a table and then continue on with that process until you get to the final couple of tables," said Morris.

Last year the tournament paid out over \$16,000 in prize money and raised just under \$13,000.

"That's fairly consistent over the past couple of years. We started out with 100 [participants] and then went to 150 and then went to 200 and we're going to stay at the 200 level because that's the most that we would be able to handle with our membership level, the numbers of firefighters that we have to help out at the event," Morris explained.

There's also 50/50 draw and a cash bar that residents can enjoy when they aren't playing and after the main even there is also a consolation game that starts at 11 p.m. Tickets for the consolation game start at \$40.

"We get a lot of positive feedback from the players. We get a lot of positive support," said Morris.

Rules for the tournament are on the RM of West St Paul's website and tickets can be purchased through emailing [wspfc@hotmail.com](mailto:wspfc@hotmail.com). The tournament is also welcoming any new sponsors who would like to become a part of this event. They can also get in touch with the fire department by email [wspfc@hotmail.com](mailto:wspfc@hotmail.com)



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**January Events Calendar**

<p><b>Jan 10</b> - Geoff &amp; The Rockets 8pm</p> <p><b>Jan 16</b> - Over 60's Meeting, Noon</p> <p><b>Jan 17</b> - Ravin Band 8pm</p> <p><b>Jan 19</b> - Interlake Darts 11am</p> <p><b>Jan 24</b> - Trial By Fire 8pm</p> <p><b>Jan 29</b> - General Meeting 7:30 pm</p> <p><b>Jan 31</b> - Frostbite Band 8pm</p>	<p><b>Open Sundays 12 Noon-7:00 pm</b></p> <p><b>MUG, SPUD, &amp; STEAK</b> fundraising dates available</p> <p><b>HALL RENTAL</b> dates available</p> <p><b>BINGO</b> Mon. 7:00 pm, Sat. 1pm</p>
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<b>Mondays</b>	<b>Tuesdays</b>	<b>Thursdays</b>	<b>Fridays</b>
Afternoon crib 1:00 pm	All day Member Specials, Dart League Sept-Apr 7pm	Texas Hold'em Poker 7pm	Meat Draw & Chase the Ace 4:30-8pm

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# Crop summary report for 2019 notes cattle feed shortage, herd downsizing

By Patricia Barrett

Manitoba Agriculture released its 2019 crop report summary last month, and it will come as no surprise to read that cattle producers in the Interlake experienced a feed shortage in 2019 because of dry conditions and that some will be “downsizing” their herds.

The department’s seasonal summary, which covers spring through to Nov. 12, 2019, notes dry conditions across most of the province until the fall when an extended period of wet weather and a snowstorm in early October left fields wet and frozen before harvest wound up.

Crops were sown quickly last spring in the Interlake despite persisting dry conditions that arose in 2018, and dust flying behind seeders was a common sight, notes the report. But the northern Interlake was drier than other areas, and that meant delays in seeding and in crop and forage germination and growth.

Annual crops had a “stagey emergence due to dry seedbeds and limited precipitation following to aid germination,” and crops that were seeded late “sat in dry soil for extended periods,” states the report. Perennial crops, hay and pasture were slow to emerge and green up.

As a result, farmers had to provide supplemental feed to their cattle until pastures were able to support grazing.

The report doesn’t mention that twelve municipalities in the Interlake and Parkland regions declared a state of agricultural disaster last August due to drought. The RMs stated in a press release that the “severity” of the feed shortage had been compounded by a depleted inventory of carryover feed in 2018 when conditions then were dry as well.

The Manitoba Forage and Grassland Association created a Hay Relief page on its website to help livestock producers find sources of feed. The association had noted in its Hay Relief Report of Oct. 21, 2019, that there were “indicators of more animals going to market due to low feed supplies.”

Manitoba Agriculture recognized that moisture stress was “common” throughout the Interlake in 2019.

“Rainfall was inadequate for the most part, particularly in areas with lighter textured soils, and premature ripening of crops was common,” states the report. “Most crops were shorter and thinner than normal.”

As far as harvesting went in the region, 90 per cent had been completed by November. But the report notes



RECORD PHOTO BY PATRICIA BARRETT

Bales along Highway 8 in September.

that farmers experienced challenges such as poor crop drying weather, high grain moisture levels and dryers at full capacity.

“As expected, crop yields were lower on average due to lack of precipitation,” states the report, and a “few” fields of canola, soybeans, sunflower and corn had yet to be harvested.

Unsurprisingly, overall hay yields were “significantly lower than average” in 2019 because of cool, dry conditions in the spring, lack of rain in the summer and cool, near-freezing overnight temperatures in early August, states the report. This stunted the crop and limited re-growth for

subsequent cuts.

“Considerable acres” of native hay – rushes, sedges, woody species and “old bottom” (areas not hayed in recent years) – were cut to deal with the hay shortage.

Manitoba Agriculture does not provide an estimate of how many acres of this material was cut, but notes that its energy and protein content is “less than the nutritional requirements of cattle during the coldest months.”

“Some cattle producers will downsize their herds due to feed shortage,” the report concludes.

The crop report is available on Manitoba Agriculture’s website.

## Communities build hockey and hockey builds communities

Submitted by Kraft Heinz Canada

Kraft Heinz Canada, in partnership with the National Hockey League (NHL) and the National Hockey League Players’ Association (NHLPA), opened nominations for Kraft Hockeyville 2020. Nominations will close February 9th at 11:59 p.m. EST. In its 14th year, Kraft Hockeyville enables communities across the country to rally together to upgrade local hockey arenas in need of repair and refurbishment. To date, Kraft Hockeyville has awarded \$3.5 million to 81 deserving communities across Canada and has celebrated 13 NHL® Pre-Season games in eight different provinces.

The 2020 grand prize winner will have an opportunity to host an NHL® Pre-season Game and receive \$250,000 for arena upgrades and the coveted title of Kraft Hockeyville 2020. Three additional community finalists will also be awarded \$25,000 each for arena upgrades and both the winner and each of the three-runner up communities will receive \$10,000 to purchase brand new hockey equipment for their minor hockey programs, courtesy of the NHLPA Goals & Dreams Fund.

In order to win the coveted title of Kraft Hockeyville 2020, communities need to have a compelling story that shows their passion and spirit for hockey. “Every year, we are astonished at the impact that hockey has at the local level all across the country. The stories we hear are emotional, powerful, and connect us all,” says Matt Bruce, Se-

nior Brand Manager, Kraft Heinz Canada. “It’s clear that communities build hockey and hockey builds communities. We want to shine a light on stories that have truly brought communities and people together from all walks of life.”

“We believe that sports and culture are the foundation of healthy communities,” continues Bruce. “Winning Kraft Hockeyville can help a community preserve and enhance that important civic space – to gather, to play, to cheer and to grow today and for the future. Sharing impactful stories, about the players on the ice, maintenance crews, the people behind the concession booth, or fans in the stands, gives Canadians community pride and deepens their love for the game.”

While hockey brings together many Canadian communities and while arenas can be neighbourhood hubs, maintaining arenas can be costly. According to the 2019 Canadian Infrastructure Report Card, one in three recreational or cultural

facilities will require investment in the next decade. The category with the most facilities in poor or very poor conditions, or fair conditions requiring investment, is ice arenas.

About Kraft Hockeyville Canada

Kraft Hockeyville is a partnership with Kraft Heinz, the National Hockey League (NHL), and the National Hockey League Players’ Association (NHLPA) to support local community arenas across Canada. Since its inception in 2006, Kraft Hockeyville has awarded \$3.5 million to 81 communities across Canada and has celebrated 13 NHL® Pre-Season games in eight different provinces.

Visit [krafthockeyville.ca](http://krafthockeyville.ca) for complete contest rules and program details.

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Legion Branch 42**

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**thanks**

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and the surrounding  
Municipalities for  
their generous  
support of the  
2019 Poppy Campaign.*

**THANK YOU!**



# get inspired

My New Year's Resolution is to get my finances in order, but I have a lot of credit card debt and I don't know what to do to get it under control. Should I declare bankruptcy? I am worried this will make things even worse, any ideas?

Sincerely,  
Julie XXXX (Drowning in Credit Cards)

## Dear Drowning!

Don't beat yourself up about this debt, it can be fixed. Declaring bankruptcy should be viewed as a last resort and I would exhaust all other solutions before contemplating this option. Yes, the bankruptcy will ruin your credit, however it is recoverable. Once the bankruptcy has been settled and cleared, it is important to re-establish good credit right away. This could take up to three years to do so but remember to reach for your dreams you must do the incremental steps over time to get there. Money is not just for toys and possessions, it provides the means for you to reach your goals and ensures your comfort, dignity, security and independence as you age. Be honest with yourself and be committed to change. Let go of any past indiscretions or setbacks and start new this year. It is a new decade, and a new start to clear your mind towards financial freedom.

If you are entering the year with considerable debt, there are a few other ways to fix this. The easiest method is to consolidate high interest loans into a new mortgage to capture a lower rate and increase monthly cash flow. This consolidation should be viewed as a one-time transaction to put you on the right road to a debt free lifestyle and should never be used as a continuous solution to get you out of future debts. If this is not an option, make a list of all your debts and begin to tackle one liability at a time. Pick the one you are going to concentrate on and put as much as you can down on this debt every month, whilst only paying the minimum payments on the other

AsktheMoneyLady.ca

loans. Once this debt is paid, then move to the next one, repeating the process of paying down one and maintaining the others with only minimum payments. Once all the credit is paid, you can use these newfound funds to start a savings program toward investing. This is when you will stop feeling helpless. Be sure to avoid the tendency to sugar-coat your finances or make excuses to flee from finally resolving your debt this year. It is necessary for you to take action and get out of the victim mentality, finally creating certainty and options for your future. If this means finding ways to make more income, getting a new job, or cutting back on spending – then do it!

It is in the reach of every person to become financially comfortable. Let go of your old habits and create new ones!

Let's make this new decade your time to succeed. Dream big. Try new things. Save more. Believe in yourself and most of all, believe you are worth it!

You've got this!  
Good Luck and Best Wishes,

**Money Lady**

Written by Christine Ibbotson, Author of *"How to Retire Debt Free and Wealthy"* Chris is a Canadian Financial Planner, Chartered Investment Manager, Insurance Broker, Commercial & Residential Mortgage Broker, Estate Planner and Taxation Expert, with over 25 years in Canadian Banking. Follow her on Facebook & Instagram.

If you have a money question, please email on my website at: [www.askthemoneylady.ca](http://www.askthemoneylady.ca)



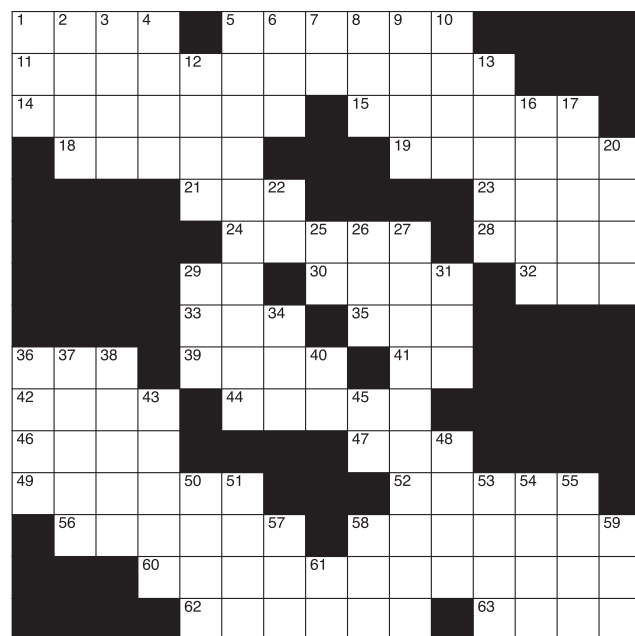
## CROSSWORD

### CLUES ACROSS

1. Beer ingredient
5. Popular FOX TV show
11. Recurring from time to time
14. Criticized severely
15. Musician
18. German urban center
19. Quenched
21. Human gene
23. Indian music
24. Accumulate
28. One who graduated
29. Atomic #109
30. Semitic fertility god
32. Sportscaster Patrick
33. Child's dining accessory
35. Payment (abbr.)
36. Guitarist's tool
39. Dabbling ducks
41. Commercial
42. Style someone's hair
44. Biu-Mandara language
46. Actress Spelling
47. Large hole in the ground
49. One-masted sailboats
52. Tropical Asian plant
56. Concurs
58. Latin term for charity
60. The number below the line in a fraction
62. Reddish browns
63. This (Spanish)

### CLUES DOWN

1. Belong to he
2. One time only
3. Parent-teacher groups
4. Puts in place
5. Editing



6. In the course of
7. Helps injured people (abbr.)
8. OJ trial judge
9. Resist authority (slang)
10. Formerly alkenols
12. "Cheers" actress Perlman
13. Jewelled headdress
16. Viking Age poet
17. Vanuatu island
20. Wish harm upon
22. Unit of length
25. Blood type
26. Drain
27. Do-gooders
29. Advanced degree
31. Business designation
34. Chinese-American actress Ling
36. Performs on stage
37. Slang

- for money
38. Large Russian pie
40. The Mount Rushmore State
43. Narrow inlet
45. News organization (abbr.)
48. Scarlett's home
50. Micturates
51. Monetary unit
53. Any customary observance or practice
54. Sons of Poseidon
55. Facilitates grocery shopping
57. Standard operating procedure
58. Former OSS
59. Midway between south and southeast
61. The Wolverine State

Please see classified section for Answers

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# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Fishermen knock off first-place Warriors

### Staff

The race for first place in the Capital Region Junior Hockey League standings got a little tighter on Sunday.

The Selkirk Fishermen knocked off the first-place St. Malo Warriors 5-2 at the Rec Complex.

Reece Tessier led Selkirk with two goals while Evan Bedard, Travis Spratt and Braeden Hummel also tallied.

Kyle Melo, Jordan Donald, and Jordan Simko each had two assists in the game.

Alex Murray and Brendan Spence replied for St. Malo.

Riley Bannerman stopped 25 St. Malo shots for the win.

On Friday, Selkirk started the new year with a 3-1 loss to the Arborg Ice Dawgs at the Rec Complex.

Nico Morrow-Litke scored Selkirk's lone goal in the second period.

Jayden Roche and Josh Roche scored

for Arborg in the middle frame and then Josh Roche added an empty-net goal with 17 seconds remaining in the game.

Bannerman made 22 saves in the losing cause.

With the split last weekend, the Fishermen now have 48 points, four back of St. Malo.

The Fishermen wrapped up 2019 with a 6-2 home win over the North Winnipeg Satellites.

Simko led Selkirk with a goal and two assists while Spratt had a goal and an assist.

Bedard Tyson Parker, Evan Leeson, and Melo also scored for Selkirk. Angel Gjorgievski and Eli Caparros replied for North Winnipeg.

Bannerman made 24 saves in the win.

Selkirk will host Arborg again this Saturday at 7:30 p.m.



RECORD PHOTO BY BRETT MITCHELL

The Selkirk Fishermen's Braeden Hummel battles Arborg's Logan Clarke for the puck during CRJHL action Friday in Selkirk. The Ice Dawgs won the game 3-1.

## Showing off their skills



The Selkirk Stingers, from left to right, Jessie Habermann (hardest-shot contest), Liz Maxwell (finalist in goalie competition) and Addison Enns Demchuk (fastest skater competition) took part in the 11th-annual Winnipeg Ringette League Skills Competition at the Seven Oaks Sports Complex on Dec. 28.

## Royals burned by Flames in girls' hockey

### Staff

The Selkirk Royals lost 7-1 to the St. Mary's Academy Flames in Winnipeg Women's High School Hockey League play on Monday at the Rec Complex.

Jana King scored Selkirk's goal in the second period.

Selkirk, now 7-7-1 and tied for third place in the eight-team CTV Division 1 standings, will play the Vincent Massey Trojans on Friday at Century Arena. Puck drop is 4:15 p.m.

The Royals' next home game is Jan. 20 when Shaftesbury travels to Selkirk. Game time is also 4:15 p.m.

Meanwhile, the Selkirk Royals boys' hockey team lost 4-0 to the Shaftesbury Titans in Winnipeg High School Hockey League action at Varsity View

Arena on Dec. 18.

Declan Curtis gave Shaftesbury a 1-0 first-period lead and then he added a power-play goal in the second.

The Titans' Lucas Humble and Teague McCarthy (empty net) scored in the third.

Selkirk is back in action Thursday when it plays River East at 7:15 p.m. in the Royals' first game of the Piper Classic.

Selkirk will then battle Sioux North on Friday at 3:45 p.m.

All games are played at the Bell MTS Iceplex.

The Royals' next league game is Jan. 16 when it plays the Sturgeon Heights Huskies. Puck drop is 4 p.m.

### Next Home Games

- Sat. Jan 11 7:30pm  
vs Arborg Ice Dawgs
- Sun. Jan 26 7:30pm  
vs Lundar Falcons

### Next Away Games

- vs Lundar Falcons - Fri., Jan 17 - 7:30pm
- vs N. Wpg Satellites - Tues., Jan 21 - 8:00pm
- vs St. Malo Warriors - Fri., Jan 24 - 7:30pm



Meet  
the  
Fishermen



#29 Brendon Hocaluk  
Goalie

# Interlake Ignite came to play at WRL All-Star Games

By Becca Myskiw

Twelve girls from the Interlake Ignite U19 A and B teams played in the Winnipeg Ringette League's (WRL) All-Star Games on Dec. 28.

Kylie Fissel from St. Andrews was one of the eight players from the Interlake Ignite U19A team who played in the U19 A All-Star Game. She said being chosen was a big confidence booster for her.

"It just ensured I'm doing something right in my game," said the 16-year-old.

Kylie Fissel plays defence and is in her tenth year of ringette. It's her first year playing U19 and said it's intimidating to play against girls who are mostly older than her, but she likes the competitiveness of it.

The WRL's All-Star Games bring a few players from each team in the league to play together for one game. The players skate out in a dark arena with a spotlight following them and smoke at their feet as they're announced one by one.

Kylie Fissel said having all eyes on her was the scariest part of the day.

"It's just not something we do all the time," she said. "You usually come out as a team together."

The U19 'A' All-Star Game ended with a score of 1-0 and the U-19 'B' All-Star Game went into a shootout.

Kylie Fissel said the hardest part was finding chemistry with girls she usually plays against, but she said it was

an amazing experience to play with girls who love the sport as much as she does.

Jamie Fissel is the Interlake Ignite U19 A head coach and was chosen as head coach at the U19 'A' All-Star Game. He said the main goal of the day is to have the players interact and become friends with their opponents.

"I think the biggest thing the All-Star Game does for everyone is it brings the girls together, but it also brings the families together," he said.

Along with creating friendships, Jamie Fissel said the All-Star Games serve as recognition for the players' hard work throughout the season.

Coaches on each team pick which players go to the game. Jamie Fissel said he chooses players who are dedicated to their team and the sport of ringette.

"You want someone who cares, wants to be there, contributes and wants to be there for her teammates," he said.

Kylie Fissel said she really started working to get better at ringette in her first year of U12. She said she started the season as the slowest on her team and she didn't have a great shot, so she spent extra hours on outdoor rinks and shooting against her garage.

Now, Kylie Fissel plays ringette at an 'A' level and refs the sport. She also instructs younger girls who are just starting out and said she wants to get



RECORD PHOTO BY BECCA MYSKIW

Kylie Fissel represented the Interlake Ignite in the Winnipeg Ringette League All-Star Game on Dec. 28.

into coaching soon.

The WRL also hosted U14 'A' and 'B' All-Star Skills Competitions on Dec. 28.

Other U19A players representing the Interlake included: Brynn Herman, Lily Kantyluk, Shaylene Kavii-tch, Macy Neish, Madison Rolland,

MorganThompson and Jenna Trent.

U19B players representing the Selkirk Stingers included Tamara Buhler, Krysten Campbell, Maggie Schneider, and Myleigh Thomson.

# Hockey Canada announces change to age-division names

## Changes to simplify the minor hockey system to go into effect next season

By Hockey Canada

At its Winter Congress on Nov. 18 in Montreal, the Hockey Canada membership approved a regulation change proposed by the board of directors to revise the naming of the age divisions used in minor hockey across Canada.

Following the recommendations of a task team, the age divisions will become U7, U9, U11 through to U21, impacting all minor and female hockey programs under the Hockey Canada umbrella. The change was initiated by Hockey Canada and its 13 provincial and territorial members and will be implemented nationally with their input and support for the 2020-21 season.

"We believe everyone should feel

welcome in the game and in our ongoing effort to make hockey more inclusive, the Members at the Hockey Canada Annual Meeting determined that the names of our age Divisions will change," said Michael Brind'Amour, chair of the Hockey Canada Board of Directors. "Following a comprehensive review, we believe this change will simplify the system for families who may be new to the game. The new age Division names will be implemented for next season."

For more information on Hockey Canada and its minor hockey programs, please visit [HockeyCanada.ca](http://HockeyCanada.ca) or [HockeyCanada.ca/MinorHockey](http://HockeyCanada.ca/MinorHockey).

Minor Hockey Age Division Chart   2020-21 Season		
Year of Birth	Age on Dec. 31, 2020	Age Division
2014 and earlier	6 or under	Under-7 (U7)
2013	7	Under-9 (U9)
2012	8	
2011	9	Under-11 (U11)
2010	10	
2009	11	Under-13 (U13)
2008	12	
2007	13	Under-15 (U15)
2006	14	
2005	15	
2004	16	Under-18 (U18)
2003	17	
2000-2001-2002	18-19-20	Under-21 (U21)

RECORD PHOTO SUBMITTED

Minor Hockey age division chart | 2020-21 season.

# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Scott crowned Canadian Junior Long Track Female Champion once again

By Brian Bowman

Clandeboyé's Alexa Scott and Calgary's Frank Roth were crowned Canadian Junior Long Track Champions this past weekend in Calgary at the national championship. The overall titles earned them each a spot on the ISU World Junior Championships team where they will be joined by a minimum of three additional skaters per gender.

"I had a really good weekend," said Scott Tuesday afternoon. "I'm really happy with it."

For the second year in a row, Scott skated to gold medals in all four distances that contributed to the overall title – the 500m (39.54), 1000m (1:16.75), 1500m (1:58.39) and 3000m (4:15.40) – defeating the field of 30 female skaters by a significant margin in each race.

It was quite a performance for Scott, who has been battling a nagging back injury for the past eight weeks.

"It's been off and on but I was able to skate this weekend and it was the first weekend where it hasn't affected me as much," Scott said.

The 18 year old earned 159.945 total samalog points in Calgary, over 10 points ahead of her closest com-

petitor, and will return to the World Junior Championships for a third straight time.

In three of her races, Scott achieved a personal best time.

"I bettered myself from last year and I'm really happy with that," she said. "I'm getting more consistent at a faster speed and that's what the name of the game is pretty much. I'm happy with that."

The results from the 2020 Canadian Junior long Track Championships will be used to select the team that will compete at the ISU World Junior Speed Skating Championships in Tomaszów Mazowiecki, Poland from Feb. 21-23.

Scott will also be skating in Minsk, Belarus next month at the World Cup final.

Scott is really looking forward to skating in both countries.

"I have never been to either country and it's not very often that you get to go to Belarus so I'm pretty excited," she said.

Scott is going right back on the ice to train hard before she races at the Four Continents Championship in Milwaukee at the end of this month.



RECORD PHOTO SUBMITTED

Clandeboyé's Alexa Scott, right, was the overall female winner at the 2020 Canadian Junior Long Track Speed Skating Championship in Calgary last weekend. For the second consecutive year, Scott skated to gold medals in all four distances that contributed to the overall title.

## Steelers end 2019 with great road victory

Staff

The Selkirk Steelers ended 2019 with a well-earned victory.

Way back on Dec. 17, the Steelers dumped the Kings 5-2 in Dauphin.

Selkirk's Blake Burr continued his hot scoring streak with his 18th goal

of the season in the first period.

Steelers' captain Carter Barley made it 2-0 in the second before Dauphin's Baron Thompson and Selkirk's Tanner Pochipinski traded goals.

Grady Hobbs pulled the Kings to within a goal at 13:33 of the middle

frame but Pochipinski answered just over four minutes later to make the score 4-2.

Cole Wigestrang then closed out the scoring late in the third.

Levi Mitchell made 33 saves for the victory.

Selkirk hosted the Steinbach Pistons this past Tuesday but no score was available at press time. The Steelers will visit the Neepawa Natives on Wednesday and then host the Portage Terriers Sunday.

Both games will start at 7:30 p.m.

CATCH THE EXCITING NEW TEAM FOR THE 2019-2020 SEASON



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- VS Portage Terriers Sun, Jan 12<sup>th</sup> 7:30 pm
- VS Winkler Flyers Fri, Jan 24<sup>th</sup> 7:30 pm

NEXT AWAY GAMES

- VS Waywayseecappo Wolverines Thurs, Jan 16 & Fri, Jan 17 7:30 pm
- VS Neepawa Natives Sat, Jan 18 7:30 pm

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## HELP WANTED

Now hiring! Pizza Den Restaurant in Stonewall has an opening for an evening cook. Position hours are 4-9/10 and includes weekends. Go to [pizaden.ca](http://pizaden.ca) to view menu. Send resumes to [robert.magnifico@gmail.com](mailto:robert.magnifico@gmail.com) or call Robert at 204-799-2423.

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## NOTICE

Thank you to all who supported Selkirk Branch 42 of the Royal Canadian Legion by buying December Cash Calendars. Following were the winners drawn December 13, 2019. C Matson, W Lang, L Adams, R Perchotte, L Lenartowich, J Bunn, K Valley, V Paul, C Simon, S Donaldson, B Brenton, T McCarthy, L Ostrtag, M Kelly, O Inman, S Beaupre, W Bird, J Bullivant, M Young, R McCulligh, M Watling, O Hominuk, R Kincaid, E Wildfang, V Smith, S Carswell, A Rudenko, T Skalesky, H Austin, S Tarnopoliski, D Thompson. Congratulations!

## NOTICE

Winners of Ukrainian Orthodox Church cash prize draw, December 15, 2019. Ms. Elisabeth Flett, Adeline Fedak, Shirley Prysiazniuk, M. Yaworski, Garry Yaworski, Harry Kowalchuk, Alex Pawluk, Diane Youzwa, Wayne Wazny, Irene Yaworski, Fred Legiehn, and Alex Pawluk.

## NOTICE TO CREDITORS

IN THE MATTER OF the Estate of John Machowski (also known as John Machowski) late of Selkirk, in the Province of Manitoba, deceased. ALL CLAIMS against the above estate duly verified by Statutory Declaration must be filed with the undersigned at 202-1555 St. Mary's Road, Winnipeg, Manitoba, R2M 3W2 on or before the 20th day of February, 2020. Dated at Winnipeg, Manitoba this 9th day of January, 2020. David L. Wood - Solicitor for the Estate, ROBERTSON SHYPIT SOBLE WOOD, Attorneys-at-Law

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## EMPLOYMENT OPPORTUNITY



## INSTRUCTOR, BUSINESS (TERM)

Interlake, Peguis Fisher River, and Steinbach Campus

COMPETITION NUMBER: 2019-313 SALARY: \$30.75 - \$45.67 hourly

POSITION: 4 Part-Time, Term Positions Available

Anticipated January 6, 2020 up to June 30, 2020 Possibility of an Extension

Applicants are to clearly demonstrate how they satisfy the selection criteria in their written submissions and must identify the competition number they are applying for in the subject line of the email.

This competition may be used to establish a 12 month eligibility list of qualified candidates for future vacancies.

## DUTIES

The instructor(s) will be required to teach a variety of courses for the Red River College, Interlake and Steinbach Regional Campuses for Business related programs delivered in Selkirk, Steinbach, Powerview Pine Falls, Fisher River and Ashern locations. Duties related to instructing include: curriculum development, preparing course outlines, maintaining student records, classroom management, student evaluation, assist in College activities including instructor meetings, student orientation, graduation and relevant committees.

## REQUIRED QUALIFICATIONS

- Relevant Business degree. An equivalent combination of education and experience may be considered.
- Significant related business experience
- Ability to instruct in a variety of Business Administration and/or Financial Accounting areas
- Experience in developing and delivering presentations in a group setting
- Exceptional verbal and written communication skills
- Ability to use conflict resolution techniques to facilitate positive outcomes
- Demonstrated Leadership skills
- Excellent interpersonal skills
- Demonstrated ability to work with current learning tools and technologies associated with course delivery
- Experience using Microsoft Office in a business environment, including demonstrated use of PowerPoint presentations
- Values Diversity, Equity, and Inclusion
- Commitment to lifelong learning

## ASSETS

- Experience instructing at a post-secondary level • Certificate in Adult Education
- Experience working independently in rural and remote communities
- Experience with Cisco Webex and distance learning technologies
- Professional accounting designation for Accounting courses (CA, CGA, CMA, CPA)

## CONDITIONS OF EMPLOYMENT

- Applicants must be legally entitled to work in Canada
- This position may be required to work evenings and/or weekends
- This position may be required to travel

APPLY BY EMAIL TO: [humanresources@rrc.ca](mailto:humanresources@rrc.ca)

CLOSING DATE: February 28, 2020

Red River College is a leader in applied learning and innovation. Our talented team of employees is passionate about education, innovation, and student success. We offer competitive salaries, extensive benefits, and the opportunity for personal and professional growth in a rewarding career. We seek diversity in our workplace. Aboriginal persons, women, visible minorities, and individuals with disabilities are encouraged to apply. We thank all applicants for their interest, but only those selected for an interview will be contacted. If accommodation needs are required during the application or interview process, please contact our Human Resource Services. For more information and other employment opportunities, visit [rrc.ca/hr](http://rrc.ca/hr)



## NOTICE Tender 2020-01 2020 Equipment Rental

The Council of the Rural Municipality of West St. Paul is seeking proposals from qualified bidders for hourly rates for Equipment for the 2020 construction season.

Specifications and Tender Packages including submission documents are available at the Municipal Office located at 3550 Main Street, West St. Paul, MB R4A 5A3 and on the West St. Paul website [www.weststpaul.com](http://www.weststpaul.com).

Sealed submissions clearly marked "2020 Equipment Rates" will be received by the undersigned at the address below until 12:00pm on the 23rd of January, 2020. Late submissions will not be accepted.

The Municipality retains the right to reject the lowest or any bid if it does not meet the needs of the Municipality.

All inquiries related to the tender should be directed to Rick Friesen, Manager of Public Works by e-mail [rfriesen@weststpaul.com](mailto:rfriesen@weststpaul.com) or by phone 204-334-0092.

Mr. Brent Olynyk, CAO  
Rural Municipality of West St. Paul  
3550 Main Street  
West St. Paul, MB R4A 5A3



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## NOTICE CHANGE IN MEETING DATES

As per resolution 2019-444, the Rural Municipality of West St. Paul has rescheduled the following Council Meetings:

January 14, 2020 Council Committee

of the Whole is rescheduled to

**THURSDAY, January 16, 2020 at 3:30pm**

January 23, 2020 Regular Council Meeting

is rescheduled to

**THURSDAY, January 16, 2020 at 6:00pm**

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## BIRTHDAY



**Irene Foster**

Irene Foster will be celebrating her 90th birthday on January 11th at Canad Inns on Regent with family and friends.

Irene has enjoyed living in Clandeboyne, her six children and their families and is happy to be 90.

## IN MEMORIAM

**William (Bill) Johanson**  
January 21, 1946 – January 3, 2015  
(Husband, Father, Grandfather)

Five years have passed,  
Our hearts still ache,  
Many tears still flow;  
What it meant to lose you,  
No one will ever know.  
Within our hearts, we hold you close,  
And there you will remain;  
To walk with us throughout our lives,  
Until we meet again.  
We miss you.

-Love Laverne and family

## IN MEMORIAM



**Jason Woychysyn**

October 26, 1970 – January 1, 2018

When we think of those companions  
Who traveled by our side down life's road,  
Let us not say with sadness  
That they left us behind,  
But rather say with gratitude  
That they were once with us.

-Love Mom and Brenda

## OBITUARY



**Larry Williamson**

It is with deep sadness that we announce the passing of Larry Williamson of Selkirk, MB. at the age of 78 years. He was born on May 22, 1941 in Sinclair, MB.

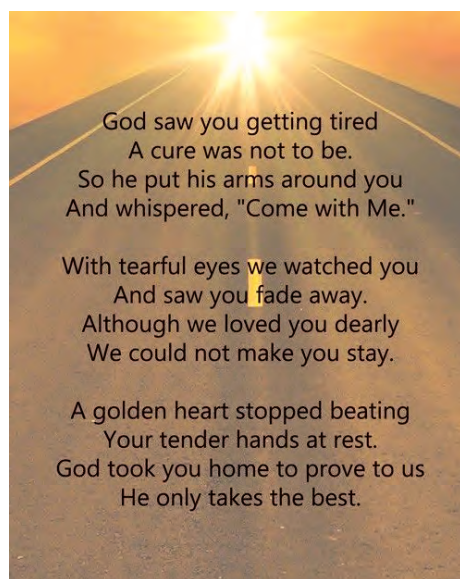
He leaves to mourn his loving wife of 59 years, Evonne; three children, Curtis (Irene), Fonda and Vince. Larry was the proud grandfather to Kyle, Jordan, Jared, Beau, Justin and Jenna as well as four great-grandchildren, Nicholas, Kiera, Jackson and Mary.

Dad had the hands of a hardworking man and a gentle heart. He was at peace on the road during the many miles he spent as a truck driver. When not on the road he was in his element with his dog Opee perched on the armrest of his chair watching sports on T.V.

A heartfelt thank you to the compassionate nurses and doctors at CancerCare as well as the staff on the surgical ward at the Selkirk Hospital.

In keeping with his wishes, cremation will take place and a private family service will be held at a later date.

Condolences may be left on his tribute wall at [www.gilbartfuneralhome.com](http://www.gilbartfuneralhome.com)



Gilbart Funeral Home,  
Selkirk in care of arrangements.



## OBITUARY

**Margaret (Peggy) Brickwood**

Peggy Brickwood passed away on December 29, 2019 at the age of 90. She was recently predeceased by her husband of 66 years, Richard. She is survived by her six sons, Dave (George), Michael (Carla), Mark (Joyce), Robert (Dini), Douglas (Lisa) and Raymond (Andrea) as well as eight grandchildren and one great-grandchild.

Mom spent her early adult years as a teacher in Virden, Manitoba, in a one room school house, still standing and now a museum, before leaving to marry Richard and to raise her family. As the boys got older she was able to substitute teach in Selkirk.

Margaret and Richard loved to travel and spent many winters in Arizona as well as travelling all over North America and England. Dad called Mom his co-pilot on their road trips. She knew where all the good ice cream stores were in North America.

Mom was a social person. Along with Dad, they were active members of the Good Sam RV Club. She enjoyed playing bridge, painting, knitting, and loved her line dancing group that performed all over the Interlake. Peggy was a kind and generous person and loved children. There was always a trail of kids walking with her as she took the latest baby for an outing. Mom was well loved and will be missed.

Cremation has already occurred. A celebration in her and Dad's memory will be held at a later date.

## OBITUARY

**Randolph (Randy) Edwin Betker**

It is with heartfelt sorrow that we announce the sudden passing of Randy Betker on Monday, December 16, 2019, at the age of 66 years.

He was an amazing husband and father, selfless in his acts and always willing to extend his help to those in need. He will be greatly missed by all.

In accordance with his wishes, cremation has taken place and no formal service will be held.

Arrangements entrusted to



## OBITUARY

**Margaret Oliver**



Peacefully, on Monday, January 6, 2020 at the Red River Personal Care Home, Margaret Oliver, aged 85 years of Selkirk, MB, beloved wife of the late Robert, passed away.

In keeping with her wishes cremation has taken place and a private family graveside service will take place at a later date.

Heartfelt thank you to the Red River Place for their care and compassion shown to Margaret during her stay.

Condolences may be left on her tribute wall at [www.gilbartfuneralhome.com](http://www.gilbartfuneralhome.com)

Gilbart Funeral Home,  
Selkirk in care of arrangements.



## OBITUARY

**Anna Elizabeth Leslie Gagnon (Nee: Figg)**

Born December 13, 1945, in Watford Herts, England. I've had a wonderful life journey with my husband JC (Curly) Gagnon (predeceased) and the privilege of raising my two wonderful daughters, Nicola (Marty) and Danielle (Conroy). I've also had many years of joy watching and helping my grandchildren grow: Devin, Bailey, Jaycee, Orion and Skylar.

Living in Petersfield gave me the opportunity to enjoy the country life; random celebrations with friends and the many hours volunteering and fundraising on projects for Interlake Co-op Nursery School, William S Patterson School, Petersfield Hall, the Duck Monument, St. Anne's Church and many more alongside with my late husband Curly.

I am predeceased by my brother Roger Figg and leave behind many family members in England. My brother John (and family); Pat (and family); my long-lost sister Lynn (and family). Special relatives: Mihai and Luminita (and family), Rhea Rodych-Rasidescu and all the special Gagnon's in my life. To my extended family, Joe and Del Janisch (and family); Chris and Lenore Caldwell (and family). What a ride we've had! All the ups and downs, crying and laughing.

I lived in Bahrain in the Persian Gulf. I visited Venice, the Greek Islands and Romania. I've been a hair stylist, a nail specialist, owned a greenhouse, and served many years in Home Care and working at the Selkirk Mental Health Hospital. I took great pride in my jobs and had the privilege of meeting people in their most vulnerable moments.

Thank you to the Never Alone Foundation and their wonderful supporters who give and don't get a chance to see how much their gifts brighten lives in such a dark time. Thank you to my Cancer Care Team and the many specialists. My sincere gratitude to the

nurses, technicians, first responders, emergency room staff and health care aids for their gentle hands and encouraging hugs. They are the backbone of comfort and recovery.

It's my time to go, we all get there one way or another. I had a good run and will live on in the hearts that touched mine. When life gets crazy take the time to "Be Still", keep your eyes open, an answer will come, doors will open.

Nicola and Danielle are grateful for the love and support of friends and family. Take care of my girls.  
-Love always, Anna Gagnon

Arrangements entrusted to



## OBITUARY

**Olive Blanche Adams**

It is with great sadness the family of Olive Adams (nee Cochrane) announce her passing peacefully on December 20, 2019 with her family surrounding her at the age of 107.

A funeral service in memory of Olive took place on Friday December 27, 2019 at 2:00 p.m. at Christ Church, 227 Maclean Ave in Selkirk.

Condolences may be left on her tribute wall at [www.gilbartfuneralhome.com](http://www.gilbartfuneralhome.com)



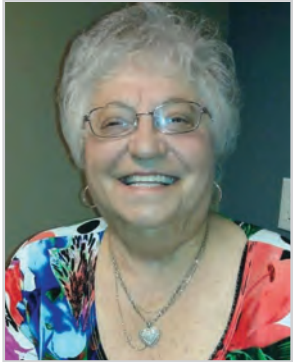
Gilbart Funeral Home,  
Selkirk in care of arrangements.



# Announcements

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## OBITUARY



**Pauline Todd**

Peacefully, Pauline Todd, of Selkirk, Manitoba passed away, with family and special companion Clive Rennie by her side, at the Selkirk Regional Health Centre on Tuesday, December 17th, 2019, two weeks short of her 78th birthday.

She is survived by daughter Donna Carriere (Roger); sons, Bob Andrusko and Gerry Andrusko (Cary) and daughter Corrine Duncan (Stu); brothers Bill Szewaga (Carol) and Greg Szewaga; 13 grandchildren; 10 great-grandchildren and one great-great granddaughter

Predeceased by husband Clarence Todd; parents Pauline and Wazył Szewaga; sisters Marilyn Yurkiw and Elizabeth Andrusko; daughter-in-law Shelley; brother-in-law Lawrence Andrusko; and Robert Andrusko, former spouse.

Pauline retired from the L.S.S.D #11 and enjoyed bowling, cribbage and attending old time dances. An avid cook, there were always perogies and baking on the go. Summers were spent at her beloved lake; fishing, reading, card playing, puzzles, and enjoying visits around the campfire. Proudly involved with the Selkirk Legion Branch 42, she was a representative for the Sick & Visiting committee, and an active member of the over 60's club.

The family would like to thank the doctors and staff of Med 1 and the Palliative Care Unit for their wonderful care and compassion. A special thanks to Helena and Rachel who helped us through a difficult journey. Thank you to Gilbert Funeral Home.

In keeping with her wishes, cremation has taken place. A family ceremony will take place at a later date.

Forever loved and cherished.

Condolences may be left on her tribute wall at [www.gilbartfuneralhome.com](http://www.gilbartfuneralhome.com)

Gilbart Funeral Home, Selkirk in care of arrangements.



## OBITUARY



**Pauline Kolton (nee Danko)**

Pauline Kolton passed away peacefully on January 1, 2020, at the age of 94, surrounded by the love of her family. She lived a full life with passion and style and she did it her way.

Mom leaves to cherish her memory, son Adrian (Donna), their children, David (Danielle) Kolton-Mackenzie, Tate, Nathalie; Brent (Jennifer) their children, Adrianna and Benjamin; Neil (Fariah) their children, Nicholas and Ronan. Also her daughter Connie (Rod Huff) their children, Kristin and Kurt. She leaves many dear nieces and nephews, especially Sandra and Tonita and Marvin, special friends Jane (Joe) and neighbours Darryl and Karen and Russell Lee (deceased). Thanks for the music.

Mom was predeceased by her husband "the love of my life" Nicholas (Nicky) 1974; her parents Adam and Pearl Danko; brothers Michael Danko (Sophie) and Walter Danko (Mary);

nephews Donald, Lawrence (Larry) and Douglas Danko; niece Evelyn (Wayne); sisters-in-law Agnes and Eva.

Mom was raised in Gonor, MB, married Nick in 1944 and settled on a mixed vegetable farm nearby in Narol. It was not an easy life; after garden work, raising a family, she made time to indulge her creative side, petit point needlework, knitting and sketching. When we were older mom worked outside the home, first at Leonard's Ladies' Wear, then clerking at Eaton's Grill Room products, subsequently as "forelady" at Eaton's Bakery, where she ended her career after 25 years. At her retirement party 1991, she was very proud when Mr. Eaton attended and presented her with her service plaque.

During this time Dad suddenly passed away 1974, leaving mom to look after the homestead. Her strong faith in God, her family and dedicated work ethic pulled her through this difficult time.

She was a wonderful "hands on" grandmother who was adored. She tirelessly babysat, attended concerts, recitals, sports events and graduations.

With her dear friend Jack Dargie, mom travelled to Jamaica, Hawaii, Portugal, Morocco and Western Canada. Another heartbreak when he passed.

Good health allowed her to remain in her home, until declining health three years ago forced her to move to Beacon Hill Lodge. "Now I'll live for my grandchildren" she said. The staff treated her with great kindness and caring, especially her favourite nurse Doreen, and Hariku (Harri). God bless all of you.

All who made mom's last days bearable, the visits, flowers, cards, prayers, remembering her with your love, thank you.

"Don't cry because it's over, smile because it happened."

Thank you mom for your legacy of love, strength and guidance. God bless you.

As per mom's wishes, there will be a celebration of her life at a later date in the Gilbert Funeral Chapel, with Fr. Peter Chorney officiating and a private interment at Holy Trinity Ukrainian Catholic Cemetery.

In lieu of flowers, a donation to the Manitoba Heart and Stroke Fund Manitoba would be greatly appreciated.

Eternal Memory

Vichnaya Pamyat

Condolences may be left on her tribute wall at [www.gilbartfuneralhome.com](http://www.gilbartfuneralhome.com)

Gilbart Funeral Home, Selkirk in care of arrangements.



## OBITUARY



**Sophie Grochowich**

Peacefully, with family by her side, Sophie aged 99 years, passed away on January 1, 2020 at the Selkirk Regional Health Centre.

She will be lovingly remembered by her daughter Frances and son-in-law Peter Skazyk (Allan, Gregory, Edward); son Patrick Grochowich (Angela, Jillian, Sandra and Paul); brother Frank Bannish (Verna); step-son Steve Grochowich (Dale, Debbie and Penny); step-grandchildren Karen, Kristine, Garry, Ken, Larry, Janice, Crystal and Carrie; and numerous great-grandchildren.

Sophie was predeceased by her husband, John; sister Nellie; brothers Jim, Ed and Andrew; step-children Bernice, Walter and Stanley; daughters-in-law Joanne, Loretta and Fran.

Sophie was born to Peter and Annie Bannish on September 19, 1920 in the Cloverdale area. As a young girl, she worked on a dairy farm milking cows and washing milk bottles, then when John

Grochowich's wife Ann was ill with cancer, she took the job of caring for his four children aged 2, 4, 6 and 8. She loved the children and they loved her. After Ann died, she and John got married and had two children, Frances and Patrick. They were married for 59 years. John died in 1996.

Sophie was a hard working and fiercely independent lady. In the winter she would knit and crochet beautiful afghans to give to her children and grandchildren. In the summer she loved the outdoors and gardening. She was known as the gladiolus lady for growing and selling prize-winning gladiolus.

Funeral Mass will be celebrated on Thursday, January 9 at 10:30 a.m. in the Notre Dame Roman Catholic Church in Selkirk, MB with viewing prior to Mass.

Memorial donations in honour of Sophie may be made to Notre Dame Church or a charity of your choice.

Condolences may be left on her tribute wall at [www.gilbartfuneralhome.com](http://www.gilbartfuneralhome.com)

Gilbart Funeral Home, Selkirk in care of arrangements.



## OBITUARY



**Walter Henkewich**

With heavy hearts we announce the peaceful passing of our beloved husband, father and grandfather, Walter Henkewich, while surrounded by his loving family on December 29th, 2019 at the age of 81 years.

Left to cherish his memory are his wife of 56 years, Violet; daughters Cheryl (Kevin), Shelly (Stewart), Susan (Jason) and Noreen (Shawn) along with eight beautiful grandchildren, Quintin, Brendan, Riley, Logan, Aaron, Renae, Will and Reese; two step-granddaughters, Kelly and Sophie Leonard; sisters Mary Bush and Elizabeth Bodnar as well as numerous extended family and friends.

Walter was born on March 22, 1938, in Libau, MB to Fred and Dora Henkewich, the youngest of three children and only son. As the baby of the family, he was doted on throughout his childhood

by his loving sisters Mary and Liz who he adored.

As a young man, Walter left Libau to take a job in the big city of Winnipeg at Safeway Electric. Throughout his lifetime, he pursued many different career ventures but his entrepreneurial spirit led him to invest in local real estate and the opening of Selkirk's famous Snak Shak. He met the love of his life, Violet, while working as an orderly at the Selkirk Mental Health Center. They married on August 29th, 1963 and raised four daughters and lived their entire lives in Selkirk.

Our dad was also an electrician by trade, and one of his last jobs before he retired was driving school bus for the Lord Selkirk School Division where he was beloved by students, many of who were the children of his own kids' peers and friends.

Our humble hero was a private man who never needed recognition for his life's achievements. His joys were golfing with passion, taking trips south with friends, partaking in happy hour at the Legion with his buddies, puttering around the yard and most of all, his daily visits with his grandchildren.

Our hearts are heavy with sadness but we are comforted in knowing that his struggles are over and he will now make a place for all of us to gather again one day. The family is forever grateful to the staff at the Tudor House for their compassionate care they gave to dad.

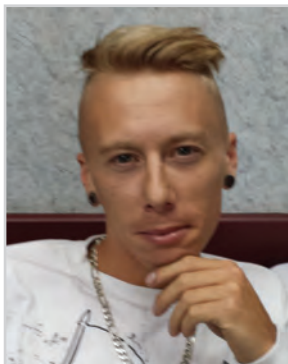
A Memorial Mass was held on Friday, January 3, 2020 at 1:00 p.m. at the Notre Dame Roman Catholic Church in Selkirk, Manitoba.

Condolences may be left on his tribute wall at [www.gilbartfuneralhome.com](http://www.gilbartfuneralhome.com)

Gilbart Funeral Home, Selkirk in care of arrangements.



## OBITUARY



**Andrew Edward Brian Doerksen**

Peacefully, Andrew Edward Brian Doerksen passed away on December 19, 2019 at his home in St. Andrews with his family by his side.

Andrew was known for his infectious smile, quick witted sense of humor and caring heart. His life had many struggles and he fought a good fight for 28 years. He will be missed by many, but mostly by his parents Ed and Betty Lou and best friend, sister Amber. Andrew lived life on his terms until the very end and was comforted knowing he'd be joining his grandparents, uncles Darren and Patrick, good friends Devin, Jesse and Bill.

We want to thank the Interlake Palliative care staff for all their support over the past month.

The family will have a private service per Andrew's wishes.

In lieu of flowers please make a donation to Cystic Fibrosis

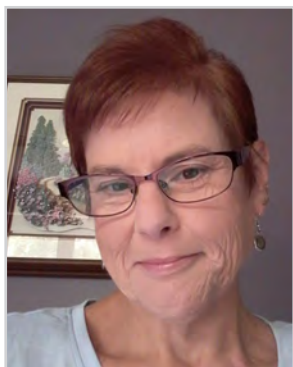
Foundation (Prairies Region)

Condolences may be left on his tribute wall at [www.gilbartfuneralhome.com](http://www.gilbartfuneralhome.com)

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY



**Susan Lynn Bethune**

It is with great sadness that we announce the unexpected passing of Susan with family and friends by her side on December 29, 2019 at the age of 52 years.

Susan was predeceased by her parents Lorne and Lillian Bethune. She leaves behind to mourn, her husband Jamie, brother Brian (Heather), brother-in-law David (Katrina), nieces and nephews as well as numerous extended family and friends.

In keeping with Susan's wishes cremation has taken place and a celebration of her life will be held on Saturday, January 11th, 2020 at 1:00 p.m. in the Gilbert Reception Centre, 309 Eveline St., Selkirk, use rear hall entrance.

In lieu of flowers please make donations to Canadian Diabetes Association or The Kidney Foundation of Canada.

Condolences may be left on her tribute wall at [www.gilbartfuneralhome.com](http://www.gilbartfuneralhome.com)

[gilbartfuneralhome.com](http://gilbartfuneralhome.com)

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY



**Gerald (Gerry) Laferriere**

It is with deep regret that we announce the passing of Gerry Laferriere on Thursday, January 2, 2020 at St. Boniface General Hospital at the age of 67.

Gerry is survived by his wife, Cheryl Chesney; sister, Gail (Don); sisters-in-law, Karen (Ron), Rhonda (Jeff), Marlene and Faye; nieces, Kendall (Chad), Danielle (Mark), Lee-Anne (Doug); nephews, Kyle (Chelsey), Kelly (Sara), Phil (Wanda), Chris, Garth, and Kevin; many great nieces, great nephews and cousins. He was predeceased by his parents, Norma and Charlie, and brother, Kerry.

Gerry worked hard and played hard. He was employed by Manitoba Hydro, Gimli Feed Mill with his father-in-law, Gordon Busch, and Gerdau MB Steel Mill, Selkirk. He loved the outdoors - he went on many fishing trips with his dad and friends as well

as hunting trips with the family in St. Lazare. Gerry enjoyed camping, especially at his favourite Big Whiteshell Park and he loved his canoe trips with Cheryl to ELA. Joining Charleswood Ski Club and Nature Manitoba Grey Hares introduced him to a wealth of friends who shared his love of the outdoors and a great party. Gatherings with the Gunter and Moulson families were special times as were his trips all over the world. Friends and family will remember Gerry as a welcoming host who loved to cook and a gardener who grew beautiful roses. He could cut a mean rug doing the polka and he could build or fix anything. He was always available for others with a helping hand.

A special thank you to the staff at St. Boniface Emergency and ward 5E - you made a difficult time easier.

As per Gerry's wishes, there will be no funeral service. Condolences may be sent to [www.wojcikfuneralchapel.com](http://www.wojcikfuneralchapel.com)

Wojcik's FUNERAL CHAPEL & CREMATORIUM  
1020 MAIN STREET 204 - 586 - 8668 [www.wojcikfuneralchapel.com](http://www.wojcikfuneralchapel.com)

OBITUARY

**Ronald Charles Lucyshen**

Peacefully, at his residence in Matlock, MB, Ronnie Lucyshen, aged 78 years, beloved husband of the late Janet, passed away.

He is survived by his siblings Richard (Lorraine), Rita, Dennis, Chris (Lillian) and Connie (Pat), as well as many nieces, nephews, relatives and friends.

Ronnie was predeceased by his parents, Nick and Helen; wife Janet; brother-in-law Bill Taylor and infant brother Dale.

He was employed by Manitoba Hydro for 38 years. Ronnie was also the Fire Chief for the R.M. of St. Andrews - Matlock Fire Hall for 43 years. He enjoyed spending time hunting, fishing, and playing baseball in his younger days. Later in life he really enjoyed his pets especially his dog Boo, going for coffee with friends, and spending time looking after his tomatoes and cucumbers.

In keeping with his wishes cremation has taken place and no formal service will be held.

In lieu of flowers donations can be made to the Winnipeg Humane Society or CancerCare Manitoba. Condolences may be left on his tribute wall at [www.gilbartfuneralhome.com](http://www.gilbartfuneralhome.com).

Gilbart Funeral Home, Gimli in care of arrangements.



OBITUARY

**Donna Marie Fletcher**



It is with heavy hearts that we announce the peaceful passing of Donna Marie Fletcher at the Selkirk Regional Health Centre on Monday, December 30, 2019 with her family by her side after a fourth battle with cancer at the age of 77 years.

Donna is survived by her life partner Rod Cook; son Shawn Fletcher (Andrea); daughter Misty Fletcher (Chris); grandchildren, Scott, Ashton, Lexi, Kalyssa, Preston, Maya, Logan and Kirsten as well as several nieces, nephews, cousins and in-laws.

Donna was born on March 31, 1942 in Hartney, MB. to father William Eston Stroud and mother Elizabeth Beryl Stroud. She is predeceased by both her parents, her brother Garry, son Sheldon and first husband Gerald.

Donna had a huge heart and great love for her family, friends and all animals. She was always taking in strays and even neighborhood pets made fast friends with her and would visit her regularly.

When Donna's children were younger you would always find her at the rink cheering them on at hockey and ringette. She was a very doting grandma and always seemed to have one or more grandkids hanging around the house.

Donna loved the outdoors, her and her partner Rod would sit on the deck for hours with neighbours Dianne, Paul, son Josh Little and Lisa Sopher that later became family.

Donna was a HUGE fan of the Winnipeg Jets and the Blue Bombers. She never missed a game on T.V. She was also predeceased by her lifelong best friend Bernice Patrick whom she shared her love of sports with.

Family would like to thank Dr. Ian Alexander and the staff at the Selkirk Hospital for their exceptional care and compassion during this difficult time.

A memorial service will be held on Friday, January 10 at 11:00 a.m. in the Gilbert Funeral Chapel in Selkirk, MB.

In lieu of flowers, donations can be made to CancerCare Manitoba.

Condolences may be left on her tribute wall at [www.gilbartfuneralhome.com](http://www.gilbartfuneralhome.com)

Gilbart Funeral Home, Selkirk in care of arrangements.



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