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RECORD PHOTO BY KATELYN BOULANGER

Grade 12 Lord Selkirk Regional Comprehensive Secondary School students Quinn Fyfe, Sarah Grauman, Mia Evashenko, and Selina Kermani's class project will be helping out our community in a big way. In 2025, they raised \$606 to help a community cause they are passionate about. They decided to donate these funds to Our Daily Bread Soup Kitchen's efforts in fighting hunger. Learn more inside.

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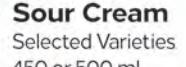


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Selkirk & District Arts Festival opening registration for this year's extravaganza

The third Selkirk & District Arts Festival to take place in April

By Katelyn Boulanger

If you're someone who creates visual art, or does musical or performing art in the region, you're going to want to mark Feb. 1 in your calendar as registration for the Selkirk & District Arts Festival is quickly approaching.

"The Selkirk & District Arts Festival is a celebration of art, music, and dance, allowing students the opportunity to perform and be adjudicated

on a local and possibly a provincial level," explained Jessica Bullen, President of the Selkirk & District Arts Festival.

The festival is a celebration of all art, so there are a lot of categories that people should look out for.

"We have visual arts. We have choir. We have bands. We have solos, duos, trios. We have dance, piano, guitar, and any kind of vocal arrangements," said Bullen.

The Festival will take place in April



RECORD FILE PHOTOS

Last year's Selkirk & District Arts Festival celebrated all kinds of art in our community. Register on Feb. 1 to make sure that you get a spot in this celebration of arts.



this year and will take place over many days. This allows people interested in a lot of differing art forms to have the opportunity to perform and showcase their talent. As we have a very diverse and talented artistic community in our region, it's a pretty busy place.

Bullen welcomes anyone of any age who would like to perform at the festival to register.

"Anyone can participate. There's no age restriction on it," she said.

Bullen says that it's important for people in our region to not just have a venue to perform in but also to have a way to compete so that they can get feedback about their craft.

"We would really like to see our students have the opportunity to progress to different levels and to different skills. And some, not even just kids, some people, they happen to just love

to perform, and to have the opportunity to do that for a captive audience is always exciting. It's also really important for those who are looking to improve their skills in examinations, or any other capacity, that they can be adjudicated and learn how to improve, just get another perspective on their art form," said Bullen.

Additionally, the festival isn't just a place for feedback but also brings out the best of the best in our region because it's also a competition.

"We do provide awards. We provide bursaries. I think last year, we gave out over \$1,100 in awards, and those were very well received," said Bullen.

The funds may not be paying for a new piano, but they can absolutely help students get to the next step in their arts education.

"It gives them that extra opportu-

Continued on page 8



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Our Daily Bread Soup Kitchen receives generous donation from high school students

Mia Evashenko, Quinn Fyfe, Sarah Grauman, and Selina Kermani show a little hard work and generosity make a big impact

By Katelyn Boulanger

Lord Selkirk Regional Comprehensive Secondary School students Mia Evashenko, Quinn Fyfe, Sarah Grauman, and Selina Kermani were able to celebrate the end of a semester of hard work last week when they made a generous donation to the Our Daily Bread Soup Kitchen. The students, who are all in Grade 12, embarked on a class project that raised \$606 and a lot of smiles at the soup kitchen.

"For our (French) global issues class, this is our Take Action Project, where you pick a global issue and then you take action to help it. We chose hunger in the community. So then, we decided to do a bunch of bake sales and then all the money we made, we would collect, and then we would give back to the soup kitchen. That way we're helping, taking action and giving back to help hunger in the community," said Fyfe.

The students' bake sales themselves raised awareness for the issue, hopefully reminding people in our community that hunger is still experienced



RECORD PHOTO BY KATELYN BOULANGER

Our Daily Soup Kitchen volunteers Shannon Paskaruk, Barb Pasaur, Nancy Desrosiers, and Austin McDuff with LSRCSS students Mia Evashenko, Quinn Fyfe, Sarah Grauman, and Selina Kermani as the students made their cheque presentation.



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by many, and the funds raised directly benefited our community, making their project have double the impact.

Grauman explained that the students knew that they couldn't fight global hunger, but that this project shows the impact that can be made if people make an effort to support their community.

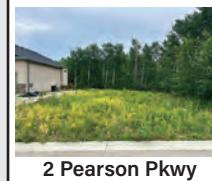
"We can't eliminate it, so we're going to try and help as much as we can to support them (the

people who used the soup kitchen) so that people can get the food that they need," she said.

To raise this money, the students hosted three bake sales over the past several months at Memorial Hall in Selkirk and also at the Comp. Memorial Hall is also the location where the soup kitchen takes place from Monday to Friday during lunchtime, so that residents who need food can get a delicious and nutritious meal.

"(We chose) bake sales as it was easy, it was accessible, it was something we all had time to do, and people love to buy baked goods. Another thing was the fact that there were a bunch of bake sales going on at the time. The first one we did was with the Navy League, and I'm affiliated with the cadets, so that was really easy for me to just ask them, 'Hey,

Continued on page 5

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> DONATION FROM HIGH SCHOOLERS, FROM PG. 4

could I have a table?' And then, a lot of the community members were there, so that way we could get our cause out to the community while raising money," said Evashenko.

Kermani says that the preparation for the sales stood out to her and involved planning and baking before the big sales days.

"I think the preparation for the bake sales is what is in my head the most, because we were all very busy, and we would spend, right after school, like a straight six hours of baking and get home at 11 p.m. We'd plan everything, make everything, buy everything. The first bake sale was here (at Memorial Hall), and I think that's when we made the most," she said.

Some of the tempting treats were brownies, cookies and more, but there was a variety.

"Every sale, we had slightly different things, that way, we could get more people to come in," said Fyfe.

Grauman said that once the baking part was over, the sales themselves were quite a bit of fun.

"I was with my friends, so it was a bake sale with your friends on a weekend, and you're having fun. But also, when people asked us about (global hunger), it was honestly really nice to talk about why we're doing it because

we're passionate about helping our community. It felt really good to be helping, to do something fun and be able to help someone," she said.

The students were very happy to be able to make the presentation to the soup kitchen.

"It's so fun to present (the donation) now, and actually give back, after all of our work and see how grateful and nice everyone is coming to the soup kitchen. We're seeing that this donation that we are giving is going to make a difference here. It will help keep running the soup kitchen. Clearly, they're doing great things," said Evashenko.

They encourage their fellow classmates to also do projects like this that help their community if they get a chance to.

"Doing what we did, it was a lot of work, but when you have a group of people, you can make something like this happen. You persevere, and even if it might seem small, like, 'Oh, it's a bake sale,' but it stacks up. Like, \$600 after three bake sales is great. And, it might seem like a small impact, but even small actions make a huge impact and a change in the community. I think, if everyone did that, that would make a really big difference," said Kermani.

As for that impact, Barb Pasaur, Co-chair of Our Daily Bread Soup Kitchen, says that all donations are amazing and seeing these students put in the hard work was great.

"I'm always blown away by the dedication of young people, just the caring, the fact that they can come together as a group and do something nice for other people, people they don't even know. It just blows me away," said Pasaur.

If you are a resident who could be helped by a nutritious lunch, the soup kitchen takes place at Memorial Hall, Monday to Friday from 11 a.m.

until 12:30 p.m. They also serve coffee on weekdays starting at 10 a.m. Volunteers and donations are always helpful, especially this time of year, after the generosity of the holiday season slows. To find more information about how to donate, volunteer, or learn more about the soup kitchen, check them out online at <https://our-dailybreadselkirk.com/>.



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Adult education and employment stop and chat at Gaynor Family Library this month

Stop by the library where local education and employment organizations are teaming up to connect residents to local services

By Katelyn Boulanger

Have you ever wanted to take the next steps in your education, sharpen up your resume, or even work on skills to get to the next level in your career path? If so, visiting the Gaynor Family Regional Library on Jan. 29 during the Adult Education Casual Information Drop-In is a great way to get information that will help you achieve whichever education or employment goal you are aiming for.

"We're a group of organizations that are in Selkirk, and we provide adult education, and also help with employment opportunities. We just find that people are not aware of us, and also sometimes, the programs are changing and we're adding things," said Adele Plett Bartel, Program Coordinator at the Selkirk Adult Learn-

ing Program.

Because of the improvements and additions that these programs are bringing to the table, the eight participating organizations find it important that they reach out to the community with a casual information stop and chat event like this twice a year so that people can have the opportunity to chat with one or all of the organizations in person.

"An example of that, just two days ago, was I had someone come in, and she was interested in pursuing child care. The Adult Learning Center, not our program, but the other adult ed. program, has a high school course that is the first step to that, and that's right here in Selkirk, and she had no idea about that," said Plett Bartel.

Some programs might even have services that might surprise people. The Selkirk Adult Learning Program that Plett Bartel coordinates doesn't just get people from pre-high school education to attending high school classes, but also has introductory technology classes.

She explained that with all of these organizations teaming up at the library at one time, it makes it easy for people to find the perfect fit for them.

"The nice thing



RECORD FILE PHOTOS

Previous Adult Education and Employment chats have helped people find the right fits for their education and employment goals.

with all of us there is sometimes people have a question, but we're not the best ones to answer it. It's the person at the table next to us. So, it's just a really good opportunity, if people are looking for information and they may have some idea of what they want to do, but they're still figuring it out," said Plett Bartel.

It's also a very low-stakes way to come in and ask questions, as none of the organizations expect people to make commitments and are just there to answer questions and provide info.

"This time round, it will be at the library again, but we've had it in the theatre room other years, and this time we're going to have it in the hallway," said Plett Bartel.

She's hoping that this change of venue will allow more people who are coming through the library to notice their tables and ask questions.

"We're trying to find ways of getting more people (to chat). We're just trying to be more accessible," she said.

The event takes place on Thursday, Jan. 29, from 9:45 a.m. to 1 p.m. This

is a little bit different than previous events of this sort, which took place in the afternoon and evening. Since they've hosted events at those times of day before, they wanted to try one in the morning.

"We're just trying to make it easier for people. I believe there's different family and kids programming on that morning, and a number of people will be just coming through the building anyhow, so it's not an extra trip for them. We've been moving it around a little, just trying to reach as many people as possible," she said.

Participating organizations include:

- AIM for Work
- Regional Connections
- LSEC Adult Learning Centre
- Selkirk Employment Services
- Training and Employment Services
- Red River College Polytechnic
- Selkirk Adult Learning Program (SALP)
- Workplace Education Manitoba (WEM)

Continued on page 7

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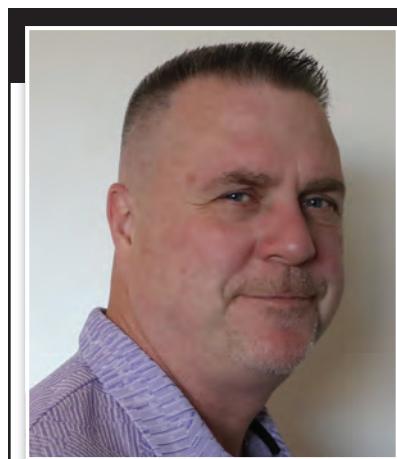
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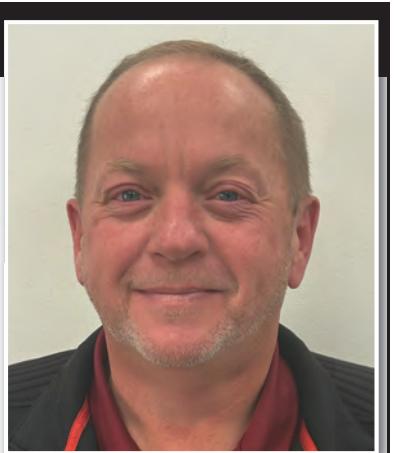


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> STOP AND CHAT, FROM PG. 6

Plett Bartel explained that right from pre-high school education through high school, post-secondary and into the job market, there are options for people wanting to take their next steps.

It's important that we have these resources available locally as, though many students make it through to the level of education they want or employees are happy where they are in their jobs, there are also times where, because of life circumstances, people don't make it as far as they'd like to get. Because it can be more difficult to complete these goals when also balancing adult responsibilities, these programs that are tailored to adults and don't require people to travel to Winnipeg are often great fits.

Plett Bartel said that bringing your personal information might be helpful if you'd like to register for a program in person, but that they are also planning to give out handouts so that people can take information with them and consider their options, so people can come as they are to this event.

"I would say just show up. We have

handouts," she said.

Plett Bartel explained that you don't even have to be attending for yourself to get resources. She's had people attend to grab info for friends and family members, and they are willing to share resources if people want to pass info along as well as talk to adults interested for themselves.

"If you're employed and you're looking to change what you're doing, looking for options. If you are looking to go back to school. If you have these goals and dreams, maybe now is the time to follow through on those. (There're resources for) people who are at a variety of places. There's also some things for newcomers. We know that Selkirk has newcomers. So again, just connect with our local organizations and, if we can't directly help you with what you're looking for, maybe we can refer you to another agency or place that can help you. I think this is just a rich resource in one spot," she said.

Plett Bartel hopes that residents stop by and take advantage of this great opportunity.

"It's just that first step. So, if you're



RECORD FILE PHOTOS

Stop by and learn about local opportunities at education and employment event.

feeling overwhelmed, just stop by and talk to somebody and see if you can get started on your goals," she said.

Province reminds Manitobans it's not too late to act as flu season underway

Submitted by the government of Manitoba

Manitoba Health, Seniors and Long-Term Care is reminding Manitobans of the health-care options available to them this respiratory virus season, which started earlier and is more severe than last year. Severe outcomes are already occurring, particularly in unvaccinated people and can affect otherwise healthy children, and include hospitalizations, ICU admissions and deaths.

Getting immunized with all eligible seasonal immunizations is one of the most effective ways to stay protected. Every vaccinated person makes a difference in protecting those who are most vulnerable and easing the burden on the health-care system.

Flu and COVID-19 vaccines are free for all Manitobans aged six months and older and are widely available at pharmacies, medical clinics, public health offices, access centres, nursing

stations and health centres. Though preliminary data suggests this year's influenza vaccine may not be as close a match as usual with one of the strains circulating in the community, the vaccine is still expected to provide significant protection against severe influenza illness and other circulating influenza strains.

Additionally, all babies born between Oct. 1, 2025, and March 31, 2026, are eligible to be immunized against respiratory syncytial virus (RSV). All babies can receive a single dose of nirsevimab prior to discharge from hospital. Those who missed their dose before discharge will be able to access it through local public health offices, nursing stations and other designated locations.

Expectant parents should speak to health-care pro-

viders about the RSV antibody if their baby is expected to be born during RSV season.

Most people with a respiratory infection do not require medical care and will recover in a few days to weeks. Some people will develop complications like pneumonia, bronchitis or ear infections, and may require hospitalization. Certain individuals are at a higher risk of severe illness, including people 65 years and older, children under the age of five years, people with chronic medical conditions and pregnant people. Antiviral treatments for the flu may be recommended to prevent severe illness in certain individuals at high risk of becoming

seriously ill. Individuals with severe symptoms or at a higher risk of severe illness should contact their health-care provider to determine if testing and treatment are recommended.

Manitobans who need care can:

- call Health Links-Info Santé at 204-788-8200 or 1-888-315-9257 (toll-free);
- visit Shared Health's Where to Go tool to find the best place to seek care at <https://shared-healthmb.ca/patient-care/where-to-go>;
- use Medinav (www.medinav.ca) to book same-day or next-day appointments at participating clinics, including evenings, weekends and holidays; and
- use QDoc's 24/7 virtual care service to be connected to a local doctor or nurse practitioner at <https://qdoc.ca>.

For more information on influenza, visit <https://www.gov.mb.ca/health/flu/index.html>.

For more information on vaccine preventable respiratory illnesses, visit: <https://manitoba.ca/respiratoryviruses/index.html>.

For a map of locations registered to administer flu and COVID-19 vaccines, visit: <https://manitoba.ca/respiratoryviruses/vaccinefinder.html>.



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get informed

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Man. government donates \$2.6 million from U.S. liquor sales to support charities

Remaining U.S. liquor will be sold across Liquor Mart locations

Submitted by the Manitoba government

The Manitoba government is donating \$2.6 million from the sale of American liquor products to support community programs and initiatives across the province, including local holiday hamper donation programs, Premier Wab Kinew announced Dec. 19, 2025.

"Manitobans embraced this initiative with their typical generosity of spirit, and folks can feel good knowing their money helped to make this holiday season brighter for families who need it most," said Kinew. "We know keeping American liquor off the shelves has impacted the fight against President Trump's tariffs, but

we're glad to see this inventory used to generate a little holiday spirit rather than languish in a warehouse."

Of the \$2.6 million, the Manitoba government will donate:

- \$1 million to the Winnipeg Christmas Cheer Board to support the delivery of Christmas hampers and other donations to families over the holiday season;
- \$500,000 will be donated to Harvest Manitoba to support distribution to local food banks;
- \$500,000 will be donated to Brandon charities, including the Brandon-Westman Christmas Cheer Registry and its regional partner organizations; and

The remaining funds will be donated to Helping Hands Centre of Brandon, the Boys and Girls Club of Thompson and Manitoba Keewatinowi Okimakanak Inc. to support their donation programs.

This contribution reflects the Manitoba government's commitment to reinvesting revenue in ways that benefit residents and strengthen local communities. The funds will be directed toward programs that promote health, education and social well-being.

The Manitoba government also confirmed it will continue to sell the remaining inventory of U.S. liquor products and expand sales beyond the select Liquor Marts in the initial round. Proceeds from the sale of U.S. products will continue to be donated to charity, the premier noted.

> SELKIRK & DISTRICT ARTS FESTIVAL, FROM PG. 3

nity to fund their passion, and we're happy to do that," said Bullen.

As for now, the competition will be taking place as it has been, but Bullen has left room for expansion possible if they get enough people registered.

"This year, we're looking at April 13 to 18. Depending on how many applicants we have, we right now have Selkirk United Church booked, but if we need to expand to additional venues, we will do that," she said.

In addition to hoping that registrants will step up, now is a great time for individuals or businesses to consider making a donation to support this festival, as it's a community-run event.

"We are really looking for support for the festival, whether it's in a volunteer capacity or a financial capacity. We're just trying to see if we can get additional sponsors, and maybe a title sponsor. So, if anyone is inter-

ested in either volunteering or supporting our cause, they can send us an email," she said.

Bullen says that her favourite part of the festival every year is seeing the kids perform.

"Last year, we had the choirs from the schools come and perform, and seeing how excited they were to have an audience, and just hearing the applause for them. It was so fun. I really love seeing the kids, but then I also love it, because this is our third year now, I've been so fortunate to see our kids improve over the years. I see when they first start, and now three years later, they blow you out of the water with their talents," she said.

Bullen hopes to see more performances and improvements from past performers this year.

"Just come out and have fun and see what we're about, see what the



performances are like, and really appreciate what the community has to offer," she said.

You can register yourself or your group at <https://www.selkirkartsfest.com/> starting on Feb. 1 until Feb. 28, and if you would like to volunteer or sponsor the event, you can contact Bullen at selkirkartsfest@gmail.com.

> Got something you want to get off your chest? How about an act of kindness to share?

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

TROUBLE WITH PAPER DELIVERY?**Christy Brown**, Distribution Mgr.: 204-467-5836

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Selkirk Biz celebrates a successful Black Friday weekend



RECORD PHOTOS BY BRETT MITCHELL

The winner of the Selkirk Biz Black Friday draw was picked at Packers Fashions on Dec. 2, 2025. Congratulations to Ida Zabinski from Selkirk, who won a grand prize valued at over \$4000. The Selkirk Biz Black Friday Weekend was another great success as shoppers took advantage of local savings to fill their holiday gift-giving needs. The event launched in 2012 and aims to keep people shopping in the Interlake and supporting local businesses. At the launch of this event, now 13 years ago, Selkirk made the CBC National News with Wendy Mesley, talking about how the city was doing it right when it comes to finding a creative way to combat cross-border shopping. With the exception of the pandemic, the Selkirk Biz Black Friday Weekend event has continued to not only attract locals but also bring people from outside the community to the Triple S Area. About half of the winners of the grand prize have been from outside the region. Area businesses continue to compete for shopping dollars and really appreciate it when local consumers shop local. Statistics say that a dollar spent locally will be spent another seven times in the same community. It's never been more important to keep your spending close to home. Pictured left: Winner Ida Zabinski with her winning ticket. Pictured right: Meaghan Chromy, Executive Director, Selkirk Biz (left) and Courtney Wiebe from The Foot Shop and Packers Fashion (right) drawing the winning prize.



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letter to the editor

New windrow clearing in Selkirk a strong positive

We had our first experience of Selkirk's new windrow clearing commitment on Friday, the morning after the Dec. 18 blizzard. There were two very positive things that happened.

First of all, we had an early morning commitment and needed to get out of our driveway. We were getting ready to leave when we heard the grader coming down our street. Our home is on a cul-de-sac. Generally, the grader comes around the circle at the end, moving counter-clockwise. This pushes the snow to the outside of the circle and lays a

two-foot windrow across our driveway. That day, the operator carefully went around the circle clockwise, pushing the snow to the inside. This left us with just a bit of clearing to get off our yard.

Secondly, when we returned an hour later, a loader had already been through. All the driveways on the street had the windrows pushed aside. Thinking back to our experiences in past winters, we were very impressed and grateful.

Submitted by Herb Heppner
Selkirk, Man.

Selkirk invites residents to embrace winter with new and returning programs

By E. Antonio

As cold weather settles in, the City of Selkirk is encouraging residents to embrace the season through a wide range of winter programs and recreational activities.

Kyla Ray, the City of Selkirk's manager of cultural and recreational programs, said the city aims to create opportunities for residents to explore, learn and grow with friends and family, while supporting both physical and emotional well-being. She explained filling activity gaps and offering unique, enriching experiences remains a top priority.

"For me — as a recreation nerd — I know winter can be difficult for a lot of Canadians," Ray said. "Some people thrive in the cold, while others choose to hibernate. We want to encourage families to make the best of winter by showing them that we can still have fun and get through the cold and dark months together."

Registration for winter programs opens Tuesday, Jan. 6 at 10 a.m. for both residents and non-residents through the City of Selkirk's recreation programming webpage.

Ray is particularly excited about several new offerings this season, including The Frost Force, an outdoor exploration series made possible through community partnerships, grants and funding opportunities. Open to participants of all ages, individuals can register for one, two or all three sessions.

The Frost Force kicks off Jan. 18 with a guided ski through Selkirk Park in partnership with Oak Hammock Marsh. A snow sculpture workshop will follow on Feb. 15 at the Kin Centre Water Tower Park, with a guided snowshoe hike rounding out the series on March 15. All sessions run from 1 to 3 p.m., are free to attend, and include all required equipment such as skis, snowshoes and sculpting supplies. Pre-registration is required and adults must accompany those 12-years-old and younger.

"The Frost Force is the perfect way to get a taste of winter activities," Ray said. "Selkirk Park is beautiful in the winter, so let's teach people how to explore it. This could be the start of something so much more."

Ray hopes participants walk away having learned something new — and perhaps discovered a new winter hobby.

"It's our goal to bring joy and movement to others, improving the quality of life for the people we serve," she said.

For those who prefer less structured activities,

Morgan Grace & Dad Kieth



Special guests at our next Music Service on January 18th @1pm
Free will donation
Lite lunch follows
Cloverdale United Church
805 Cloverdale Road 204 485 0165

the city has also introduced outdoor activity bins stocked with family-friendly items that residents can borrow at no cost. Similar to the city's toboggan borrowing in Little Lake Park, the outdoor exploration bins are located near Picnic Shelter 3 in Selkirk Park and at the Kin Centre Water Tower Park.

Inside, residents will find snow play equipment, scavenger hunt templates and nature journaling ideas. The activities rotate seasonally to ensure fresh and relevant options throughout the year.

Ray explained the initiative allows people to enjoy the outdoors independently without financial barriers. While there were some concerns about potential misuse, she said the bins have been well respected and warmly received. Modeled after similar initiatives in neighbouring communities, the bins are locked and require a code to access. A QR code on the bins directs users to a form, and once completed, the access code is provided.

"People have been very appreciative of the opportunity," Ray said. "If things continue to go well, we'd love to consider adding more bins throughout the city."

Indoor options are also available, including Selkirk's first-ever Great Puzzle Race, taking place Feb. 6 from 6 to 9 p.m. at Memorial Hall. Participants will compete in teams to complete a 500-piece puzzle, with prizes awarded for fastest completion, best-dressed team and a door prize.

The event is open to players aged 12 and older. Teams of four can register, while smaller groups and individual registrants will be paired together. From 6 to 6:55 p.m., participants are invited to bring an appetizer, mingle and socialize before the competition begins. Teams will have up to two hours to complete their puzzles, which will be different but similarly themed and from the same brand. Registration rates for residents and non-residents will be posted once the city's 2026 fees are approved.

"Our goal is to provide opportunities for people to feel like they belong," Ray said. "And what better way to do that than solving a puzzle with friends for a fun, lighthearted evening that helps defeat the winter blues?"

Several popular programs are also returning this season, including after-school programming, Selkirk Loves to Read, and various safety and practical courses. Ray said she is especially excited for the return of weekly skating programs, along with three special events: Date Night Skate on Feb. 15, Glow

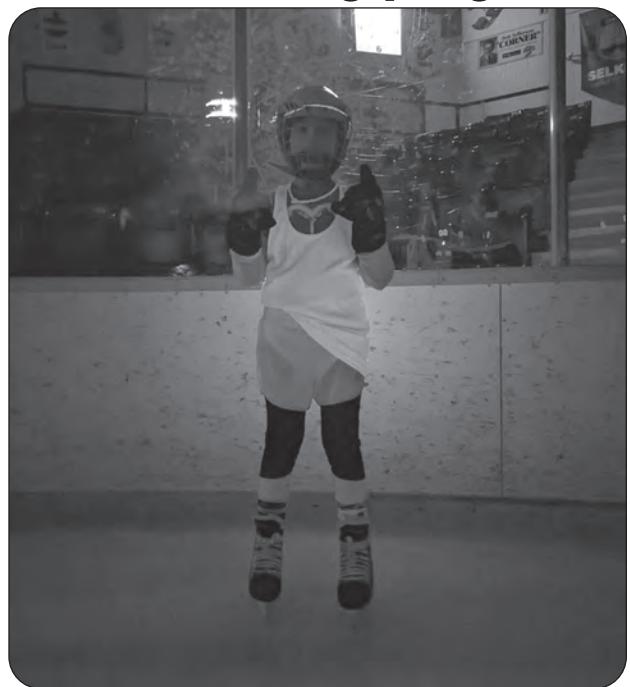


PHOTO SUBMITTED

Glow Skate returns March 27 at the Selkirk Recreation Complex.

Skate on March 27, and Paint the Ice in April once hockey and ringette season concludes in April.

"It's a priority for the City of Selkirk to make use of the vibrant community spaces we have," Ray added. "These programs reflect our vision of creating the best possible recreation opportunities for everyone."

To ensure accessibility, the city is offering several free or low-cost options. Ray encourages anyone with special needs or concerns about participation to reach out to city staff to discuss possible accommodations.

"It's about giving people the opportunities they need to thrive in the community," she said. "When people feel like they belong, it makes living here that much more meaningful."

Program success is measured both quantitatively through participation numbers and qualitatively through participant feedback. Surveys are distributed at the end of each session to gather insights and guide future programming decisions.

"Come and have fun this winter with us," Ray said. "You might just open the door to a whole new world of hobbies."

For a full lineup of winter programming, visit www.myselkirk.ca/sports-recreation/cityprograms. Registration closes once capacity is reached or a few days prior to each event. For more information, residents can contact Citizen Support through the City of Selkirk's website.



Wednesday January 14th Weekly Windfall Bingo

Doors 5pm, Early Birds 615pm, Regular Games 645pm
\$292 Bonanza, \$102 Lucky Star, \$128 Lucky 7, \$25 Lucky 5

Thursday January 15th Slap The Jack - \$1,329.25 with 46 cards left - 5pm start with hourly draws happening

Thursday January 15th Card & Board Game Night - FREE EVENT - 5pm-830

Friday January 16th Booze, Bacon & Breakfast Bingo - Tickets at the door - Over \$1,250 in prizes!

Saturday January 17th Cribbage Tournament - 1:30pm start - \$20 Entry

Saturday January 17th Karaoke on the BIG stage - 8pm start - FREE EVENT

*** Saturday Jan 24th Malanka (Ukrainian New Year's Eve) - SOLD OUT!

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Donation to Cancer Care Manitoba



RECORD PHOTO BY BRETT MITCHELL

Last month Harry's Fine Foods and the St. Andrews Fire Department celebrated the success of their free community barbecue which kicked off Fire Prevention Week. The funds raised from the barbecue were donated to Cancer Care Manitoba in support of Breast Cancer and the cheque presentation was a happy one. Pictured: Don Peters from St. Andrews Fire Dept., Nicola Starin from Cancer Care Manitoba, and Mary Baranyk and Shawn Vermette from Harry's Fine Foods.

Holiday donation to soup kitchen!



RECORD PHOTO SUBMITTED

Octavia Choir and the Back Pew Boys raised and impressive \$1810 for the Our Daily Bread Soup Kitchen with their Christmas Concert. The Soup Kitchen then had the luck of having the 50/50 draw winner of the evening also donate their winnings for a combined \$6140 donation to help fight hunger in Selkirk. Pictured: Octavia Choir Co-chairs Debbie Kelly and Sheila Kaltenberger with Barb Pasaur of the Soup kitchen and Back Pew Boys Chair Brian Kaltenberger

MP James Bezan reflects on 2025, looks ahead to 2026

By Jennifer McFee

As a long-standing member of Parliament, James Bezan continues to be grateful for the opportunity to serve the community.

In 2025, Bezan was sworn in for the eighth time as the member of Parliament for Selkirk-Interlake-Eastman.

"This is a role I never take for granted, and I am proud to have the continued trust of our constituents to serve them in Ottawa," he said.

"Additionally, I was asked by Conservative Leader Pierre Poilievre to continue to serve as our shadow minister for National Defence. More recently, in September, I tabled my new Private Member's Bill C-219, The Sergei Magnitsky International Anti-Corruption and Human Rights Act."

Looking back at 2025, Bezan said American and Chinese tariffs have hit

hard locally for the steel mill, manufacturing industry and farmers.

"Conservatives stand ready to work with the government to remove these tariffs and restore markets for our farmers and businesses," he said.

Looking ahead in 2026, Bezan is focused on ensuring that rural communities and constituents aren't forgotten at the federal level.

"I will always fight for Manitobans and do everything possible to ensure we can continue to afford our rural way of life," he said.

"Additionally, in Ottawa, I will continue to work with other members of the National Defence committee on Bill C-11, Military Justice System Modernization Act. And, finally, my private member's bill is expected to be back up for debate in March and voted on at second reading."

In the early days of the new year, he also shared some goals for the local area.

"I will continue my support of our local communities here in Selkirk-Interlake-Eastman, especially those seeking federal funding for infrastructure projects. We must ensure the federal government is investing across Canada and especially into rural communities," he said.

"As well, my team is always here to help the good people of Selkirk-Interlake-Eastman in dealing with the federal government."

After a short break for the holidays, Bezan's office in Selkirk reopened on Jan. 5 to serve the local community five days a week, all year long.

"I wish peace, prosperity and good health to all as we head into 2026," he said. "All the best in the new year."



PHOTO SUBMITTED

Selkirk-Interlake-Eastman MP James Bezan attended Sgt. Tommy Prince Day in Petersfield.

New digital health card makes health care more accessible and convenient

By Lana Meier

The Manitoba government has launched a digital health card, allowing residents to apply for and access their health card directly on their mobile devices.

Premier Wab Kinew, Health, Seniors and Long-Term Care Minister Uzoma Asagwara, and Innovation and New Technology Minister Mike Moroz-MediNav, an online appointment-booking system introduced in 2025 that allows users to find and book appointments at participating clinics across the province. Together, the tools allow Manitobans to carry their health card and book appointments from a mobile device.

The digital health card is accessed through the MB Wallet, which is available free through the Apple App Store and Google Play. The app allows offline access to stored credentials, and users control when their information is shared.

"The MB Wallet app makes health care more mobile," Moroz said. "It is convenient, secure and easy to use."

The government said the modernization also sup-

ports upcoming patient safety legislation aimed at improving efficiency and strengthening patient confidence within the health system.

More information on applying for

a digital health card is available on the Manitoba government website at: <https://gov.mb.ca/health/mhsip/digitalhealthcard.html>.



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MEAL IDEAS



Cook time: 10 minutes

Servings: 4

1 can (15 ounces) Green Giant 100% Pure Pumpkin
 1/2 cup coconut cream
 1 cup vegetable stock
 1 tablespoon garlic paste or 1 teaspoon garlic powder
 1 tablespoon ginger paste or 1 teaspoon ground ginger
 salt, to taste
 pepper, to taste
 coconut rice, for serving (optional)

RED RIVER CO-OP FOOD STORE

Pumpkin Soup

bread, for serving (optional)

In saucepan over medium heat, combine pumpkin, coconut cream, vegetable stock, garlic, ginger and salt and pepper, to taste. Stir until well incorporated, cook 10 minutes.

Serve over coconut rice or with bread, if desired.

Notes: For an elegant garnish, top with toasted pepitas, pumpkin seeds or swirl of coconut milk.

Leftovers can be refrigerated up to 3 days or frozen up to 3 months. Thaw frozen coconut ginger pumpkin soup in fridge then reheat in microwave or saucepan on stovetop.



Recipe courtesy of "Cookin' Savvy"

Servings: 4-6

1 pound spaghetti noodles
 2 tablespoons butter

Shrimp Spaghetti

1/4 cup avocado oil
 1 package (12 ounces) raw shrimp
 2 tablespoons garlic powder, divided
 1 teaspoon smoked paprika
 1 cup chicken broth
 1/2 cup grated Parmesan cheese
 1/4 cup heavy cream
 1 teaspoon onion powder
 1 cup frozen or fresh spinach
 bread, for serving

Cook spaghetti noodles according to package instructions.

In skillet over medium heat, add butter, avocado oil and shrimp. Mix in 1 tablespoon garlic powder and paprika. Remove shrimp after they begin to turn pink; set aside.

Add chicken broth, Parmesan, heavy cream, remaining garlic powder, onion powder and spinach to skillet; mix well. Add shrimp back to skillet to finish cooking. Mix in noodles and serve with bread.

Ask the Money Lady

Dear Money Lady Readers: Today my husband read me my horoscope for 2026, and he says it sounds like me. Have you read yours too? Most of us want to make changes in a New Year to ditch the old habits, stop smoking, lose weight, find a new job, the list could be endless. So, is this the year you change the narrative of your life?

Often times the new story to a new life is right in front of you, but for whatever reason we can't see it, can't feel it, and certainly can't imagine making the necessary changes. However, we all know that having the courage to change the course of your future, will always bring you new opportunities. A healthier life, less pain, a new career, more money, more love; it's all out there for those who want a different story. Of course, this all sounds great, but making a change and keeping up the fight is always easier said than done. Sure, we all plan to make changes every January, with 58% of us starting a "New Year's Resolution" every year. But of those that plan for change, 87% will give up and settle back into their old ways by the end of February.

Here's a quote I want to share with you from an Italian poet Dante Alighieri, (1265-1321): "The path to paradise begins in hell." Isn't that the truth. If things were easy, we would all be thin, fit, wealthy and always happy. The fact is, only 1% of Canadians will make their resolution last more than 10 months. Change is tough. Too often we tend to revel in our sad and pitiful life stories, getting an emotional charge out of how unfair life is to us, and how great we are for keeping up the struggle – against all odds. We whine and complain to people about being a survivor and love it when we get comforted: "You poor thing, how do you ever manage?" We have to manage, because we don't make any changes to improve things.

Now I am not saying we shouldn't have our pity-parties once in a while.

Often times this is exactly what we



Christine Ibbotson

need – I just don't want you to keep the party going forever, especially into another year of unhappiness. Remember, the greatest gift we have is the one we often forget: we have a choice. You can always choose a different direction in life. If you believe in the theory of cause and effect, then everything in your past has brought you to this very moment so you can choose another direction. Stop listening to the neig-sayers and get on with it. Stop wanting sympathy for your sad situation and move past it. And for all you helicopter parents out there, stop smothering your adult children, and let them go. We all need to discover our true self, our destiny and our calling.

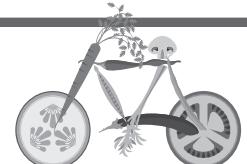
Decide on a new story this year. What choices will you make that will change your experiences and bring you closer to the life you want to live. Remember, if you do what you always did, you will get what you always got. Negative feelings create negative attitudes and attract negative people. But, when you decide to make a change, being positive creates feelings of happiness, attracting other happy people with opportunities and connections, to help you advance your new story.

Good Luck and Best Wishes,
 Money Lady

Written by Christine Ibbotson, Author, Finance Writer and Syndicated Money Coach on BNN Bloomberg. Christine is also part of the everyday lineup on CTV Your Morning in every province. No AI. Follow Christine on Instagram @askthemoneylady, or on Facebook (Christine Ibbotson).

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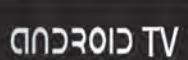
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Manitoba firm launches first-of-its-kind AI training for municipalities

By Lana Meier

A Manitoba-based consulting firm is rolling out what it says is the first municipal-focused artificial intelligence training program of its kind in the province, aimed at helping local governments use AI tools safely and practically without major costs or technical expertise.

THE WOA CONSULTING GROUP Ltd. announced the launch of its new 100 AI Municipal Solutions program on Jan. 9, a four-hour, hands-on workshop designed specifically for Canadian municipal staff and leaders.

The program responds to mounting pressures facing municipalities, including staffing shortages, aging infrastructure, tight budgets and rising service expectations, while AI tools such as ChatGPT become increasingly common in everyday workplaces.

WOA founder and president Anna Mondor said municipalities across Manitoba are not lacking interest in AI, but are struggling with capacity.

"The feedback from the last few months of 2025 is stark: it's not about a lack of interest; it's about a lack of capacity," Mondor said. "Municipal leaders tell us they simply don't have the staffing resources to manage infrastructure applications, let alone learn complex new technology."

Mondor pointed to the Manitoba Water Services Board as one example, noting it is currently oversubscribed by dozens of times, with more than 100 municipalities applying for funding far beyond available budgets.

"They want tools that help them clear that infrastructure backlog now, not theoretical tools for five years from now," she said. "They need AI to help draft grant applications and optimize public works schedules because they physically cannot hire enough staff to do it manually."

Mondor said the program differs from broader AI conferences and summits by focusing on immediate, day-to-day municipal needs.

"Most AI events focus on the big picture of making the province an AI powerhouse, which has value," she said. "But that's not what a CAO in a rural RM needs on a Tuesday morning. This isn't 'Beyond ChatGPT' — it's 'Right Now with ChatGPT.'"

The training is built around real municipal workflows identified in the Association of Manitoba Municipalities Winter 2026 Special Report on AI, including council reporting, bylaw drafting, grant writing and summarizing large technical documents.

"While others debate hypothetical futures, we're teaching staff how to draft a water waste bylaw or summarize a 200-page engineering report in 30 seconds," Mondor said.

The workshop introduces more than 100 low-risk AI use cases across finance, administration, planning, public works, human resources and communications. Participants test real examples during a guided "prompt lab," adapting tools for reports, emails, frequently asked questions and council materials.

The program was developed in partnership with senior AI consultant Garrett Wasny, an award-winning educator who has trained professionals in more than 60 countries.

"AI is no longer a distant trend for municipalities — it's a working tool that can save hours every week in ev-

ery department," Wasny said. "Our goal is to translate global best practices into the Canadian municipal reality so even small and mid-sized communities can see real benefits without big systems or big budgets."

Mondor said safeguards around privacy, security and responsible use are built directly into the training, drawing on the Government of Canada's updated Guide on the Use of Generative AI and the federal Directive on Automated Decision-Making.

"We don't just talk about ethics; we operationalize them," she said. "Every use case includes a human-in-the-loop workflow so no AI tool makes an administrative decision without human verification."

She added the program is designed to help municipalities prepare for the June 24, 2026 federal compliance deadline under the directive.

WOA deliberately designed the program so municipalities can implement it immediately without new systems, IT teams or additional staff.

"If we walked in requiring a new IT procurement or a data scientist, we'd fail," Mondor said. "By focusing on general-purpose tools that run in a browser, a single administrator in a small office can start automating tasks like council report summaries right away."

Mondor said the fastest time savings tend to come from routine administrative work, such as drafting and summarizing documents, procurement writing and responding to common public inquiries.

"The biggest wins are in the drudgery of administration," she said. "Reducing call volume by answering basic service questions or cutting hours spent summarizing meetings can have an immediate impact."

Continued on page 21

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2026 Winter PROGRAM GUIDE

Recreation Programs

Registration Required, Program Rates Apply

Indian Traditions Workshop Series

Dates: Sundays: March 22 – Chai -Happiness in a Cup
April 19 – Mandalas and Meditation
May 24 – Henna Tattoos
Time: 1-4pm
Location: Selkirk Rec Complex Banquet Hall

Standard First Aid & CPR-C

Date: March 7, 2026
Time: 9:00-4:30 pm
Location: Memorial Hall

Basic Lifesaving Skills (BLS)

Date: January 18, 2026
Time: 9am-1pm
Location: Selkirk Rec Complex Banquet Hall

The Great Puzzle Race

Date: February 6, 2025
Time: 6-9pm
Location: Memorial Hall

Babysitting Course

This course teaches youth ages 11-15 the essential first aid and caregiving skills needed to confidently care for children of all ages. Participants also learn how to respond to emergencies and promote themselves as responsible babysitters.
Date: March 14, 2026
Time: 9am -4pm
Location: Memorial Hall

Full details, rates, age criteria and information about each program can be found online at MySelkirk.ca/CityPrograms

REGISTRATION NOW OPEN

Online: MySelkirk.ca/CityPrograms

In-person: 200 Eaton Avenue
10AM-4PM / MON-FRI

Skating Programs

No Registration Required, Program Rates Apply

Food Handlers Safety Course

Date: February 7, 2026
Time: 9am-4pm
Location: Memorial Hall

Canadian Firearms Safety Course

Date: February 1, 2026
Time: 9am-5pm
*Practical testing begins at 5:30 pm approx. 10 minutes per student.
Location: Memorial Hall

Walk Jog & Roll Program

Dates: Sept 15-April 24, 2026
Time: 8am-2pm
Location: Selkirk Rec Complex – Lobby Entrance

Stay Safe

A safety-focused course giving youth the skills and confidence to stay home on their own.
Date: January 17, 2026
Time: 9am-4pm
Location: Selkirk Rec Complex Banquet Hall

Taking place at the Selkirk Recreation Complex from September to April.

** Please visit our website as ice schedules change and may vary from the times and dates listed.*

Youth under 12 must be accompanied by a caregiver or parent.

Public Skating

Dates & Times:
Often offered on Tues 10:00-11:30 am; Thurs 9:00-11:15 am; Fri 2:30-4:30 pm
Location: Selkirk Recreation Complex – Player's Entrance
Cost: Skating rates apply

Camp Awesome Day Camp programs

Camp Awesome In-Service Day Camps

Dates:
• Friday, February 27, 2026 – Selkirk Recreation Complex Banquet Hall
• Friday, March 20, 2026 – Selkirk Recreation Complex Banquet Hall
• Friday, April 17, 2026 – Kin Centre
• Friday, June 5, 2026 – Kin Centre
Time: 8am-5pm; programming runs 9am-4pm
Location: Banquet Hall
Program rates apply

Sticks & Pucks

Date & Times: Often offered on Tues 11:45-1:00 pm; Thurs 11:30-1:00 pm; Sun 11:45-1:00 pm
Location: Selkirk Recreation Complex – Player's Entrance
Cost: Skating rates apply

Date Night Skate

Date: February 15, 2026
Time: 8:00-9:30 pm
Location: Selkirk Recreation Complex – Player's Entrance

Glow Skate

Date: March 27, 2026
Time: 6-8pm
Location: Selkirk Recreation Complex – Player's Entrance
Cost: Skating rates apply



Camp Awesome Spring Break Camp

A fun spring adventure with creative activities, outdoor challenges, and new friends to make the break unforgettable.
Dates: March 30-April 2, 2026
Time: 8am-5pm; programming runs 9am-4pm
Location: Banquet Hall
Program rates apply

Free Programs

FREE - NO REGISTRATION REQUIRED

Exploration Bins

Dates: Ongoing
Time: Available 24/7.
We recommend using equipment only during daylight hours
Location: Selkirk Park / Kin Centre

FREE - REGISTRATION REQUIRED

The Frost Force

Dates & Locations:
Third Sunday of each month
• Jan 18, 2026 - Ski lending library & guided skiing, location TBD

• Feb 15, 2026 - Snow Sculpture Workshop; Kin Centre Water Tower Park

• March 15, 2026 - Guided Hike; Selkirk Park

Time: 1-3pm

Toboggan Borrowing Bin

Dates: Dependent on sufficient snowfall (Available approx. Dec-March)

Time: Ongoing - available 24/7. We recommend only tobogganing during daylight hours

Location: Little Lake Park

After-School Program

Dates: Jan 5-March 27, 2026
Time: 3:30-5:30 pm
Locations:

• Mondays & Wednesdays: Centennial School & Daerwood School

• Tuesdays & Thursdays: Robert Smith School & Ruth Hooker School

• Fridays: École Bonaventure

City of Selkirk residents ONLY.

Equipment Lending Program

Dates & Times: Fridays: 4-8 pm; Saturdays: 10-4 pm

Location: Kin Centre

Kin Centre Youth Drop-In Zone

Dates & Times: Fridays: 4-8 pm; Saturdays: 10-4 pm

Location: Kin Centre

Selkirk Loves to Read

Dates:
Thursday, February 5
Tuesday, February 10
Thursday, February 19
Tuesday, February 24
Time: 6:30 pm
Location: Gaynor Family Regional Library

Paint the Ice Event

Date: Approx. April 9, 2026 (will be dependent on end of season playoffs)

Time: 4-8pm

Location: Selkirk Recreation Complex – Player's Entrance

Aquatic Leadership Training

Must be 15 yrs of age.
Application Period: Jan 6-Feb 6, 2026

ALL PROGRAMS INCLUDING DETAILS, DATES, AND SCHEDULES ARE SUBJECT TO CHANGE. PLEASE REFER TO THE WEBSITE FOR THE MOST UP TO DATE INFORMATION.

We recommend reviewing program terms and conditions prior to registering for any program.

THIS INFORMATION IS AVAILABLE IN ALTERNATE FORMATS UPON REQUEST

CITY OF
Selkirk

Snowmobilers encouraged to ride responsibly on Manitoba trails

By Lana Meier

Snowmobilers across Manitoba are being welcomed back onto the trails this winter, with a strong reminder from safety partners to ride responsibly and take precautions to ensure everyone gets home safely.

The Manitoba RCMP, Manitoba Public Insurance and Snowmobilers of Manitoba are issuing the reminder ahead of International Snowmobile Safety Week, which begins Saturday.

"Winter is a wonderful time of year for snowmobilers to hit the trails and enjoy the season, but we strongly urge everyone to ride safely," said RCMP Staff Sgt. Matt Lavallee, who teaches snowmobile safety courses to RCMP members. "Snowmobilers need to ride in a responsible manner so that everyone returns home at the end of the ride."

Lavallee said Manitoba law requires all riders to wear an approved snowmobile helmet while operating a machine, and riders under the age of 14 must be under adult supervision. RCMP officers patrol trails throughout the province and will enforce snowmobile laws as needed.

Over the past six years, 28 snowmobile-related deaths have occurred in Manitoba, including four in 2025. Speed was a contributing factor in many of those fatalities, along with

alcohol impairment, improper or no helmet use, driver inexperience and careless driving.

"January and February have the highest fatality rates among snowmobilers in Manitoba, so it is very important to continue to have conversations to educate riders about snowmobile safety," said Maria Campos, vice-president and chief customer and product officer for MPI. "Snowmobiling is a fantastic way to enjoy Manitoban winters, and by slowing down, wearing a helmet and riding sober, we can keep it fun and safe."

Officials say safety starts before riders even leave home. Snowmobilers are encouraged to check their machines for mechanical issues, including brakes, lights, fuel levels and engine performance. Carrying a fully charged cellphone, first-aid kit and basic repair tools — such as a spare belt, pull cord and spark plugs — is also recommended. Riders should plan routes in advance, share travel details with someone at home, and dress appropriately in warm, layered clothing with a properly fitted helmet.

Once on the trail, riders are reminded to maintain safe speeds, stay alert and courteous, watch for hidden hazards beneath the snow, cross roads and highways only where permitted, and never operate a snowmobile



RECORD PHOTO BY LANA MEIER

A South Interlake Snoriders trail groomer prepares snowmobile trails for the winter season, helping ensure smoother, safer riding conditions for snowmobilers across the region as riders are reminded to follow posted signage and ride responsibly.

while impaired.

"The safety of riders is of utmost importance to our organization," said Joe Thievin, a vice-president with Snoman. "Riders need to drive to their level of ability, avoid alcohol or drugs, and take all necessary precautions so they can ride again."

MPI collects a \$25 non-refundable annual fee on all off-road vehicle registrations to support trail main-

tenance and development, safety education and training programs, and rehabilitation of public lands affected by off-road vehicle use. Riders are also encouraged to purchase a Snopass, which provides access to approximately 13,000 kilometres of designated provincial trails and helps fund trail grooming and maintenance that contribute to safer riding conditions.

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Your Health

Connect and Create Classes coming soon for those with dementia

Alzheimer's Society bringing awareness to local resources this Alzheimer's Awareness Month

By Katelyn Boulanger

The Alzheimer Society in Manitoba always starts the year by acknowledging Alzheimer's Awareness Month. This January, they are highlighting the many programs that are available right here in Selkirk to help those with dementia and their caretakers.

The theme of this year's Alzheimer's Awareness Month is community and connection. The Alzheimer Society Manitoba fosters connections and community building all year round with programs like Minds in Motion, education sessions, support groups, or simply helping those with dementia in meeting others on a similar path.

This month, Kyla Smith, the Interlake-Eastern Regional Coordinator for the Alzheimer Society of Manitoba, spoke to the Record about one of their newer offerings

— Connect and Create — a six-week art class run out of the Gwen Fox Gallery.

"This is going to be our second year offering a program of this kind in Selkirk. We have local artist Barb Hoffman, who will be leading participants through a variation of techniques throughout the six weeks at the Gwen Fox Gallery," said Smith.

The idea behind this program is to create that connection to other members of our local community while also having attendees experience all of the benefits of creating art.

"(We were) trying to come up with a program that gives individuals a safe, supportive and calm space to engage in a creative hobby they might have once enjoyed independently, or maybe it's just to encourage them to try something new. It's a great way to get individuals out of the home. Oftentimes, people are isolating and really not quite sure what activities to look for, and this is a great brain exercise that promotes mental health and creativity," Smith said.

The Alzheimer Society reached out to the Gwen Fox Gallery around a year ago about starting the first Connect and Create program. Local artist Barb Hoffmann

volunteered her skills to create a fun class for participants, and the program was born.

"It's absolutely wonderful to connect with the people who are being supported by the Alzheimer Society and see them just really relax and open up and create it's fantastic," said Hoffmann.

Smith explained that with the first program being a success, they are bringing it back again this February.

"People really enjoyed learning from her, and from my understanding, last year's Connect and Create was really well received by the folks participating in the program," said Smith.

Connect and Create is for people experiencing dementia symptoms.

"It's for individuals living with dementia or signs of dementia," explained Smith. "We don't technically need a diagnosis, and it is just for the actual person experiencing those cognitive changes. Currently, we have a max. of up to eight individuals who can join the program. Registration is \$50."

The program itself is an art program, but you don't have to have a history of being an artist or past skill to participate.

"I do things that explore colours

Continued on next page

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Continued from previous page

and shapes, and we paint whatever they want," said Hoffmann.

"It's going to be about an hour and a half long program. People will be able to come in and maybe learn some different painting techniques, and they can have some coffee and some cookies. This just gives opportunity for people to connect and engage with one another and have a little bit of fun at the same time," said Smith.

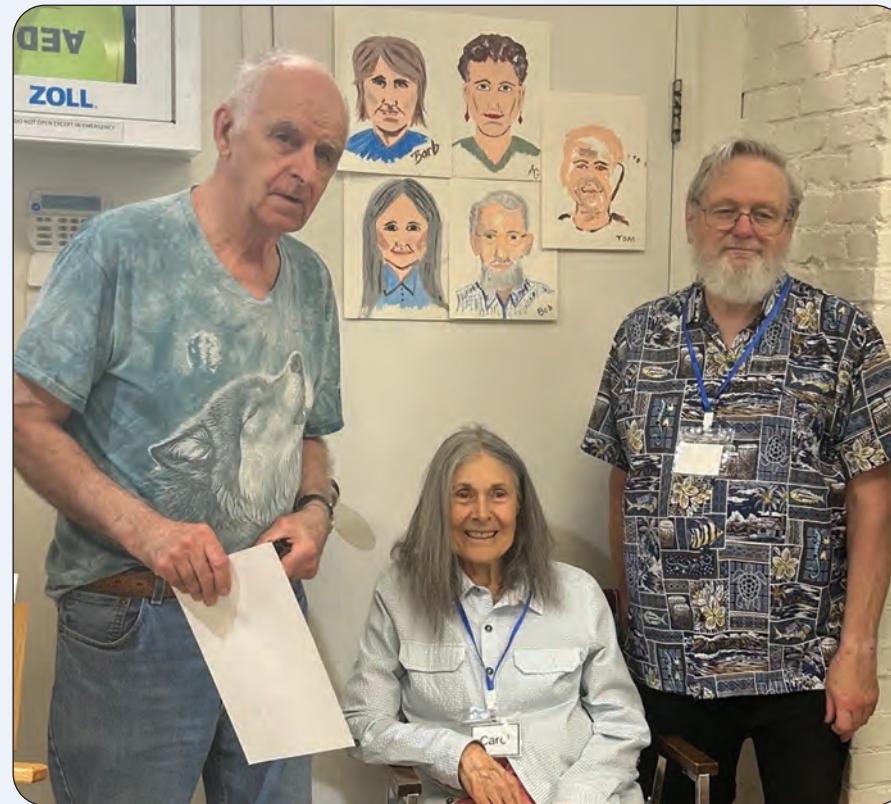
Creating art and using those creative parts of our brains is beneficial to people in many different ways. This program being specifically for those with symptoms of dementia means that people can connect with others on their same path, in addition to all the other benefits.

"(People) might feel some stigma or shame when they go out in the community, so they might be isolating at home. And so, this gives individuals a little bit more opportunity to, like I said, get out of the home, engage with others who might be experiencing similar changes, get them connecting with others, and maybe learning some different care strategies from one another. And then as well, we know all the benefits from artwork—it causes relaxation, it's a form of self-care, and learning a new skill that is great for individuals with dementia who might be experiencing some memory loss," said Smith.

If you would like to sign up for Connect and Create, there are eight spots available in the Selkirk class, so sign up early. You can sign up by calling Smith at 204-943-6622 ext. 214 or emailing her at ksmith@alzheimer.mb.ca.

Smith hopes that participants in the program have a great time.

"I hope that they have a fun time. I hope that they are able to find a skill that they enjoy, and are able to take that back home with them to find meaningful engagement in activi-



RECORD PHOTO SUBMITTED

Three participants from last year's Connect and Create with some self portraits made in class.

ties at home. (I hope they are able to) share with others again and find that calm. Also, maybe this will allow for their care partners to have a little space for themselves, for their own self-care too," said Smith.

Smith and Hoffmann both hope that residents take this opportunity to sign up.

"No experience is required. It's a time to connect with other people and just explore some creativity," said Hoffmann.

Also, if you would like to connect with Alzheimer Society Manitoba, now is a great time. They are available online at <https://alzheimer.mb.ca/>, and they have great resources to help people with dementia find ways to continue connecting with our community. Also, with this month being Alzheimer's Awareness Month, they have some great stories that have been recently put out on their website.



RECORD FILE PHOTO BY
KATELYN BOULANGER

Barb Hoffmann is the instructor behind Connect and Create. Hoffmann is pictured alongside some of her work at a previous exhibit at the Gwen Fox Gallery.

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Manitoba lowers breast cancer screening age to 45

By Lana Meier

The Manitoba government is lowering the self-referral age for Breast-Check screening to 45, expanding access to early breast cancer detection, Health, Seniors and Long-Term Care Minister Uzoma Asagwara announced.

Manitobans aged 45 and older will be able to begin booking screening appointments starting Jan. 2, 2026.

The change follows targeted investments in staff and equipment to expand screening capacity and support increased demand while maintaining quality of care, the province said. The move also responds to recommendations from advocacy groups, including Dense Breasts Canada, which earlier this year praised Manitoba for

expanding access for people in their 40s.

"Earlier screening saves lives, and lowering the age to 45 will help thousands more Manitobans get care when it makes the biggest difference," said Asagwara. "We're investing in more staff and stronger outreach to ensure every community—rural, northern, newcomer and underserved—benefits from this change."

To support the expansion, CancerCare Manitoba has recruited seven new mammography technologists, with further recruitment underway. Screening sites across the province are being upgraded with new mammography equipment, with completion targeted by the end of 2026. The

agency is also on track to complete about 47,000 breast screens in 2025.

CancerCare Manitoba has added a dedicated outreach position focused on increasing access to screening, including engagement with more than 30 First Nations communities and partnerships with newcomer, Indigenous and racialized community organizations to reduce travel and access barriers.

"We are very encouraged by the Manitoba government's support for CancerCare Manitoba's commitment to cancer screening," said Dr. Donna Turner, vice-president and chief of population oncology. "By investing in people and infrastructure, we can reach more individuals where they

live and reduce barriers to screening, especially in rural, remote, northern and equity-deserving communities."

The minister said lowering the screening age to 45 is a milestone in a multi-year plan, with work underway to further expand eligibility to age 40 by the end of 2026.

"Breast Screening Advocates Manitoba welcomes the government's decision to lower the breast cancer screening age to 45," said Jennifer Borgfjord. "Expanding access to screening in the 40s will help detect cancers earlier and save lives."

Information on screening locations is available at cancercare.mb.ca/screening. Appointments can be booked by calling 1-855-952-4325.

New traffic safety rules take effect for Manitoba drivers

By Lana Meier

Manitoba drivers are facing new legal requirements on the road as changes to the Highway Traffic Act came into force Jan. 1, introducing

stricter rules around snowplows, cyclists and roadside workers.

The amendments, passed under the Highway Traffic Amendment Act (Traffic Safety Measures), are aimed at improving safety for high-

way workers and vulnerable road users, according to Transportation and Infrastructure Minister Lisa Naylor.

Under the new rules, motorists approaching or following winter maintenance vehicles with blue warning lights activated must maintain a mini-

mum distance of 30 metres on roads with speed limits of 80 km/h or less. On roads with speed limits above 80 km/h, drivers must stay back at least 100 metres.

Drivers are also prohibited from passing snowplows if visibility ahead is obstructed or if passing could interfere with the vehicle or its work.

Police will enforce the new traffic safety measures on both urban and rural roadways, a provincial spokesperson said. Drivers who fail to comply may face fines of \$298 and will have two demerit points assessed on their licence.

The required distances are intended to be measured from the rear of a snowplow or other winter maintenance vehicle. The spokesperson said the inclusion of specific distances in the legislation is meant to provide clear, objective guidance for both drivers and enforcement officers.

The legislation also establishes a mandatory minimum passing distance for cyclists. Drivers must now leave at least one metre of space when overtaking a cyclist, aligning Manitoba with similar rules already in place in provinces such as British Columbia and Ontario.

Additional changes affect tow truck and roadside assistance operators, who are now permitted to place cones and signage to create a safety zone while working in traffic. The measures are intended to alert drivers and help divert traffic away from active roadside work areas.

"When winter storms hit, we know how dangerous Manitoba's highways can be," said Kyle Ross, president of the Manitoba Government and Gen-

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GRUNTHAL
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Continued on page 25

Manitoba Public Insurance flags five major fraud cases in 2025

By Lana Meier

Manitoba Public Insurance uncovered nearly \$2 million in attempted fraud through five major cases this year, part of almost \$17 million in total savings generated by the Crown insurer's Special Investigation Unit in 2025.

Manitoba Public Insurance says it investigated more than 2,600 physical damage and bodily injury claims suspected of fraud this year, highlighting the most significant cases to demonstrate the impact insurance fraud has on ratepayers.

"Insurance fraud has a cost, and that cost is borne by all of us in Manitoba," said John Bowering, MPI's vice-president and chief claims officer. He said the SIU's work protects the integrity of the public insurance system while

keeping rates affordable.

Among the cases was a claimant who reported severe injuries after a minor collision and received income replacement and personal care benefits, but was later observed lifting heavy weights at a gym. Benefits were terminated, saving more than \$300,000.

In another case, a claimant injured in a truck fire claimed to have been hurt while trying to extinguish the flames. Video evidence later showed the fire had been deliberately set, with the explosion causing unplanned injuries. The claim was denied, saving about \$1 million.

MPI also cited a staged vehicle theft in which a vehicle was reported stolen only after it had already been shipped to Ontario and loaded into

a container bound for Dubai. MPI is seeking to recover more than \$51,000 paid on the claim.

One of the more complex cases involved a collision with a Porsche, where investigators found the incident was intentional. MPI said the driver of another vehicle passed the Porsche owner's residence, then returned and accelerated toward the Porsche as it was backing out of the driveway, despite the Porsche attempting to take evasive action. Conflicting accounts were provided by both drivers, and evidence from the scene did not match their statements.

Following the collision, MPI said the Porsche driver ran into the residence and returned with additional people, later reporting that the fully licensed registered owner had been driving

with passengers. Investigators determined the registered owner was not in the vehicle and that a lone driver with a learner's licence was operating the Porsche illegally. It was also discovered the parties involved knew one another. The claim was denied, saving ratepayers approximately \$154,000.

Another claimant who reported being unable to work due to pain was later observed lifting and transporting large quantities of beer and equipment without assistance. Benefits were terminated, saving more than \$480,000, with MPI attempting to recover additional funds already paid.

MPI is encouraging the public to report suspected insurance fraud through its TIPS line or anonymously through Crime Stoppers.

> AI TRAINING FOR MUNICIPALITIES, FROM PG. 14

Looking ahead, Mondor said AI has the potential to level the playing field between small communities and large cities.

"We're moving from reactive repair to proactive prediction," she said. "Over the next five years, AI will allow a town of 2,000 to have the

data analysis capabilities of a city of 200,000, especially when it comes to grant applications and service delivery."

In addition to the workshop, WOA offers optional follow-up packages for municipalities ready to move toward implemen-

tation, including AI readiness assessments, roadmaps, pilot project design and an accelerated "AI-ready in 60-90 days" option that produces council-ready plans.

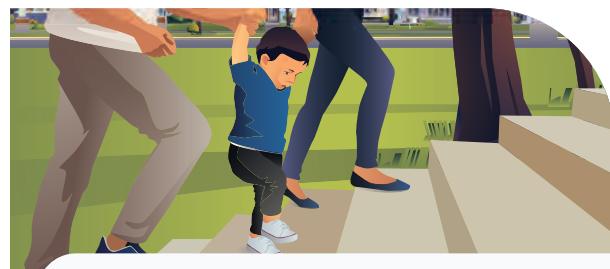
WOA said participants leave the workshop with a toolkit of use cases and prompts, access to a municipal AI dashboard and a custom ChatGPT

notebook, along with an implementation manual to support next steps.

"This isn't just awareness training," Mondor said. "It's about choosing the right use cases, designing low-risk pilots and making AI a trusted everyday tool in municipal operations."

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PUB approves interim 4% Hydro rate increase amid drought pressures

Electric bills set to go up in new year thanks to 4.0 per cent general rate increase for Manitoba Hydro, effective Jan. 1, 2026

By Lana Meier

Manitoba households and businesses will see higher electricity bills in the new year after the province's utility regulator approved an interim rate increase for Manitoba Hydro.

The Public Utilities Board has authorized a 4.0 per cent general rate increase for Manitoba Hydro, effective Jan. 1, 2026. The increase applies to all customer classes except those in Manitoba Hydro's Diesel Zone.

The approved increase is higher than the 3.5 per cent increase sought by Manitoba Hydro in its general rate application and reflects the financial impact of a severe drought affecting the utility's hydroelectric system.

According to the board, water flows into Manitoba Hydro's watershed are currently at the second-lowest level in 112 years. As a result, the utility's financial metrics have deteriorated by more than \$625 million.

In its decision, the board said an increase at the maximum legislated rate

cap of four per cent is necessary to protect the long-term financial health of the Crown utility.

While the increase adds pressure for customers, some local business owners say they understand the circumstances behind the decision.

Trevor Buchanan, a farmer from Argyll and owner of Meridian Acres, said the increase represents another cost his operation will need to absorb.

"For our business, it's another cost that we will need to incur," Buchanan said. "I do see Hydro's point of view, though. I've personally seen how low the water levels actually are in our province after a recent trip to Gilham, where most of our hydro is produced."

Buchanan said multi-year lows in snowfall and rainfall have limited water replenishment across Manitoba's watersheds.

"With the multi-year low snowfall and rains, our watersheds are not being replenished to normal levels," he

said.

He said his operation has already experienced power reliability issues related to supply constraints.

"We've seen first-hand what they call brownouts, where not enough voltage is supplied," Buchanan said. "That's when electronic burnout happens — motors burn out and computer-controlled devices are fried."

To reduce risk, Buchanan said Meridian Acres has invested in alternative systems.

"We've implemented geothermal heating and installed generators in areas that require higher power requirements because Manitoba Hydro cannot provide enough electricity to maintain their function," he said.

Buchanan said solar power has been considered but was not financially feasible at the time.

"We looked at solar as a source, but the costs were too astronomical for the return," he said. "In the future, that may come in line with the investment return to make the move toward it."

Despite acknowledging Hydro's challenges, Buchanan said higher utility costs further strain household affordability.

"With expensive housing costs, rising grocery bills and other pressures, our younger generation and people on fixed incomes take another blow to their ability to sustain themselves and raise a family in this province," he said.

The Public Utilities Board is an independent, quasi-judicial administrative tribunal with oversight and supervisory authority over public utilities and designated monopolies in Manitoba. In approving rates, the board said it must balance the financial requirements of the utility with the impact on customers.

The interim increase will remain in place until the board issues a final order on Manitoba Hydro's 2026-2028 general rate application, expected later in 2026. That final decision will set a final rate for the 2025-26 fiscal year and determine rates for the remaining two years of the application period, while also addressing other issues raised during the review.

Additional details on the decision are contained in Board Order 161/25, which is available through the Public Utilities Board.



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sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Steelers rebound with seven-goal home victory

By Kieran Reimer

The Selkirk Steelers split a pair of home games last week at the Selkirk Recreational Complex, rallying late in a narrow loss to Winkler before responding with a seven-goal outburst against Swan Valley in MJHL action.

Selkirk fell 3-2 to the Winkler Flyers on Tuesday, Jan. 6 after trailing 3-0 early in the third period. Winkler built its lead on first-period goals from Cole Gudmundson and Liam Carbone, with Carbone scoring on the power play. The Flyers added what proved to be the winner at 5:32 of the third when William Lyons converted on the power play to make it 3-0.

The Steelers pushed back late. Dawson Madden got Selkirk on the board at 14:43 and the home side made it a one-goal game with nine seconds left when Landon Pue scored a power-play goal at 19:51. Winkler outshot Selkirk 34-32, with Steelers goaltender Ethan Sawyer making 31 saves in the loss.

Selkirk bounced back Saturday, Jan. 10 with a 7-4 win over the Swan Valley Stampeders, scoring on the power play three times and piling up a 48-21 advantage in shots. Madden opened

the scoring late in the first period on the power play, and Selkirk added two more man-advantage goals early in the second from Owen Branson and Remy Hlady to take control.

After Swan Valley pulled within 3-1 late in the second, the game opened up in the third with seven goals in the final 20 minutes. Pue scored 1:43 into the period, and Selkirk sealed it late with goals from Nolan Wytrykusz and Peyten Legg-Cote, before Kayden Turner added an empty-netter at 18:09. Goaltender Hudson Hunnie finished with 17 saves as the Steelers improved to 16-16-2 on the season.

"It was great for the guys to get rewarded and get in the win column again," said head coach Hudson Friesen. "It's been tough sledding so far for the guys to have some confidence to fill the net and getting seven goals was nice for us. We came out hot, I thought we started the game really well, and the first period was very dominant, and we could have been up by three or four after the first. I thought we carried that through to the second, and then we had a little bit of the lull, especially in the third

Continued on page 25



Steelers forward Landon Pue looks to make a pass to teammate Carter Haney.



RECORD PHOTO BY BRETT MITHCELL
Steelers forward Isaac Sousa accepts a pass as Winkler Flyers defenceman Kaeson Fisher defends during MJHL action at the Selkirk Recreational Complex.



Steelers goaltender Ethan Sawyer made 31 saves in his team's 3-2 loss to the Winkler Flyers.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Steelers' Sousa already a key player in rookie season

By Kieran Reimer

At just 16, Isaac Sousa is already making his presence felt in the Manitoba Junior Hockey League.

The 2009-born forward is the youngest player on the Selkirk Steelers roster, yet through the first half of the season he has shown he can hold his own against opponents up to four years older — and play a meaningful role in the team's push for a playoff spot.

Playing as a 16-year-old in the MJHL is rare. This season, the league's oldest players are 20 and were born in 2005.

The Selkirk Steelers have seven of those veterans on their roster, all skating in their final year of junior eligibility, helping keep the team in the thick of the playoff race at the midway point of the season.

The Selkirk Steelers have seven of those players on their roster this season, all skating in their final year of junior eligibility.

Those veterans have helped the team remain in the thick of the playoff race at the midway point of the season.

Also contributing are the team's younger players and rookies. One of them is 2009-born forward Isaac Sousa.

At 16, Sousa is the youngest player on the Steelers roster. Despite being four years younger than some of his teammates, his play through 32 games has shown he could be a key piece in the team's push for a Turnbull Cup.

"Our number one goal is to get a playoff spot and ultimately win," said

Sousa. "We just focus on every game. Every game's a must-win, and we're going to push for a playoff spot and take it all."

Sousa's motivation and buy-in to the Steelers began last season. While playing with the U17 RINK Academy in Winnipeg at the time, he was invited to practise with the club and appear in a handful of exhibition games.

This year, he wanted to make the jump to the MJHL as a way to challenge himself.

He spent much of the off-season working in the gym to build strength and power.

After cracking the Steelers roster in September, Sousa kicked off the season with points in each of his first six games, including a goal in his very first MJHL contest.

"It was a big jump moving from U17 prep to a league with a bunch of 20-year-olds," Sousa said. "The biggest difference I've found is it's way faster and way more physical compared to a U17 league, which is to be expected. You're playing with adults now as opposed to 16- and 17-year-olds. You have less time and space, but I like that."

Sousa now has four goals and 10 assists on the season. Many of those points have come on a rink he knows well — the Selkirk Recreation Complex.

A native of St. Andrews, Sousa has been able to continue his hockey career close to home.

He is one of three local players on the team, alongside Tyndall's Remy Hlady and St. Andrews' Dylan Line.

"It's awesome. It's close to home,



RECORD PHOTO BY ETHAN K PHOTOGRAPHY

Selkirk Steelers' rookie Isaac Sousa had instant success with the club, tallying points in his first six games of the season. The 16-year-old from St. Andrews now has four goals and 10 assists through his first 32 games.

which is nice, and it's been a really great experience so far," Sousa said.

"We have a really good group of guys, and I'm just really fortunate to be playing with this team. I've enjoyed every minute of it."

He has also benefited from the mentorship of his older teammates. Recently, Sousa has been slotted on a line with the team's top two scorers, Wyatt Witham and Owen Branson. Both are 2005-born players and wear letters for the club — a dream scenario for a rookie.

"Those guys are older and have lots of wisdom to pass down and lots of advice to give," said Sousa. "I just try to take that in."

The Steelers will play another 26 regular-season games in 2026.

Their 15-15-2 record at the Christmas break left them one point out of a playoff spot, with plenty of time remaining to make a push.

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sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Altona Maroons provisionally accepted into CRJHL for 2026-27 season

By Lana Meier

The Capital Region Junior Hockey League is set to expand for the 2026-27 season, with the Altona Maroons receiving provisional acceptance into the Junior B circuit.

League officials confirmed the milestone this week, noting that formal ratification is expected to take place at the CRJHL's annual general meeting this spring. The announcement signals that the Maroons are on track to

return high-calibre Junior B hockey to Altona beginning next season.

Provisional acceptance allows the organization to move forward with league planning, including roster development, scheduling and operational preparations, while final approval is completed through the league's governance process.

The CRJHL continues to feature a competitive lineup of Manitoba-

based teams this season. Beausejour currently leads the standings with 42 points through 17 games, followed by Selkirk with 34 points in 17 outings. St. Malo sits close behind with 33 points in 15 games, while La Broquerie has 31 points after 17 games. Lundar has earned 20 points in 19 games, with North Winnipeg and Arborg each sitting at 10 points through 17 and 18 games respectively.

The addition of Altona will strengthen the CRJHL's geographic footprint and further enhance opportunities for players to compete at the Junior B level, while providing communities with high-level hockey close to home.

More details on the Maroons' entry, including home venue information and the team's inaugural CRJHL schedule, are expected following formal league approval in the spring.

Gators drop two on road, sit ninth in HTJHL

By Annaliese Meier

The East St. Paul Gators dropped both games on a two-game road swing last weekend and remain ninth in the HTJHL standings following the losses.

East St. Paul opened the trip Saturday, Jan. 10, falling 3-1 at Ste. Anne, which sits fifth in the league. The Gators' lone goal came midway through

the third period when Jonah Chaulk scored at 7:39, converting a play set up by Zane Menard and Ethan Lukianchuk.

The Gators were back in action Sunday, Jan. 11, losing 4-2 at Springfield, the league's second-place club. East St. Paul made a push in the third period with goals from Zane Menard at 3:26, assisted by Luke Tyslau and Ethan

Lukianchuk, and Caleb Hofer at 7:59 to pull within one before Springfield added a late insurance marker.

Through 19 games, East St. Paul holds a 6-13 record for 12 points, sitting ninth overall. Macdonald continues to pace the league at a perfect 22-0, followed by Springfield and Niverville. Ste. Anne and Steinbach round out the middle of the stand-

ings, while Red River Mudbugs sit just ahead of the Gators in eighth.

East St. Paul remains on the road this week, visiting Steinbach on Wednesday, Jan. 14, at 8 p.m., followed by a matchup with Red River on Friday, Jan. 16, at 7 p.m. The Gators close out the stretch Sunday, Jan. 18, with a 6:30 p.m. puck drop at Niverville.

> STEELERS, FROM PG. 23

period, we let Swan back in it which isn't really the way we want to play but at the same time I thought we did a good job just staying with it and be resilient, and finding a way to get that win and fill the net there, so lots of positives to build on for sure."

With 34 points in 34 games, Selkirk sits fifth in the MGEU East Division, behind Winkler and ahead of the Winnipeg Blues.

The Steelers hit the road this week for three straight, visiting Winkler on Jan. 13, Niverville on Jan. 15 and Portage on Jan. 17, before returning home

to host Virden on Jan. 18 and the Winnipeg Monarchs on Jan. 20.

"We're really building in the right direction here," said Friesen. "We're definitely back in game shape, and now we've got our minds kind of back in the right place, and I think our group's very motivated to build on the success we had on Saturday and keep pushing for the playoffs here. We have 23 games left and every game here matters a ton, so it's going to be exciting push for the guys, and I know that they're motivated and excited here to go."

> TRAFFIC SAFETY RULE CHANGES, FROM PG. 20

eral Employees' Union, in a statement. He said the changes recognize the risks faced by highway workers and provide added protection while they carry out their duties.

The province said the amendments were developed following consultations with industry representatives, law enforcement, municipalities and advocacy groups. No new speed limits were introduced as part of the changes.

Tow truck and roadside assistance operators are encouraged to review the province's Work Zone Traffic Manual for guidance on placing signs and cones on roadways.

Manitoba Transportation and Infrastructure said it will review the effectiveness of the changes through ticketing data and ongoing consultation with key groups, including law enforcement agencies.

2025-2026



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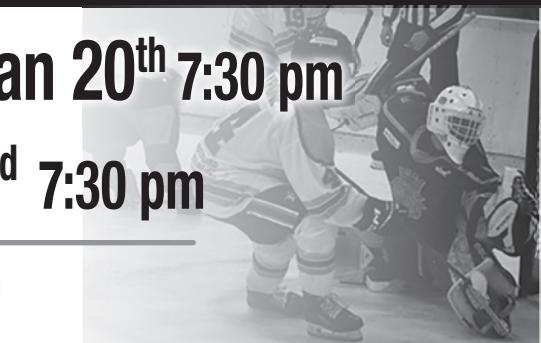
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INSIDE > OUTSIDE > UPSIDE DOWN

McDonald selected to Canada's national under-18 Team

By Annaliese Meier

East St. Paul's Hayley McDonald has earned another opportunity to wear the maple leaf, being named to Canada's under-18 national women's roster as she continues a hockey journey shaped by persistence and preparation.

The selection follows two seasons of development at RHA Kelowna. McDonald said she learned of her selection shortly after a game with her winter team.

"I had so many thoughts go through my head," McDonald said. "Some being that all my hard work has paid off, but also that there's so much more work to do."

The chance carries added significance, as few players are selected to the under-18 program more than once.

"There aren't a lot of girls who get the chance to wear the maple leaf twice at this age," she said.

Pulling on a Team Canada jersey is something McDonald has envisioned since childhood, and she said reaching that milestone has only sharpened her focus.

"Now that I've made that dream come true, it makes me hungry to continue working hard and keep making teams at different age levels," she said.

McDonald's path to the national program began at home, where she played minor hockey with boys due to a lack of girls' teams at the time. She credits that experience — and her parents' support — as formative.

"I'm very thankful my parents put me in boys hockey, because I don't think I would have turned out as the hockey player I am today," she said.

When she transitioned to girls hockey in Grade 9, McDonald said the pace and competitiveness felt familiar.

"I felt that I was one of the strongest players on the team as a freshman," she said.

As her career has progressed, McDonald said her training has become increasingly detailed, with a growing emphasis on mental preparation.

"I've really started to focus on the mental side of hockey," she said. "You always hear it's 20 per cent physical and 80 per cent mental, and I didn't realize how true that was until a couple of years ago."



Hayley McDonald of East St. Paul.

Preparing for higher levels has meant raising expectations across the board.

"Every time I train with my team, I push myself to be better than yesterday," she said.

McDonald said her parents — particularly her father — have played a central role in her development, along with role models at the elite level of the women's game. She looks to Marie-Philip Poulin as a standard for her own play.

"She is the best female hockey player," McDonald said. "One day I hope to be as good as her."

Her journey has not been without challenges. McDonald said being the only girl in boys hockey came with scrutiny, but also strengthened her resolve.

"I didn't get special treatment — I worked very hard for everything I earned," she said.

Looking ahead, McDonald said her focus is shifting toward preparation for NCAA hockey.

"That means tuning everything up — on the ice and off the ice," she said.



RECORD PHOTOS SUBMITTED

Hayley McDonald has been named to Canada's under-18 national women's roster and will compete at the IIHF U18 Women's World Championship, set for Jan. 10–18 in Sydney and Membertou, N.S. Canada opens the tournament Jan. 10 against Switzerland.

"I like being prepared and over-prepared."

For young players with similar goals, McDonald said belief remains the foundation.

"No dream is too big or too small," she said, recalling advice she once received. "You might get told that you can't — but you absolutely can."

McDonald will next compete at

the 2026 IIHF U18 Women's World Championship, set for Jan. 10–18 in Sydney and Membertou, N.S.. Canada opens the preliminary round on Jan. 10 against Switzerland at the Membertou Sport & Wellness Centre, kicking off its title defence on home ice before the tournament progresses toward the medal rounds.

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sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Royals return to WHSHL action after break

By Annaliese Meier

The Lord Selkirk Royals return to WHSHL Platinum Promotions Division action this week following the holiday break, opening a busy three-game stretch on the road.

Selkirk resumes play Monday, Jan. 12, travelling to Steinbach for a 2:45 p.m. puck drop, before continuing the road swing Tuesday, Jan. 13, with a 4:30 p.m. matchup at River East. The Royals then return home Thursday, Jan. 15, when they host Sturgeon Heights at 4 p.m.

Lord Selkirk enters the week sitting ninth in the Platinum Promotions Division with a 7-7 record, positioned in the middle of the standings as teams ramp up for the second half of

the season.

ROYALS REMAIN LAST AFTER ROAD LOSSES

The Selkirk Royals remain at the bottom of the MWHSHL Division East standings after a pair of road losses last week.

Selkirk was on the road Wednesday, Jan. 7, falling 4-2 to the WKC Wolverines. The Royals got on the board midway through the second period when Kennedy Simpson scored at 12:51, and added a powerplay goal late in the third from Emily Beattie at 1:12, assisted by Mikayla Clarkson and Simpson.

The Royals were back in action Fri-

day, Jan. 9, dropping a 10-4 decision at the Dakota Lancers. Simpson led Selkirk's offence with four goals, scoring once in the first period, twice in the second, and adding another midway through the third to account for all of the Royals' scoring.

Through 16 games, Selkirk sits last

in Division East with a 2-14 record.

The Royals return home Monday, Jan. 12, to host College Jeanne-Sauvé at 4 p.m., before heading back on the road to face Gabrielle-Roy on Wednesday, Jan. 14, at 4 p.m. Selkirk closes the week Friday, Jan. 16, with a 3:30 p.m. road game at River East.

Fishermen open 2026 with strong road win

By Kieran Reimer

The Selkirk Fishermen couldn't have asked for a better start to 2026.

Already sitting among the top three teams in the Capital Region Junior Hockey League heading into the Christmas break, Selkirk has carried its momentum into the new year with back-to-back wins.

One of those victories came last week on the road, where the Fishermen earned a 5-1 win over the Lundar Falcons in Lundar.

Sage Courchene and Ashton Schroeder each scored in the opening period to give Selkirk a 2-0 lead after 20 minutes. Lundar pulled within one in the second, setting up a tense third period.

Courchene restored the two-goal cushion early in the final frame with his second of the night, before Schroeder followed with his own second to make it 4-1. Logan Saluk added a late goal to cap the scoring and seal the Fishermen victory.

Selkirk goaltenders Johnny Enns-Demchuk and Marcus Sharpe combined for 31 saves in the win, while Lundar's Dylan Leclair turned aside

32 shots despite the loss.

The victory kept Selkirk firmly in the league's top three, moving the Fishermen to within one point of St. Malo and five points back of Beausejour. Selkirk now holds a 13-5-0-0-1 record through 19 games, with 11 remaining before the postseason.

The Fishermen are set for a two-game week, hosting the North Winnipeg Satellites on Friday before welcoming the Arborg Ice Dawgs on Sunday.

UPCOMING

GAMES

- Friday, Jan. 16 — North Winnipeg at Selkirk, 7:30 p.m., Selkirk Recreation Complex
- Sunday, Jan. 18 — Arborg at Selkirk, 3 p.m., Selkirk Recreation Complex

NEXT HOME GAMES

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FRIDAY, JAN 16th
VS N. Wpg Satelites 7:30 pm

SUNDAY, JAN 18th
VS Arborg Ice Dawgs 3:00 pm

NEXT AWAY GAMES

- Fri, Jan 23 - vs St. Malo - 8:00 pm
- Sat, Jan 24 - vs La Broquerie - 7:30 pm
- Fri, Jan 30 - vs La Broquerie - 8:00 pm
- in Sagkeeng (home make up game)



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- Post-secondary education in business, public administration, social science, recreation management, aging adults.
- Proficiency in Microsoft Excel including data entry, formula usage and analysis.
- Experience with the broader Microsoft 365 Environment, including Word, PowerPoint, OneDrive and SharePoint.
- Knowledge of issues affecting aging adults.
- Fundraising, marketing and public relations experience.
- Self-motivated and able to work independently.

Preferred

- 3+ years in the non-profit sector

Conditions of Employment
A Satisfactory Criminal Record Check with Vulnerable Sector Search as well as a Satisfactory Adult Abuse Registry Check must be provided.

Apply by January 30, 2026
A full job description is available at www.gordonhoward.ca
Email your résumé or inquiries to: director@gordonhoward.ca

Gordon Howard thanks all applicants for their interest, however only those selected for an interview will be contacted.

Rural Municipality of ST. ANDREWS

COMMUNITIES WORKING TOGETHER

MECHANIC - Full Time Position

Reporting to the Public Works Manager, The incumbent is responsible for servicing, preventative maintenance and repairs for all small equipment, vehicles and heavy mechanical equipment of the Municipality.

To find more details, including qualifications please go to: www.rmofstandrews.com/p/job-opportunities



RM OF WEST ST. PAUL PUBLIC NOTICE

REGARDING THE 2026 FINANCIAL PLAN
PUBLIC NOTICE is hereby given pursuant to subsection 162(2) of *The Municipal Act* that the Council of the RM of West St. Paul intends to present its financial plan for the fiscal year 2026 at a public hearing at the Municipal Office, 3550 Main Street in the RM of West St. Paul on **Thursday, February 5, 2026 at 6:00pm**.

The financial plan will be available for review after January 22, 2026. Persons wishing to view the municipality's financial plan may view the documents during the regular office hours of the municipal office at 3550 Main Street, West St. Paul, Manitoba or on the municipal website at www.westst paul.com

Dated this 15th day of January, 2026.

Crystal Shuhya, CPA, CGA, B.Comm(Hons)
Director of Finance
RM of West St. Paul

The Selkirk Record Classifieds

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Email lucy@selkirkrecord.ca

**The Selkirk Record
Classified and
Announcement booking
deadline is Monday at
4 p.m. prior to Thursday's
publication**

Please Call 204-785-1618

EDUCATION & INFORMATION

You self-describe as a born-again Christian seeking maturity in Christ in the experience of the Early Believers. Info at biblicalbeliever@outlook.com

HEALTH

Are you suffering from joint or arthritic pain? If so, you owe it to yourself to try elk velvet antler capsules. Hundreds have found relief. Benefits humans and pets. EVA is composed of proteins, amino acids, minerals, lipids and water. Key compounds that work to stimulate red blood cell production & cartilage cell regeneration & development. Stonewood Elk Ranch Ltd., 204-467-8884 or e-mail stonewoodelkranch@gmail.com

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Selkirk & Interlake Mental Health Support Centre

Executive Assistant

To provide daily support with a primary focus on peer support and socialization for adults with lived experience (mental illness)

REQUIREMENTS

Peer Support Experience
Strong leadership skills
Conflict resolution skills
Good interpersonal/social skills
Ability to communicate effectively
Light cooking
Daily maintenance/cleaning
Basic office skills
Driver License/Vehicle
Monday – Friday 7:00-1:00
Wage TBD
Selkirk Support Centre
email ssc@mymts.net
Fax 204-785-8076

Deadline for submissions January 21, 2026

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204-467-1858
or 204-886-7027
mcsherryttd@gmail.com

PROVINCE OF MANITOBA NOTICE OF TENDER FOR LEASE

The Minister of Transportation and Infrastructure is inviting Bids for a five-year Agricultural Cropping Lease on a 35.00 acre (approximate) parcel of land adjacent to PTH 9 near Little Britain, RM of St. Andrews, described as:

**ALL THOSE PORTIONS OF RL 112 TO 115 PARISH OF ST ANDREWS LYING TO THE WEST OF WESTERN LIMIT OF MAIN HIGHWAY PLAN 2565 WLTO AND BETWEEN 2 LINES DRAWN SOUTH OF PARALLEL WITH AND PERP DISTANT 993 FEET AND 1894 FEET RESPECTIVELY FROM THE NORTHERN LIMIT OF RL 119 WHICH LIE TO THE EAST OF THE EASTERN LIMIT OF RIGHT OF WAY ON RAILWAY PLAN NO. 380
EXC OUT OF THE ABOVE DESCRIBED PORTION OF SAID RL 115 ALL THAT PORTION WHICH LIES TO THE EAST OF A LINE DRAWN AT RIGHT ANGLES TO THE NORTHERN LIMIT OF SAID LOT 115 FROM A POINT THEREIN DISTANT WLY THEREON 200 FEET FROM THE WESTERN LIMIT OF SAID HIGHWAY**

Tender is set to close on January 23, 2026. Interested persons are invited to contact Jill Arndt at Real Estate Services Branch, 204-239-3538 or RESInfo@gov.mb.ca to request a Tender Package.

Manitoba 

Public
Utilities
Board

Régie
des
services
publics

NOTICE OF APPLICATION CITY OF SELKIRK REVISED WATER AND WASTEWATER RATES SELKIRK WATER AND WASTEWATER UTILITY

January 5, 2026

The City of Selkirk (City) has applied to the Public Utilities Board (Board) for revised water and wastewater rates for Selkirk Water and Wastewater Utility (Utility) as set out in By-law No. 5395, read the first time on September 8, 2025. Rates were last approved in 2023 in Board Order No. 95/23, with current rates coming into effect October 1, 2023.

The current and proposed rates are as follows:

	Current Rates*	Year 1	Year 2	Year 3
Water (\$/cubic meter)	\$ 2.59	\$ 2.71	\$ 2.84	\$ 2.97
Wastewater (\$/cubic meter)	\$ 3.26	\$ 3.49	\$ 3.73	\$ 3.99
Quarterly Service Charge	\$ 29.28	\$ 31.72	\$ 34.32	\$ 37.03
Minimum Quarterly Charge**	\$ 111.18	\$ 118.52	\$ 126.30	\$ 134.47
Min. Quarterly - Water Only**	\$ 65.54	\$ 69.66	\$ 74.08	\$ 78.61
Min. Quarterly - Wastewater Only**	\$ 74.92	\$ 80.58	\$ 86.54	\$ 92.89
Bulk Water (\$/cubic meter)	\$ 2.98	\$ 4.00	\$ 4.00	\$ 4.00
Sewage Receiving Rates				
Administration Fee (per quarter)	\$ 29.28	\$ 31.72	\$ 34.32	\$ 37.03
Volume Dumping (\$/cubic meter)	\$ 15.79	\$ 16.90	\$ 18.06	\$ 19.32
BOD Surcharge (\$/kilogram)	\$ 0.54	\$ 0.58	\$ 0.62	\$ 0.66
SS Surcharge (\$/kilogram)	\$ 0.26	\$ 0.28	\$ 0.30	\$ 0.32
Untested Dumping (\$/cubic meter)	\$ 27.26	\$ 29.18	\$ 31.19	\$ 33.36
New Connections				
Reconnection Fee	\$ 25.00	\$ 50.00	\$ 50.00	\$ 50.00
Meter Testing	\$ 50.00	\$ 100.00	\$ 100.00	\$ 100.00
Hydrant rental	\$ 110.00	\$ 250.00	\$ 250.00	\$ 250.00

* Current charges are found in Bylaw 5379 (95/23)

** Based on 14 cubic meters

Details of the City's application are available for review at the Municipal office or the Public Utilities Board's office. Any questions concerning the application for revised rates, or the operation of the Utility, should be sent directly to the City.

If you have concerns/comments regarding the City of Selkirk's application for water and wastewater, rates please go to www.pubmanitoba.ca and provide your comment. Please note all comments will be forwarded to the City.

Questions or comments should be sent on or before **February 19, 2026**.

The Public Utilities Board is the provincial regulatory agency that reviews and approves rates for water and wastewater utilities in Manitoba, with the exception of the City of Winnipeg. The Board's review process involves:

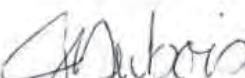
- the Utility filing a rate application to the Board,
- a public notification of proposed rate changes,
- the Board's review of the application through a public hearing or paper review process, and
- the issuance of an Order which outlines the Board's decision on the rate application and the rates to be charged.

The Manitoba Ombudsman has privacy guidelines for administrative tribunals. The Board is mindful of its obligations under those guidelines. Its decisions in respect of the application being considered will be sensitive to the guidelines. Personal information will not be disclosed unless it is appropriate and necessary to do so. However, the Board advises participants that these proceedings are public and that as a result, personal information protections are reduced.

The Board will then decide whether any further notice is required and whether to proceed with a public hearing or paper review process. All concerns received by the Board will be considered in the Board's decision on rates to be charged.

PLEASE BE ADVISED THAT IN CONSIDERING THIS APPLICATION, THE PUBLIC UTILITIES BOARD MAY OR MAY NOT FIND IT NECESSARY TO DETERMINE RATES DIFFERENT FROM THOSE APPLIED FOR BY THE APPLICANT.

Note: All proceedings will be conducted in accordance with the Board's Rules of Practice and Procedure, which the Board may vary in order to constrain regulatory costs. The Rules are available at www.pubmanitoba.ca.



Jennifer Dubois, CPA, CMA, CTAJ
Associate Secretary
Manitoba Public Utilities Board



PARKS CANADA AGENCY
REQUEST FOR PROPOSALS (RFP)

Parks Canada is looking to enter into a Licence of Occupation with an operator to offer food service in the restaurant space at Lower Fort Garry National Historic Site.

Please email manitoba@pc.gc.ca with the subject line "Lower Fort Garry Restaurant RFP package" to express your interest in receiving the Request for Proposals package by Sunday, January 25 at 11:59 pm CST. There will be a Mandatory Site Visit on Tuesday, January 27, 2026, beginning at 10 am CST. Submissions must be received by **Monday, February 16, 2026, 2:00 pm CST**. Two (2) signed copies of the proposal must be submitted as specified below to the following address in a sealed envelope:

Restaurant RFP
ATTN: Evan Reeve, A/Asset Manager
Parks Canada Agency
5925 Highway 9
St. Andrews, Manitoba R1A 4A8
Telephone: 204-904-9617
Email: manitoba@pc.gc.ca

Visit parks.canada.ca/lhn-nhs/mb/fortgarry/info/demande-request for complete RFP instructions.

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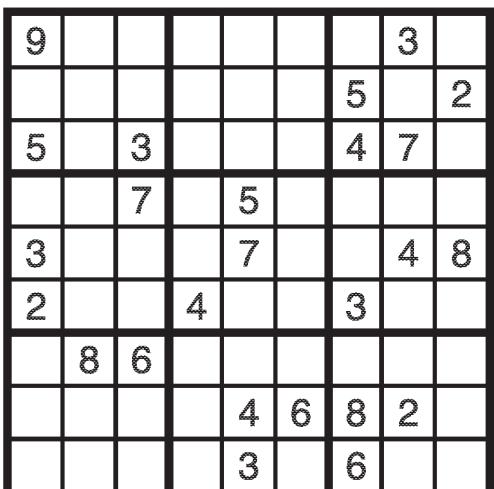


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> GAMES

SUDOKU



Level: Intermediate

Here's How It Works:

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

Fun By The Numbers

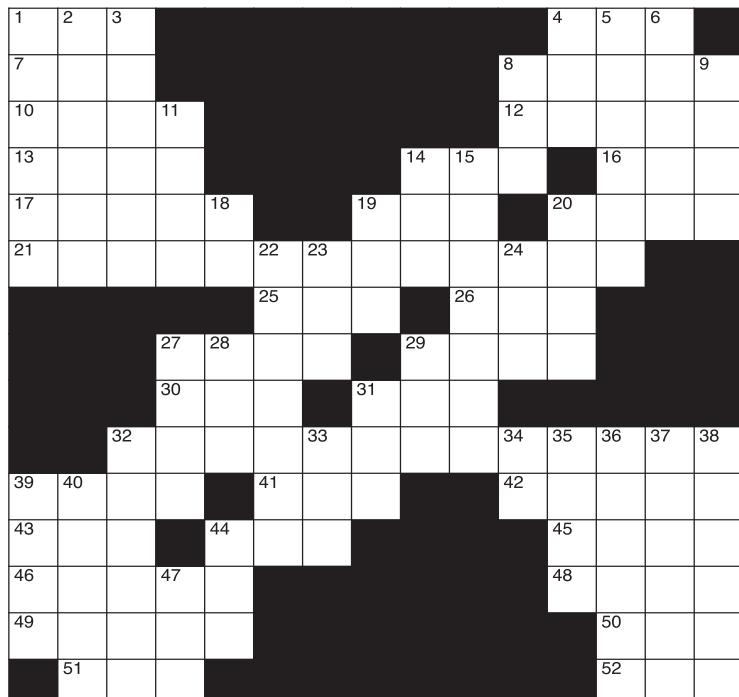
Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

CLUES ACROSS

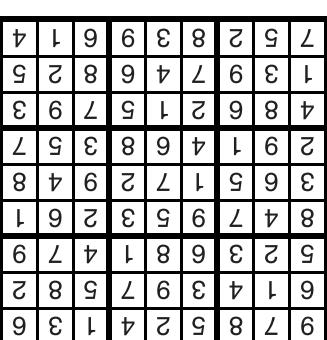
- Former CIA
- Language
- Constrictor snake
- Demand
- Rich man
- Short-tailed marten
- Zoroastrian concept of holy fire
- Superconducting super collider
- International group of countries within the Americas
- Sacred state for Muslims
- Shock therapy
- Engrave
- Localities
- Paddle
- Periodical
- Dishonestly gained money
- Gain possession of
- Actor DiCaprio
- High schoolers' test
- Mr. October
- Sign of healing
- One's grandmother
- Entrap
- One who simultaneously buys and sells
- Francisco
- Web-based data provider of marine life
- Type of snake
- Dark mark or stain
- Member of the Salii
- Former measure of length
- CNN's founder
- Witness

- Acquire
- Console
- Hunting expedition
- Pie ___ mode
- Simple shoes for peasants
- Eurasian shrub
- Reciprocal of a sine
- Work together in harmony
- Grenade
- File extension
- Minute pores in a plant
- Medal of Honor
- Make a mistake
- Advance slowly, as if by inches
- Sandwich meat
- An awkward stupid

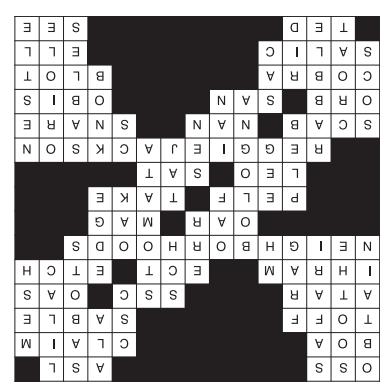
X CROSSWORD



- Strong tree
- Commoner
- Electroencephalograph
- Mahal
- Congressman
- Disorderly crowd
- 007's creator Fleming
- Atomic #55
- Part of a door
- Short-tail martens
- Baltimore ballplayer
- Cuddle
- Gang in "The Outsiders"
- Of Croatia
- Body cavity
- Get free of



Sudoku Answer



Crossword Answer

CLUES DOWN

Announcements

Selkirk Record

ANNOUNCEMENT

IN MEMORIAM



Sophie Grochowich
September 19, 1920 - January 1, 2020
In loving memory of
our dear mother and grandmother
who left us on New Years Day, 6 years ago.
Those we love never go away,
They walk beside us every day;
With tender love and deep regret,
We who love you, will never forget.
-Sadly missed by
Frances and Pat
and their families

ANNOUNCEMENT

IN MEMORIAM



Peter Skazyk
July 11, 1936 - January 19, 2021
In loving memory of
our dear husband, father, and grandfather.
"5 years since you left us!"
Unseen, unheard, you are always near,
Still loved, still missed and still very dear.
We hold you close within our hearts
And there you will remain;
To walk with us throughout our lives,
Until we meet again.

-Sadly missed by
Frances and sons Allan, Greg and Ed
and their families

ANNOUNCEMENT

IN MEMORIAM



Delphine Paine
February 4, 1934 - January 16, 2023
Remembering you is easy, I do it every day;
But there is an ache within my heart that will
never go away.
-Love, Melanie, Eric
grandchildren and great-grandchildren

ANNOUNCEMENT

IN MEMORIAM



Laye, Marion (Hardwick)
January 17, 2020
Loving and kind in all her ways,
Upright and just to the end of her days;
Sincere and true, in her heart and mind,
Beautiful memories she left behind.
Miss you always and love you.
-Sister Ingrid

ANNOUNCEMENT

IN MEMORIAM

Albert (Cowboy) Eames
July 20, 1922 - January 20, 1996

Kathleen Eames

September 30, 1919 - January 26, 2013
(Parents, Grandparents, Great-Grandparents)
Sadly missed along the way,
Quietly remembered every day,
No longer in our lives to share,
But in our hearts, you're always there.

Loved and missed.
-Laverne and family

ANNOUNCEMENT

IN MEMORIAM



In Loving Memory of our twin sons
Kevin Andrew Mayo

January 7, 1969 - December 5, 2022

James Ian Mayo

January 7, 1968 - January 8, 1968

So let the tears fall when they come
Let the laughter rise when memories bring
warmth

Let grief and joy coexist
For they are not opposites
They are just love in different forms
Loving you always, now in God's care.

-Mom/Mummy, Kyle, Doreen, Leanne,
Caitlin, Paige
and family

ANNOUNCEMENT

IN MEMORIAM

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

The joy we shared,
The love we knew,
The precious years,
We had with you.

-Always on our minds, forever in our hearts.
Love: Laverne and family

ANNOUNCEMENT

IN MEMORIAM

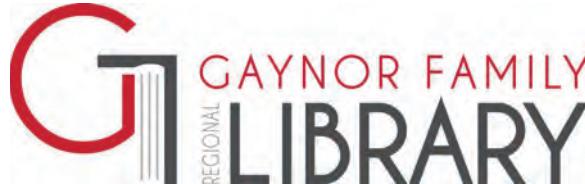
Linda Johanson
March 10, 1950 - January 25, 2015
(Sister-in-Law and Auntie)

You left us without warning,
You were gone so very fast,
But we hold on to the memories,
We shared in our past.
Loved and missed.

-Laverne and family

*There is a link death cannot sever,
Love and remembrance last forever.*

Gaynor Family Regional Library
Renovation Project RFP # 2026-01
Selkirk, Manitoba



Request for Proposal

Gaynor Family Regional Library

Renovation

RFP # 2026-01

at

806 Manitoba Avenue

Selkirk, Manitoba

R1A 2H4

RFP Release Date: January 15, 2026

RFP Closing Date: February 02, 2026

@ 3:00 pm Central Standard Time

For document release, please contact the
Gaynor Family Regional Library at (204) 482-3522.
Formal documents posted to MERX.

OBITUARY**Marlene Augusta Cooke
(nee Cromarty)**

With great sadness, we announce the passing of Marlene Cooke on Tuesday, December 30, 2025 at the Tudor Personal Care home at the age of 92 years.

Left to mourn Marlene's passing are her children, Dwight, Wesley, Lori, Patti (Rich) and Kelly (Mary-Ann); grandchildren, Bev (Todd), Michele (J.C.), Brian, Raven, Xandra, Kristy (Ryan); numerous great-grandchildren; her sister Dairdie Frost and many other relatives and

friends.

She was predeceased by her husband Kelly; parents, Russell and Edna Cromarty; brothers, Gerald and Alan; and grandchildren Brenda Cooke and John Orvis.

Mom was born on January 18, 1933 in Selkirk, Manitoba and lived there the majority of her life. She graduated in 1964 as an RPN, while raising five children, working at SMHC with pride until retiring in 1988. She was a very honest, kind and loving person. Truly, a one of a kind mother.

She loved all sports, especially basketball, bowling with numerous trophies, curling, golfing, etc. Mom also loved gardening, painting and bird watching.

Mom was happiest spending time with her family camping, traveling, picnics, sightseeing and relaxing at the cabin.

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

The family wishes to express their heartfelt thanks to the staff at Tudor Personal Care Home for their gentle and caring ways shown to Mom. Also to Gilbart Funeral Home for all their help.

Tributes: www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.

**OBITUARY****John (Curly) Domitruk**

Curly passed from his earthly life to eternal sleep on January 1st, 2026, age ninety-two, surrounded by his loving family.

Curly was born on the farm near Vita on August 9, 1933 to Ukrainian immigrant parents Paul and Annie Domitruk.

Curly leaves to cherish his memory his wife of nearly 70 years Fran; children Daryl (Rhonda) and Char (Gord); grandchildren Kaleigh, Brenna (Brenton), Evelyn (Mat), Owen (Brenna) and great-grandson Henrik. He is also survived by many dear nieces and nephews and a sister-in-law Sonia.

Curly was predeceased by his parents, sister Florence and brothers Maurice, Tommy, Willy and Steve as well as in-laws Irv, Myrtle, and Jean.

Curly lost his father when he was young, but he and his family persevered. Curly became a noted hockey goalie and southpaw pitcher with the storied Vita Cubs ball club. As a young man Curly enjoyed many barn dances. Sports and dancing remained fixtures in his life.

In the late 1940's Curly joined Manitoba Power Commission. He retired from Manitoba Hydro after a thirty-seven-year span of assignments in Stonewall, Powerview and Grand Marais and, ultimately, Selkirk where he pioneered several hot line maintenance techniques.

Curly met Senkiw's Fran Rybuck at the Vita skating rink after helping her up from a fall. The two were married in 1956. Curly became a spirited and dedicated member of the Rybuck family.

Between moves with Hydro, Curly and Fran started a family. Daryl was born in 1961 followed by Char in 1964. Curly actively supported his children in school, sports and the arts. The family toured Manitoba and Canada in a truck camper. Boats were a constant source of recreation and pride.

Meticulous and resourceful, Curly lent his skills to many building and electrical projects for family, neighbours, churches and community facilities.

Retiring to Winnipeg Beach, Curly and Fran enjoyed sailing, community events and extensive travel in their motorhome. Grandchildren became their focus and Curly revelled in being an attentive and caring grandpa. "The Beach" was a second home for the grandkids.

The Beach years also cemented many friendships, especially those founded on camping and golf parties with the rambunctious Butter Brickle Gang. Never a great golfer, Curly again persevered and was rewarded with one confirmed hole-in-one (apparently, several await verification).

Later, Curly and Fran moved to Kiwanis on the Red in Selkirk where their circle of friends grew and Curly enhanced his reputation as "Mr. Fix-it". He followed virtually every Blue Jay game from spring training to season's end.

Curly passed with dignity and peace, his status secured as a great family man, community supporter, colleague and friend. In lieu of flowers donations can be made to Selkirk and District Community Foundation.

In keeping with Curly's wishes cremation has taken place. A celebration of his life was held on Saturday, January 10, 2026 at 11:00 a.m. at Christ Church, Selkirk. Service will be livestreamed.

Vichnaya Pamiat

Tributes: www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



Your memory will live forever engraved within our hearts.

Announcements**ANNOUNCEMENT****IN MEMORIAM****Bernice Hilts**

December 25, 1948 - January 9, 2024

Sadly missed along life's way.

Quietly remembered every day.

No longer in our lives to share,

But in our hearts you are always there.

-Love your family

There is a link death cannot sever,
Love and remembrance last forever.

OBITUARY**Maria June Jones**

June 29, 1942 to January 2, 2026

Maria passed away peacefully, following a long and determined battle with cancer, on January 2. She was 83.

Maria is survived by her son Brian; her sisters Rae Magnusson, Lynne Magnusson (Paul Stevens) and Janis Magnusson (Bill Valgardonson); her sister in law Eileen Jones; and many extended family members, all of whom will miss her dearly.

She was predeceased by her husband Gerald, son Eric, parents Gudlaug and Agnar Magnusson, and her brothers in law Stefan Jones and Jack Dobb.

Maria was born and raised in Winnipeg. In her youth, she excelled in her academic and music studies. She attended the University of Manitoba, earning her BA (Honours) degree and nearing completion of her Masters. She studied piano and music theory, achieving her ARCT diploma, one of the highest academic credentials awarded by the Royal Conservatory of Music, as well as her AMM. After university, Maria taught school, primarily English and music, in Killarney and Winnipeg. After moving to Selkirk, she taught piano lessons privately for many years.

In the spring of 1966, Maria met the love of her life. In May of that year, while visiting a university friend she met Gerald "Buddy" Jones in the teacher's staff room at Killarney Collegiate. They were married three months later in August after a whirlwind romance. When Gerald passed away in 2023, they had been married for 57 years. During those years, they raised two sons. Maria was a loving wife and a wonderful mother, and was so proud of her boys.

Maria loved spending time with her family, from visits and phone calls with her sisters and other family members to attending family events such as Christmas Eve in her childhood home in Winnipeg and the Jones family reunions at Hecla.

While family was always her top priority, Maria had a lifelong passion for music. She was a gifted pianist who dedicated her career to teaching others. Maria ran a piano studio out of her home in Selkirk for decades, teaching hundreds of students over those years and inspiring a love of music in so many. She performed as an accompanist countless times. She was the organist at the Evangelical Lutheran Church in Selkirk for several years, a choir director, a music festival organizer and at one point was even a classical music radio DJ. She also loved to sing, and as her piano teaching career wound down, she found a new musical outlet by joining the Selkirk Community Choir.

Maria and Gerald travelled the world, visiting Iceland, many trips to Europe, the Middle East, Asia and all across North America. Maria treasured those adventures and always returned with many pictures. Maria also enjoyed an eclectic mix of entertainment. She was a long-time theatregoer, attended the symphony, watched reality TV (especially the singing shows) and sports. In her later years, she did not miss a Bomber game, and enjoyed watching figure skating and curling.

In her final years, Maria found enjoyment in quieter routines: visiting with family and friends, reading, assembling puzzles, watching her shows and sports, going for walks and enjoying time with her caregivers, Karen and Corinna.

The family would like to thank Karen and Corinna, Maria's home care "angels", for the exceptional care and companionship they gave Maria over the last several years. We wish to thank Julia at Centered Care Inc, Dr. Brian Lindenschmidt, CancerCare Manitoba, the Palliative Care team, and the physicians and staff at the Selkirk Regional Health Centre for the excellent care they provided Maria over the years and in her final days.

For those who wish, donations may be made in her memory to the Evangelical Lutheran Church of Selkirk or to CancerCare Manitoba.

A funeral service was held on Monday, January 12 at 11:00 a.m. at the Evangelical Lutheran Church of Selkirk. The service will be recorded and a link will be available on her obituary on Gilbart's website.

Tributes: www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY**James Allan Dejonckheere**

James Allan Dejonckheere, age 56, passed away unexpectedly at home on Monday, December 15, 2025 in Selkirk, Manitoba.

James was born in Selkirk on November 26, 1969. He went to Mapleton School, Lockport Jr. High, then the Lord Selkirk Regional Secondary School where he graduated in 1988. James was obsessed with cars, and fittingly, attended the Automotive Technician program at Red River College and graduated with honours in 1999.

Aside from cars, James loved food, music, movies, books, late night bike rides, playing his guitars, and he loved to tell jokes to anyone who would listen! He loved anything vintage - classic things that are no longer made - with him often saying he was born in the wrong decade because of his big aversion to modern technology. He longed for the simpler days.

He recently went through a struggle after an accident in August 2025, and was just bouncing back when he passed away. We were proud of him for making it through that extremely difficult time.

James was predeceased by his father John Dejonckheere and partner Linda Clarke.

He is lovingly remembered by his mother Anna Kraft, sister Jo-Anne Wilson, his son, Alex Van Somer and his mother Chrissy Van Somer. He also leaves behind his step siblings and their children: Kelly Clarke (Amanda, John), Bonnie Clarke (husband Myron Franks and Zack, Zane, Megan), Christi Clarke (Isobel) and Keri Clarke (Emma); as well as his aunts, uncles, cousins and friends.

As we have navigated these past few weeks we have learned more and more about how many people James actually knew in the community. We welcome you to join us in remembering him. A funeral service was held on Friday, January 9, 2026 at 11:00 a.m. at the St. Clements Anglican Church, 1178 River Road, St. Andrews, MB. Pallbearers were Alex, as well as our cousins, Mike Van Schepdael, Lou-Ann Andrews, Danny Van Schepdael, Carolyn Dejonckheere, and Alison Brochu. Interment followed along with lunch at the St. Clements Hall.

In lieu of flowers, donations may be made in James' memory to Our Daily Bread Soup Kitchen in Selkirk, MB.

A quote from one of James's favourite stories, "A Christmas Carol" by Charles Dickens:

"I will honour Christmas in my heart, and try to keep it all the year. I will live in the Past, the Present, and the Future. The Spirits of all Three shall strive within me. I will not shut out the lessons that they teach."

Rest easy James, we will see you when we get there!

Tributes: www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.

**OBITUARY****Annemarie Aldinger (née Schneider)**

August 13, 1925 – December 12, 2025

Annemarie (Mariechen) was born in Krontal, Bessarabia (Romania) to Daniel and Else Schneider. Mariechen grew up on the family farm with five brothers, Karl, Richard, Daniel, Erich and Walter. She carried happy memories of this time throughout her life. Beginning in 1940, the family endured many hardships due to the Second World War. Demonstrating great courage and strength, she adapted to each situation they encountered and arrived in Germany at the war's end.

Annemarie met Karl when she was 19 and they were married in Stuttgart, Germany on September 10th, 1949. In 1951, they immigrated to Canada with their daughter Gerlinde to begin a new life. They settled in Lockport, Manitoba where they soon welcomed three more children, Fritz, Erika and Karin. While Karl spent long

hours establishing his construction business in the early years, Mama tirelessly put her farming and homemaking skills to work. In 1976, they built a home with their son on Little Britain Road on the first piece of farmland they owned. Throughout the years family, friendships, trips to visit family in Germany and vacations to Hawaii were treasured.

Mariechen was predeceased by her beloved husband Karl in 2016.

She will be lovingly remembered by her children: Gerlinde (Ron), Fritz (Barbara), Erika and Karin; her 12 grandchildren: Eric (Nancy), Signe (Andrew), Kirsten (Nick), Friedrich (Jen), Bentz, Daniel (Joanna), Andrea (Josh), Thomas (Andrea), Michael (Andrée), Sabina, Kristian (Anna-Laure) and Hannah; and 15 great-grandchildren: Oskar, Klaus and Bay, Elin and Lena, Anya and Gisela, Heidi and Tavin, AnneMarie and Axel, Hawksley and Stellan, Ulrich, Atticus (and another on the way). Oma named each member of her family in prayer every night.

She was a great storyteller, and we marveled at her exceptional memory of dates and details going back to her childhood. Family visits to Mama's house in earlier years always featured coffee, delicious baking and cooking with many recipes still used throughout the family today. She enjoyed playing dominoes with all three generations of her family until her final weeks and still winning without any help. We were blessed to celebrate her 100th birthday with all three generations of family in attendance.

After her husband Karl passed in 2016, Mama was able to live out her life in her home with the assistance of her son Fritz and his family as well as many visits from all her family members. The steadfast faith which sustained her throughout her life gave her the certainty she would be reunited with loved ones. We take comfort in knowing she is now at peace in her eternal home. She would always say, "ich bin dankbar." We are so thankful for her example, wisdom, love and the spirit she shared with us.

As per her wishes, a private family gathering and interment of ashes will take place at a later date.

Tributes: www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.

**Announcements****OBITUARY****Raymond Stephen Dutka**

February 7, 1942 - December 23, 2025

It is with heavy hearts that we announce the passing of our Dad, Ray Dutka, age 83.



Dad lived a life of fierce independence; grounded in family, hard work, and an appreciation for the simple things. He found joy with a fishing rod in hand, happiness surrounded by family, and took great pride in his yard, home and garden. His love for gardening was well known - especially the care he put into growing vegetables (just a taste) and for making his famous pickles, which he delighted in sharing with anyone who crossed his path. Somehow your visit with him always turned into a bag, a jar, or an armful of produce being sent home with you. Giving came naturally to Dad and with it we were reminded that love is often shown through simple acts.

Raymond is predeceased by his parents, Steve and Anne Dutka, and his beloved partner, Evelyn Kowal.

Raymond is survived by his siblings, sister Marlene Van Helden and brother Barry Dutka (Debi); his nephews and their families; also many good friends.

Ray will be lovingly remembered by his children: Oleh (Danyell), Angela (Gerald), Shelley (Eldon), and Shawn; as well as his cherished grandchildren, Jordan (Adam), Chase, Taylor, Jalen and Austin who brought him immense pride and joy.

Above all else, Dad loved his family and his legacy lives on in our memories of shared meals, well tended gardens, and stories told with much laughter. His steady presence, and unwavering love will be deeply missed and forever remembered by all who knew him.

The family thanks the dedicated and caring staff at Selkirk Regional Health Centre in the Emergency Department and Palliative Care who cared for Dad in his last days of life.

In lieu of flowers, please consider sending a donation, in his name, to a charity of your choice. A celebration of Dad's life will follow at a later date.

Tributes: www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.

**OBITUARY****Doreen Mary Sisto**

Peacefully and under her own terms, we announce the passing of Doreen Sisto after an amazing 89+ year journey filled with love and adventure.



Doreen is survived by her sons Guy Sisto and Mark Sisto (Lauren); grandchildren Dylan and Tyler of Chicago, their mom Cori. Doreen will be sadly missed by the Truthwaite and Boyce families as well as many extended families in the UK, numerous aunts and uncles and dear lifelong friends.

She was predeceased by her husband George Sisto of Chicago, her father William Robert Jefferson, her mother Barbara (Neave) Jefferson, and her brother, the Selkirk icon Bob Jefferson.

Doreen loved her life in Chicago and had an incredible adventure in the other windy city. George and the boys enjoyed city life, great food, friends, sports, music and all the big city had to offer. Later in life, whenever Doreen visited, the boys would get her to cook a specialty like her clam spaghetti and hit a Cubs or Hawks game. She especially enjoyed Dylan and Tyler who grew up so fast between visits and always made Doreen laugh and feel loved.

Doreen was arguably The Forest Gump of Selkirk making chance encounters with celebrities, and throughout her career at the Ambassador East & the Downtown Westin in Chicago while somehow being simply her unique self. She told many stories about times she was with Harry Belafonte watching Miles Davis at Birdland, drank beers in a dive bar with Rodney Dangerfield, tore Keith Richards coat, and served Cognac to Nazareth.

Over the years Doreen also worked as a car salesperson, known as the velvet hammer, it was good training for her arrival back in Canada. In 1994, Bob and Doreen ventured "out of the box" and decided to take real estate course, once completed, they started Century 21 Jefferson where they collaborated up until Bob's passing on Christmas of 2013. Doreen then retired and continued with volunteer work. She was on the Selkirk Interlake Mental Health Support Centre Board for over 20 years and was a strong advocate for the importance of mental health.

Doreen engaged and enjoyed many people along her life path where she maintained lifelong friendships built on fun, music, laughter, and super great conversations.

Doreen was adamant that she was going to stay in her home and did so right up until two weeks before her passing. In the last two years she amazingly recovered from a broken femur and a cracked pelvis and miraculously persevered until time finally prevailed. Doreen declined dialysis and fought to the end in dignity and courage.

We would like to thank George and Darlene Hacking for their unwavering friendship, support, and assistance they provided to Doreen over some critical times when she needed help the most while at home. Also, the doctors, nurses, and staff at the Selkirk hospital for their dignified and compassionate care.

A celebration of Doreen's life was held on Wednesday, January 7th, 2026 at 11:00 a.m. at Gilbart Funeral Chapel, Selkirk, MB., followed by a brief interment at St. Clements Cemetery, followed by a Celebration at Gaffers, where Doreen and Bob were once partners. If you can recall some memories of Doreen or even some of her stories please share them on the memorium section of the Gilbarts webpage.

Tributes: www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY



Shirley Edginton

Peacefully, on January 5, 2026, Shirley Ellen Roxana Edginton (nee Fell) passed away at the Selkirk Regional Hospital. She was 87 years old.

Shirley was predeceased by her husband George in 2010.

She is survived by her children, Tim (Joan), Gord (Susan), Holly (Ken), and Kyle (Amelia). She also leaves eight grandchildren and five great-grandchildren.

A family celebration of life will be held at a future date.

In lieu of flowers, a donation can be made in Shirley's honour to the Gordon Howard Seniors Centre in Selkirk, Manitoba.

Tributes: www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk

in care of arrangements

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY

Barbara Annette Boucher (nee Reagh)

Surrounded by her family, Annette passed peacefully at Health Sciences Centre, on December 30, 2025.

In keeping with her wishes, cremation has taken place and Celebration of her Life will be held at a later date.

Tribute link: www.alternacreation.ca

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Announcements

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OBITUARY

Eleanor Joan Baron (nee Dubowits)

March 31, 1938 – January 4, 2026

Peacefully, Eleanor passed away in Selkirk, MB., on January 4, 2026 at the age of 87 years.

Eleanor is survived by her brother Herb, sister Linda, daughters Geri and Yvonne, grandchildren Angel (Eric) and Brennan, great-grandchildren Remington (Lexi) and Jordyn (Damon), great-great-granddaughter Erica and many nieces and nephews.

She was predeceased by her parents Mike and Sophie, husband John, brother Tom, sisters-in-law Nellie, Julie, Lorraine and Eileen, brothers-in-law Elwood and Leonard, and granddaughter Jamie.

Eleanor's family would like to thank the staff at Selkirk General Hospital for the care and compassion they provided for her and a big thank you to her friends throughout the years.

At Eleanor's request, cremation has taken place.



Friends and family are invited to visit Eleanor's memorial page at www.interlakecremation.ca, where memories and condolences may be shared.

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