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The Selkirk Record

VOLUME 13 EDITION 4

THURSDAY, JANUARY 27, 2022

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RECORD PHOTO BY: DAVE HOLLAND/SPEED SKATING CANADA
Alexa Scott from Clandeboye, Manitoba will be representing Canada in the 2022 Olympic games in Beijing, China. The 20-year-old will be lacing up for the speed skating competition. Learn more in the article on page 14.

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Local restaurant owners move on to new adventures

Linda, Dennis and Roxi Bohemier felt now was the best time for their family to try something new

By Katelyn Boulanger

Roxi's Uptown Café, On the Rocks bar and the Red Barn Beer store will have new owners at the beginning of February.

The business has been owned by current owner Linda Bohemier since September of 2005 with her daughter Roxi Bohemier joining the business a few years later taking over the restaurant.

"We had a hotel in Lorette, [Manitoba] and we sold it in 2000. We didn't think we'd get back into this business, but we missed it. The [business in Selkirk] was for sale, so we bought it," said Linda.

Meanwhile, Roxi was completing her studies at bible college in leadership and discipleship training and felt that her next step was to have a go at the little café.

"Because I grew up in the industry, it was in my heart to do it as well. I always had a passion for the restaurant and I even made some desserts at my parent's restaurant [in Lorette] for the customers [when I was little]," said Roxi.

She took over the café at the beginning of 2008 and that's when they set about making changes. Over the years, the menu has expanded and so has the restaurant with more space being made to accommodate the increased number of customers that were stopping by.

"The kitchen was the size that our dishwashing area currently is," said Roxi.

The business has become a Manitoba Ave. staple with many great memories being made.

Both owners enjoyed the fun that was had at events like Holiday Alley when residents came to the downtown area and brought the neighbourhood to life.

"Definitely, the red carpet event that we had with the Garry Theater [was amazing too], that was one of the first really big events that happened for us," said Roxi.

They've also enjoyed being part of bringing people together in the community.

"There's been a few relationships that have been formed here with customers, because, while we were still quite small, we'd always have lineups outside. A lot of time, people would just say, 'Hey, you could just come sit

at my table,' if they were just one person sitting at a table [that could seat] two or four. It created relationships, friendships and [romantic] relationships, and some people are married today. It's been fun to be part of that," said Roxi.

Both owners felt that now was the right time for a change.

"I was going to start Roxi's Uptown Cafe for five years and learn everything that I could and then venture off to my next project and then five years turned into 10 and then 10 turned into 14. I feel like it's actually the perfect timing right now for all of us to start moving on to the next season," said Roxi.

She'll be moving on to her next calling and Linda will be enjoying her retirement.

The new owners have connections to the Interlake and made the offer to purchase the business without it even being put onto the market because of the potential that they saw in what had already been created.

"We've had a few offers over the years and it was the right time and the right people," said Linda.

Both Linda and Roxi want customers to know that even with this change in ownership they shouldn't expect their experience at the business to change.

"Just the owners are changing. The great staff is staying because we really, really do have great staff," said Linda.

Gift cards will also remain valid over this switch so there's no need to rush in and redeem them.

The one thing that they would have liked to have was a farewell event thanking the customers who have supported their business over the years, however, current COVID-19 restrictions have made it so that that isn't possible.

Regardless they would like to thank the customers who have supported them over the years, the City of Selkirk for being such a wonderful place to be, their employees for years of amazing service, and God for making this all possible.



RECORD PHOTO BY BRETT MITCHELL

Owners Linda, Dennis and Roxi Bohemier are moving on to new adventures with the sale of Roxi's Uptown Café.


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Donating hats to those in need during the pandemic

Newly found hobby turns into great way to give back

By Katelyn Boulanger

Ernest Okrainec is looking for groups or organizations to donate his knit hats to after taking up the hobby to fill time during the pandemic.

So far he's knit over 250 hats after taking the hobby up after some health complications made his previous creative outlet, woodworking, less accessible to him.

"When this COVID broke out I only left the apartment twice in six months so I started [knitting]. I had to do something or I would go insane," said Okrainec.

He's made hats for many of his friends and family members and already donated to some schools, Growing Years, the Gordon Howard Centre and other groups in the Interlake area but would like to expand outwards.

Okrainec knits his hats out of wool on a circular loom, which makes nice wide hats in children's and adult sizes that are cinched together with pom-poms at the top. As he's progressed he's had to modify his equipment such as changing the shape of the hook and re-securing the pegs to his loom as he's worn out his tools making so many hats.

He started doing it because of his wife Ann, who as a knitter and crocheter herself, was able to show him the ropes.

"She [knit] a bunch of them but she's gotten arthritis in her fingers so she couldn't do it anymore. So, I took over," said Okrainec.

In the beginning, it took him hours to create a single hat but now he's gotten very good at it and is able to put together multiple hats a day.

Okrainec would like to reach out to residents in our community and find people or groups who need hats. One idea that he is open to, donating to local kids sports teams or groups who might be able to sell them at their sporting events and raise funds in that way. If the groups want hats in the team's colours Okrainec says he's willing to make hats specially for them.

He and Ann feel that this is a win-win as they are now able to give back to the community and also keep busy.

To contact Okrainec to let him know about a hat donating opportunity give him a call at 204-485-0529.



RECORD PHOTO BY KATELYN BOULANGER

Ernest Okrainec with some of his knit toques.

First time Vantor Denture patients recommend their services

BY ELISHA VANDOR

Over the past month or so during the holiday season we helped many get their teeth back in time for the festivities! It was a whirlwind of fun as we worked during the day seeing patients and at night making their teeth. The joy of it all was seeing their smiles transform, for most, just in time for Christmas. Now, of course, we had to ask them about their experience while in our denture clinic and here's what they had to say:

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"Very good Denturist. Meticulous work and very reasonable price." - Barry B. December 13, 2021

"The cleanliness of the office, great staff - friendly atmosphere. Brock appears extremely confident and efficient and proficient. I love the time taken to fit the dentures perfectly. A great all-around experience." - Marlene D. December 15, 2021

"Everything was made special from the time I walked in the door! The front desk people are very special. Then I met

Brock, the caring and workmanship are extremely special. I love my new teeth. They fit so well and are very comfortable. They look beautiful and natural! Great workmanship. I am sorry I never came here before this time. This is my 5th set of dentures and I never ever had such beautiful workmanship and detail as I have had here. Brock is very special in this field. He made me feel like royalty, so thank you very much!" - Isabelle G. January 4, 2022

We are so encouraged by all the wonderful feedback and hope you are too! We declare that 2022 is going to be a great year for you, so start it off right by making an appointment to see us. Consultations are absolutely free. As an added bonus, the majority of dental insurance plans restart January 1, 2022. When you call, Manon or Elisha will be happy to assist when booking your appointment. We will see you soon!



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Happy patient Linda poses with Brock after receiving her partial denture. **SENIOR PRICING**

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Cross country ski trails make a great winter activity

With warmer weather coming more fun can be had enjoying the great outdoors

By Katelyn Boulanger

Are you looking for a way to get out of the house and enjoy more of what our region has to offer? Happy Trails Ski Club has you covered with around 20 km for skiers to enjoy.

"[We have a] series of short ski trails on the West side of Lake Winnipeg, around Winnipeg Beach, Dunnottar, Matlock, and Petersfield. They're ideal for short afternoon skis. Good for amateurs, children, that sort of thing," said Happy Trails Ski Club's president Jim Bennett.

Getting out skiing allows for a fun activity and gives you the benefits to mental and physical health that come with exercise but this year with COVID-19 numbers once again rising, it's also a way that residents can enjoy an outside activity and one that can be done while socially distancing.

The club's trails are prepared for skiers by a groomer and maintained throughout the winter season as weather permits.

"Based on the amount of snow and temperature, we don't groom the

trails if it's super cold but as soon as the weather permits, we get out and create a track after the snowfall," said Bennett.

He says that another benefit of skiing is that it's a pretty inexpensive sport to get into.

"It's not difficult. We have ski rentals for people that don't have skis. Other than that, it's a fairly inexpensive sport, unless you're purchasing new skis. Membership to the club, is \$30 for an individual membership and \$60 for a family membership," said Bennett.

As it has been colder lately some safety advice that the club recently posted to its Facebook page is:

The glide on your skis at the tips and tails will be less as it gets colder. You'll have to work harder to move forward. As it warms up, the glide gets longer as in temperatures around -10 C and warmer.

If you are travelling on the highway to your ski destination, make sure to pack extra clothing — parka, dry mitts, dry shirt or sweater, boots. If

you have car trouble after skiing and have to walk for help, you could become hypothermic.

Be sure to take water with you either in your backpack or in your car on your return

Dressing in layers is the best. Don't ski in a heavy parka. It's good to feel a little cool before you start. You will work up a sweat.

A toque or head-covering is a must. Most of your heat escapes through your head. Wear a tunnel or scarf to protect your face. The wind can bite when you change directions.

Check each other for frostbite on your face and ears. If there is a white spot, cover it with your hand to warm it up and cover it with your scarf or tunnel for the rest of your ski.

Bennett encourages people to give the sport a shot as it's a great way to get some exercise that's easy on the body and if you reach out to Happy Trails they'd be happy to help get you started.

"It's a great winter sport. It gets you out. It's COVID. Safe. What else can I say? It's local but you don't have to if you live in the area, you don't have to go far to find a bit of a trail," he said.



RECORD FILE PHOTOS BY NICOLE BUFFIE

Brent Czarnecki takes advantage of the newly-groomed cross-country ski trails on Netley Creek in Petersfield last year.

The best place to find out up to date information about Happy Trails Ski Club's many trails and contact them to find out more information is on their Facebook page at <https://www.facebook.com/HappyTrailsCCS/>.

Dr. Matear joining health incident command

By Patricia Barrett

The Interlake-Eastern Regional Health Authority's chief executive officer joined the province's health-care incident command team on Monday as omicron increases hospitalizations and staff vacancies.

Dr. David Matear is joining Manitoba's chief public health officer Dr. Brent Roussin as co-incident commander to assist with the government's response to the COVID-19 pandemic.

Marion Ellis, who is the health authority's regional lead for health services-public health, acute care and chief nursing officer, was appointed acting CEO.

"Marion has 30 years' nursing leadership experience, with many of those

spent in senior leadership. She is currently actively participating in provincial planning tables for COVID-19 as well as health system transformation," said an IERHA spokesperson last week. "Marion has committed to maintaining the culture of transparent communication that has been established in the regional health authority. She will continue to host elected leader briefings as information warrants."

Manitoba health minister Audrey Gordon said in a news release that Matear's past experience dealing with health-care emergencies will stand the province in good stead.

"Dr. Matear brings a wealth of incident command structure and operational knowledge to this role as

Manitoba works to mitigate the risk of COVID-19 and address the ongoing capacity needs of our health-care system," said Gordon in the Jan. 19 release. "Previously Dr. Matear served as the senior operating director in Fort McMurray, Alta., and as the incident commander for Alberta Health Services during the Fort McMurray fires that swept through that community in 2016. He successfully led hospital and health services care provision during the four-month period of those devastating fires and will no doubt be an incredible asset to Manitoba."

Matear is replacing Lannette Siragusa on incident command.

The IERHA spokesperson said municipal leaders were notified last week that COVID is increasing hospital-

izations and causing illness among health-care staff, which is leading to vacancies. That may cause "interruptions in local service delivery as the health-care system works to meet essential care needs and aligns resources to greatest need."

The health authority has asked municipal officials to advise residents there will be temporary health service disruptions.

Acute care beds have already been suspended in some IERHA hospitals because of nurse shortages, and emergency rooms over the past five years or so continue to temporarily close or offer limited hours of service because of doctor shortages. The IER-

Continued on page 7

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WSP residents making a safer community

COPP program recruiting new members

By Katelyn Boulanger

Residents who volunteer with West St. Paul's Citizens on Patrol Program are putting out the call to recruit more residents to the program in order to help make their community safer.

The Citizens on Patrol Program (COPP) act as additional eyes and ears for the RCMP in our communities. Since the RCMP can't be at all places at all times, these residents look out for the neighbours noticing if something isn't right in their community.

"The purpose and goal of the group is to patrol the neighbourhood and see if there's any suspicious activity. [If we] see any broken windows, doors, or see something that just doesn't seem right, we would contact the RCMP and provide the information that they would obtain. Or, if it looked like it was necessary to call 911, we would call 911," said Murray Luschinski, coordinator of the West St. Paul COPP branch.

To join the group residents have to pass a criminal record check and be able to devote around 4 hours a month to monitoring their community plus some training to get them started.

"After you're trained, you're taken out for your first patrol by an experienced volunteer, just to show them the ropes, and get them familiar with the procedures. You're never supposed to confront any individual that has erratic behaviour at anytime and basically just report in [any suspicious circumstances that you see]," said Luschinski.

Volunteers are given magnetic decals for their vehicles to use when they are patrolling as well as supplies like a flashlight, notepad, and hat or toque. At the beginning of their patrols, they check in with the RCMP for safety as well.

"The biggest reason [that we think it's important to have COPP in our community] is to provide additional support to one another. With the RCMP being pretty stretched in their

resources, they're not able to do as many patrols. So, just to help get that sense of security to residents, just to know that, someone is looking out for your interests when it comes to any activity that shouldn't be happening," said Luschinski.

He says that most patrols are quiet, however, in the past few years, the group has been able to scare off vandals on two separate occasions.

"They had cars parked, lights off, and then when we approached them, they took off, no lights on and barreled through stop signs," said Luschinski.

The group has also had some positive impacts in helping residents out.

Once they were able to help a resident who had fallen in the snow and called 911 so that help could come.

Another very recent incident occurred when a resident left their bag on top of their car and drove off. The COPP members found the bag in the snow on a major road quite a distance from the person's home and were able to find identification and return the bag to its rightful owner.

Of course, the pandemic has affected their work but as far as Luschinski knows all members are vaccinated and as a precaution when approaching residents they always wear masks.

He personally finds helping out his community to be very affirming.

"It's just a rewarding experience when you know that you can help your fellow neighbours. It's just something that all of us feel good about when we

are able to help someone. We feel that we're contributing to helping make the community a safer place to live," said Luschinski.

He says people that are interested should contact him to see if it's the right fit for them.

"I would love the opportunity to explain the program to them and take them for a patrol as a guest, just to

show them what it entails to do something like this. It's just something that if you have a few spare hours that you're willing to put towards the community, this is a good way to put them to use," said Luschinski.

To contact Luschinski about the COPP program in West St. Paul give him a call at 204-226-4274.



RECORD PHOTO SUBMITTED

Above: COPP sign. Below: West St. Paul Citizens on Patrol Program executives Wayne Bodnarchuk, Diana Rochon, and Murray Luschinski.



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Robots may be coming to a home near you

By Katelyn Boulanger

Keeping connected with loved ones is something that has had to be adjusted and re-adjusted over the past two years as risks and regulations with regards to the COVID-19 pandemic have changed. One option that residents may not have tried is getting a telepresence robot which is an option that might be closer than you think.

Reg Urbanowski, the Dean of the College of Rehabilitation Sciences at the University of Manitoba recently held a virtual presentation at the Gordon Howard Centre talking about a program that he is running that could have some of these robots coming into people's homes.

The telepresence robot is a VGo robot and is a white structure with wheels and a front-facing screen that allows residents to communicate with their loved ones via a video chat feature.

"We thought about this [as an] idea for people that live in their own homes, sometimes they're afraid of being alone, sometimes there's a safety issue, sometimes you're just lonely. If they had a way to connect with other people, maybe that would help them and so that's what this project is about. It's about taking some robots that we have, and asking people that might be interested to take it into your home, try it for six months, and see if you like it," said Urbanowski at the presentation.

He and his team will check in periodically throughout the duration of the project to see how it's working out for the participants and provide initial training on how to use the robot.

When looking at the robot people might think it looks like a strange television but it's way more advanced than that.

"What makes this a robot is that the person that's at the other end [of the video call], can actually manipulate this robot so it can go down the hallway, it can follow you wherever you want to go," said Urbanowski.

He says that the machine which is fairly light also comes with its own docking station which people just have to put it near and it will get into position to be able to charge.

"The robot itself is pretty robust. It has little sensors on it. So it's not going to go down the stairs on you. It can actually sense stairs and senses objects. So it's not going to bump into things," he said.

He also reassured the presentation's attendees that the robot had very high electronic security.

"They're very safe, they're secure, they use coded systems so people can't break in and interrupt and have a look at what you're doing and that kind of thing. They're very secure that way. Plus we use it through our servers, which are also at the University of Manitoba and are also very encrypted and very safe. So you can be sure of that," Urbanowski said.

The point of having the robot is to better keep people connected with their loved ones. If the robot isn't working out for any reason Urbanowski said that residents could call them and have it taken away.

There is also no cost to participate in the project so that people can try it and see if it fits into their lives.

To get more info or sign up to be considered for the project contact Urbanowski at 204-318-5284 or reg.urbanowski@umanitoba.ca.

"We'd be more than happy to talk to you about how it works, what's involved, and you can make a decision at that point," he said.



RECORD SCREENSHOT BY KATELYN BOULANGER

Reg Urbanowski, the Dean of the College of Rehabilitation Sciences at the University of Manitoba let residents know about an interesting new communication option that will be coming to our area.



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HA recently announced that a doctor working in Arborg left the clinic attached to the hospital.

The province has restricted access to COVID PCR testing and also restricted the use of rapid antigen tests, resulting in a lack of public health data and uncertainty as to how many people are infected and how this wave is playing out. The province is also no longer conducting contact tracing for the general public and in schools.

Hospitalization and ICU admissions over the past month have continued to climb because of omicron. On Friday, Jan. 21, there were 827 new COVID infections (an under-

count), 664 people in hospital and a total of 1,492 deaths.

Premier Heather Stefanson said a few weeks ago it's up to Manitobans to look after themselves. Last week physicians said provincial Shared Health hasn't released a triage protocol – a guideline on who should get life-saving care and who could be left to potentially die – in the event that staff and hospitals resources run dry.

The surgical and diagnostic procedures backlog is 153,320 (data as of Jan. 13), according to Doctors Manitoba's online dashboard.

The Selkirk Record



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MB enhancing provincial park reservation service for 2023

By Becca Myskiw

Campers will soon have an easier time booking their sites for summer getaways next year.

The provincial government is currently developing a new provincial park reservation system. While the new system is being worked on, they're also adding short-term changes to the current system to "improve users' experiences when booking campsites this spring."

The conservation and climate department is looking at major changes like a completely new software application. So while they work on finding, acquiring, and implementing that, which they're aiming to have in place by 2023, the department is "addressing the major challenges users experienced in booking campsites, cabins and yurts at provincial parks on the opening days for reservations in 2021."

Those changes include: server upgrades to improve the system's performance, the addition of two opening days to five from three, a limit to the number of reservations one can book in one session for cabins and yurts to two from three, and a reduction in the maximum stay length for yurts and cabins to seven nights from 14. The last change is to give more people the opportunity to use the facilities.

Conservation and climate minister Sarah Guillemard announced on Jan. 14, that they're making the adjustments in response to public feedback.

"The improvements will help manage the load on the opening day for reservations, ease the booking process for campers and provide more opportunities to book camping facilities in high demand and limited inventory, such as cabins and yurts."

The public feedback came from the Improving the Parks Reservation Service online survey on EngageMB.



RECORD FILE PHOTO

The light streaming through the trees at Birds Hill Park.

Of the 97 per cent of users who said they had used the online reservation service, 49 per cent were dissatisfied with it. Twenty-seven per cent were somewhat dissatisfied, 21 per cent were somewhat satisfied, and three per cent were satisfied with it.

Three per cent of respondents hadn't used the service, and 52 per cent of them said their impression of it was very negative. Twenty-six per cent of them said their impression was somewhat negative, 12 per cent said it was somewhat positive, and 10 per cent of them weren't sure.

In another question, the survey asked how people typically reserve provincial park sites, and 91 per cent

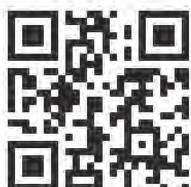
said online. The survey found that people don't book with the service on opening day mostly due to a bad experience or the site taking too long. These answers (and more) prompted the government to make these upcoming changes to the provincial parks reservation system.

"Our government is committed to making it easier for Manitobans to reserve campsites with this short-term and long-term approach," said Guillemard.

Online reservations start April 4 this year.

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

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TROUBLE WITH PAPER DELIVERY?

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

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2020-21 Champion Child buys surgical drill for hospital

The Children's Hospital Foundation Champion Child is giving back

Submitted by Children's Hospital Foundation of Manitoba

Brady Bobrowich has spent the last two years serving as an ambassador for kids like himself, who need HSC Winnipeg Children's Hospital, and now he's giving the hospital a special gift.

At five months old, Brady Bobrowich's parents noticed unusual spots on his body. Brady was diagnosed with Type 1 neurofibromatosis – a genetic disorder that causes tumours to form on nerve tissue anywhere in the nervous system, including the brain, spinal cord and nerves. Brady has more than 100 tumours in his body with one of them being connected to his spine that cannot be removed. This particular tumour, or plexiform neurofibroma, is so large that it caused Brady's spine to bend, much like a tree with branches too heavy on one side. Brady has had three spinal surgeries to implant and lengthen rods in his back to keep his spine straight as he grows and a fourth surgery to fuse his entire thoracic spine.

"I've had surgeons helping me through it all and because of these surgeries, I am able to continue to play hockey and do other activities I love to do," said Brady.

Now 14-year-old, Brady has spent the last year two years as 2020-21 Champion Child for Children's Hospital Foundation of Manitoba, speaking on behalf of 130,000 other children who need HSC Winnipeg Children's Hospital each year. His role has been especially challenging in the midst of COVID-19; due to the pandemic, the Champion Children from across Canada and the U.S. were unable to participate in their annual Children's Miracle Network gathering in Orlando, Florida and many local events were cancelled.

Also, amid the pandemic restrictions, Brady had two more surgeries to further support his condition.

Despite these challenges, Brady showed resilience and attended more than 40 events virtually, and some in-person when possible, to share his story and showcase what an amazing hospital and research institute we have in Manitoba. He and his family also coordinated several of their own virtual fundraisers to help raise funds for surgical equipment needed by HSC Winnipeg Children's Hospital.

"I've had two major surgeries during these years as Champion Child, and I once again learned the importance of

the HSC Children's Hospital. I want to make sure surgeons have the best tools available to help other kids like they helped me."

Last week Brady gave back, presenting a cheque for \$37,000, the money he had raised over the past two years, to the surgical department at HSC Children's to help purchase a much-needed tool – the Midas Rex MR7 pneumatic surgical drill. This drill is a newer version of a similar drill used in Brady's surgeries and will help the HSC Children's surgical team to have even more precision to protect sensitive structures during surgery, and make clean, thin cuts that can promote faster healing time with less pain, as well as help kids spend less time under anaesthetic.

"We are so impressed with Brady's work over the past two years as Manitoba's Champion Child and his efforts to raise funds for new surgical tools to help other kids like him. HSC Winnipeg Children's Hospital thanks you Brady," said Dr. Richard Keijzer, Pediatric Surgeon-Scientist with HSC Children's Hospital and Children's Hospital Research Institute of Manitoba.

"Brady has exhibited true champion spirit and the resiliency of children after they receive the healthcare they need when they need it," said Stefano Grande, President & CEO of Children's Hospital Foundation of Manitoba. "We're so proud of what Brady accomplished over two full years as Champion Child – our longest running Champion Child – and we thank Brady and his whole family for being excellent ambassadors for HSC Children's Hospital."

"I'VE HAD TWO MAJOR SURGERIES DURING THESE YEARS AS CHAMPION CHILD, AND I ONCE AGAIN LEARNED THE IMPORTANCE OF THE HSC CHILDREN'S HOSPITAL. I WANT TO MAKE SURE SURGEONS HAVE THE BEST TOOLS AVAILABLE TO HELP OTHER KIDS LIKE THEY HELPED ME."



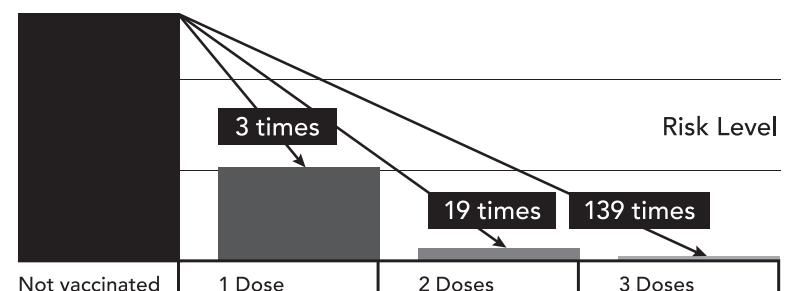
RECORD PHOTO SUBMITTED
Brady Bobrowich with local MLA Alan Lagimodiere.



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 the Month Contest!*

Selkirk gets another green energy project

Manitoba's first green hydrogen production facility

Submitted by the City of Selkirk

On the heels of the recent announcement of the potential new solar glass plant, Charbone Corporation has announced that Selkirk will be home to Manitoba's first green hydrogen production facility. The plant will be powered by renewable energy and will supply and sell green hydrogen throughout Manitoba and beyond.

It's the work we've been doing for years that's encouraging this type of investment says Mayor Larry Johansson.

"We're creating clean energy opportunities which in turn is creating jobs. We're investing with purpose and building a more resilient and sustainable Selkirk for generations to come."

Selkirk CAO Duane Nicol says that this is another exciting project and one that yet again puts Selkirk at the forefront of the transition to a decarbonized future.

"Climate Change is the most pressing issue of our time and requires bold and immediate action from all levels of government, citizens and the private sector. In this critical transition – there are great new opportunities. We have been working hard to make Selkirk an attractive place to invest for the economy of the future."

Selkirk's Director of Sustainable Economic Development, Tim Feduniw said Charbone's initiative aligns with Selkirk's vision for the future as Manitoba's green energy hub.

"We are excited to work with Charbone and the Province of Manitoba

to make this project a reality. We're seeing that by being clear about our values, making strategic investments into our infrastructure, and by having a team of dedicated economic development professionals to work with potential investors, great things can happen. This isn't by accident. This is purposeful. In Selkirk, sustainability is a verb," said Feduniw.

Charbone is evaluating some proposed sites within Selkirk including the decommissioned wastewater

treatment plant as an option and is continuing to develop its plan for the facility with expected initial deliveries as of early in the fourth quarter of 2022.

In addition to locating in Selkirk, the City and Charbone are actively exploring how reclaimed water (or rewater) from Selkirk's new wastewater treatment plant can be used in the green hydrogen production process.

"When we invested in our new wastewater treatment plant, we knew there would be opportunities to transform these former waste products into valuable input commodities for other processes. We're hopeful we have that opportunity here," said Nicol.

"This is how we are building a more circular economy. Reducing waste, reducing GHG emissions, and creating new jobs and economic activity in the process."

More details about the project can be found in Charbone's official announcement.

"WE'RE INVESTING WITH PURPOSE AND BUILDING A MORE RESILIENT AND SUSTAINABLE SELKIRK FOR GENERATIONS TO COME."


The Selkirk Record

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Manitoba sees 23 COVID more deaths over the weekend

By Ashleigh Viveiros

Public health officials reported 23 new deaths in people with COVID-19 on Monday, ranging in age from 50s to 90s and from all across the province.

It brings the death toll to 1,515 since the pandemic began.

The weekend saw another 52 people admitted to hospital with the virus, bringing the total of hospitalized Manitobans to 716, including 49 in intensive care.

Looking back at data for seven days ending Jan. 20, Manitoba saw 367 new COVID-19 hospitalizations, a 0.3 per

cent decrease from the previous week.

On the flip side, we also had 40 new ICU cases of COVID-19 in that time, an 8.1 per cent increase over the previous week.

Health officials were also reporting 5,597 new cases for that week. It's a 24.2 per cent decrease, though the case counts are not an accurate representation of how many people actually have COVID-19, as most symptomatic Manitobans are now doing rapid tests at home, if at all, which are not included in the official case totals.

Nonetheless, on Monday the prov-

ince was reporting 38,691 active cases of COVID-19 and a case positivity rate of 33.3 per cent.

The province continues to encourage Manitobans to consider getting vaccinated against COVID-19, noting that, based on the past six weeks of data, people who are not fully vaccinated are three times more likely to be hospitalized should they contract the virus, 11 times more likely to wind up in ICU, and 10 times more likely to die than someone who is fully vaccinated.

"Vaccine is still our best defence

against omicron [variant] and COVID-19. It still provides tremendous protection against severe outcomes," stressed Dr. Brent Roussin, chief provincial public health officer, in a news conference held last Wednesday. "Whichever dose of vaccine you're eligible for, please get that as soon as you become eligible for it."

At press time, 78.8 per cent of eligible Manitobans age five and up had received two doses of the vaccine (fully vaccinated). The rate for the third dose booster shot was at 38.4 per cent.

Health Canada approves Pfizer's COVID pill; safety alert issued

By Patricia Barrett

Health Canada approved Pfizer's COVID-19 oral pill on Jan. 17 but issued a warning the same day that people with compromised kidneys shouldn't be offered the treatment.

Paxlovid is composed of two antiviral pills, nirmatrelvir and ritonavir, which treat mild to moderate COVID in adults who are at high risk to have the disease progress to severe COVID, which includes hospitalization and death.

Pfizer's previously released research data showed the medication reducing the risk of hospitalization or death by 89 per cent.

But people with severe kidney impairment shouldn't be offered the treatment.

The oral medication is "not recommended in patients with severe renal impairment and requires a dosage reduction in patients with moderate renal impairment," states a Jan. 17 alert from Canada's health agency. "PAXLOVID may also interact with various medications, which could result in serious or life-threatening adverse reactions, or a loss of therapeutic effect and possible development of viral resistance."

The medication is not authorized for use for longer than five consecutive days.

The drug's carton labels and blister packs will be in English only for now in order to expedite access to the medication, Health Canada said, and Canadian-specific information doesn't appear on the labels.

"To provide earlier access to PAXLOVID in the context of the global pandemic, Pfizer is providing cartons and blisters with the US Emergency Use label. This label is presented in English-only and is missing some important Canadian-specific information normally found on Health Canada approved labels," said the agency.

The medication is to be prescribed to

infected people within five days of the onset of COVID symptoms.

People can take Paxlovid at home, according to Canada's chief public health officer Dr. Theresa Tam. But she said last week the medication

might be prioritized for people "most in need" – those who haven't got vaccinated. The unvaccinated are at higher risk of developing severe outcomes from a COVID infection and needing hospital and/or ICU care.

"Treatment is not a substitute for vaccination," Tam

tweeted. "Getting vaccinated, combined with public health measures, remain key to keeping #COVID19 infection rates as low as possible."

Paxlovid is presently in short supply in Canada.

The federal minister of public services and procurement Filomena Tassi tweeted on Jan. 17 that the government secured 1 million treatment courses and has so far received an initial shipment of 30,400.

Blister Label

PAXLOVID™
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Take 3 tablets at the same time.
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nirmatrelvir tablet (150 mg)

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Take 3 tablets at the same time.
ritonavir tablet (100 mg)
nirmatrelvir tablet (150 mg)
nirmatrelvir tablet (150 mg)

Rx only
Dist. by Pfizer Labs, Div. of Pfizer Inc., New York, NY 10017
For use under Emergency Use Authorization

RECORD PHOTO BY HEALTH CANADA

The blister label says Paxlovid has been approved for emergency use and is taken twice a day.

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Free mental health services available for farmers

By Jennifer McFee

A new resource has cropped up to help farmers cultivate a sense of mental wellness.

Announced recently the Farmer Mental Wellness Program will offer mental health support for farmers and their families.

Through this program, farmers and their immediate family members can access six free one-on-one counselling sessions with professional counsellors who also have a background in agriculture. These confidential hour-long sessions are funded by the Manitoba Farmer Wellness Program, a non-profit organization established in October 2021.

To accommodate farmers' schedules, the services are available days, evenings and weekends. Farmers can opt for sessions in person, by phone or by video chat, and appointments will begin in March.

"The program was designed to fill a gap. Our advisory board and people in the counselling and farming community identified that there are lots of terrific resources and supports and online forums, but at the end of the day, people wanted to have an opportunity to speak one-on-one with somebody," said board member Roberta Galbraith, who is a farmer in the Minnedosa area.

Galbraith points to studies by the University of Guelph and Farm Management Canada that draw direct links between farmers' mental health and the profitability of their business.

"When you pause and think about it, it really makes sense that if you're not well mentally, then decisions are going to be more difficult," she said.

"You might tend to fumble and stall a bit. Your mind whirls and then you become very indecisive. You might not sell at the right time and then the price goes down, or in the case of fertilizer inputs, the price goes up."

Although the board has identified the Farmer Mental Wellness Program as a pilot project, Galbraith hopes it will continue as an ongoing resource.

"We expect that the uptake will be greater than we anticipate. This

program was built on the success of similar programs in P.E.I., Quebec and Ontario, where the demand has grown," she said.

"We hope that we will morph from a pilot to an established program within the next year and then move forward with more robust fundraising and maybe some additional programming, depending on the demand and interest of the public."

Galbraith notes that she has family members that farm in the Ashern area, and she's aware of how discouraging last summer was for Interlake cattle farmers and for those who watched their crops disappear to grasshoppers.

"It was nice to see awareness from other places in the country and corners of the other Manitoba ag com-

munity that tried to help support what was going on there," she said.

"Just because you might be another sector within a larger industry doesn't mean that you're not a peer. This program is designed for any farmer."

The program is currently in the final stage of development. Farmers and family members will soon be able to book a session, by visiting www.manitobafarmerwellness.ca and clicking on "Book an Appointment." Through the website, they will also be able to select a counsellor that might be a good fit for them.

In addition, the website provides information about how to apply to work as a counsellor for the Manitoba Farmer Wellness Program, as well as how to donate to the cause.



Roberta Galbraith

Closed for repairs



RECORD PHOTO BY BRETT MITCHELL

A water main break on Main St. and Sutherland Ave. closed area businesses last Friday.

**Celebrating our
Selkirk Employee
of the Month**

Maria G.

**Congratulations on
a job well done!**



© 2021 McDonald's

get inspired

> MEAL IDEAS



Recipe courtesy of MOWI on behalf of the Aquaculture Stewardship Council
Servings: 2

- 2 tablespoons olive oil, divided
- 2 Atlantic Salmon MOWI Royal portions
- salt, to taste
- pepper, to taste
- 1 red pepper, cut into long strips
- 2 cups small potatoes, cooked and cut in half
- 1 teaspoon paprika
- 1/2 teaspoon cayenne pepper
- 1/2 cup garden peas
- 1 tablespoon chopped tarragon
- Romesco Sauce:
- 1/2 cup extra-virgin olive oil
- 2 cloves garlic, smashed
- 1/4 cup slivered almonds, toasted
- 1/4 cup hazelnuts
- 1 slice white bread, crust removed
- 1 large roasted red pepper
- 1/4 cup tomato puree
- 1 teaspoon sherry vinegar
- salt
- black pepper
- Aioli Sauce:
- 1 cup mayonnaise

RED RIVER CO-OP FOOD STORE

Royal Salmon with Romesco Sauce and Aioli

- 1-2 cloves garlic, crushed
- 1 tablespoon olive oil
- 1 lemon, zest and juice
- salt
- white pepper
- lemon wedges, for garnish
- Preheat oven to 400 F.

Place large skillet over medium-high heat and add 1 tablespoon olive oil. Season salmon portions with salt and pepper, to taste, and place skin sides down in pan. Cook 2-3 minutes until skin is crispy. Place on sheet pan, skin sides up, and bake 6-7 minutes. Remove from oven and let rest.

In same skillet, add remaining olive oil then add peppers and potatoes. Cook 6-7 minutes until peppers soften and potatoes start to caramelize.

Add paprika, cayenne and peas; stir and cook 2 minutes. Add tarragon.

To make romesco sauce: In clean pan, heat olive oil and gently fry garlic, nuts and bread until toasted.

In blender, process red pepper, tomato puree and vinegar until smooth. Add toasted nuts and bread; process to desired consistency.

To make aioli: In bowl, whisk mayonnaise, garlic, olive oil, lemon zest and juice, salt and pepper.

Place several spoonfuls of aioli on plate. Top with potatoes, peppers and salmon, skin side up. Top with romesco sauce.



Recipe courtesy of MOWI on behalf of the Aquaculture Stewardship Council
Servings: 2

- 2 pieces of MOWI Pure portions salmon
- 1 cup wild rice
- 1 tablespoon coconut oil
- 1 clove garlic, sliced

Salmon and Shrimp Coconut Curry

- 1/4 cup red onion, diced
- 1 cup pumpkin or butternut squash, diced
- 1 tablespoon lemongrass, finely chopped
- 1 1/2 tablespoons red curry paste
- 1/2 cup coconut milk
- 1 tablespoon fish sauce
- 1/4 cup tomatoes
- 4 shrimp
- 1 lime, quartered
- 2-3 cilantro leaves, for garnish
- Cut salmon into 1/2-inch cubes. Cook rice according to package instructions.

In large skillet, heat coconut oil over medium-high heat. Add garlic, onion and pumpkin or squash; saute 5 minutes, or until onions are translucent. Mix in lemongrass and curry paste. Cook 2-3 minutes, or until fragrant.

Add coconut milk, fish sauce and tomatoes; mix thoroughly. Add shrimp and salmon; cook until done.

Serve with rice and lime quarters. Sprinkle with cilantro.

Expert Patient Here to Help!

By Susie Schwartz

A new year has begun. For some, January is pregnant with goals and anticipation. I am excited with you, as part of me feels the same way. (Hopefully not actual pregnancy. I'm too old and weathered to care to learn the names of the newest marvel characters, never mind push a baby out-side on a swing.) I have high hopes of more dreams coming true.

Some of you though, (and the remainder of me), feel a little (or a lot) fear or dread for whatever comes next. So what do we need to hear?

Maybe this: Sometimes, taking our next breath is all we can manage, and that is good enough.

Kate Bowler (A NYT bestseller, professor, and podcaster who incidentally grew up in Manitoba and was also diagnosed with stage 4 cancer a few years ago) said in a recent podcast that, for a while at least, she was stolen the opportunity to speak in the future tense. No more, 'Some-day let's...' or 'I can't wait until we...' Instead, she endured appointments and surgeries and chemo, never knowing if tomorrow would come.

I've never had cancer, but I have been dying before (For real, but I guess apparently also not.), and thinking of time in the block of a whole year didn't just cause overwhelm; it was literally impossible.

Some of you may feel that sounds fatalistic (Ahem, I was dying.), but you're probably one of the pregnant ones. Or maybe you are both sick and full of positivity on cocaine. (The positivity, not you - I think?) If you have a colon-removal surgery or a 7-finger amputation booked for



Susie Schwartz

January to buy you some months and are still aiming to plan an Italian holiday in February (Need I mention the pandemic?), props, friend.

There are probably a few of us who are made of different stuff. (I think it is called being human. You know... flesh; bone; a gamut of emotions.) Getting through everything takes all of our strength and courage, and unless there's a picture of pasta on the wall while our blood is being drawn (Weird. Used to be puppies.), we can't even picture that exquisite boot-shaped country.

So, as the needle goes into your arm or the doctor gives you hard test results, or you're afraid of losing your hair or a loved one, it's okay only to breathe and ignore all the days that may or may not come to pass.

Resolution it up! Or, take that next breath.

Less health stress, yes?

A published author and songwriter, Susie currently lives in the UK. Find her on FB @medicalmissstress, Instagram @susie.suschwa, and lesshealthstress.com



Servings: 2

Marinade:

- 1 tablespoon sesame oil
- 1/4 cup tamarind sauce
- 1/2 tablespoon Dijon mustard
- 2 tablespoons sesame seeds
- 1 tablespoon honey
- 1 sweet potato, cut into rounds
- 2 tablespoons coconut oil, divided
- 1 tablespoon sesame seeds
- sea salt
- 8 spears broccolini
- 2 salmon fillets (4 ounces each)

One-Pan Japanese Salmon with Sweet Potato

brown rice, for serving

Preheat oven to 400 F. Line tray with baking paper.

To make marinade: In bowl, whisk sesame oil, tamarind sauce, Dijon mustard, sesame seeds and honey until combined.

Place sweet potato on baking tray and drizzle with 1 tablespoon coconut oil. Toss to coat. Sprinkle with sesame seed and sea salt. Roast 25 minutes.

Remove tray from oven and add broccolini. Drizzle with remaining coconut oil and sea salt. Place salmon fillets in middle of tray and drizzle with marinade. Bake 12-15 minutes, or until cooked to desired doneness. Serve with brown rice

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BINGO POSTPONED UNTIL FURTHER NOTICE

Scott excited about Olympic invite

By Brian Bowman

Alexa Scott has always dreamed about going to the Winter Olympics.

But she certainly didn't expect to go there at the tender age of 20.

The pride of Clandeboye is one of three Manitobans - along with Winnipeggers Heather McLean and Tyson Langelaar - that were named to the 16-member national long-track squad for next month's Winter Games in Beijing.

"It's definitely something new," chuckled Scott last Wednesday from Calgary. "I am very excited and I don't think that I have been this excited in my life."

Scott will be competing in the 1,000 metres and team pursuit events.

Last month's Canadian Olympic Trials were cancelled due to COVID-19 concerns. That meant the athletes had to endure the agonizing wait to see if they would be chosen.

Eventually, the selections were based on World Cup rankings with races held in Poland, Norway, Salt Lake City, and Calgary.

"I had skated at a few junior World Cups but they don't compare to the actual World Cup," Scott said. "It's such an extravagant event. There's cameras... it's a big ordeal. It was really exciting and I got a lot of really good experience travelling."

Scott, who competed on the World Cup circuit for the first time, found out that she made the team after receiving an email. She quickly called her parents, Malcolm and Judy.

All of her hours and hours of hard work paid off.

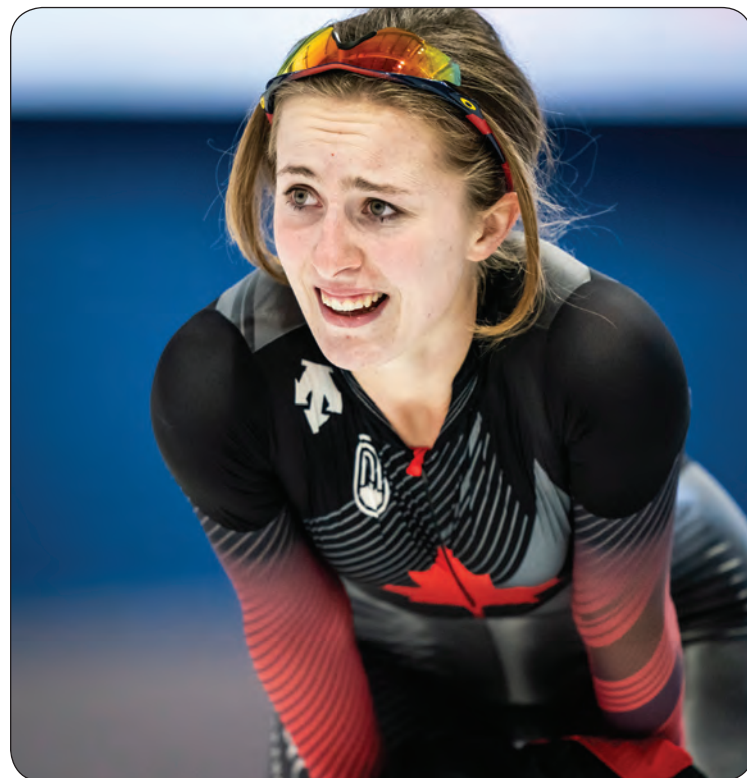
"It was super exciting and your mind kind of goes blank," she said, noting the team will board a charter flight for Beijing on Wednesday of this week. "You're so excited that you're 'Like oh my god.' This is actually real."

Her parents were ecstatic to receive the news that Alexa is going to the Olympics.

"It's pretty crazy," said Malcolm. "She's slowly been working through things but this kind of came out kind of unexpected, I think. Her ultimate goal was to try to make it but we were thinking probably not for another four years."

Scott hopes to continue Manitoba's great tradition of speedskaters, which includes greats like Susan Auch, Clara Hughes and Cindy Klassen.

Our province is doing a great job producing elite



RECORD PHOTOS BY SPEEDSKATING CANADA

Clandeboye's Alexa Scott is excited to be part of Canada's contingent of long-track speedskaters that will compete at the Winter Olympics in Beijing next month.

speedskaters

"To have three Manitobans (go to Beijing) is pretty good," Scott said. "Of course, I've skated with Tyson on the provincial team and the national team for years so I know him really (well) and we're super excited to go to the Games. And Heather is a veteran and also a very talented speedskater. We have this history of having very talented speedskaters."

Scott has made tremendous strides the past few years. She has learned a lot from experienced skaters and expects to improve even more as she continues with her journey.

"The thing that I have been very proud of myself over the years is the fact that every single year I have taken that next step," Scott said. "I kept on getting faster and making different teams - progressing my career. Going out every weekend and improving on what I had done the previous year or the previous weekend."



Bisons, Wesmen split in men's volleyball

Staff

The University of Winnipeg Wesmen defeated the Manitoba Bisons in straight sets (25-22, 25-21, 26-24) in a Canada West conference men's volleyball match on Saturday.

Ben Carleton and Spencer Grahame led Manitoba with nine kills each.

The Bisons' Brendan Warren had five blocks and an ace while setter Jack Mandryk continued an excellent

fourth-year campaign, totalling 23 assists.

Daniel Thiessen led the Wesmen with 16 kills while Nigel Nielsen had 12 kills on 25 attempts (a strong .360 percentage in efficiency). Nielsen also had two aces.

Last Wednesday, the Bisons defeated the Wesmen in straight sets 3-0 (28-26, 31-29, 25-18).

Nielsen, a former Selkirk Royal, led

all players with seven kills in the first set and he finished with a game-high 15 kills on 23 swings.

Grahame, another Royal alumni, had eight kills and two blocks.

In women's action, Kely Warmington, a former Royal, set career-highs for kills, points, blocks and swings while matching a career-high in digs to help the Wesmen to a 3-2 (25-22, 25-27, 25-17, 20-25, 15-10) win over the Bi-

sons in a Canada West women's volleyball match Friday at the Investors Group Athletic Centre.

Warmington had 15 kills on 30 swings (.433) and added nine total blocks (one solo) for 21 points en route to being named the Wesmen MVP for the women's volleyball portion of the Duckworth Challenge.

She also added six digs.

Selkirk Curling Club's junior program a success

By Brian Bowman

The stars of tomorrow have been hitting the ice at the Selkirk Curling Club on Saturday mornings.

The local club's junior program, which begins in the second week of October and continues through to the end of March, continues to be a successful one.

The program, which is open to individuals aged six to 21, was started about "seven or eight years ago" by Shayne Merritt.

"We try to break the kids up into juniors and bantams so the older kids are playing with the older kids and the younger kids are with the younger kids," said Scott Szydluk, who has run the program the past three years.

This year, 33 individuals are taking part in the program compared to "25 or 26" last year.

The first couple of weekends are focussed on skills assessment to get the beginners up to speed with curling.

"How to deliver the rock and understand the game and then after that I divide the kids into teams," Szydluk said. "We make up a draw and it's just like league curling. We show up and play as a team and record your wins and losses and then at the end of the year we have a little windup and hand out some hardware and announce some names that get inscribed on the club trophy."

The kids are always having fun out on the ice. To keep them engaged, Szydluk invites volunteers to come out to be there for encouragement and to help the young curlers with the technical part of their game and to offer advice after their shots.

"The number of volunteers I have gotten this year has been my best year and it's worked really well," Szydluk noted. "The kids are engaged and everyone is having fun."

It's important to get kids involved in the sport in their younger ages. The hope is to have them still involved with the club in their adult years.

"We want the kids to have fun, first and foremost, and I want them to have the kind of fun that they want to come back for year after year so that when they grow up and go beyond juniors, they come back and become members of the club," Szydluk said. "They can help the club to be a positive influence in the community and encourage others to join and become members."

Szydluk loves watching the kids make friends while continually getting better in the great game of curling.

"My dad used to do the same thing for us when we were kids on the two sheets out in Libau," he recalled. "But, unfortunately, they don't make ice there any more. That's where I get it from. My dad did it and he passed the joy along to me. I'm really enjoying it."



RECORD PHOTOS BY BRETT MITCHELL

The Selkirk Curling Club hosts juniors (ages six to 21) on Saturday mornings. In the left photo, pictured left to right, Bailey Schmitz, Cora Goodmanson, and Josh Evans.



Brady Szydluk delivers a rock while Kaimen Doyle gets ready to sweep during recent action.

Selects sweep U18 Thrashers

Staff

The Eastman Selects certainly had the Winnipeg Thrashers' number last week.

Eastman capped off a three-game sweep with a 6-1 victory over Winnipeg in Manitoba U18 AAA Hockey League action on Saturday afternoon.

Dobie Unrau scored the Thrashers' lone goal 43 seconds into the second period.

Eastman goals were tallied by Luke Mistelbacher (two), Kaycee Cole, Isaac Gordon, Trey Sellen, and Bryce Warkentine.

On Friday, Winnipeg was doubled 4-2 by Eastman in Beausejour.

The Thrashers' Peyton Hinkel-Lysak opened the game's scoring 7:30 into the contest.

Warkentine tied the score with a power-play goal about two minutes later.

Tied at 1-1 in the second period, Eastman's Gordon and Cole tallied.

Winnipeg pulled to within a goal at 16:57 of the third as Daniel Tokariwsky scored but Warkentine potted an empty-net goal at 18:42 to seal the win.

The Thrashers' Hayden Chaloner had two assists in the game.

Last Wednesday, the Thrashers were defeated 7-4 by the Selects at the Gateway Recreation Centre.

The Thrashers' Joshua Fast, with a pair, and Nathan Lenoski scored first-period goals and then Winnipeg's Xyon Kiemeney tallied in the third.

Eastman goals were scored by Gordon (two), Sellen, Job Peters, Loch Stefanishyn, Merik Boles, and Mistelbacher.

Winnipeg, now 15-14-1, will play the Yellowhead Chiefs on Friday (7:30 p.m.) in Shoal Lake before heading to Dauphin to take on the Parkland Rangers Saturday (7:30 p.m.) and Sunday (1:30 p.m.).

Next Home Games

SATURDAY, JANUARY 29th
vs Lunder Falcons 7:30pm - Selkirk Rec Centre

SATURDAY, FEBRUARY 12th
vs North Winnipeg 7:30pm - Selkirk Rec Centre

SUNDAY, FEBRUARY 13th
vs Arborg Ice Dawgs 3pm - Selkirk Rec Centre

Due to changing COVID restrictions, please check our website for last minute schedule changes

Next Away Games

Friday, Feb 4 - vs Arborg - 8pm at Arborg
Saturday, Feb 5 - vs St. Malo - 7pm at St. Malo



Meet the
Fishermen



#2 Austin Zirk
Defence

All Spectators must show proof of double vaccination with ID and must wear a mask in the Arena

Henry brilliant in Royals' victory

By Brian Bowman

The Selkirk Royals came out fast and furious against the Steinbach Sabres last Thursday.

Selkirk scored six first-period goals on their way to an exciting 10-7 victory in Winnipeg High School Hockey League action.

"The guys came out to play early in the game," said Royals' head coach Michael Buffie in an email. "They understood the importance of this game and how close the standings are. Every game is big for us going forward."

"We are building towards the playoffs and provincials and understand the importance of having a good start to games and we did that."

Ashton Henry got the party started with a shorthanded goal. Henry was brilliant the entire game, scoring four goals and adding two assists.

"Ashton leads our team on and off the ice and he set the tone for us right out of the gate," Buffie said. "Ashton played fast, getting into good-scoring spots and shooting the puck. His line-

mates Clint Thomas and Devon Whiteside also did a great job of moving the puck and generating scoring opportunities.

"That line has the ability to take over games and they did just that this game."

Thomas also had a great game with a goal and four assists while Whiteside scored once and had three assists.

The Royals' Nathan Burzynski, Brennan Feschuk, and Tanner Skrypnik each had a goal and an assist. Ben Desjarlais scored Selkirk's other goal while Gaven Berry had three assists.

Mark Plett (two), Theoren Koop, Marcus Adrian, Seth Bergman, Jude Plett, and Colton Wiebe replied for Steinbach.

Brendan Berrington earned the win in goal.

On Jan. 17, the Royals lost 5-0 to the first-place St. Paul 1 Crusaders in Selkirk.

After a scoreless first period, Jonah Norman, Christopher Hermann and Cole McCullough scored in the sec-



RECORD PHOTO BY BRETT MITCHELL

Royals' forward Ashton Henry scored four goals and had two assists in Selkirk's 10-7 home win over Steinbach last Thursday.

ond to give the visitors a 3-0 lead.

Elliott Lewis and Luke Gard closed out the scoring in the third.

Selkirk hosted Steinbach on Monday and played Garden City Tuesday at the Seven Oaks Sportsplex but no

scores were available at press time.

The Royals will battle Oak Park on Friday (3:45 p.m.) at Eric Coy Arena.

Selkirk Skating Club registration numbers on the rise

By Brian Bowman

The Selkirk Skating Club has seen an increase in registration numbers this season.

There are about 75 kids registered with the club across all programs.

"Surprisingly, I was a little nervous with COVID but this year has been one of our best registration years in a long while," said regional coach Jessica Cyr.

The Selkirk Skating Club tries to offer as many programs as they can.

"What we're trying to figure out is what the need in our community has been, which is why we've been offering quite a few different learn-to-skate programs," Cyr said. "What we've been trying to do, too, is keep programs. Our very beginner program is a parent and tot session and we also offer the next step which is a learn-to-skate option which isn't technically what SkateCanada wants us to offer. (They would prefer) it as a separate program. But I just found that it's better for parents to see what the progression is and where they can move up."

"That's been my project over the last seven years - trying to develop the skating club and having the programs that it has."

Some of the programs started in late September while others began in October. The season usually wraps up in March but it will be shutting down at the end of February this year due to the additional costs with COVID. The local club will not be hosting an ice show this year.

"It has been a big disappointment that we

haven't been able to do something like that," Cyr said.

COVID has also affected competitions throughout the province. Cyr is hopeful that everything gets back to normal next year.

"You could call it a development year," Cyr said, noting the local club is on the ice Monday, Wednesday, and Friday.

Cyr is always very pleased to see the huge improvement that the skaters make from the start of the season to its conclusion.

"I always tell parents that they have to trust that the system works because the first few skates are going to look like chaos on the ice," she laughed. "But as long as they trust the system and trust our coaches, we do know what we're doing. Everybody is up and moving now and requires very little assistance."

The club's other coaches include Kristin Du-Russel (provincial coach, Cheryl Gogo (regional coaches) and Bailey Richlew and Lindsey Hopkins (CanSkate level coaches).

That's a good number of coaches to have for a skating club.

"The more the better because it allows us to offer more programs," Cyr explained, noting all of their coaches are SkateCanada certified to maintain their professional status.

Cyr wonders if an adult fitness skate would draw interest from the community.

"There really is no program for adults and we do offer things for ages two to 18," she said. "After that, there's really nothing."

New skaters are always welcomed at any age.



RECORD PHOTO BY BRETT MITCHELL

The Selkirk Skating Club's Vedhika Vineeth, front, and Quinn Fenske hit the ice at the Recreation Complex earlier this month.

Those interested in any of the programs can email Cyr at jessica.l.cyr@hotmail.com or selkirkskatingclub@gmail.com.

Steelers battle the Blues twice last weekend

By Brian Bowman

The Selkirk Steelers earned three out of a possible four points against the Winnipeg Blues last weekend.

Six different Selkirk players scored in the Steelers' 6-4 road victory on Saturday evening.

Selkirk, which held period leads of 2-1 and 4-3, received goals from Cameron Hibbert, Quinton Hill, Jordan Hughesman, Mathieu Catellier, Lucas Brennan, and Tyson Smith.

Winnipeg goals were scored by former Steelers' forward Ryan Ostermann (two), Brayden Foreman, and Sean Williams. The Blues scored two power-play goals and a shorthanded one while Selkirk clicked once with the man advantage.

Hunter Tarves made 20 saves for the win.

On Friday, the Steelers let a 4-2 third-period lead slip away in a 5-4 home loss in overtime.

Mathieu Moreira scored the game winner in OT.

Ostermann, on the power play, and Garrett Zastko scored just 2:06 apart midway in the third

to knot the score at 4-4.

Tied at 2-2, Catellier (shorthanded) and Brennan (power play) scored to give the Steelers a 4-2 lead by the 4:11 mark of the third.

Catellier opened the game's scoring at 5:55 of the first period before the Blues responded with goals from Brandt Young and Williams.

Steelers' forward Matthew Gerke then scored a power-play goal at 13:54 of the middle frame.

Cole Plowman stopped 33 Blues' shots.

Selkirk (16-15-3-2) will play the Blues at the RINK Training Centre this Friday (7:30 p.m.) and then the Steelers will host Winnipeg on Saturday (7 p.m.) at the Seven Oaks Sportsplex.

Meanwhile, Hill was one of three players named an MJHL Star of the Week for the period ending Jan. 16.

Hill scored twice and had three assists in a pair of lopsided home wins over the OCN Blizzard.

Catellier earned the same honour for the period ending this past Sunday. He scored three goals and had an assist in the two games against the Blues.



RECORD PHOTO SUBMITTED

Selkirk Steelers' forward Quinton Hill was named one of three MJHL Stars of the Week for the period ending Jan. 16.

Derewianchuk shuts out Satelites

Staff

Owen Derewianchuk made 21 saves to backstop the Selkirk Fishermen to a 3-0 home victory over the North Winnipeg Satelites in Capital Region Junior Hockey League action on Saturday evening.

He now has an 11-1 record with a 1.66 goals-against average and .938 save percentage this season.

Jordan Donald gave Selkirk a 1-0 first-period lead and then Braeden Hummel tallied in the second.

Peyton Moneyas closed out the scoring in the third. Matt Brooks had two assists in the game.

On Friday, the Fishermen had their road game with the Arborg Ice Dawgs cancelled due to weather/roads.

Selkirk's home game with the St. Malo Warriors was cancelled on Jan. 18 due to poor weather.

The Fishermen, in first place with 56 points, will host the Lundar Falcons on Saturday (7:30 p.m.) at the Recreation Complex.



RECORD PHOTO BY JOHN PODWORNIAK

Fishermen forward Dominic Suhr carries the puck around a North Winnipeg defender during CRJHL action last Saturday. Selkirk won the game 3-0.

Raiders' win streak now at four games

Staff

The Raiders Jr. Hockey Club extended their winning streak to four games after a pair of MMJHL victories last weekend.

On Sunday, Kobe Campbell netted a hat trick and added an assist while Riley Barroso scored twice and had a helper for the Raiders in a great 6-3 home win over the first-place St. James Jr. Canucks.

Matthew Smith opened the game's scoring for the Raiders midway in the first period.

Tyrone Willan, Griffin Haight, and Ashton Romaniuk tallied for St. James.

Jeremy Pikel made 24 saves for the win.

Last Friday, the Raiders blanked the Charleswood Hawks 5-0.

Jayce Kennedy led the Raiders with three goals while Hudson Chamberlin and Travis Dech also tallied.

Pikel made 18 saves for the victory.

The Raiders, now 15-14-1 and in fifth place, will visit the Stonewall Jets this Friday (7:30 p.m.) and then host the Pembina Valley Twisters (2 p.m.) on Sunday.



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- VS Winnipeg Blues Sat, Jan. 29th 7:30 pm at Seven Oaks Arena, Wpg (Season tickets valid for this game)
- VS Portage Terriers Sat, Feb. 5th 7:30 pm

All Spectators must show proof of double vaccination with ID and must wear a mask in the Arena

NEXT AWAY GAMES

- VS Winnipeg Blues Fri, Jan 28 7:15pm
- VS Portage Terriers Fri, Feb 4 7:30pm

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Selkirk Record

Request for Development Proposals

VILLAGE OF EAST SELKIRK LAND DEVELOPMENT OPPORTUNITIES

The Rural Municipality of St. Clements has adopted the East Selkirk Secondary Plan to guide future development of the community. To further the objectives of the Secondary Plan the Municipality invites offers for development of a parcel of municipally owned land in East Selkirk.

The Municipality invites proposal for a property being 2.41 acres and located south of Kittson Road adjoining the community elementary school, middle school and recreation facility to be developed for a mixed-use multi-family and seniors housing.

Offers are to be received by 3:00 p.m. on February 28, 2022 at the Municipal Office located at 1043 Kittson Road, East Selkirk. Submission by fax or other electronic means is not acceptable. Copies of the Request for Proposals can be obtained from the RM of St. Clements website at www.rmofstclements.com or by calling the Municipal Office at 204-482-3300.

Deepak Joshi, CAO
RM of St. Clements
1043 Kittson Road
Box 2 Group 35 RR1
East Selkirk, Manitoba R0E 0M0
Telephone: 204-482-3300
Winnipeg: 204-474-2642
Toll Free: 1-888-797-8425
Email: info@rmofstclements.com
www.rmofstclements.com



RM OF WEST ST. PAUL EXPRESSION OF INTEREST NO. 2022-02

PURCHASE VACANT MUNICIPAL LAND LOCATED IN THE RM'S BUSINESS PARK NEAR MCPHILLIPS STREET AND THE PERIMETER HIGHWAY

The RM of West St. Paul is inviting the submission of Expression of Interest from Proponents, with respect to the purchase of vacant municipal land in the RM's Business Park, title number 3121312/1.

Specifications and information packages including submission documents are available online at www.weststpaul.com.

Sealed submissions clearly marked **RM Business Park Land – EOI No. 2022-02** will be received by the undersigned at the address below until 4:00pm on the 10th of February, 2022. Late submissions will not be accepted.



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

All inquiries related to the Expression of Interest should be directed to Pam Elias, Director of Planning & Economic Development by e-mail edo@weststpaul.com or by phone 204-338-0306.

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

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Job Description: Reporting to the GCDC board the candidate will promote the Gimli industrial park and oversee current and future operations of GCDC properties. They will also identify, develop and implement approved strategies for attracting new business to the area while facilitating growth of existing businesses. Represent the Municipality at regional and provincial meetings and conferences on economic development, which could include public speaking and delivering presentations.

The Ideal Candidate: The successful applicant will possess relevant post-secondary education and/or years of business and administrative experience. The candidate will be self-motivated, effective written and oral communication skills and computer skills including Excel, Word, Powerpoint. Ability to identify and promote community economic development projects and initiatives along with knowledge and understanding of the Municipality would be a definite asset. The candidate must have a valid Class 5 driver's licence and access to a vehicle for travel and be available to work flexible hours.

Hours and wages are negotiable with experience and qualifications. Please submit a detailed resume on or before January 31, 2022 by 4:30 p.m. to PO Box 1246 Gimli, MB R0C 1B0 or to gimlicdc@rmgimli.com

Request for Quotation No. RFQ-2022-01 Hire of Privately Owned Equipment Hourly Rates

2022 / 23 Equipment Rates

The Rural Municipality of St. Clements is seeking quotations from qualified bidders for hourly rates for Privately Owned Equipment for the 2022 / 2023 season.

Request for Quotation packages, including specifications and submission documents are available at the Public Works Office, 155 CIL Road, or from the Website, www.rmofstclements.com.

Sealed submissions clearly marked "Hourly Equipment Quotation, No. RFQ-2022-01" will be received at RM of St. Clements Public Works Office, located at 155 CIL Road, East Selkirk, MB, up until 2:00 PM, Local Time on Friday, February 18, 2022.

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



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Selkirk Record

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SITE LOCATION MAP



With respect to this matter, the public is invited to provide written comments by **February 27, 2022** to the contact information shown below. Please include a return address.

TELUS Communications Inc. c/o LandSolutions Inc.

Brenden Smith
Municipal Affairs Specialist
600, 322 - 11 Avenue SW
Calgary, AB T2R 0C5
T. (403) 290-8897
F. (403) 290-0050
E. comments@landsolutions.ca

Further information may also be obtained through the following contacts:

R.M. of East St. Paul

Cara Nichols
Community Development Planner
Unit 1 - 3021 Birds Hill Road
East St. Paul, MB R2E 1A7
(204) 668-8112
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ANNOUNCEMENT

IN MEMORIAM



Edie Morgan
1930-2021

Mom, your love for us made every day brighter;
Your light shines in our hearts.

-Missed by Geri Mekish, Gayle Halliwell,
and families

ANNOUNCEMENT

IN MEMORIAM



Janice Starodub
(nee Bobrowich)

January 28, 1968 - December 31, 2017

Wish we could celebrate your 54th birthday in person,
but we wish you a happy heavenly day.
We love you and miss you so much.

-Mom and Dad

ANNOUNCEMENT

IN MEMORIAM



Stanley James Kazina

June 13, 1945 - January 20, 2003

Knowing you and Mom were at Heaven's Gate
to greet Verna on March 26, 2021 brought us
peace,

However, we carry on with aching hearts.
-Forever remembered and sadly missed
by your siblings,

Henry (Lorraine), Eleanor, Peter, Alf and Will

ANNOUNCEMENT

IN MEMORIAM

In Memory Of:
Albert Eames - Dad, Papa
July 20, 1922 to January 20, 1996

Kathleen Eames - Mom, Nana
September 30, 1919 to January 26, 2013

Linda Johanson - Sister-in-Law, Aunty
March 10, 1950 to January 25, 2015
-Always and forever remembered,
missed and loved,
Laverne and family

ANNOUNCEMENT

IN MEMORIAM



Lorne Thorvaldson
January 27, 2021

Remembering a wonderful friend.
One year has passed since you left,
We miss your friendship and fun times
We had traveling to the casinos and golfing.
We cherish those special moments we all had
together.

We thank you for the joys that you gave us.
We will remember you always.

-Missing you,
your Buds Ron and Bea

ANNOUNCEMENT

IN MEMORIAM



In Memory of
Lorraine Harbour

September 13, 1937 - February 2, 2021

If Roses Grow in Heaven
If roses grow in Heaven Lord,
Please pick a bunch for me.
Place them in my Mother's arms,
And tell her they're from me.
Tell her that I love and miss her,
And when she turns to smile;
Place a kiss upon her cheek
And hold her for awhile.

Because remembering her is easy,
I do it every day,
But there's an ache within my heart
That will never go away.

-Love her family and friends

ANNOUNCEMENT

IN MEMORIAM



Edward Petrachek
July 8, 1948 - January 26, 2021

One year ago today,
A golden heart stopped beating,
Hardworking hands at rest;
God broke our hearts to prove to us,
He only takes the best.
We cherish the memories of the days,
When you were here with us.
Always in our hearts and missed every day.

-With love,
Wife Diane and family

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 seven years ago

If memories bring us closer,
Then we're never far apart;
For you are always with us,
In our thoughts and in our hearts.

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

OBITUARY

Kevin Scott McKellar

On December 4th, 2021 with his loving family at his side, Kevin passed away in Powell River, BC at the age of 59.

Kevin was born on January 13th, 1962 and grew up in Selkirk, MB. Kevin worked and lived most of his adult life in Powell River, BC where he married and raised a family.

He leaves to cherish his memory his beloved wife Cheryl, daughter Amberlee (Kyle), and his two precious granddaughters, Gemma and Abigail. Also left to mourn are his in-laws Diane and Raymond Mahin and families, stepmother Dot Tonita of Kelowna, BC, his two sisters, Kathie Pruden of Selkirk, MB and Steva Becker of Lac Du Bonnet, MB, as well as his nieces and nephews Laurie Young (Grahame) of Winnipeg, MB, Tammy Pottie (Ron) of Fall River, NS, and Christopher, Cameron and Craig Becker of Lac du Bonnet, MB, as well as the many friends he made during his

lifetime.

Kevin was predeceased by his parents Florence (1979) and Ken (1991) McKellar, brother Dale McKellar (1992), and sister Susan McKellar (2018).

He will be missed by all who loved him.

OBITUARY

William Alexander Favell
May 19, 1936 - January 21, 2022

Our beloved father passed away peacefully at his residence. He was 85 years old.

Dad was born at Birch Point, MB. He married our mother Clara in 1958 and started a family. He was a fisherman on Lake Manitoba for several years. He and his family relocated to Selkirk, MB. in 1971 when he began working for the Provincial Government. After this, he then moved on to Abex Industries (Amsco) until health issues forced early retirement in the early 90's.

Dad is predeceased by his wife Clara; parents Alfred and Tina; sister Jean Mason (Earl); brothers Fred (Emily) and Tom (Hazel); brothers-in-law Joey Crate, Jimmy Govereau and Walter Kirkness.

He is survived by his sisters Sissy Govereau and Mabel Kirkness; brother Cyril (Janice).

His children Clint (Kim), Guylaine (Floyd), Glenda (Sean), Faron, Lyndon (June) and Earl. His grandchildren who he was very proud of, Dale (Jannelle) and her daughter Destinee (Chris), Duane, Steven (Lindsay), Holly (Curtis), Austin (Tyra), Jayde (Matt), Brady (Jessica), Dominic (Korina), Dakota and Emma. Great-grandchildren Jamie Rose, Riley Parker, Oliver (The Boss), Kasey, Gavin (Cowboy), Greyson, and Amara; and numerous nieces and nephews.

Dad loved watching sports, especially hockey. He was a season ticket holder for The Selkirk Steelers for several years. When his children were involved in sports, he was always there to cheer them on. This continued when his grandchildren too were involved in sports. Dad enjoyed playing cribbage at every opportunity. He looked forward to the weekly tournaments held at The Legion and The Army and Navy. He especially enjoyed going for coffee with friends at his favourite place, The Riverboat.

In lieu of flowers, please consider a donation to a charity of your choice.

Viewing will be held on Friday, January 28th from 1:00 - 3:00 p.m. in the Gilbert Funeral Chapel, Selkirk. Proof of vaccination is required to attend.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



Announcements

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OBITUARY



Angela (Nellie) Unik

It is with broken hearts that we announce the passing of our beloved mother, Angela Unik on January 17, 2022.

Left to cherish wonderful memories are daughters Nancy (Chris) Anderson and Sandra Unik; grandchildren Samantha (Bryar) Boulette, Bill (Rachel Ladd) Anderson, Greg (Ashley Braun) Anderson; great-grandchildren Theo, Emily, Rayne-Lee, Darian, and Remi; sisters-in-law Loretta Lewis, Myrna Unik, Anne Gowryluk, Heather Unik; brother-in-law Lawrence (Doreen) Unik; many wonderful nieces and nephews, special friend Pauline Banash, and beloved "older daughter" Shirley Shaley.

Mom was predeceased by parents Michael and Josephine Lewis; sister Sophie (Mike) Wasnie; brothers Cal (Vonnice), Frank (Emma), Louie (Angela), and Ted; in-laws Dan and Mary Unik, John, Stanley, Danny, Peter Unik, Mary (Julius) Eliass, Nellie (Ken)

Flaherty, Bill Gowryluk; niece Karen Eliass, nephews Randy and Greg Lewis, Dennis Wasnie, George Pubben, and Rod Gowryluk.

Mom was born in Selkirk on November 6, 1926 and after a short stay in Ottawa came home, fell in love, and married the only man she truly loved, Bill Unik. Mom had several great jobs over the years even owning a corner store in Selkirk with Dad. When it was decided to start a family, Mom gave up working outside the home to be a full-time Mom to Nancy and then Sandra. Unfortunately, it was shortly thereafter that Dad passed away at 38 years old. It was then that Mom started working at "The Town Office" and continued to work there till retirement 35 years later. Mom also worked for Rose Marie Catering on weekends for many years, always bringing home a nice Sunday dinner from the extra food at Saturday's function.

The most important thing in Mom's life was always her girls, staying up nights to sew us clothing, keeping a beautiful home and roof over our heads, growing a huge garden, cooking delicious food and raising us right. Mom was also very strong in her faith being a lifelong member of what is now Notre Dame Church. Over the years Mom was on many committees, taught catechism, sat on council, was in the church choir from age 8 to 88, and was a member of the local CWL.

We'd like to thank the great staff on Medicine at the Selkirk General; the wonderful staff at Betel Home; and John from Gilbert Funeral Home for all you've done.

Cremation has taken place, a private family burial will take place in spring.

It was a very long journey Mom, it's time to rest. Till we meet again.

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

Gilbert Funeral Home, Selkirk in care of arrangements.



OBITUARY



Blaine Edward Langlois

It is with great sadness and heavy hearts that we announce the passing of our beloved father, son, grandson, nephew, uncle, cousin and dear friend, Blaine Edward Langlois.

Blaine was born September 17, 1969, in Selkirk, MB. and began his journey to the spirit world on January 18, 2022 at 1:02 a.m. with family at his side.

Blaine leaves to mourn his passing his loving daughter Serenity Smith (Patrick) and his mother Mary Lynn Lavallee; siblings Albert Viner (Sherry), Jasmine Lavallee (Janette) and Matthew Young; his nephews Brook Viner and Logan Claeys; and great-nephew Payton. Blaine will also be sadly missed by many uncles, aunts, cousins and friends who were important to his life story.

Blaine was predeceased by his father William Steven Langlois; paternal grandparents William and Jessie (Dennett) Langlois; his

maternal grandparents Charlie Lavallee and Sarah (Arthurson) Webb; step-grandfather Wallace Webb.

Blaine spent a majority of his life living in Selkirk. Even though Selkirk is a small city, he was always hard to find, as he really did not stay in one place too long. He was a very humble, soft spoken man and he did not like to burden others with being in the way. What Blaine didn't realize was that he was never a burden and was never in the way of anyone!

Blaine enjoyed conversing with good people and little did he know... he was "the good people." He could hold a conversation for hours no matter the topic. Most people do not realize you can go through the Book of Revelations in the Bible and relate it to modern day concerns now. It was something Blaine noticed. He could talk about the blue collar workers to the no collars. He could discuss politics to just plain old wood ticks; from bikes to cars; movies to music. No matter the topic, a smoke in one hand and a coffee in the other, he would gladly sit and hold a chat with you.

He looked up to his uncles on both the Langlois and the Lavallee side and the many cousins he grew up with and lost along the way. More than anything else, Blaine loved his daughter Serenity endlessly.

The family would like to thank the staff at Selkirk Regional Health Center for the special care, comfort and kindness in Blaine's last days. A special thank you to his aunt Sandra and his dear cousin Melvin for caring whole heartedly for Blaine in his final months of illness.

In keeping with his wishes a viewing will be held on Monday, January 24, 2022 in the Gilbert Funeral Chapel, from 12:00 - 4:00 p.m. with proof of vaccination required to attend.

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

Gilbert Funeral Home, Selkirk in care of arrangements.



OBITUARY



Garry Donald Cole

Peacefully, on Friday, January 21, 2022, after a lengthy illness, Garry Cole, aged 69 years, of Selkirk, MB. beloved husband of Diane, passed away.

He was predeceased by his parents John and Jean Kologinski.

In keeping with his wishes, cremation has taken place and private family graveside service will be held.

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



Gilbert Funeral Home, Selkirk in care of arrangements.

OBITUARY



Thomas (Tommy) Cecil Starr

On Thursday, January 20, 2022 at the Concordia Hospital, Tommy Starr, aged 81 years, passed away.

He is survived by his two sons Robbie and Tommy Jr; sister Linda and numerous relatives and friends.

Viewing will be held on Wednesday, February 2 from 2:00 - 4:00 p.m. in the Gilbert Funeral Chapel, Selkirk, MB. Funeral Services will take place on Thursday, February 3 at 1:00 p.m. also in the chapel. Proof of vaccination will be required to attend.

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



Gilbert Funeral Home, Selkirk in care of arrangements.

OBITUARY



Troy Peter Birston

August 15, 1974 – January 17, 2022

On Monday, January 17, 2022 at his residence, Troy suddenly left us to be with his parents John and Kay, brother Patrick and sister-in-law Evelyn.

Remaining to forever cherish his memory are his brothers Marvin, David, John (Nancy); sisters Joyce (Pete), Kathy (Keith); nephews Doug (Zuzana), Aaron (Shawntae); nieces Tamara, Kaylynne (Nic), Kayla and great-nephew, Kashy and his friends.

The family wishes to thank Dr. Brown, the Selkirk Crisis Center staff, SMHC staff, home care, his case worker, Russel and his neighbor/friend Floyd for caring for Troy over the years. Your compassion for Troy's well-being was greatly appreciated and will always be remembered.

A memorial service will be held at a later date.

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

Arrangements entrusted to:

**Interlake Cremation
& Memorial Services**
204.482.1040

OBITUARY



John William Kamke

October 16, 1956 – January 15, 2022

It is with great sadness that we announce the passing of John Kamke on January 15, 2022 at the age of 65.

He is survived by his sister Wanda (Len) Bergman, nephews Benjamin (Amara) and Daniel (Rachel) as well as great-nephews Silas and Tycho. John loved animals, especially cats, and Rascal was his faithful companion to the end.

John was predeceased by his parents William and Eva Kamke.

John attended elementary school in Libau, Manitoba. He graduated from high school at Selkirk Regional Secondary School. After graduation he immediately started working at Black Cat (Amsco Cast Products) in Selkirk, Manitoba. John took pride in his work and faithfully served until his retirement in September 2016. He made many good friends there over these years.

John was an avid reader, with particular interest in history, and liked to retell (in GREAT detail) stories and events he read about. John maintained a coin collection and his keen memory and attention to detail also served him well with this hobby. He enjoyed hunting and fishing and sharing the delicious meals that these produced.

As John's health declined over the last few years he was not able to keep up his hobbies and gradually required more care. We would like to express our appreciation to Home Care and all the medical professionals for their care of John. In particular we would like to thank his close friends for the many phone calls to check in on him and for frequently dropping in to take care of his many needs; these were very much appreciated.

In keeping with his wishes, cremation has taken place. A service to celebrate his life will take place at a later date.

In lieu of flowers, please consider a donation to a charity of your choice.

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

Gilbert Funeral Home, Selkirk in care of arrangements.



Announcements

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The Selkirk Record

OBITUARY

Wilbur Ferguson

It is with great sadness that we announce that on January 20, 2022, the heart of our family, our father Wilbur Ferguson, passed away at the age of 83 in the St. Boniface Hospital Palliative care unit after a long battle with cancer.

He is survived by his partner Valerie Lillie; brother Ernie (Mona); daughters Michele, Lori, Lisa (Bob); sons Thomas (Stephanie) and Daniel and stepdaughter Angela (Steve). He will be lovingly remembered as "Pappy" and "Grandpa Will" by his numerous grandchildren, great-grandchildren and great-great-grandchildren of whom he was so proud and loved so much. He will also be remembered for his kindness and love by his many nieces, nephews, and in-laws.

Dad was a fighter. He faced the loss of his beloved wife Darlene and cherished granddaughter Nicole as well as the loss of five much loved siblings, Kathleen, Robert, Thomas, James and Maureen. He missed them all greatly and spoke of them often.

Dad went on to battle heart disease and cancer without ever losing his faith. He had no quit in him. He fought hard to stay with us. He tried hard to never give up hope.

He was a generous and protective man. If you knew him, he probably helped you in some way. He listened to your worries, gave you advice, prayed with you or for you, cheered you on, drove you wherever you needed to go, made sure you got somewhere safely, encouraged you, helped you fix something, or any other numerous things he did to show he cared and he never asked for anything in return. Dad gave so much of himself to the people he loved and took care of us all.

He has left a hole in our hearts that will never be filled. He was everything to us. He was the one we turned to, to guide us and encourage us. We will miss him forever.

Thank you, Val, for your love and companionship to Dad.

Thank you to all the family and friends that reached out to Dad with a visit or call.

He only Takes the Best

God saw that he was getting tired,

A cure was not to be.

So He put His arms around him

And whispered, "Come with Me."

With tearful eyes, we watched him suffer,

And saw him fade away

Although we loved him dearly,

We could not make him stay.

A golden heart stopped beating,

Hard working hands to rest.

God broke our hearts to prove to us

He only takes "the best"

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

Arrangements entrusted to:

*Interlake Cremation
& Memorial Services*
204.482.1040

OBITUARY

Vala Reva Faith Shelemy



Vala has left on one of her long solitary walks at her mother's urging. She departed the morning of January 14th, 2022 from the Selkirk Mental Health Centre after a valiant battle with end-stage Alzheimer's.

Vala was 50 and was predeceased by her father Harry Shelemy. She leaves behind her mother Roseanne and siblings Guy, Steve (Celine), Tanya (Danny) and Tracy (Brian). Vala loved babysitting her six nephews Ryan, Levi, Braden, Matthew, Ethan, Edwin and her niece Elise. Aunty Vala was a willing playmate for them with unlimited patience.

Vala arrived in Winnipeg Misericordia Hospital on February 4th, 1971 as the fourth child to parents Harry and Roseanne Shelemy of St Andrews, Manitoba. Vala was born with Down Syndrome which gave her a special place in the family and she touched the

hearts of many during her lifetime. To summarize those who were closest to her; "Vala's sweet soul will be dearly missed".

Vala was easygoing, but very independent, gentle natured, but very determined. She had a sense of humour and could be mischievous. Vala loved dancing to Ukrainian and country music. She loved helping whomever she could - often taking the initiative with humorous results.

Vala spent her early childhood years attending the Special Education Program at Daerwood School in Selkirk and the Catechism Program at St. Joseph's Ukrainian Catholic Church in Winnipeg. When the family moved to Gimli in 1979, Vala attended school there with her other siblings. During this time, Vala won several awards as a running athlete in Manitoba Special Olympics. Vala graduated with a Special Diploma from Gimli High School in 1991. She then briefly worked at Cornerstone Enterprises in Gimli until afflicted with an unexpected illness.

After Vala and her mother moved to Selkirk in 2003, she started "my work" at Inclusion Selkirk where she reunited with old friends. Vala finally retired from "work" in 2019 after beginning her struggle with Alzheimer's. Vala spent a short time at Rosewood Lodge in Stonewall and in 2020, she was transferred to the Dementia Care Unit at Selkirk Mental Health Centre - from where she left us on her final solitary walk.

A private funeral service will be held at Notre Dame Roman Catholic Church in Selkirk, Manitoba. Final interment will follow this spring at Church of the Annunciation Cemetery in Woodlands, Manitoba.

On Vala's behalf, our family wishes to thank the numerous individuals who assisted Vala throughout her life. Many have expressed deep gratitude Vala had touched their hearts with lasting effect. They share belief that a blameless and gentle saint has walked among us.

Donations in Vala's memory can be made to Special Olympics Manitoba or the Manitoba Down Syndrome Society.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



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Red Seal Carpenter
keith@kamomb.ca
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CENTURY 21

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ASHLEY DOUGLAS
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2019



2020



Contact me for all of your Real Estate needs!

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SELKIRK'S #1 REAL ESTATE TEAM



GEORGE
204.461.0747

KASEY
204.485.5303

VICTORIA
204.619.3955

HUNTER
204.813.8091

Based on 2020 MLS R14 cross-property sales.

FEATURE OF THE WEEK!
515 TORONTO AVE, SELKIRK



PERFECT STARTER OR INVESTMENT PROPERTY!
Quiet street & walking distance to all levels of schools! 4 BRs on the main floor! Bsmt w/rec space, laundry, 2pc bath & storage. Large yard, driveway parking. Updates incl Hi-E gas furnace, HWT, flooring. Currently rented at \$1350/mo + util. Current tenants would like to stay! Easy addition into your rental portfolio. Home & chattels sold "as is"

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FEATURED PROPERTIES

ASHLEY 4 ACRES! \$665,500 25 McFee Place East Selkirk	HH TEAM 80 ACRES! \$389,900 113142 Rd 13E Fraserwood	HH TEAM NEW! \$249,900 515 Toronto Ave, Selkirk	ASHLEY SOLD! \$629,900 5357 No.9 Hwy St Andrews	HH TEAM WORK SHOP! \$737,700 8-320 Pearson Pkwy Selkirk
HH TEAM BONUS SPACE! \$169,900 1552 Alexander Ave Weston, Wpg	HH TEAM NEW PRICE! \$209,900 1005 Magnus Ave North End, Wpg	ASHLEY CREEK! \$225,000 Byers Drive East Selkirk	HH TEAM SOLD! \$178,500 316-1671 Plessis Rd Transcona, Wpg	HH TEAM PENDING! \$269,900 8156 99 Road N, Rockwood
HH TEAM CREEK! \$310,000 6 Murdoch Drive Petersfield	HH TEAM 2.19 ACRES \$94,900 3 Fuller Road St. Clements	HH TEAM 2.20 ACRES \$94,900 11 Fuller Road St. Clements	HH TEAM SOLD! \$149,900 102-65 Main Street Selkirk	HH TEAM 2.27 ACRES \$62,900 0 Janisch Road Petersfield

Don't just take our word for it! **What your neighbours say:**

"After living in our house for 23 years we decided to sell and enlisted George and his team to sell our house and help us buy a new one. Things have changed in real estate in 23 years! So many questions! But George and Kasey helped to keep the stress to a minimum and we sold and bought a new home in a crazy year! Thanks to Victoria for her excellent photographic/videographic skills.

Thank you Hacking Team!"