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VOLUME 11 EDITION 3

THURSDAY, JANUARY 23, 2020

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Indigenous healing traditions

RECORD PHOTO BY KATELYN BOULANGER

Brokenhead Ojibway First Nation hosted its first Mental Wellness Powwow on Jan. 18 and 19.

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RECORD PHOTOS BY KATELYN BOULANGER

Pictured above: Dancers who participated in the powwow competition on Jan 18.

Brokenhead hosts mental wellness powwow

By Katelyn Boulanger

Despite a snowstorm, which blanketed the region, members of the Brokenhead Ojibway Nation and surrounding communities came together to celebrate the first annual Mental Wellness Powow, Jan. 18 and 19.

"I think that having a wellness powwow would bring different communities together but it is also through this power that we want to mobilize the community in terms of promoting health, wellness, and a holistic approach to your life," Michael McCleod, the wellness coordinator at Brokenhead Wellness Team

The powwow sought to incorporate elements of physical, mental, spiritual, and emotional health through the theme of discovering our holistic health – mind, body, and Spirit.

"The way that we've structured it this year is that it's a mini competition powwow. We have people from Ontario, Saskatchewan, and we also even have a few people from the state side," Tanager Abigosis, a well-

ness worker at Brokenhead Wellness Team.

Women were invited to compete in jingle, jingle fancy, and traditional dance while men participated in fancy, grass dance, traditional, and chicken dance. There was also an ironman and iron woman competition, which is an endurance dance, where participants are invited to dance until they can dance no longer. The last competitors on the floor for both men and women are then declared the winners.

The event also incorporated a drumming competition, a feast, and vendors were selling bells, and other items used in traditional practices.

"Mental health is very important when we look at the history the psychological, the mental, and emotional aspect of our lives have been affected in one way or another and many times it is left untreated and unrecognized, unnoticed."

Continued on page 4





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> **WELLNESS POWWOW,
FROM PG. 3**



RECORD PHOTOS BY KATELYN BOULANGER
Pictured above from left to right: Vendor at the event and Delores Chief Abigosis opening the event with her speech.

“So, with the consciousness of what is going on, the deterioration of health, it is important that we highlight not only our mental health but as a holistic approach we to our mental, physiological, physical, every aspect of our lives,” said McLeod.

He explained that when people don’t have a place to go to express themselves and discuss what is going on with them they internalize their problems which makes them worse overall.

The Brokenhead Wellness team run the brighter futures program, building healthy communities program and addictions program in the community and hope that having people come out to this event will make anyone who may need these services feel

more able to approach the team in the future.

“We want to bring it to the community and make them aware of the services that we are offering to help them with their struggles,” said McLeod.

He hopes that in the future this powwow can become a model for other communities, create more awareness of health needs, and facilitates improvements in health and mental health in the community.

“Looking at the spiritual social practices of our people, this is what powwow is about and when we are able to come together in this way, we are able to create that good energy,” said Delores Chief Abigosis in her opening speech.



Raising the victory flag!

RECORD PHOTO BY BRETT MITCHELL
The City of Selkirk prepared the arrival of the Grey Cup by raising a Winnipeg Bomber’s flag at the Rec Complex Jan. 15. Pictured left to right: Darlene Swiderski, Larry Johannson, April Hourie and Bomber Community Relations Manager Tara Skibo.

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Entomologist talks bugs at South Interlake Grain Info Day

By Katelyn Boulanger

The South Interlake Grain Info Day returned to Clandeboye Community Hall for its 22nd year helping local farmers get the latest information Jan. 14.

"It is an opportunity to get a group of industry people together and have exhibits with local farmers and the key thing is to present information from different speakers about issues that are current and information that they can use in their farming operations and farming businesses," said Ingrid Kristjanson, Farm Production Extension Specialist with Manitoba Agriculture and Resource Development and coordinator of the South Interlake Grain Info Day.

The day consisted of many presentations and 22 exhibits, which allowed attendees to learn about the many options that they have when it comes to farming equipment and options.

"Really our focus is to present current information so having the exhibitors there adds to the day. I can't really say that that is the focus of the day but it does give the opportunity to businesses to meet with their current clients possibly meet with new clients, give information about how they may be able to work with area farmers," explained Kristjanson.

The presentations covered topics ranging from weeds, inclement weather, fertilizer and insect concerns.

John Gauloski an entomologist with Manitoba Agriculture and Resource Development spoke about the common insect concerns from 2019 and what to expect from 2020.

"I've got flea beetles, cutworms and grasshoppers separated out from the other insects and I consider those to

be our major three pests from 2019," Gauloski said.

He said that flea beetles in particular were a burden last year because hot and dry days are ideal conditions for them where as cool temperatures and wind make it so that they do not feed as aggressively. He advised taking extra care at the lake in May and early June.

"The other questions that I was getting a lot of last year, people were trying to attempt to do various things to minimize the risk of flea beetles and one of the things that a few farmers told me they did was they held off seeding until mid-May thinking that if we seed a bit later the crop would grow a bit quicker and be less at risk of flea beetles. Some of those people ended up having to do full year sprays anyway," said Gauloski.

He said that seeding date can be adjusted in this way for less loss to pest but it is also weather dependant as to whether this technique will work in any given year.

"When we talk about cutworms we're talking about a complex of different species that can feed on our seedling crops," said Gauloski.

The two dominant species of cutworms last year were the dingy cutworm and the redbacked cutworm. Because of the different lifecycles of the different species, they can become problems at different times of the year. Gauloski said that the best predictor of future cutworm populations is looking at past trends.

"You get three or four really bad years and then you start trending downwards. I'm hoping that last year was the peak of our cycle because things got quite bad. We did see them building so it didn't hit us quite out



RECORD PHOTOS BY KATELYN BOULANGER

Vendors chatting with local farmers at South Interlake Grain Info Day Jan. 14.

of the blue. We did have a few fairly bad cutworm years leading up to 2019. I hope that we've peaked," Gauloski said.

He then went on to discuss grasshoppers who's populations have also been projecting upwards.

"We've known for a couple years now that grasshoppers are starting to build that happened when you get hot dry summers especially consecutive dry summers like we've been getting," said Gauloski.

Of the 180 species of grasshoppers, locally only three of them are pest species. The population of grasshop-

pers is very weather dependant according to Gauloski so heavy rains in early June would be bad for them.

Gauloski's parting advice for attendees was to scout for flea beetles and cutworms next year and check for ditches and pastures because grasshoppers could be an issue as well.

"Farming is a very challenging business and anything that we can do to provide timely information is something that we want to do. There's lots of challenges, there's rewards of course but there are lots of challenges," said Kristjanson.



John Gauloski an etymologist speaking about the common insect concerns from 2019 and what to expect from 2020.

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Local boy will spend 2020 raising funds for specialized equipment



RECORD PHOTOS BY KATELYN BOULANGER

It was announced on Jan. 16 that Brady Bobrowich would be the Champion Child for Children's Hospital Foundation of Manitoba. The 2019 champion child Gianna Eusebio welcomes Brady.

Brady Bobrowich is the 2020 Champion Child for Children's Hospital Foundation of Manitoba

By Katelyn Boulanger

Brady Bobrowich was announced as this year's 2020 Champion Child for Children's Hospital Foundation of Manitoba on Jan. 16. With this honour, he will be Manitoba's ambassador for the Children's Hospital for this year.

"I am very excited to be chosen as the champion child for the Children's Hospital Foundation for Manitoba for 2020. It's important to share my story not just for me but for all the other kids too," said Brady.

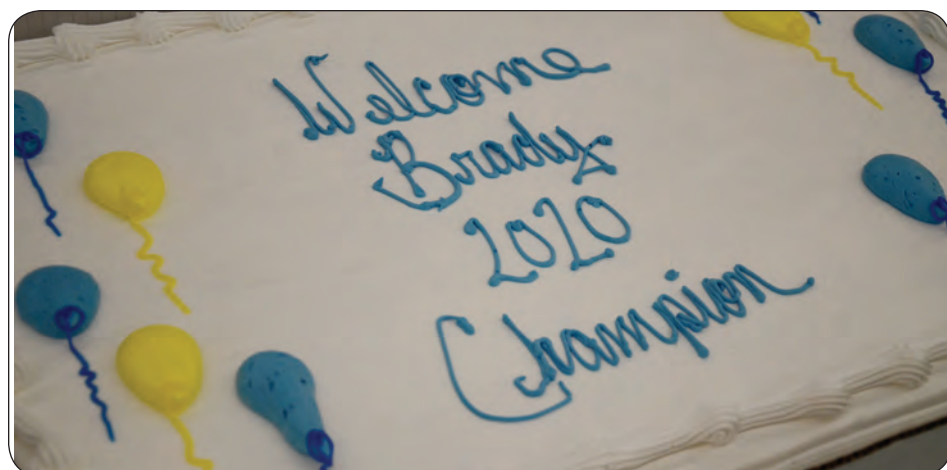
Brady who is now 12 years old, was diagnosed with Type 1 Neurofibromatosis—a genetic disorder that causes

tumors to form on nerve tissue—by age six though he showed the first symptoms of his condition when he was five months old.

"Every day you see kids with illnesses but you might not be able to see their illness. Look at me can you tell I have over 100 tumors growing in my body right now?" he said.

Because of his illness, he has had to undergo many procedures at the children's hospital, in particular three operations to his spine because of a tumor that required rods to be put into his back.

"Because it's growing on one side



of my body it caused a scoliosis to occur as I grew. This is like a branch on a tree causing it to bend to one side because of this my parents worried that I wouldn't be able to play like other kids but I had the children's hospital to help me," Brady said.

He currently goes to the children's

hospital every 6 months to have scans to monitor his condition.

"Thanks to donors with the Children's Hospital Foundation there are now MRI goggles so that kids like me can watch movies while getting their MRIs," he said.

Brady said that this makes appointments less scary for some kids.

"Because of the care at the children's hospital today I'm able to play hockey, baseball, swim at the lake, ski and enjoy the outdoors. I'm thankful for everyone that works at the children's hospital and the Children's Hospital Foundation that helps purchase the medical equipment and the surgical tools that helped my spine and provided the child life programs in the hospital," said Brady.

2019's champion child Gianna Eusebio advised Brady to, "Eat lots of cake and smile till your cheeks hurt, share your story with pride, and have lots of fun. You will be awesome."

To follow Brady's journey visit goodbear.ca/Brady



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Community support vital for people with Alzheimer's disease

By Patricia Barrett

The wife of a sixty-seven-year-old Selkirk man living with Alzheimer's disease is helping raise public awareness of the disease and says community support is vital for both the sufferer and the caregiver.

Glenda Oldham shared with the *Express Weekly News* her husband Tim's progression through the disease, information about available supports and the challenges she and many caregivers like her can experience.

Even though caregivers become more familiar with what's happening to their loved one, they still live with a lot of uncertainty.

"I have no sense as to when and how and where this is going to evolve. But I was probably more panicky during that first year [the year he was diagnosed] when he would all of sudden get lost or there would be some kind of personality change," she said. "There's a certain panic to that and you think, 'Oh my gosh, what can I do to change this or what can I do to slow it down?'"

She said Tim can suddenly forget where his coat or the dinner plates are and become a bit disoriented if he's faced with a new situation or their routine gets off track. But he's still able to communicate and actively takes part in social activities in the community.

Oldham says there are common misperceptions about the disease as people move through its various stages, and "almost from the get-go



RECORD PHOTO SUBMITTED

January is Alzheimer's Awareness month.

it's like an invisible wall has gone up between you and the rest of society."

There a number of things friends and acquaintances can do to help even if they have no prior experience dealing with the disease and may feel awkward, she said. One of the best things, for example, that people who know Tim can do is say hello to him if they happen to meet somewhere in the community, whether that's at the grocery store or on the street. A simple conversation about anything – even the weather – or just shaking his hand in greeting tells him he's "recognized" and breaks down the isolation and stigmas associated with the disease.

Acknowledgement does not go unnoticed, said Oldham, as sufferers in the early or middle stages of the disease are still capable of understanding what's going on and conversing.

"When we talk about the weather –

we all know what the weather is doing – what we're really doing is 'touching' each other with words: I'm acknowledging you. I know your name. We have history. I value you so much that I'll stand here and talk about the weather for quite a while," she said. "And that's really about connecting the human spirit to the human spirit."

It's also important to avoid talking about the Alzheimer sufferer as though he/she is not there because "you never know what their brain is taking in," said Oldham.

"When you're talking over him Tim knows what you're saying. He won't necessarily react then, but when we gets home, I'll hear about it."

People with Alzheimer's commonly move through three stages. In the early stage, a person may become forgetful, experience difficulty learning new things, have a hard time concentrating and experience mood shifts

and coordination and communication problems. The middle stage is marked by more pronounced difficulties with the above symptoms and may include uninhibited behaviours such as aggression. The late stage is marked by severe impairment in memory, verbal expression and information processing.

Oldham said Tim has had the disease (since diagnosis) for about five years and thinks he's somewhere in the middle stage. It took about 14 months of testing – everything from blood tests and electrocardiograms to CT, PET and MRI scans – to eliminate other conditions.

Although Oldham says they have support from people who know Tim – he's "embraced" by the singers in his local men's choir and is part of a bowling team and an after-church coffee

Continued on page 9

Learning about suicide prevention with safeTalk

By Katelyn Boulanger

The Canadian Mental Health Association with the support of the Selkirk Community Renewal Corporation would like to offer the safeTalk program in the Interlake region for Property Managers so that they can better address the needs of their tenants.

"SafeTalk stands for suicide alertness for everyone. So the goal is to train everyone, or everyone that's interested, to be suicide alert. What that means is that you're open to looking for the signs of suicide and also open to having the conversations about suicide and helping people to connect to resources that can help them through that time," Tristan Dreilich, a mental health resource developer with the Canadian Mental Health Association, said.

The safeTalk program is a one day, 4-hour course that is designed to help recognize if someone is experiencing a crisis around suicide, give the attendee the tools to have a conversa-

tion about suicide with that person, and then connect the person to resources that can support their movement towards living.

"The reasons that we wanted to engage with landlords are—there's multiple reasons—one of them is that that CMHA, as a service provider, works in the housing field and one of our objectives is to house people in the community. So, we have existing relationships with landlords, property managers and caretakers, and through those relationships we know that they are often on the front lines for things regarding tenants. They are often the first point of contact when something isn't going well in a unit or there's trouble or someone's experiencing a crisis in the unit," Dreilich explained.

The program goes into detail about what is and what is not suicide, why a person experiencing thoughts of suicide may be feeling that way, refuting the myths about suicide, noticing

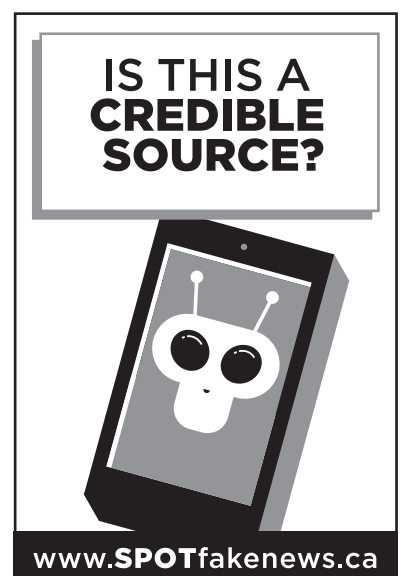
the signs people may exhibit prior to suicide, and equipping people to ask about suicide.

"There is stigma still. People are worried about what to say and some people may just not feel equipped so the goal of the program is the equip people to ask about it and be comfortable because they not only can look for the signs and know how to frame the questions but they know what to do after," said Dreilich.

He says that not everyone in the community needs to be a psychologist in order to help with suicide prevention but that like first aid you don't have to be an expert but a few key skills can go a long way in making a safer community.

"What we're hoping to do, and this has been reinforces anecdotally through conversations that we've had with landlords and caretakers, is provide some opportunity to gain skills and have conversations around these issues," said Dreilich. To learn more

specifically about the safeTalk program visit livingworks.net and if you are interested in participating in this training Dreilich invites you to connect with him via email at tdreilich@cmhaie.ca or to call 204-482-9723.



The Selkirk Record



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There's a lot more fish in the river

Hi folks.

I was way out on the south basin of Lake Winnipeg a while back on a bright, mild day and saw a hard wall ice shack off by itself. I drove over to it and leaving my truck, called out, "Hello in the shack!" "Hi, just a minute," came back a lively, friendly voice. The door opened and a smiling chap stepped onto the ice saying, "Hi, I'm Ed Marshall."

Standing in the spring like open air, I told him who I was and asked if he could remember an unusual fishing experience he might share with us. He thought for a moment and then said that originally he had come from Newfoundland and in the spring his family would gather Smelts on their "Capelin Runs." I interjected, "Gosh, Ed a few weeks ago a gal by the name of Robyn Dierickse shared her story of "scooping" Smelts on the shores of Lake Erie during her childhood. Did your family use pails with holes in them to catch the fish like Robyn's folks did?"

"No, in the spring when the Smelts came ashore by the millions to spawn we would collect them by hand, take them home and after cleaning either fry, roast or preserve them," he said. "I had no idea Smelts were such a big thing in the east coast," I exclaimed. "Yeah, it's a multi-million dollar part of their economy and culture," Ed responded.

This last weekend I was on the Red River by Sugar Island and met a young chap with light brown hair who was ice fishing. I asked him if he ever had a memorable fishing experience and his face lit up as he launched vigorously into a startling experience. Our new friend, Darrin Malak, was ice fishing downstream of the Pine Falls-Powerview Dam last year with his dad. It was a sunny, windy day as they sat over their holes on old pails when Darrin felt a pull on his short rod. He stood up and looking into the water

could see the dark back of a smaller hooked pickerel darting about just under the ice. He hauled up on his rod with authority wanting to land his fish but it kept trying to take off to one side.

Darrin's dad cautioned him not to reel in too hard for fear of losing it. He loosened his drag just as a grey streak flashed across the hole. A strong pulsating tug met Darrin's hands on his rod. There was something wrong! The young lad brought the pickerel head up in the hole but half way down a huge jackfish had buried its teeth into it! Darrin watched frozen as the jack, with a whip of its head tore the pickerel in half disappearing into the depths with the lower part! Darrin sat stunned. His dad sitting beside him calmly said, "That's ok son, there's a lot more fish in the river."

A few days earlier a very interesting story came our way when I met Alex Scott, a bespectacled, brown bearded, averaged sized chap, his thin blond haired daughter Julia and a German exchange student, tall, blond, Agnes Seidl, on the Red River upstream of Selkirk. They told of a time not long ago when Alex took the girls up to Hecla Island for some ice fishing. He used his brother's house there for the weekend and come early morning before daybreak they packed their gear on a sleigh, hitched it to a big quad and rumbled out in pitch dark with only the lights of the quad showing the way.

As they headed east over the snow packed ice the sky appeared blue-black with the crystal clarity of mid-winter cold. The stars shimmered like brilliant diamonds. Abruptly Alex heard the girls on the sleigh screaming. He stopped the quad and turning in his seat, saw the girls waving their arms. He turned off the machine and in the desolate silence crunched through the snow to the girls asking, "What's wrong?"



RECORD PHOTO BY ARNIE WEIDL

Ed Marshall, an expert in catching and preparing Smelts, with some of his pickerel catch out of Lake Winnipeg.

"Look up," they shouted. Alex lifted his head skyward. There, a number of white-yellow lights were moving across the heavens in a perfectly spaced line. Naturally frightened, they stared at the lights until abruptly, they went out. Alex, composing himself, now saw the faint brightening of the east horizon over Black Island and knew it signaled the coming dawn. No longer wanting to continue their day of fishing, they turned their rig around and headed for home. They peeled off their heavy clothes in the house, turned on the TV and began making breakfast. The news was on and within minutes the announcer revealed that SpaceX had launched a number of satellites that night which could be seen by Canadians. Alex and the girls looked at each other laughing. "I knew it wasn't aliens!" Julia exclaimed.

Till next week friends, bye for now.

View the Selkirk Record online at selkirkrecord.ca



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

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Grey Cup comes to Selkirk!



RECORD PHOTOS BY KATELYN BOULANGER
The Grey Cup is making its way around the province thanks to the Winnipeg Blue Bombers' defeat of the Hamilton Tiger-Cats and Selkirk residents had their chance to take pictures and have autographs signed on Jan. 19. Pictured clockwise from above: (left to right) Wyatt, Jean, and Jack Olson have their picture taken with the Grey Cup. Bombers player John Rush signs autographs for fans. Grey Cup victory merchandise was sold.

> ALZHEIMER'S AWARENESS MONTH, FROM PG. 7

group – she can still become sad at times.

"On the negative side of things there are phases of time when I feel particularly overwhelmed, when it just comes on me because you're with this 24 hours a day and seven days a week," she said. "And this is where supports are so vital. I could not be doing this without the support of the Alzheimer Society."

More than 20,000 Manitobans have Alzheimer's disease or another form of dementia, according to the Alzheimer Society of Manitoba. The disease also comes at an economic cost of about \$885 million. That's expected to rise to over \$4 billion by 2038. Caregivers spend over 9 million hours of informal unpaid care. The projected growth in cases is a "crisis" that will overwhelm families, the healthcare system and the economy.

Each January the society spearheads a campaign to raise awareness of the disease and the services it provides to Alzheimer's sufferers and their families.

"We provide information and support to individuals and families impacted by dementia," said the society's Interlake-Eastern regional coordinator Samantha Holland, "whether that's just a listening ear, or whether they have specific questions about dementia or care-giving strategies. They can brainstorm with me or other staff members."

Holland said there are over 100 different types of dementia and the progression is different for everybody.

The society offers an eight-week Minds in Motion program in Gimli and Selkirk to help Alzheimer's sufferers and their caregivers get physical exercise, social stimulation and brain-strengthening exercises. The program runs in the spring and fall at New Horizons in Gimli and at the Gordon Howard Seniors Centre in Selkirk.

"It's two hours and they do some exercises and then break for coffee and refreshments for that socialization piece. Then they do cognitive activities. One day we might be doing brain games or crossword puzzles, giant Jenga or bocce ball," said Holland. "It's a really great

program to get people out in their community and participating without fear of being judged."

Holland said lifestyle choices (diet and exercise) can slow down Alzheimer's. People who adhere to a Mediterranean diet with its emphasis on fruits, vegetables, beans, nuts, fatty fish and a reduction in the consumption of red meat, processed food, baked goods and junk food, can lower their odds of developing Alzheimer's by 36 per cent.

In its latest newsletter, the society published a Brain Health Food Guide with recommended foods.

"I think a lot of people have this misconception that it just comes down to genetics, but that's one small piece of the puzzle," said Holland. "There's research to support a healthy lifestyle along with keeping socially active. And people should keep trying new things, something as simple as brushing your teeth with the opposite hand because that's stimulating new connections in your brain."

Oldham said she reached out to the society right away for advice and support.

"If you have a diagnosis, call the society right away," she said. "They are so caring and they will give you things you can do right now so when things get tougher, you know you've taken care of those things."

Oldham follows the food guide to the best of her ability, and she and Tim take part in the Minds in Motion program in Selkirk, she said. She also takes part in telehealth educational seminars offered by the society where caregivers can learn about different issues such as legal matters, transitioning to long-term care or whether or not to refuse medications.

Despite medications and lifestyle changes that can slow the progression of the disease, there's no getting around the fact that Alzheimer's will get steadily worse and is ultimately fatal.

"It's like a half-death now. They're still here, they're still alive, but they're not who they were. And that's hard," said Oldham. "But when the community is willing to embrace Tim, it makes a huge difference to me."

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Looking back on East St. Paul's 2019

RM of East St. Paul publishes retrospective of a busy year

Submitted by the RM of East St. Paul

January seems to be the month we reflect and resolve. We reflect on the year that has passed and often make resolutions for the year ahead. This article reflects on the year in our rear view mirror - including some significant changes and accomplishments in East St. Paul.

- Monthly history stories - ESP stories, written by or on behalf of local residents, were a feature in the newsletter every month. It was wonderful to hear first hand from residents who have seen so much change in the RM; several of them have lived in ESP for more than 50 years.

- Recruited a new Citizens on Patrol Program (COPP) Coordinator - Detlef Hindemith took over the reins as our new COPP coordinator but he is anything but new to the organization. He is a Director with Manitoba COPP and has eight years experience as a municipal coordinator in another RM. Since he joined the ESP COPP, Detlef has recruited 38 new volunteers. This is an outstanding accomplishment. Thank you to all who have stepped forward to improve the safety of our community.

- Received \$125,000 in Federal funding for Climate Change Coordinator - ESP was one of only two municipalities in Manitoba selected to receive this funding which will cover 80% of the salary of a new employee over a two-year period. The focus of the new position is to address climate change by reducing pollution and improving energy efficiency in the operation and maintenance of public infrastructure.

- Enhanced communication for all public hearings - In April, the RM began providing monthly communications on all upcoming public hearings dealing with planning items such as variances, conditional uses, subdivision and rezoning. This information was always available on the Red River Planning District's website but we made it easier for residents to view the notices by sending out a reminder each month via our email distribution, Facebook, and Twitter with a link to Red River Planning District's website.

- Pickleball at the arena - in May, after the ice was removed from the arena, the RM opened up the floor to Pickleball players. Six courts were marked up for the free drop in play and the courts were filled with enthusiastic players of all levels.

- Delivered a fiscally responsible budget - the 2019 tax increase was kept at a low 2.2% which for a home assessed at \$436,800 was an increase of \$37.54. Over the previous four years ESP's municipal tax increase average has been 1.09%. At the same time, the reserve fund has grown from \$9.3M in 2015 to \$16.4M in 2019. This demonstrates responsible governance and good planning for large expenditures. The RM has embarked on an upgrade to our sewage treatment plant which was originally constructed in the 1980s. This major capital project could cost more

than \$20M.

- Pond management works - our new Climate Change Coordinator began research on the health of our ponds, collecting water samples from all the RM's ponds to compile data that will provide a baseline to monitor pond conditions and help identify the pathways that nutrients enter them. At the same time, we actively engaged in the removal of duck weed from several Pritchard Farm Property ponds and harvested bulrushes from Southlands. The work is ongoing and will help identify improvement opportunities for application in future years.

- Pond information sessions - Building on our ongoing pond work, the RM held two open houses for residents to provide information and update them on the current state of the ponds as well as answer questions, gather feedback, and discuss possible options and solutions with residents. The first session on August 15 was for the areas of Eagle Creek, Southlands, Countryside and By-the-Park; 30 residents attended. The second session on August 20 was specific to Silver Springs Park; 40 residents attended this session. The work is ongoing and will help us identify how to better prepare for the effects of a changing climate on our ponds.

- \$255,000 in grant funding for temporary

staffing positions - The RM has been awarded approximately \$255,000 in grant money from 2017-2019 to hire temporary staff. Some of these positions are providing work such as ground maintenance, summer camp assistant, gardener's assistant, office clerk, engineering assistant, climate change coordinator and assistant, and asset management. A great deal of work goes into completing grant applications and this success is due to the efforts of our staff.

- Communities in Bloom - In this year's judging, ESP received 4 out of 5 blooms with an improved score over 2018. We received special recognition for the Farmers Market and Pollinator Gardens. We would not have accomplished this without the efforts of our volunteers and sponsors.

- Provincial election - the September provincial election brought two changes to the ESP landscape. With the realignment of the Provincial boundaries, ESP found itself in a new riding with St. Clements - Red River North. With this change, our MLA for the past 20 years, Ron Schuler, was not running in this newly created riding. On election night, we had a new MLA, Jeff Wharton, but the riding remained Conservative.

Continued on page 11



RECORD PHOTOS SUBMITTED

The RM of East St. Paul had a busy year in 2019 with lots of community activities and events.



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Coalition to Save Lake Winnipeg calls on residents to contact province

By Patricia Barrett

The Coalition to Save Lake Winnipeg is encouraging residents to write to Manitoba's political leaders before the government's budget-feedback period ends.

The coalition was formed last fall to press the provincial government to take action on the ongoing degradation of Lake Winnipeg. It's made up of individuals, property owner associations, environmental groups and First Nation communities from both sides of Lake Winnipeg.

This week the coalition issued a statement calling on people to press the government for action on the lake.

"Many of you have asked what can be done and how you can help," said the coalition. "Today we are reaching out with a time-sensitive request. The provincial government is looking for budget feedback, and we want to ensure that resources for Lake Winnipeg are on the record."

The coalition said people have until Jan. 31 to provide input to the government, and there are two ways they can help:

1. Send an email or letter to the Honorable Scott Fielding, Minister of Finance, with a copy to your MLA and to the Honorable Sarah Guillemard, Conservation and Climate Minister (see template and contact info below.)
2. Complete an online survey: use the open comments section of the online budget survey to tell the province to make Lake Winnipeg a priority in 2020.



RECORD FILE PHOTO BY PATRICIA BARRETT
Algae in Gimli harbour, August 2019.

Visit <https://engagemb.ca>

"We cannot stress enough the value and importance of sending these letters," said the coalition.

The coalition provided a sample letter people can use to contact the government:

"Honourable Scott Fielding, Minister of Finance, Room 103 Legislative Building, 450 Broadway Winnipeg, MB R3C 0V8

Your Honour:

I am writing you regarding the government's commitment to the health of Lake Winnipeg.

As regulator, the provincial government has the responsibility of ensuring the City of Winnipeg addresses the North End Water Pollution Control Centre (NEWPCC) impact on Lake Winnipeg.

Other green initiatives, including wetland protection and restoration, are also important measures to support the health of the lake. Yet, there is no mention of Lake Winnipeg in the proposed budget whatsoever.

This is deeply concerning to me. Winnipeg's under-treated sewage is the single largest point source of phosphorus to Lake Winnipeg. The lake is sick and it needs our help.

I urge you to make the health of Lake Winnipeg a priority in the 2020 budget. Please reply to let me and let me know where you stand on this issue. I look forward to hearing from you.

Sincerely, (Your name)"

In addition, the coalition asks that people insert a custom message at the end of the template letter – add a personal experience or explain why the health Lake Winnipeg is important to you.

People can send their written submissions related to the budget process by email to the following address: budget2020@gov.mb.ca Copy the email to: Conservation and Climate Minister Sarah Guillemard at: mincc@leg.gov.mb.ca.

People can also mail a letter to: Minister of Finance, Honorable Scott Fielding, Room 103 Legislative Building, 450 Broadway Winnipeg, MB R3C 0V8 and to Minister of Conservation and Climate Sarah Guillemard, Room 227 Legislative Building, 450 Broadway Winnipeg, MB R3C 0V8

For more information about the coalition, email cslakewinnipeg@gmail.com

> EAST ST. PAUL, FROM PG. 10

- Hosted two new events in Centennial Plaza - Thursdays in September played host to "Music in the Plaza". The four musical evening events included artists the Four Tuned Cookies, Alex Roberecki, Edgar Desjarlais and Dane Neufeld & Corbin Friesen. The performances were held on the Centennial Plaza stage and were free to all. "Christmas in the Plaza" saw over 400 people attend for horse drawn wagon rides, a visit with Santa, and some hot chocolate by the fire pit. At 4:30 p.m., the Plaza Christmas tree and the lights under "The Barn" were officially lit.

- Co-Existing with Coyotes Information Session - Working with Manitoba Conservation, ESP hosted this session in late October and it was designed for residents to learn more about the coyotes living in our area, Their ecology, behaviour and how to coexist with them. Over 100 residents attended this outstanding information session.

- RCMP Public Forum - In November, ESP Council hosted a public forum for residents to hear directly from the RCMP. Presentations were made by RCMP officers Sgt. Tom Wallach and Inspector Rob Lasson along with ESP's COPP Coordinator Detlef Hindemith. Over 100 people attended the forum.

- Federal election - the October Federal election saw ESP elect a Conser-

vative MP. Raquel Dancho defeated the Liberal incumbent, MaryAnn Milychuk.

- Road reconstruction - this year, Operations oversaw the reconstruction of asphalt sections of Bracken Avenue and Esker Place as well as concrete reconstruction and catch basin modifications to sections of Eagle Creek Drive, Old Orchard Road, Briarwood Place and Jenna Cove. The upgrading of Twin Creek Drive from gravel to asphalt was also completed.

- Drainage works - this year's ditch liner program included sections installed on Foxgrove Avenue, the Kindersley Drive walking path, Applecross Drive, Spatuck Road, Wallace Avenue, Dorcon Drive, Pritchard Farm Road, Birchwood Crescent, and Chase Drive. Ditch liner and drainage upgrades were also completed along Prairie Ridge Drive.

- Raleigh Street lighting improvements - In September, 13 additional street lights were added on Raleigh Street between Applecross Drive and Thyme Road.

This is by no means an exhaustive list of all the RM's activities over 2019, but it does highlight most of our key projects and initiatives. All of this was made possible by the combined efforts of our Council, staff, volunteers, provincial and federal partners and members of the community. We look forward to 2020 and have some exciting plans in the works.

Fighting cancer with fire



RECORD PHOTO SUBMITTED

St. Andrews Fire Department in partnership with Harry's Foods raised \$763 with their no-shave-November initiative. Hats and t-shirts were sold at Harry's starting in November (very limited quantities are still available) to raise money for the cause. Volunteer firefighters were also seen bagging and carrying out groceries at the infamous food store. These community minded volunteers and staff also raised \$645 for the St. Andrews hamper drive. "It is so great to be in a community where people can all come together as a team to do good," said St. Andrews Fire Chief Don Peters.

Pictured: Jan Garbaki, Stan Halbesma, Chief Don Peters, Store Manager Shawn Vermette and Captain Karl Harrison with the \$763 cheque for CancerCare Manitoba.

SDCF grants do great things; deadline to apply is March 2

Submitted by the Selkirk and District Community Foundation

In speed skating, like any other sport, the mechanics of motion are important and will help the athlete be the best they can be. But to those watching the sport it's as simple as this – man, they go fast!

But when your mechanics fail, or you clip skate blades, and you end up crashing, it's crucial that there be a soft landing spot and crash mats fill that need.

The Interlake Speed Skating Club was able to purchase new mats this year to replace its much-loved original mats that were bought in 1998, thanks in part to a \$16,100 grant from the Selkirk and District Community Foundation.

For Christine Duprat, the new mats mean safety for skaters but also growth for the sport.

"For our program, we have to have those mats to be able to run any kind of training, we can't train speed skaters without mats for safety concerns," Duprat says.

"Our original mats are quite old and starting to deteriorate, plus, Speed Skate Canada has increased their requirements in terms of safety and what's necessary for national level competitions to keep the skaters safe."

That's important, because the Interlake club, which runs out of the Selkirk Rec Complex, is hosting the Canadian Youth Short Track Championships (West) March 28 and 29.

The club's skaters have gone on to success at national and international competitions and Duprat says Selkirk is an excellent facility for hosting short track events.

Mats are expensive, and it's difficult for a small club to be able to come up with that kind of money without some help.

"(The grant) allows us to keep our program and it allows us to offer national level competitions in Selkirk. In my mind it helps the club and it also helps our provincial sport organization," she says.

In Grand Marais, a SDCF grant of \$15,000 is helping the Recreation Association transform the curling barn – no longer in use – into a massive useable space capable of hosting everything

from musical entertainment to large gatherings of all types.

"We're putting in a heated floor and we need a boiler for it and the foundation was kind enough to give us some money to get that," says President Tim Edwards.

When complete the new space will be about 7,000 square feet and Edwards says it'll likely be the largest hall in the area.

"We're kind of centralized, we're between Selkirk and Lester Beach, Beausejour and Gimli on the other side of the lake, and there isn't really a hall out here that can take that kind of capacity, and there is a real need for it," he says.

"And not just for events, but emergency measures and evacuations, we use that hall."

He says it's a multi-purpose room that will also host bingo, community events like socials and weddings and it'll have a stage for performers too. The old rec centre is, in Edwards' words, "not long for this world", and though it'll still be usable for a few years, its days are numbered.

Edwards says they're about two years into the planning and building now, with pouring concrete the next step. He estimates the entire project cost to be between \$300,000 and \$500,000.

"It's a big project but it's coming along nicely."

The spring deadline to apply for a SDCF grant is March 2. For more details go to sdcf.ca; email selkirkfoundation@shaw.ca; or phone 204-785-9755.



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> by CONNOR MACFARLANE, GRADE 11 STUDENT,
LORD SELKIRK REGIONAL COMPREHENSIVE SECONDARY SCHOOL

Approved by the Manitoba Legislative Assembly in 1965 and officially proclaimed on the 12th of May 1996, our provincial flag has been a constant eyesore flying over government buildings. Businesses and households don't dare fly our unattractive Manitoban flag, instead they go for the clean and elegantly designed Maple Leaf.

Not too many people realize that our provincial flag was actually designed in protest to the Canadian Maple Leaf. Our amazing Canadian flag has become synonymous with Canada and it's gorgeous design reflects our nation's beauty. The switch from an Anglo-centric Red Ensign to a flag that is distinctly Canadian represented our country growing up and becoming independent from Britain. Manitoba's flag is still stuck in the past.

Manitoba's take on the Red Ensign has three major problems: (1) it looks far too similar to the flag of Ontario and other Red Ensign style flags, (2) it's anglo-centric (the flag has two St. Georges crosses and an entire Union Jack in the canton) and ignores the important roles that the French, Metis and Indigenous people play in the province and (3) it's ugly. In 2001, the North American Vexillological (study of flags) Association (NAVA) placed our provincial flag last out of all Canadian flags and 44th out of 72 Cana-

dian provincial, US state and US territory flags. Are you aware of how many sloppily designed and revolting flags ranked higher than ours? Infamously terrible flags such as Oklahoma and Louisiana ranked higher than Manitoba.

NAVA recognizes five basic principles of good flag design in their manual, Good Flag, Bad Flag. These are: (1) Keep it simple, a child should be able to draw it from memory. Manitoba's flag is not simple, It includes a Union Jack and an overly-detailed bison. (2) Use meaningful symbolism. Our flag has more than enough meaningful anglo-symbolism, not too much of anything else. (3) Use 2 or 3 basic colours. Our flag actually does this right. (4) No lettering or seals. Thankfully we don't have any writing on our flag and the simplified coat of arms looks OK (the bison could be more stylised though). Finally, (5) Be Distinctive or be related. If by "be distinctive" you mean ripping off the Canadian Red Ensign and having a flag that looks so similar to Ontario's flag most people can't tell them apart, then we're doing pretty good in this category.

I contacted the provincial government to ask their opinion on the flag and they are not keen on changing it. I don't think that they realize just how much changing our flag will mean to so many Manitobans.

Honour 150 to ensure that nominations represent all of Manitoba

Submitted by Manitoba 150

With the arrival of our province's 150th anniversary year, The Manitoba 150 Host Committee (Manitoba 150) is reminding Manitobans - from across the entire province - about the upcoming nomination deadline for Honour 150. The deadline for submissions is January 31, 2020.

The Honour 150 Program invites nominations of Manitobans who give back to the community and enrich the places in which we live, work, play, and come together in unity. Honour 150 is looking for inspiring Manitobans who hide in plain sight, who often go without recognition, or who shift our thinking.

Manitoba 150 is looking for nominations from across the province to honour our citizens who make a dif-

ference, no matter how big or small. Anyone in your life who makes our province amazing is a perfect candidate.

Ensure that Honour 150 reflects all of Manitoba. We want every community, organization, cause and company that owes some of its success and inspiration to incredible Manitobans to be represented by Honour 150. It's not too late to nominate the Manitoban who inspires you!

Sponsored by Canada Life, each successful honouree will:

- receive a commemorative medal,
- be invited to a special ceremony in November of 2020 (travel provided)
- have the opportunity to participate in the 2020 Santa Claus Parade
- have a \$500 grant made in their honour to a qualified organization in

their community

In addition, for the creation of the commemorative medal, Manitoba 150 is seeking:

- submissions from recognized artists or graphic designers who are residents of Manitoba to design the obverse (front side) of the MB150 Medal and Neck Ribbon for the Honour 150 program.

- proposals from professional, qualified organizations or individuals to manufacture a minimum of 150 medallions and neck ribbons for the Honour 150 program.

The deadline for Honour 150 is January 31, 2020 at midnight. More information is available at manitoba150.com

Don't push snow onto roadways

Submitted by the RM of West St. Paul

The RM of West St. Paul would like to remind residents that pushing or blowing snow onto a highway or roadway is dangerous and illegal in the Province of Manitoba.

Section 217 (2) of the Highway Traffic Act says:

"A person who drops, throws or deposits upon a highway any substance or thing likely to injure a person, animal, or vehicle shall immediately remove it or cause it to be removed."

Snow or other debris placed on a roadway or the shoulders of a roadway can create hazards for those travelling along the roadway, whether by vehicle or other means and can result in damage or injuries.

As well, it can contribute to the formation of snowdrifts.

The RM is asking for homeowner cooperation to make our roads safer, and asks that when clearing your driveway you refrain from putting snow onto the roadway in front of your property or dumping it near culvert openings. Frozen snow in culverts can create problems for the Public Works Department during spring thaw.

If we work together, we can keep our roads safe for all. We thank everyone in advance for your cooperation.

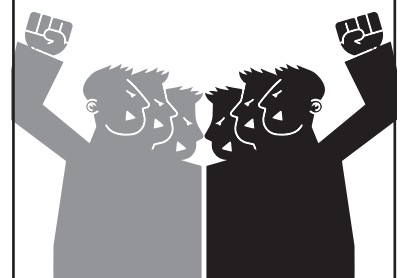
Grey Cup on the hands of Selkirk residents



RECORD PHOTO BY IAN HAALBOOM

Lifetime Blue Bomber fan Eldon Kelm with the coveted Grey Cup at Tudor House in Selkirk this past Sunday. Whether it was on TV, on the radio or live. Eldon couldn't miss a game.

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Selkirk budget 2020 – sustainable growth, strategic investment and affordability

Submitted by the City of Selkirk

The City of Selkirk has once again completed its budget for 2020 before the end of 2019 and in December Council approved a tax increase of 1.95 per cent, or about a \$3.73 per month cost to the average homeowner. It's a number that tells the story of a city paying close attention to keeping costs low while improving infrastructure, facilitating community growth and adhering to the community Strategic Plan.

And if you delve further into the meaning of 1.95 per cent, you'll find that it tells so much more about the City of Selkirk.

Selkirk's 1.95 per cent is substantially below the rate of growth of the provincial economy, which was expected to be three per cent in 2019. Since 2013, the average tax impact to Selkirk citizens has been 2.81 per cent while the average rate of nominal Gross Domestic Product (GDP) growth in Manitoba has been 3.27 per cent.

"This means that in Selkirk we have been able to keep municipal property taxes below the rate of growth of other living costs," says Chief Administrative Officer Duane Nicol.

For Mayor Larry Johannson, who's been at the helm of the Selkirk ship that entire time, it's a testament to the hard work of not just council, but administration and the two entities' ability to work together for a better Selkirk.

"Everyone has to budget, from parents who are raising their kids to teenagers who've got their first job. You have to learn how to balance what you spend and what you earn, and make smart decisions with where you're putting your hard earned money," Johannson said.

"It's no different for the city. It's on a larger scale and can be a little overwhelming to the average citizen who looks at the dollar amounts. But when you break it down, it's trying to make smart decisions, spending your dol-

lars where you're going to get the best bang for your buck."

The City of Selkirk, like every other city and municipality in the province, uses something called a mill rate to calculate how much money each property owner in the city pays in taxes. And while the formula used to calculate taxes is complex, the mill rate can be simplified – it's the rate of taxation, and in Selkirk, it's on the decline.

Since 2013, Selkirk's mill rate has been trending downward. In fact, the average annual decline in Selkirk's mill rate is .43 mills, or about 2 per cent. There are several reasons for this – first and foremost, the city has been controlling costs while at the same time increasing its tax base. Development, both commercial and residential, is on the rise in the city, and development means that costs are spread out over a greater number of taxpayers, which means less impact to the individual.

Giving a blanket statement of what a 1.95 per cent tax rate will mean to every resident in the city is impossible. Some will pay more while others will pay less and while the city's rate of taxation is decreasing, the value of your home is going up, so that as well will impact what you actually pay. When property values rise, it's an indication that the local marketplace is strong and healthy.

"The fact that your property goes up in value is an indicator of the general health of the local marketplace. The more desirable your community is, the more value your home has. And that's a good thing given that for most people, their home is their number one personal investment," said Nicol.

Nicol says the city is performing at a high level. Every city operates differently, some use a lot of service fees, others make use of Local Improvement Districts for things like road work, so it's impossible to compare tax rates directly from one city or municipality to another. Nicol says while tax rates alone are not comparable, the costs of delivering services per citizen offer a better measuring stick.

If you look at municipal expenses per capita, which can be found in the Manitoba Cities Financial Statements from 2009 – 2016 (the most recent year for which comparison data is available), Selkirk's average expense per citizen is \$1,701, which is 10 per cent lower than the provincial average.

Own-source-revenues are those revenues generated by the municipality itself through taxes or fees only, so it excludes grants from other levels of government. By comparing this to the total value of the land and buildings in the municipality, you get a sense of



RECORD PHOTOS BY KATELYN BOULANGER

The City of Selkirk's budget for 2020 reflects how sustainability, strategic investment and affordability are helping the city grow.

how much the city raises in revenues for every dollar of real estate wealth in the city.

"Using this measuring stick, Selkirk is doing exceptionally well. We are effectively tied for second lowest in Manitoba and 18 per cent below the provincial average," Nicol said.

Getting to the point where the city's rate of taxation is actually decreasing required concentrated effort on two main fronts – realigning the city's financial and organizational management to start gaining control of the city's infrastructure deficit and encouraging economic development to help the city grow into a more sustainable urban form.

"What we're seeing now is the steady decrease in the need for a tax increase, so that's very positive. While it likely will never reach zero because the input costs of the city are always increasing just to deliver the same services. The goal is to reach the lowest responsible and sustainable level we can," Nicol said.

The year 2020 is the year the city's biggest capital project ever will come to completion. The \$34.9 million wastewater treatment plant, cost shared between the city and provincial and federal governments, will become operational this year.

The city will spend \$55,000 on a recreation feasibility study that will look at a multi-use facility and the replacement of aging facilities in Selkirk.

The community Strategic Plan, which the city has tied all its decision-making to since its implementation in 2014, will get an update this year. The Strategic Plan was always thought of as a living document that would need to adjust with the city particularly as objectives are achieved, and the public will be involved in consultations to renew the plan.

The city is looking to the future and investing \$2.1 million into Phase 2 of its business park. This is to get new lots ready for potential buyers. This includes water, sewer, drainage,

hydro and gas.

One of Selkirk's most iconic landmarks will be getting a facelift. The city has budgeted \$450,000 to repaint the Water Tower. The process has started to find designs for the new paint job and to find a contractor to take on this massive project.

The city is looking to finish its work along Manchester Ave. They're investing \$1.07 million to continue work on the west side of Manchester down the 400 block. The work will include upgrades to the water, sewer and drainage pipes, and a complete repaving of the road.

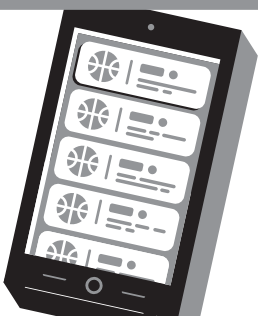
Selkirk Park will get a lift station to change the way wastewater is managed in the city's flagship park. The city is spending \$600,000 to upgrade the current system to meet provincial regulations. All sewage coming from Selkirk Park will now run to the new wastewater treatment plant rather than the old lagoon system. Nicol said that without this upgrade, the city would have to shutdown all washrooms and close the campground.

There is still around \$1 million worth of work needed on Manitoba Ave. East before it is completed. There's also money allocated for a detailed design for the renewal of Eveline St. from Queen Ave. to Eaton Ave. This design will be guided by the City's Downtown Renewal Strategy and is part of the long-term vision of providing improved active transportation connectivity from our downtown to Selkirk Park.

The city has also budgeted \$78,000 for the Selkirk Fire Department to upgrade to a new state of the art radio system. This will replace an aging system used by emergency response services across Manitoba. The system will allow communication with 911 and emergency services throughout the province ensuring critical communication in emergency situations.

"I'm excited for 2020 and the continued growth and improvement in the City of Selkirk," Johannson said.

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SAME STORY?



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City, Selkirk Fire Department donating used fire truck to Brazil

Submitted by the City of Selkirk

The City of Selkirk and Selkirk Fire Department are joining forces with Firefighters Without Borders Canada (FWBC) and will donate a pumper that is no longer being used by the city to a village in Brazil.

Fire Chief Craig Fiebelkorn said the truck, Unit 9, is 30 years old and would have to be recertified to remain working in Canada. The city took it out of service and replaced it this summer with a 2008 Sutphen ladder truck.

The Chief said it feels good to know the city can help another community that's less fortunate.

"We're in a position in the city where we can do something like this which is so beneficial for the community the truck is going to," Fiebelkorn said.

"It's just fantastic for the City of Selkirk to reach out and help people that really need it."

Fiebelkorn discovered Firefighters Without Borders Canada on Facebook and began following them. He reached out to the non-profit organization when the truck was taken out of commission.

"They have done a fantastic job getting fire apparatus and firefighting gear for underdeveloped countries," he said.

"The community in Brazil where the truck is going, their fire department right now responds to fires in a Ford Escort, a small five-seat compact car. They were high on Firefighters Without Borders Canada's priority list to get something done."

Firefighters Without Borders Canada's mission is to assist the emergency service agencies of developing nations, by helping to improve their ability to effectively provide a higher level of emergency services to their communities.



RECORD PHOTO BY SUBMITTED

The City of Selkirk and the Selkirk Fire Department, along with the Firefighters Without Borders Canada, are donating a pumper to a village in Brazil.

Mayor Larry Johannson congratulated Fiebelkorn on his desire to help people in another country who are in desperate need of better firefighting equipment.

"I think it's great that our Fire Chief brought this forward to council and I'm so thrilled that the City of Selkirk can donate a truck that has the potential to save lives in another part of the world," Johannson said.

"Unit 9 has served the city and its people very well over the years and it's fantastic that it can now be put to work in Brazil. I thank our Chief for his compassion and his dedication to the City of Selkirk."

The pumper is a 1989 Ford F800. According to Underwriters Laboratories of Canada (ULC) and the National Fire Protection Association (NFPA), any firefighting equipment more than

25 years old has to be recertified to be used in Canada.

According to Fiebelkorn, recertification would run a minimum of \$25,000, and perhaps much higher.

The truck's age and the recertification required to keep the truck in Canada made donating it to a needy department in another part of the world the best option.

"The truck still works but without it being certified, we really couldn't donate it to anyone in Canada," Fiebelkorn said.

"As much as we might like to, it could become a legal issue if the truck remained in Manitoba, or Canada, and it failed and someone was hurt or lost their life."

The truck does not require Canadian certification to go to Brazil.

The City of Winnipeg is also donating

used firefighting gear to Firefighters Without Borders Canada and it will be loaded onto Unit 9 for shipping.

There is no cost to the City of Selkirk to donate the truck, and CN Rail is donating the cost of shipping to Belleville, Ont. Currently, the village in Brazil is working with Rotary International and the Brazilian Navy to transport the truck.

This is the first time the Selkirk Fire Department has made a donation to FWBC, but in the past has donated turnout gear and SCBA tanks to Newfoundland, the North Interlake Mutual Aid District and Huatulco, Mexico.

Firefighters Without Borders Canada began in 1996 as Assistance to El Salvador; in 2003 it became Engines for El Salvador and in 2008 it transformed into FWBC.

Manitoba government announces new legacy farm award

Submitted by Manitoba

A new category has been added to the Manitoba Farm Family Recognition program, Agriculture and Resource Development Minister Blaine Pedersen announced Tuesday.

"Agriculture has changed greatly over the past 150 years and it's important that we recognize those families that have been involved in the industry for generations," said Pedersen. "With technology advancing at such a rapid rate, it's exciting to think of where we may be 150 years from now, but it's important that we don't forget our past."

As part of Manitoba's 150th birthday,

the Legacy Farm Award has been created to celebrate farm families that have 150 consecutive years as a Manitoba Farm Family. The Century (100 years) and Heritage (125 years) Family Farm Awards will still be available.

"Going back 150 years ago about 90 per cent of the population were farmers. These farms produced enough to feed their families, with limited surplus to trade or export," said Pedersen. "Now about four per cent of our population are actively farming and agriculture production is a key economic driver in our province."

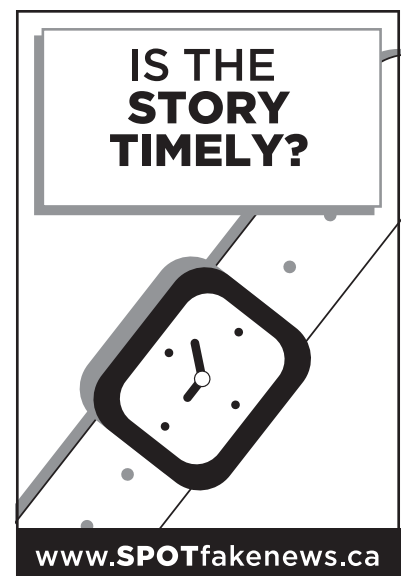
Since the first Century Farm was recognized in 1981, there have been

more than 1,810 farms that have received the award. There have been an additional 97 farms that have received the Heritage Farm award since the first was recognized in 2010.

To be eligible for the award, the land must have been held in continuous ownership by direct descendants of the original owner, with a minimum land area of at least 20.23 hectares (50 acres) over the life of the farm.

More information on the Manitoba Family Farm Recognition program can be found at:

www.gov.mb.ca/agriculture/farm-management/transition-planning/heritage-and-century-farms.html.



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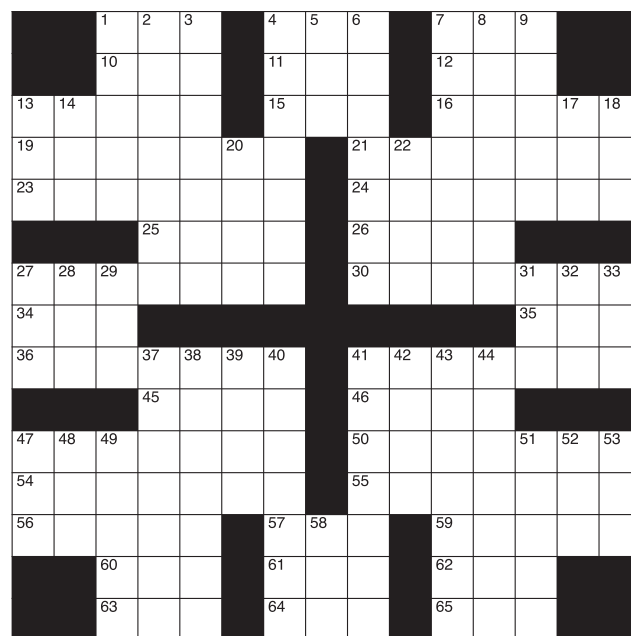
and pepper until incorporated. Adjust salt and pepper, to taste. Reserve 4 tablespoons marinade in separate bowl, cover and set aside in refrigerator. Place pork in large zip-top bag. Cover with Mojo Marinade and close bag. Place in roasting pan and refrigerate overnight. Heat oven to 450 F. Remove pork and marinade from bag and place in roasting pan. Cover with foil and cook in oven 45 minutes. After 45 minutes, reduce heat to 375 F, remove foil and cook 2 hours until internal temperature reaches 175 F and pork is fork tender at thickest part. Remove from oven and let rest 20 minutes before slicing. In small bowl, mix chipotle sauce and mayonnaise until fully incorporated. Spread mixture on bottom bread slice. On top bread slice, place two slices deli ham, 3-4 ounces roasted pork, two slices swiss cheese, 4-6 pickles and yellow mustard. Over medium-high heat, butter flat surface of griddle and add reserved Mojo Marinade while butter is melting. Place assembled sandwiches on griddle, pressing grill weight or heavy skillet on top of sandwiches. Cook until bottoms are golden brown and cheese is melted.

Cook time: 3 hours and 30 minutes
 Servings: 6
 Mojo Marinade:
 3/4 cup extra-virgin olive oil
 1 cup cilantro, minced
 3/4 cup orange juice
 1/2 cup fresh squeezed lime juice
 3 tablespoons fresh garlic, minced
 1 tablespoon fresh oregano, minced
 2 teaspoons cumin, ground
 kosher salt, to taste
 coarse black pepper, to taste
 Sandwich:
 3 1/2 pounds pork shoulder or boneless pork butt
 2 teaspoons Tabasco Chipotle Sauce
 3 tablespoons mayonnaise
 6 pieces Cuban bread or baguette (6 inches each), cut lengthwise
 8 ounces deli ham, thinly sliced
 1/2 pound swiss cheese, thinly sliced
 24 dill pickle chips
 4 tablespoons yellow mustard
 1 cup unsalted butter
 4 tablespoons reserved Mojo Marinade
 To make Mojo Marinade: In bowl, whisk olive oil, cilantro, orange juice, lime juice, garlic, oregano, cumin, salt

CROSSWORD

CLUES ACROSS

1. Public broadcaster
4. Hit lightly
7. Keyboard key
10. Grain
11. Make a mistake
12. To the ___ degree
13. Endure without complaint
15. Chinese-American actress Ling
16. Edible stomach lining
19. Sunrooms
21. Feared
23. Most eager
24. Excessive chatting session
25. MLB ace
26. Major Central European river
27. Muscular weaknesses
30. Where seedlings germinate
34. Former monetary unit of the EU
35. Personal ads abbreviation
36. Mythical animal
41. Members of Orthodox Jewish sect
45. German city
46. Algerian coastal city
47. Military men
50. Salt of sulfuric acid
54. Rhododendrons
55. Mixture
56. Recommended quantities
57. 007's creator
59. Men
60. Kids need it
61. Midway between east and east-northeast
62. OJ trial judge
63. Yes vote
64. USDA branch that manages the FCIC



CLUES DOWN

1. English seaport
2. What's owed
3. Sound systems
4. Elections feature them
5. Southern constellation
6. London and Brooklyn are two
7. One-time Ugandan capital
8. Attacked with bombs
9. Rebuke
13. Expression of disappointment
14. A way to work the soil
17. The human foot
18. Sun up in New York
20. A small island
22. Abnormal rattling sound
27. Make lively
28. A team's best pitcher
29. It goes on the floor
31. Not good
32. Peyton's little brother
33. Barrier that holds back water
37. Move quickly
38. Deteriorate with age
39. Colorless crystalline compound
40. Cheekier
41. Expresses praise or joy
42. Famed boxing promoter
43. Cured sausages
44. Fill with air or gas
47. Angry
48. Chemistry prefix
49. Practitioner of Jamaican religion
51. Softly bright or radiant
52. Buffer solution used to separate nucleic acids
53. First responder group
58. Defensive nuclear weapon

Please see classified section for Answers

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 \$3,183 + **LUCKY 7**
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Bell Let's Talk supports at-risk youth in Peguis First Nation with the Bell Spirit and the Land Excursion Camp

Submitted

"Bell Let's Talk is proud to support SunLodge Village and the traditional programming it offers young people in Peguis First Nation," said Mary Deacon, Chair of Bell Let's Talk. "The Peguis Foundation and SunLodge Village are making a meaningful difference in the lives of the next generation and we look forward to partnering to help more at-risk youth in Manitoba through traditional healing practices."

The Bell Spirit and the Land Excursion Camp will engage a total of 64 youth participants annually over 4 years. At these traditional camps, at-risk youth will come to find their Indigenous identity, reconnect with the strength of their traditional culture, and address their mental health issues in traditional ways. The program seeks to provide an integrated experience of healing in all aspects of health, including body, mind, spirit and relationships with others.

"Elders hold crucial roles in supporting education in our communities and serve as positive role models for

young people and their families," said Lloyd Sinclair, President of Peguis Foundation Inc. "Peguis Foundation is pleased to partner with the SunLodge Village and Bell Let's Talk to provide a traditional learning environment for our elders to share their knowledge with our children, building a strong community for future generations."

Youth will experience traditional ways of living through camping, learning survival skills, harvesting and preparing traditional foods, gathering natural medicines, and sharing the harvest with family and community. These experiences will be integrated with traditional teachings, sharing circles and ceremony to foster healing through cultural connection.

"As the first people of Turtle Island, we recognize and acknowledge the original and natural laws, for the sake of our mother the earth, who sustains all life," said the Elders of SunLodge. "Many mental health issues affecting the lives of our people are caused by disconnection from our traditional ways of being. We are grateful for this



new partnership with Bell Let's Talk, which will provide additional opportunities for youth to be on the land, learning about their culture and improving their health and wellbeing."

Today's announcement is the latest major commitment from the Bell Let's Talk fund for Indigenous mental health in Manitoba, which was announced in 2017 following the creation of Bell MTS. Other groups supported by the fund include Ma Mawi Wi Chi Itata in 2017, Ogijiita Pimatiswin Kinamatwin in 2018, and Bear Clan Patrol and Behavioural Health Foundation in 2019.

For more information about how to get involved with the Bell Spirit and the Land Excursion Camp at the SunLodge Village, please contact Ernest Stevenson at 431-338-2445.

Bell Let's Talk Day is January 29

Everyone is invited to join the conversation on Bell Let's Talk Day by sending messages of support across multiple platforms to drive awareness and action in mental health.

Bell will donate 5 cents to Canadian mental health programs for each of the following communications, at no extra cost to participants beyond what they would normally pay their service provider for online or phone access:

- Talk: Every mobile and every long distance call made by Bell wireless and phone customers
- Text: Every text message sent by Bell wireless customers
- Twitter: Every tweet and retweet using #BellLetsTalk, featuring the special Bell Let's Talk emoji, and every Bell Let's Talk Day video view at [Twitter.com/Bell_LetsTalk](https://twitter.com/Bell_LetsTalk)
- Facebook: Every Bell Let's Talk Day video view at Facebook.com/BellLet

sTalk and every use of the Bell Let's Talk frame

- Instagram: Every Bell Let's Talk Day video view at Instagram.com/Bell_LetsTalk
- Snapchat: Every use of the Bell Let's Talk filter and every Bell Let's Talk Day video view
- YouTube: Every Bell Let's Talk Day video view at YouTube.com/BellCanada

The Bell Let's Talk mental health initiative is focused on 4 key action pillars: Anti-stigma, Care and Access, Research and Workplace Leadership. Since its launch in September 2010, Bell Let's Talk has partnered with more than 1,000 organizations providing mental health services in every region of Canada, including hospitals, universities and other care and research organizations. To learn more, please visit Bell.ca/LetsTalk.

About Peguis Foundation and SunLodge Village

Peguis Foundation Inc. is an independent registered charitable organization that supports local Indigenous non-profit organizations, including the SunLodge Village at Peguis First Nation. The SunLodge Village is a Manitoba registered non-profit organization of Indigenous Elders, traditional knowledge carriers, volunteers and community members.

As an Indigenous grassroots organization, the SunLodge Village operates without government funding. The SunLodge Village is dedicated to promoting health, strength and resilience among Indigenous people through providing ceremonies, traditional teachings, community gatherings and land-based experiences.

Grey Cup at the Rec Complex



RECORD PHOTO BY BRETT MITCHELL

A very exciting day for Amy Marks and her children Ross and Alice. The three are seen here with Bomber fullback John Rush and the Grey Cup. The cup is on a tour of rural Manitoba and made a stop in Selkirk on Sunday.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Royals varsity girls' win Maples basketball tournament

By Brian Bowman

The Selkirk Royals varsity girls' basketball team had a great time at the Maples Collegiate tournament last Saturday.

They also played some great basketball.

Selkirk defeated the Kildonan East Reivers 50-40 in the championship game of the eight-team tournament.

"It was fabulous," said Royals' head coach Sue Gilmour. "It was nice to beat KE. That was a (22-point turnaround from our previous game against them). It was a great weekend developmentally because I think we're starting to connect a little bit more and work together more as a unit of five on the floor as opposed to people trying to take on too much responsibility."

"I think we meshed a little bit more than we have in the past."

Tournament MVP honours went to Abby Benson who was brilliant, draining 29 points in the final.

"She was great," Gilmour said. "Aside from putting points on the board, she creates a lot of chaos and the other members of the team are

able to step in and pick some of those passes. She's contributing with points but also on the defensive side. She brings a level of intensity to the team when we're in that situation, which is really nice to have."

Selkirk started the tournament with a dominating 53-33 victory over the Kelvin Clippers. The Royals then defeated the Garden Valley Zodiacs 57-43.

On Monday evening, Selkirk was defeated 65-60 by the Miles Macdonell Buckeyes in league play.

"It was a close game the entire way and we actually had control for the most part," Gilmour recalled. "But, unfortunately, we had some unforced turnovers on our side of the ball."

Sarah Boitson had a strong game for Selkirk, scoring 17 points and she was also outstanding on the defensive end.

Back on Jan. 15, the Royals were defeated 58-46 by Kildonan East in KPAC action.

Selkirk will not play again until Feb. 3 when it hosts the River East Kodiaks. The Royals will then have Kildonan East visit Selkirk on Feb. 10.



RECORD PHOTO SUBMITTED

The Selkirk Royals were crowned champions after winning the Maples Collegiate varsity girls' basketball tournament last Saturday. Selkirk defeated the Kildonan East Reivers 50-40 in the final.

After that, Selkirk will travel west for an Edmonton tournament from Feb. 13-16.

"Timing-wise I think it will be perfect for our season because it will be a good push toward the end and gear

up for (our) playoffs," Gilmour said. "Plus, the physicality in Edmonton is a lot higher. It's going to get us more physically and mentally tough as we gear up for the playoffs."

Selkirk wins first WWHSHL game of new year

By Brian Bowman

After a pair of lopsided losses to begin 2020, the Selkirk Royals girls' hockey team got into the win column on Monday.

Selkirk played well in doubling the Shaftesbury Titans 4-2 in Winnipeg Women's High School Hockey league action at the Rec Complex.

Selkirk's Anna Sternat scored twice while Trinity Grove had a goal and an assist. Lesly Chaboyer netted the Royals' other goal.

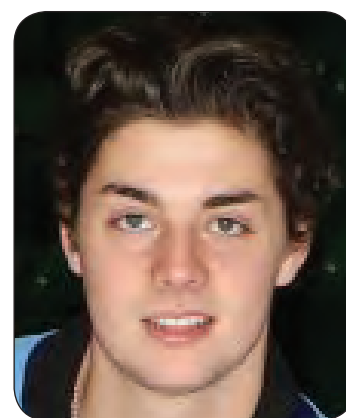
Emily Dalrymple and Kahlen Wisener replied for the Titans.

Morgan Baker made 36 saves for the win.

The Royals had two players - Baker and Amy Carter - represent the team at last Sunday's all-star day at the Bell MTS Iceplex.

Carter played in the Vets' game while Baker competed in the Jets' game.

Selkirk, now 8-8-1 and in third place in the CTV Division 1 standings with 17 points, will play the first-place St.



RECORD PHOTOS BY LANA MEIER

Photos left to right, The Selkirk Royals' Ray Hefferman moves the puck during the WWSHL all-star game. Grafton Hopkins represented the Selkirk Royals at the WWSHL all-star game. The Selkirk Royals' Austin Zirk was one of four players on the team named to the WWSHL all-star game. The Royals' Austin Wasnie was named as an injured all star but did not play while Selkirk's coaching staff was selected to coach in the game.

Mary's Academy Flames on Wednesday (4:55 p.m.) at the Bell MTS Iceplex. The Royals will then take on the fifth-place Kelvin Clippers Monday (4:15 p.m.) at River Heights Arena.

Meanwhile, the Royals' Winnipeg High School Hockey League game against the Sturgeon Heights Huskies

last Thursday was postponed due to the Lord Selkirk School Division closure that day.

It was later played Monday with Selkirk losing 5-4 in overtime. No scoring summary from the game was posted on the league website at press time.

Selkirk will play Vincent Massey on

Wednesday (4:15 p.m.) at Silverstone Arena.

The Royals' next home game is Jan. 30 when they host the Westwood Warriors at the Rec Complex. Puck drop is 4:15 p.m.

Selkirk Judo Club members win medals at home tournament

Submitted by Brian Jones

The Selkirk Judo Club hosted the 2020 Selkirk Open Judo Championships at the Lord Selkirk High School on a stormy Jan. 18 with 62 entries from Manitoba and northwestern Ontario participating.

Twenty Selkirk fighters competed, winning 16 medals – six gold, seven silver and three bronze.

Selkirk gold medal winners were Nolan Dear (U12 under 55 kg), Kayde Totin (U12 under 40 kg), Dalin Kymanick (U14 boys over 66 kg), Daniel Ekosky (U16 men under 73 kg), Sarah Ekosky (U18 women over 52 kg), and Ian Heartfield (senior over 100 kg).

Silver medals were won by Selkirk Judo Club members Kaya Leveille (U12 under 30 kg), McKenna Stewart (U12 under 55 kg), Parker Wilson (U12 under 34 kg), Roger Goodman (U14 boys over 66 kg), Beth Penner (U16

women under 40 kg), Payton Sinclair (U16 men under 50 kg), and Cyndi Heartfield (senior women under 70 kg).

Bronze medals were awarded to Ottawa Hogan (U12 under 30 kg), Daniel Vasiliev (U12 under 55 kg), and Aidan Thomas (U14 men under 55 kg).

Athletes who are 10 and 11 years old fight in the U12 division. U14 athletes are born in 2007 and 2008, U16 are born in 2005 and 2006, U18 are born in 2003-2005 and senior categories are for those 16 years of age and older.

“Our numbers were limited by bad weather this year, but we were still able to put on a great event thanks to a fantastic effort by dozens of volunteers, and we had an excellent performance from our athletes,” said Brian Jones, one of the club’s coaches.

The club’s next tournament is the Inner City Open in Winnipeg on Feb. 1.



RECORD PHOTOS BY BRETT MITCHELL

The Selkirk Judo Club's Kayde Totin, second from left, won gold in the U12 under 40 kg division.



The Selkirk Judo Club's Aidan Thomas takes on an opponent during tournament action.

Killarney to host 2020 Prairie Regional Synchronized Skating Championships

Submitted by Skate Canada Manitoba

The Killarney Figure Skating Club and Skate Canada Manitoba will present the 2020 Prairie Regional Synchronized Skating Championships at The Shamrock Centre on Feb. 1-2.

The event will feature over 300 synchronized skaters and 29 teams from across Manitoba and Saskatchewan.

The Killarney Figure Skating Club will host The Prairie Regional Synchronized Skating Championships for the second time in the past five years.

This synchronized skating competition will feature a wide range of skaters from beginner to adult. The purpose of this competition is to provide a developmental and competitive

experience for synchronized skating teams which allows them the opportunity to qualify for the Skate Canada Synchronized Skating Championships in Novice, Intermediate, Open, Junior and Senior categories.

The top team in each of the five qualifying categories in every region may advance to the National Skate Canada Synchronized Skating Championships.

A detailed schedule will be available from the Skate Canada Manitoba website two weeks prior to the competition. Gate entry will be \$10 for adults, \$3 for ages six to 12 while children aged five and under are free.

A weekend pass is \$18 for adults.



The Selkirk Judo Club's Beth Penner battles Kiandra Christ-Bonnell during the 2020 Selkirk Open Judo Tournament last Saturday.



Selkirk Judo Club members Dalin Kymanick, left, and Roger Goodman battle it out on the mat during tournament action last Saturday.

Steelers' winning streak reaches five games

By Brian Bowman

The Selkirk Steelers' winning streak has now reached five games.

The suddenly red-hot Steelers won all three games they played last week, concluding with a hard-fought 5-4 win over the Neepawa Natives on Saturday evening.

"We're definitely putting something together, which is nice," said Steelers' goaltender Austin DeBoer. "We've been limiting the (scoring) chances against and we're scoring on our opportunities."

Tanner Pochipinski led Selkirk with two goals while Jordan MacFarlane added a goal and two assists.

Patrick Comeau and Blake Burr

scored the Steelers' other goals.

Cooper Morris (two), Rylan Gudnason, and Eli Liefers replied for Neepawa.

DeBoer, an East Selkirk product, made 28 saves for the win.

The Steelers' winning streak has come as a bit of a surprise after they dealt three key players just before the Jan. 10 trade deadline.

"We knew it would be challenging coming in after the deadline but it's been nice to get the wins, especially against Portage and (former teammate Carter) Barley," said the 19 year old DeBoer. "We just have to work hard to get the wins and we can't take a night or a shift off."

On Friday, Selkirk edged the Waywayseecappo Wolverines 4-3 in overtime as Ryan Ostermann scored the game winner.

The Steelers grabbed a 3-1 first-period lead on goals by Hudson Chamberlain, Nathanael Hinds, and Cole Wigstrand.

The Wolverines' goals were scored by Cody Thompson, Kris Bladen, and Anthony Bilka.

Rory Dumelie made 28 saves for his first victory in a Steelers' uniform.

Last Thursday, Selkirk blanked Waywayseecappo 3-0 as DeBoer made 30 saves for the shutout.

MacFarlane scored a power-play goal with just six seconds remaining

in the first period.

Ostermann made it 2-0 at 16:28 of the middle frame and then Sheldin Howard closed out the scoring late in the third.

The Steelers, now 21-19-2-1 and in eighth place with 45 points, will host the Winkler Flyers Friday (7:30 p.m.) in Selkirk and Waywayseecappo on Sunday (6 p.m.) at the RINK Training Centre in Winnipeg.

Sunday's game was originally scheduled to be played in Peguis. In off-ice news, Burr was a late addition to Team Belfour for the MJHL/SJHL Showcase, replacing Bryce Young. Selkirk forward Caiden Gault was earlier chosen to participate in the Showcase.

Winnipeg to host 2020 YONEX Canadian National Badminton Championships

Submitted by Badminton Canada

The 2020 YONEX Canadian National Badminton Championships are coming to the Prairie Badminton Club in Winnipeg from Jan. 29 to Feb. 1.

For the first time in history, Badminton Canada will be hosting the National Championships for both able-bodied and para-badminton at the same time and in the same venue.

"Badminton Canada has made inclusivity a priority (by) combining these events into one championship," said Joe Morissette, Executive Director of Badminton Canada. "(It) was a crucial and necessary step for the

organization. We welcome badminton enthusiasts of all abilities to come watch and experience the fastest racquet sport in the world."

On display at the 2020 YONEX Canadian National Badminton Championships will be Canada's best badminton athletes, including the youngest national champion in history, Brian Yang.

Yang is currently second on the Badminton World Federation World Junior Ranking, and fresh off an incredible season – winning a bronze medal at the Pan American Games last summer at the age of 17. Joining Yang will

be fellow YONEX National Team athletes, including women's doubles pair Rachel Honderich and Kristen Tsai; men's doubles pair Jason Ho-Shue and Nyl Yakura; and mixed doubles pair Joshua Hurlburt-Yu and Josephine Wu – all of whom are defending National Champions and 2019 Pan Am Games Champions.

"We have our best athletes attending the championships this year. It is sure to be a great competition with tons of great performances and energy," said Mike Butler, National Team Head Coach. "With para-badminton debuting in the 2020 Paralympic Games this

summer in Tokyo, athletes and spectators will get a taste of the amazing things these para-athletes can do."

An athlete to watch in the para-badminton events is young Winnipeg local, Olivia Meier. Meier trains out of the Winnipeg Winter Club and has been a top performer for Canada since she began competing in para-badminton in 2016. This past summer, Meier claimed her first Parapan Am Games title in mixed doubles (SL3/SU5) alongside partner, Pascal Lapointe, and was also able to claim a silver medal with an outstanding performance in women's singles.

Raiders win pair of games at MMJHL Showcase

Staff

The Stonewall Jets almost pulled off an amazing comeback against the Raiders Jr. Hockey Club on Sunday afternoon.

Trailing 5-1 in the third, Stonewall scored three straight goals to pull to within one.

But the Raiders' Riley Hall ended the Jets' comeback bid with a power-play goal with 1:22 to go in the third period

to lift his club to a 6-4 victory in Manitoba Major Junior Hockey League action at the Bell MTS Iceplex.

The Raiders grabbed a 2-0 first-period lead on goals by Kyle Wiltshire and Milan Horanski. They increased that advantage to 4-0 after Carter Ives and James Barclay tallied in the second.

The Jets' Matthew Smith, on the power-play, and Ives traded goals before the Jets' Carson Ouellette,

Marcus Dewey and Branden Storey sniped goals.

Dewey and Storey's markers came just 53 seconds apart late in the third while the Jets were short handed.

Jeremy Pikel stopped 28 Stonewall shots for the victory.

On Saturday, the Raiders edged the St. James Canucks 3-2.

Jayce Kennedy scored the game winner early in the third.

Jordan Lynam potted a goal in both the first and second periods.

St. James' Cole Chicoine and Graeme Shingleton scored first-period goals.

Dylan Francis made 35 saves for the win.

The Raiders, now 16-11-3 and tied for fifth place with the Jets, will host the first-place Pembina Valley Twisters on Friday at 7:30 p.m.



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- VS Waywayseecappo Wolverines

Sun, Jan 26^h 57 South Landing Dr. at the RINK just off McGillivray Blvd 7:45 pm

- VS Dauphin Kings Feb 1st 7:30 pm (make up game)



NEXT AWAY GAMES

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- VS Swan Valley Stampeders Sun, Feb 9 6:00 pm

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Scott to represent Canada at the ISU World Junior Speed Skating Championships

Submitted by Speed Skating Canada

Speed Skating Canada announced Tuesday afternoon the long track skaters selected to represent Canada at the upcoming ISU World Junior Speed Skating Championships in Tomaszow Mazowiecki, Poland.

The eight Canadian skaters will first participate at the ISU Junior World Cup Final in Minsk, Belarus from Feb. 15-16, before competing in Poland from Feb. 21-23.

The team slated to take the ice is comprised of Alexa Scott (Clandeboye, Man.), Laura Hall (Salmon Arm, B.C.), Hee Won Son (Calgary, Alta.), Emmanuelle Côté (Chicoutimi, Que.), Frank Roth (Calgary, Alta.), Hubert Marcotte (Pont-Rouge, Que.), Jack Deibert (Calgary, Alta.) and Cedrick Brunet (Gatineau, Que.).

"It always feels good (to make Team Canada)," Scott said in a media release. "I got to represent Canada in Enschede at the ISU Junior World Cup 2 earlier this season, so it's great to make the team again and get to go somewhere new and flex what I've got. I'm going to be going hard for a medal."

Scott, a two-time Canadian champion,

is set to make her third appearance at the World Junior Championships, having previously competed in Bormio, Italy and Salt Lake City, Utah.

The eight skaters earned their positions on the team based on their results at the recent 2020 Canadian Junior Long Track Championships.

Scott and Roth were the respective overall champions, earning the most points among their respective fields to capture the titles.

Meanwhile, Scott is also among a group of 15 Canadian long track skaters, comprised mainly of NextGen athletes, that are set to compete at the inaugural ISU Four Continents Speed Skating Championships from Jan. 31 to Feb. 2 in Milwaukee, Wisc.

Canada will face-off against top competitors from North America, South America, Asia and Oceania during the first edition of this international competition.

CBC Sports will have live streaming coverage of the ISU Four Continents Championships from 2:30 p.m. to 8:15 p.m. CST on Friday and from 1 p.m. to 3:30 p.m. CST on Saturday and Sunday.



RECORD PHOTO BY SPEED SKATING CANADA

Clandeboye's Alexa Scott was one of eight long track speed skaters selected to represent Canada at the ISU World Junior Championships in Poland.

Fishermen power play potent in win over Lundar

By Brian Bowman

Action in the Capital Region Junior Hockey League is really starting to tighten up this month.

Games are being closely contested and scores have been much tighter in the new year.

All of the teams have gotten better since the start of the season.

"Arborg has improved a lot, they picked up a couple of guys that I know from my area," said Fishermen assistant coach Tyndall Fontaine Monday

evening. "Lundar is starting to pick it up a bit. St. Malo picked up a player or two so they'll probably be better."

The Fishermen's power-play was really good on Friday evening in Lundar as

Selkirk scored three power-play goals in a narrow 3-2 victory.

"(The power play) was good," Fontaine said. "We had four 16 year olds in the lineup...so it was a good character win. The guys had to battle hard and Lundar played good as well."



RECORD PHOTO BY BRETT MITCHELL

The Selkirk Fishermen have three key games this week as they strive for top spot in the CRJHL standings.

Cole Wasnie scored the game winner with just 1:26 remaining in regulation time. It was his second goal of the game.

Jordan Donald tallied Selkirk's other goal in the second period. Donald is tied for second on the Fishermen in points (22) with Chad King.

"(Jordan) has been really good for a rookie," Fontaine said. "He plays hard...and he'll be even better in a couple of years when he gets more experience."

Ryan Gleich and Derek Benson had Lundar's goals.

Selkirk outshot Lundar 39-21 as Riley Bannerman posted the victory. He now has an impressive 9-3-1 record with a 2.53 goals-against average and .922 save percentage.

With the win, the Fishermen now

have 51 points to sit in sole possession of second place. Selkirk is just four points back of St. Malo although the Warriors have played one less game.

The Fishermen played at the North Winnipeg Satellites on Tuesday but no score was available at press time.

Selkirk will battle the Warriors in St. Malo on Friday and then host Lundar on Sunday.

Both games start at 7:30 p.m.

There are six very important points up for grabs this week.

"I keep telling the guys that we can't honestly lose another game for the rest of the year," Fontaine warned. "I think if we win one more time then we are guaranteed second place but we want to catch St. Malo to get home-ice advantage (throughout the playoffs)."

Next Home Games

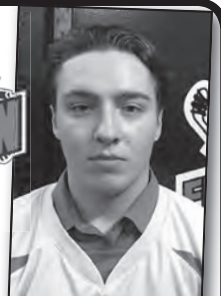
- Sun. Jan 26 7:30pm vs Lundar Falcons
- Fri. Feb 7 7:30pm vs Lundar Falcons

Next Away Games

- vs St. Malo Warriors - Fri., Jan 24 - 7:30pm
- vs Arborg Ice Dawgs - Fri., Jan 31 - 7:30pm



Meet the Fishermen

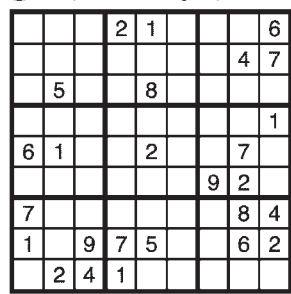


#15 Chad King
Forward

take a break

> GAMES

SUDOKU

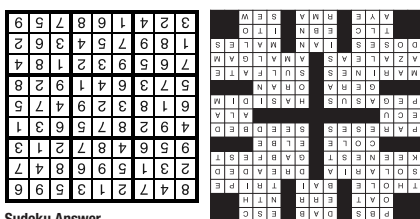


Fun By The Numbers

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!

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!



Sudoku Answer

Crossword Answer

Classifieds

The Selkirk Record

METAL RECYCLING

Autos, farm scrap, brass, copper & batteries wanted. 47 Patterson Dr. Stonewall Industrial Park. Interlake Salvage & Recycling Inc. 204-467-9344.

SCRAP METAL

Buying scrap metal, cars, tractors, combines, farm scrap, any metal material, any farm machinery. Ph Lonnie at 204-886-3407 lve. message or cell at 204-861-2031.

Buyer for all farmyard scrap, any autos, appliances. NO ITEM TOO LARGE! Best prices paid, cash in hand. Phone Alf at 204-461-1649.

STEEL BUILDINGS

Steel Building Sale ... "Really big sale is back - extra winter discount on now!" 20X21 \$5,929. 25X25 \$6,498. 28X31 \$7,995. 32X33 \$9,994. 35X33 \$12,224. One end wall included. Pioneer Steel 1-855-212-7036 www.pioneersteel.ca

CONDO FOR RENT

Now available! 900 sq. ft., 2 bedroom townhouse condo for rent in Selkirk! No pets or smoking allowed. \$1,400 a month includes parking & water. Call 204-807-5766.

APARTMENT FOR RENT

Tollak Place has 1 & 2 bedroom suites, located at 40 Eveline Street. Spacious suites, with F/S, A/C, storage areas and large balconies; utilities are included, parking is extra. Tollak 2 is a 55 plus bldg., river view apts. with central air, F/S, DW & microwave; large storage area off the kitchen and a balcony; utilities and parking extra. Call the onsite office 204-482-2751 for AVAILABILITY.

APARTMENT FOR LEASE

750 sq. ft. 1 bdrm. + den. AC, DW, balcony, water & hydro + 1 parking stall included. \$975/mth. 1 year lease. Above Lockport Grocery. Call 204-757-2222 to book a viewing. Sorry, no pets or children. Available Feb 1st.

SHARPENING

Ice Auger blades, all makes, chainsaws and carbide blades. Ph. 204-482-4051.

SNOW REMOVAL

2 Lane Snow Removal. Bobcat and tandem available. Commercial/residential clearing, dump truck hauling. Great rates and fast service. No job too small. Call or text Ken 204-793-8991.

Roof top snow removal, decks & driveways. Residential and commercial. Licensed and insured. Call Will at 204-641-5279.

HELP WANTED

Lockport Taxi is looking for a taxi driver. Permanent/part time. Must have a Class 4 Drivers licence. \$13/hr. Ph. 204-757-7377.

HELP WANTED

Now hiring an evening cook at Pizza Den Restaurant in Stonewall. Position hours are 4-9/10 and includes weekends. Go to pizzaden.ca to view menu. Send resumes to robert.magnifico@gmail.com or call Robert at 204-799-2423.

Bahara Motors requires a mechanic and mechanic helper. Immediately, to start ASAP. Ph. 204-482-4080 or by resume, Att: Tony 636 Morris Ave. Selkirk, Mb. R1A 1B8.

Galay Landscaping will be hiring for our snow clearing operations this winter season. Responsibilities include shoveling & snow blower work, sanding & ice management, skid steer & loader operation for qualified equipment operators. Valid class 5 licence and having your own reliable transportation is a must. Hourly wage \$14 - \$24 depending on experience. Class 3 licence with air an asset as we also need drivers. Hours vary day to day depending upon the weather. Please only apply by sending resume to info@galaylandscaping.com

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JEWELRY REPAIR

Jewelry/watch repairs, goldsmith on site. Necklace/chain repair \$14.97 +, stone setting and ring sizing \$40 +, watch repairs and watch batteries \$12. Pearl restringing, appraisals. Jewelry Arts Studio, 365 - A Eveline St. Selkirk, call or text 204-345-9451.

MISCELLANEOUS

700 LP records from the past. Top artists includes Jackson 5. Private collection. East Selkirk area. Ph. 1-204-482-7251.

BN never used, still in box, bendable goose-neck table or desk STUDY LAMP, EWO, \$15; Sunbeam 2-slice TOASTER, ECIEWO, \$15; BNCIEC pr. sz. 9 men's WORK BOOTS/SAFETY SHOES w/ laces & steel caps over toes, \$100; red, white & black lined WINTER SUITCOAT OVERCOAT fits a men's sz. XL, well insulated winter overcoat, has been dry cleaned, \$100. Ph. 204-785-8598.

Washers, dryers, fridges and stoves for sale in Beausejour. 30 days warranty. Contact 204-232-0755.

MISCELLANEOUS

Batteries for everything. Automotive, farm, construction, ATV, marine, motorcycle, golf carts, phones, tools, radios, computers etc. Reconditioned, obsolete and hard-to-find batteries. Solar equipment. The Battery Man. Winnipeg. 1-877-775-8271 www.batteryman.ca

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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 stonewood elkbranch@mymts.net

FLAX FOR SALE

Small square Flax bales for sale. Ph. 204-781-7937.

EMPLOYMENT OPPORTUNITY



INSTRUCTOR, BUSINESS (TERM)

Interlake, Peguis Fisher River, and Steinbach Campus
COMPETITION NUMBER: 2019-313 SALARY: \$30.75 - \$45.67 hourly

POSITION: 4 Part-Time, Term Positions Available

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

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

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

DUTIES

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

REQUIRED QUALIFICATIONS

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

ASSETS

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

CONDITIONS OF EMPLOYMENT

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

APPLY BY EMAIL TO: humanresources@rrc.ca

CLOSING DATE: February 28, 2020

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

Rural Municipality of St. Clements



REQUEST FOR QUOTATION NO. RFQ-2020-01 HIRE OF PRIVATELY OWNED EQUIPMENT HOURLY RATES 2020 / 21 EQUIPMENT RATES

The Rural Municipality of St. Clements is seeking quotations from qualified bidders for hourly rates for Privately Owned Equipment for the 2020 / 2021 season.

Request for Quotation packages, including specifications and submission documents are available at the Public Works office, 155 CIL Road, or from the RM of St. Clements website, www.rmofstclements.com.

Sealed submissions clearly marked "Hourly Equipment Quotation, No. RFQ-2020-01" will be received at RM of St. Clements Administration Office, located at 1043 Kittson Road, East Selkirk, MB, up until 2:00 PM, Local Time on Wednesday, February 12, 2020.

All inquiries related to the Request for Quotation should be directed to Mr. Greg Elson at 204-482-3300.

The lowest or any hourly rate bid not necessarily accepted.

Greg Elson, CET
Public Works Manager
155 CIL Road, Box 2, Grp 35, RR 1
East Selkirk, Manitoba, R0E 0M0
Fax: (204) 482-3660
pwmanager@rmofclements.com

Classifieds Announcements

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Selkirk Record

ANNOUNCEMENT

BIRTHDAY



Happy 90th Birthday
Elma Cheyne
January 17th
- Love from all your children,
grandchildren and great-grandchildren

ANNOUNCEMENT

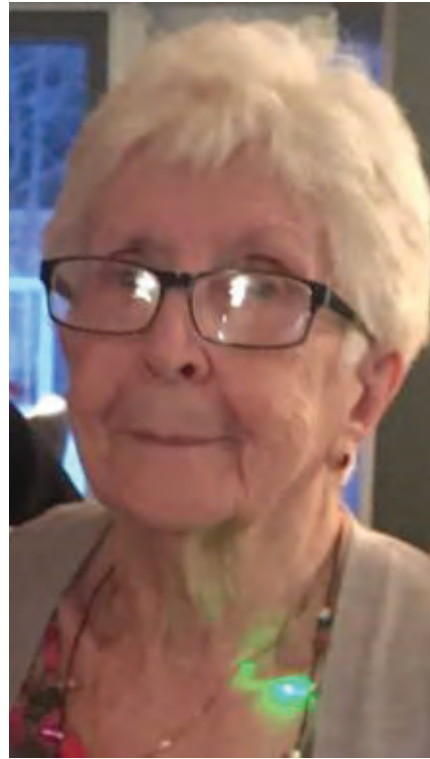
BIRTHDAY



Happy 24th Birthday
Jenna Anne Kotyk
January 1st, 2020
Life is a blank slate,
What matters most is
What you write on it ____
So go ahead ____ write in
Bold, vibrant colors!
-Lots of luv and New Year wishes,
From your family, friends and pets

ANNOUNCEMENT

BIRTHDAY



Happy 90th Birthday
Adeline Starodub
January 24th, 2020
With thanks for all your love and support.
-Reid, Wally and Linda, Sue and Tom,
Tim and Eileen, Mike and Pat,
Lori and Nick, Megan, Doug, Mike,
Sam and Katie, Sarah and Jeremy

HIP/KNEE Replacement?
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Opening Winter of 2019! \$1445 - \$1645 a month plus utilities. Come visit our show suite every Saturday from 1:00pm - 3:00pm at 3813 Main Street, West St. Paul. Call or email for more details.
204-960-7550 or leasing@forthrightproperties.ca

OPENING WINTER OF 2019!

R.M. of St. Clements

Public Notice – Additions to the Voters List and/or Personal Security Protection Requests

In accordance with Section 36 of *The Municipal Councils and School Boards Election Act* (MCSBEA), the Rural Municipality of St. Clements Voters List is open for changes or revisions.

- Any person who is eligible to vote in municipal elections in the Local Authority of the Rural Municipality of St. Clements can have his or her name added to the Voters List, or have any information about the voter on the Voters List corrected.
- Any person can request to have his or her name and address obscured from the Voters List.

A person whose name has been obscured will receive a Personal Security Certificate and identification number. In a civic election, that person may only vote by Sealed Envelope Ballot and cannot vote in person at the regular or advance voting places.

To implement the above, a written request must be submitted to the Acting Chief Administrative Officer, in person, by e-mail, fax or mail to:

Rural Municipality of St. Clements
1043 Kittson Road
Box 2 Grp 35 RR 1 East Selkirk, Mb R0E 0M0
Phone: (204) 482-3300; (204) 474-2642 – Wpg. direct;
or 888-797-8725 – toll free
Fax: (204) 482-3098
E-mail: info@rmofstclements.com

The next General Election takes place in October, 2022.
Dated this 23rd day of January, 2020

Colleen Sailor
Acting Chief Administrative Officer

If you have any questions, please call the office at the numbers listed above.

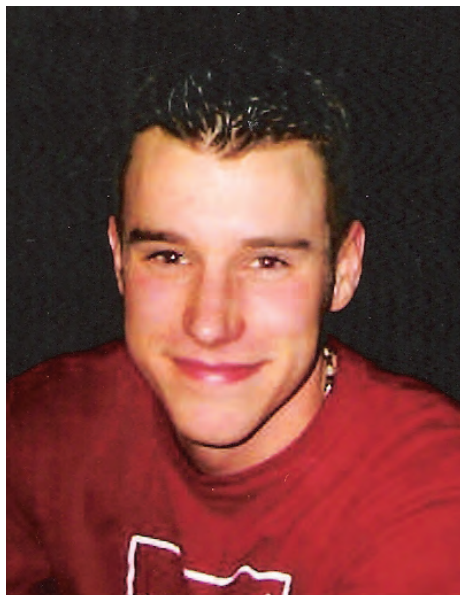


Classifieds *Selkirk Record* Announcements

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ANNOUNCEMENT

IN MEMORIAM



Robbie Johnson

May 1, 1983 – January 28, 2005

Taken from us so suddenly
And tragically, 15 years ago
In the silence of our minds,
Where no one else can see;
Your voice, your smile, your memory,
Is kept so tenderly.
The tears we shed,
Will wipe away;
But the ache in our hearts,
Will never go away.
-Forever loved and missed,
Mom, Dad and Darrell

ANNOUNCEMENT

IN MEMORIAM

Ralph Donald

May the winds of love blow softly,
And whisper so you can hear;
We will always love and miss you,
And wish that you were here.
For all that life has given us,
And all that's left to do;
We'll know no greater treasure,
Than the days we had with you.

-Love Clara,
and family

ANNOUNCEMENT

IN MEMORIAM

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

Kathleen Eames

September 30, 1919 – January 26, 2013
(parents, grandparents, great-grandparents)
Time cannot heal the heartache,
Or stop our silent tears;
And it won't take away the memories,
Of the two we loved so dear.

-Loved and missed,
Laverne and family

ANNOUNCEMENT

IN MEMORIAM

Linda Johanson

March 10, 1950 – January 25, 2015

(sister-in-law and aunty)

Another year has come and gone,
But we keep you close in our memories.

-Missed and loved,
Laverne and family

OBITUARY



Marion Yvonne Laye (nee Hardwick)

Peacefully, with her family and friends by her side, on Friday, January 17, 2020, at the Selkirk Regional Health Center, Marion Laye, aged 70 years, of Selkirk, Manitoba, passed away.

Marion was born May 29, 1949 in Selkirk, Manitoba to Mulvina (Dolly) and Walter (Bud) Hardwick. She was the eldest of her siblings who she has always remained close with. She would always let you know that she was thinking about you no matter where you were and her strength was unrelenting. She has left a whirlwind of memories for everyone whose life she touched and she will be forever missed by her numerous family, grandchildren, great-grandchildren and friends.

She is survived by her sisters Ingrid Zarichney (Dan), Dena Greenwood (Dale), Darlene Grieve (Ian) and her brother Robert (Bob) Hardwick (Wanda).

Marion is predeceased by her beloved husband Eugene John (Stoogie) Laye, her father Walter Albert Hardwick and her sister Katherine Hope (Kay) Onofreychuk.

"I am at peace, my soul's at rest, there is no need for tears, for with your Love I was so blessed for all those many years!"

A memorial service will be held on Saturday, January 25th in the Gilbert Funeral Chapel, Selkirk, Manitoba at 1:00 p.m.

Condolences may be left on her tribute wall at www.gilbartfuneralhome.com

Gilbert Funeral Home, Selkirk in care of arrangements.



**Don't Forget Your Loved Ones
WITH AN ANNOUNCEMENT IN THE**

The Selkirk Record

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ANNOUNCEMENT

IN MEMORIAM



Laura Lyn Fox

You left us beautiful memories,
Your love is still our guide;
Though we cannot see you,
You're always at our side.

-Love your husband John,
Cody and Carson, Peter and Veronica,
Bryan and Vern,
and all your family

ANNOUNCEMENT

IN MEMORIAM



Frank Payonk

August 20, 1925 – January 24, 2019

Those we love don't go away,
They walk beside us every day;
Unseen, unheard, but always near,
So loved, so missed and held so dear.

-Lovingly remembered by wife,
Bernice

ANNOUNCEMENT

IN MEMORIAM



Darrel Nicholas Krut

June 21, 1950 – January 26, 2015

In loving memory of our dear
husband, father and grandfather
Who passed away five years ago.
Never more than a thought away,
Quietly remembered every day;
In our hearts your memory is kept,
To love, to cherish and never forget.

-Love, Valerie, Chad, Kendall, Davis,
Carys, Dexter, Bridget, Jarrod, Cali and
Maddison, and sister Debbie

ANNOUNCEMENT

IN MEMORIAM



Frank Payonk

August 20, 1925 – January 24, 2019

Quietly your memory we treasure,
Missing you always, forgetting you never.
Forever loved, remembered,
And missed by all of us.

-The Skrypec and Samson families

OBITUARY

Bert Olender

January 6, 1932 – January 13, 2020

On Monday, January 13, 2020 our amazing husband and father, Bert Olender, peacefully took his last breath on earth and left us for his eternal home in Heaven.

Bert will be forever remembered by his wife and best friend Olga, his children, stepchildren and grandchildren. He will also be remembered by his sister, nieces, nephew, extended family and dear friends.

The family wishes to thank all the friends and family who visited and reminisced with Bert over the past six weeks. You made his day! Thank you to the doctors, nurses and staff at Selkirk General Hospital for their amazing care and compassion. Thank you to Gilbert Funeral Home during this difficult time.

A Celebration of Life was held on Thursday, January 16, at Gilbert Funeral Home.

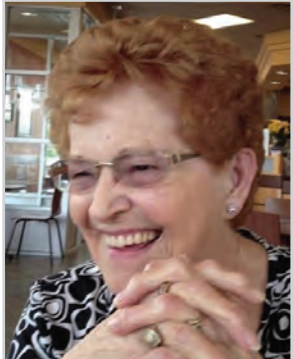
A life well lived!



Classifieds *Selkirk Record* Announcements

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OBITUARY



Elizabeth "Liz" Bodner

Elizabeth "Liz" Bodner passed away surrounded by family on January 7, 2020.

Liz was born in Libau, Manitoba on September 13, 1934 to Fred and Barbra (Dora) Hinkewich. Moving to Selkirk, Manitoba in her younger years and making it her forever home, Liz was a kind and hardworking individual. She married John Bodner on October 25, 1952 and were later blessed with a son, Ronald. Liz is survived by her son Ronald, granddaughter Jenine (Guy), sister Mary as well as many nieces and nephews.

Liz was the heart and soul of Baker Boy Catering in Selkirk, Manitoba. The fantastic food served at thousands of dues in Manitoba were led by her, behind the scenes putting it all together. She truly loved her time at Baker Boy, developing another family underneath it's roof. One of these chosen family members, Rhonda

Thorsteinson, was the daughter she never physically had and one of the most special people in her life. She fondly shared stories over coffee of her cherished Baker Boy years at her favourite hangout, Selkirk's A&W.

A graveside service will be held on Friday, January 24, 2020 at 2:00 p.m. at St. Clement's Churchyard Cemetery, Selkirk, Manitoba.

Arrangements entrusted to

*Interlake Cremation
& Memorial Services*
204.482.1040



Lillian Francis Marsden

February 9, 1932 – January 13, 2020

Sadly on January 13, 2020, Lillian Francis passed away at Health Science Centre surrounded by family. She will be sorely missed.

Lillian was predeceased by her loving husband Ernest; her son Robert; her parents William and Francis Arvidson and sister Ramona Engrecht. She is survived by her brothers William, Nels, and Ron Arvidson and many nieces, nephews and cousins in the Winnipeg and Kelwood areas.

Lillian was born in Alberta. Her family moved to Kelwood, MB where her parents Homesteaded. She moved to Winnipeg to continue her education where she later met Ernie.

Lillian had seven children, Judith Klos (Bob), Robert Marsden (deceased), Linell Marsden, Alison Bennett, William Marsden, Caryn Dubois (Pat) and Sharon Duncan. She had nine grandchildren Joshua Hingtgen (Ling), Kimberly McMillan (Brent), Sean Bennett (Marion), Angela Bennett, Cody Klos, Robert Dubois, William Dubois, Margaret Duncan, Michael Duncan and seven great-grandchildren, Sophie, Shayla, Mark, Sloane, Ellyna, Alec and Isla.

Lillian worked at Middlechurch Personal Care Home for 20 years. She went back to school (Red River Community College) when all seven kids were in school. After graduating, she worked at Great West Life until she retired at 58. She was also in the Army Reserves for 25 years.

Lillian volunteered at Middlechurch Home as a friendly visitor and prayed with residents in need. She had a very strong Anglican Faith and volunteered at St. Paul's Anglican Church for most of her life.

Thank you to mom's brother Bill, cousin Don, Cecil, David and nephew John Larsson for keeping in contact with mom and making her days brighter. We appreciate all you did for her over the years.

In keeping with her wishes, cremation has taken place and a celebration of her life was held on Monday, January 20 at 11:00 a.m. in the Gilbert Funeral Chapel in Selkirk, MB.

Condolences may be left on her tribute wall at www.gilbartfuneralhome.com

Gilbert Funeral Home, Selkirk in care of arrangements.



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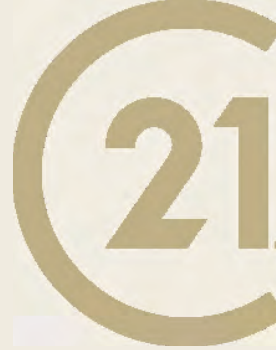
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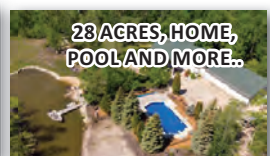
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