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10th-end heartbreaker

RECORD PHOTO BY BRETT MITCHELL

Winnipeg Beach curler Elias Huminicki, second for Team MacDonald, throws a rock during a tense final end Sunday at the 2026 BUNGE Men's Provincial Curling Championship at the Selkirk Recreation Complex. Team MacDonald fell in a 10th-end heartbreaker after a 7-7 tie, with Team Calvert advancing to the national championship in St. John's, N.L.

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HD500 snowmobile riders took to the Manitoba trails

Snowmobile ride raises awareness for Huntington's Disease

By Katelyn Boulanger

The 13th annual HD500 Huntington's Disease snowmobile ride took place on Feb. 6-7 and raised both funds and awareness of the need for research for a treatment for this genetic disease.

"(The ride is) basically an almost 500 kilometer trek out to Bird Lake, Man. and return. It was organized by Brett Mitchell in memory of his father, Lloyd," said Vern Barrett, Huntington Society of Canada, Manitoba Chapter President.

He explained that Lloyd was a avid snowmobiler who was with Bomberdier for 20 years and was a mechanic on Skidoo's Team in the i-500 snowmobile race from Winnipeg to Minneapolis so it made perfect sense to create the HD500 in his honour.



RECORD PHOTOS BY KATELYN BOULANGER

Snowmobilers gathered to support the 13th HD500.



The disease presents with symptoms that are similar to ALS, Parkinson's and Alzheimer's diseases.

It normally affects people in their mid-life, but there are versions of the disease that affect children and a variant that affects people later in life.

In 1993, scientists discovered the gene for Huntington's, and doctors can now test for it.

"The gene is actually an expansion. It's a CAG repeat expansion on one of the chromosomes that we all have. We all have some of this gene called huntingtin, but in the case of people

with Huntington's disease, they have too many. What happens is the gene actually buckles on itself and forms kind of a crud in the brain. It basically interferes with the functioning of people by gumming up the works, so to speak, in the brain. It just continues to do that. When you interfere with that part of the brain, you're affecting speech, swallowing, movement – the ability to walk and talk and think logically, and then eventually the effects are so much that the person's incapaci-

Continued on page 4

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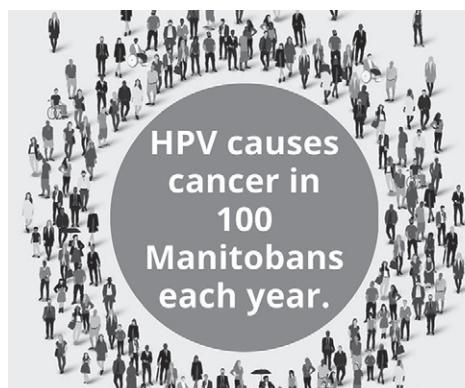
> HD500, FROM PG. 3

itated," said Barrett.

The participants and sponsors of the HD500 are supporting the Huntington's Society of Canada, whose mission is one of service, research and education. This means that they are focused both on supporting the finding of a treatment but also supporting Canadians with a Huntington's diagnosis and their families.

Ryan Kehl, the Vice President of Operations for CARSTAR, is glad to be part of sponsoring this event and has personally taken part for the last ten years.

"The first time, I was just a guest, not really a sponsor, but just came to check the event out. Obviously, I was also involved in pledging (to) raise money for the cause. The following year, I got (the company I worked for) involved and began sponsoring on a



larger scale. It's a really good event. Aside from it being fun, it's a beautiful ride, through some of the most beautiful country in this area. It's a very meaningful ride," he said.

Jason Sargent and Shauna Cody have also sponsored the run for five years.

"I'm very passionate about snowmobiling, and it's just nice to be able to support a charity doing something that I love," said Sargent.

Both sponsors also made sure to mention all of the hard work that Mitchell puts into the ride every year, saying that he's the reason that all of this can happen.

Jay McIsaac, who has Huntington's Disease, also came out travelling in a support vehicle to support the riders. He shared some of his personal experience with Huntington's.

"I inherited the disease from my mom, and I have it now," he explained.

McIsaac said that he's 52 years old now, and Huntington's affected his life tremendously, ending his career as a firefighter.

"I had to leave my career 20 years into my job. I had to leave my career that I absolutely loved," he said.

He explained that the Huntington's Society of Canada helps him by giving him a community of people that he can relate to.

"It makes me feel like I'm not alone, right?" he said.

He's so glad to see all of the snowmobile riders who have come out to support the HD500.

"It's awesome. We're really close to getting a treatment. This is all just playing a huge part in my eyes," said McIsaac.

Barrett is also glad to see so much support

from the community.

"It's beyond what we could have imagined," he said.

Learn more about the Huntington Society of Canada's Manitoba Chapter at <https://hdmanitoba.ca/>.



RECORD PHOTOS BY KATELYN BOULANGER

Above: Brett Mitchell bringing the safety equipment along on the HD500. Below: Participants gathered before the run.



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Nine Perspectives art exhibition in Winnipeg highlights work by rural artists

Rural artists and mentor make Winnipeg exhibition stand out

By Katelyn Boulanger

The Nine Perspectives art exhibition at 210 Gallery in Winnipeg is on now until Feb. 21. This show combines

the work of nine rural artists, including Balmoral's Joy Billings, as a conclusion to a six-month mentorship and exhibition program led by St.



RECORD PHOTO SUBMITTED

The Nine Perspectives art exhibition featuring rural artists is on now until Feb. 21.

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Andrews artist and educator Jordan Miller.

Nine Perspectives highlights both individual artistic voices and the shared learning that emerged through a focused process centred on professional growth, clarity of practice, and exhibition readiness.

Miller formerly owned and retired from Cre8ery Gallery & Studio, which was in Winnipeg, and is now a full-time artist and art mentor. With her years of experience in the gallery space, she has a great deal of knowledge that is helpful to artists wanting

to take steps to market their work.

"I have mentored artists in the business side of art. A lot of my job at Cre8ery was to do all the marketing behind the shows, the show setup, and the presentation and helping artists with the layout of their pieces and considerations like pricing their art and all of that," said Miller.

She was invited to teach this six-month mentorship program and share her knowledge.

"I tried to teach in three sessions,

Continued on page 5

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> NINE PERSPECTIVES, FROM PG. 6

everything that I could possibly tell them about their career as an artist. It was a lot," she said.

Miller explained that though many artists learn how to create their paintings and how to look at an object and translate it into a visual art piece there are other skills, like applying for shows, framing, to writing an artist statement, bio, what a CV is, and how to build a brand are all things that aren't as well known.

"All of those factors really come into play when you're trying to come up

with an exhibition or a body of work," said Miller.

She explained that she didn't personally choose the art that ended up in the exhibition, but through the mentorship work that the students did together, they all came back with work that, though in their own styles, blended cohesively into one exhibition.

"Each wall has this really beautiful flow together unintentionally. We didn't plan that. There are crossovers so that one wall really fits the other

three walls in the gallery. There's just this really beautiful flow from artist to artist, where each artist has their own perspective and their voice, and then it translates," said Miller.

Miller also credits the staff at 210 Gallery for their work putting the show together and getting all the finishing touches right.

Her favourite part of the experience was connecting with fellow artists.

"I love being that person who can support other artists in their journey because I didn't have that when I was starting out as an artist or as a gallery owner. There was nobody who could really help me," she said.

One of the artists who she was able to mentor through this program, from the local area, is Joy Billings, who lives in Balmoral.

She describes her art as vibrant, a little bit raw, very moody and expressive.

"A lot of it is inspired by journal entries and a lot of my struggles over the years with anxiety and depression. My work is often just taking those negative emotions that I'm feeling and processing them and working through them and transforming them into more positive energy," said Billings.

She combines acrylic paintings with different elements like paper collage, paint markers, and spray paint to create her art.

Billings was glad when she learned that submissions were open for this mentorship program.

"I got quite excited, because I've been looking for a mentorship program for quite a while now," she said.

She explained that the program involved a lot of coaching on presentation, and establishing professionalism as emerging artists.

As rural artists, there are additional challenges that people from outside of Winnipeg face when establishing themselves as artists and a mentorship program directed specifically to rural artists helped to address some of those barriers.

"I'm kind of in my own little bubble often. The greatest takeaway for me was just getting that outside perspective from somebody who has been down that path," said Billings.

Nine Perspectives is also Billings' first exhibition, though you can find some of her prints hanging in Fry-Day's Restaurant & Lounge in Teulon.

Miller hopes that area residents who are headed into Winnipeg swing by the gallery, check out the show, and support these nine artists.

"I feel that it's a strong exhibition and that art should be respected by the public. It's not just for artists to go and see and celebrate, but also to have people come and view the work and celebrate the mentorship program and support the gallery and the artists," said Miller.

To learn more about the exhibition, check out <https://www.210gallery.ca/exhibitions/nine-perspectives>.



RECORD PHOTO SUBMITTED

Jordan Miller presenting at the Nine Perspectives art exhibition.

Farmers invited to nominate local groups for BASF community funding

By Lana Meier

Local farmers are being encouraged to give back to their communities by nominating organizations for a major

national funding program through BASF Agricultural Solutions Canada.

BASF has opened 2026 nominations for its Growing Home with BASF

program, which will award a total of \$160,000 to community organizations across Alberta, Saskatchewan, Manitoba and Ontario.

From Feb. 3 to Feb. 28, BASF customers in the four provinces can nominate a local organization they believe is making a meaningful difference in their community. Nominations must be submitted by BASF customers, typically farmers or growers, though the nominated organizations themselves can include a wide range of community groups.

Eligible groups include child-care centres, schools, agricultural societies, hospital foundations and other community-based non-profits.

The program, now in its fourth year, is designed to recognize and support the organizations that help rural communities thrive.

"The momentum behind the program over the past four years demonstrates just how important these organizations are to the communities they call home," said Andrea McConnell, senior manager of customer solutions with BASF Agricultural Solutions Canada. "This community-inspired initiative has allowed BASF to sup-

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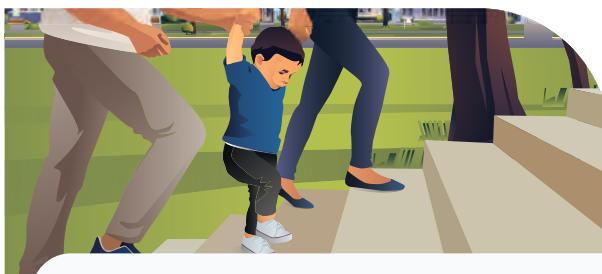
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Continued on page 10

Things to know before attending the LSSD Budget Community Forum

Community Forum coming up on Feb. 25

By Katelyn Boulanger

This year, the Lord Selkirk School Division (LSSD) is making some changes, and in advance of their annual budget, they are hoping to inform residents of some of what they are facing going into the 2026/27 school year. Residents will also have a chance to ask questions about the budget and learn more about education in the region on Feb. 25 when the school division hosts its Budget Community Forum.

"One of the things that I think is really pivotal from our perspective is just making sure we inform our community of our current state of affairs," said Jerret Long, Superintendent of the LSSD.

Something that has been a growing matter in the LSSD has been growth in our area, which means increasing student enrollment.

"We are continuing to grow at quite the exponential rate in terms of students in the division. I think it's important because all these things are connected. When we talk about the budget and the needs from the budget and the resources required, it's a direct correlation to our needs that we have because of growing enrollment," said Long.

The school division has seen a growing trend of over 100 students a year over the last three years, which has put additional strain on their budget.

Long explained that, from what they see, that trend will likely remain the same or even increase for the 2026/27 school year, and because of the housing projects that are coming into the City of Selkirk and the RM's that their students come from, it doesn't look like it's slowing any time soon.

"In fact, if we were to look at our data, which we do, we haven't had this student number enrollment in our division since way back in 2013/14. So, well over 10 years since we've seen these types of numbers, and we anticipate them continuing to grow and grow and grow. We are almost at approximately 4250 students, where not long ago we were not even at 4000," he said.

Long says that he doesn't see this increasing enrollment as a problem, but it's something they've had to consider.

"It's a great thing to have more kids in our buildings, but it has a direct drain on resources, and (affects) class sizes, which we boast about in our division of having, compared to other divisions, in some cases, especially in the metro regions, our class sizes are really, really good," he said.

They've been able to achieve this goal because it's been communicated through surveys and past budget community forums that this is a priority in the region, but he's explained that it's becoming harder to achieve those goals.

Despite this, he does still want to hear from residents and encourages them to participate in the upcoming meeting.

"I would encourage people to attend our community forum for our budget. But what I can tell you is the two aren't working well. Our enrollment goes up, but our funding from the province, I would say, is probably down approximately 30 per cent if you accumulated over the last 10 years. With minimal amounts of funding that we received, those minimal increases add up over the years, and so with a decrease in funding and an increase in students there, it causes a lot of pressure," said Long.

The school division isn't just raising the alarm now, they have been responding to this enrollment increase for some time now.

"For example, our community should know that we've had to, because of expanding numbers in our schools, (we've) had to reach out to the province some time ago and ask for more portables on sites. We've had to change, which we've done already for Robert Smith, and we're looking at doing it for Ruth Hooker School, because they're bursting at the seams, we've had to change our catchment lines so that students can be placed in another school just because we physically, in some cases, don't have the space. So, I just wanted our community to know that we are responding as best we can," he said.



RECORD FILE PHOTO BY KATELYN BOULANGER

The LSSD board office.

The meeting won't be just about the difficulties that the school division has been facing, but also areas that they are proud of. One area where he feels great support is actually how engaged residents are in turning up for the community forum, which takes place online via video call so that more residents can attend.

"We've had great turnout. We've had a lot of people sign up already. I would just actually add that we would love to hear people's priorities. Lots of people have already indicated in written comments and questions about what they'd love to see and different priorities in the division. There have been a number of comments that say they recognize the potential for an increase in taxes, and understanding some of those things, and have shared quite respectfully and reasonably some concerns.

But there's also been a lot of support for wanting to make sure that our students are supported, and so making sure that we have the resources we need," he said.

To sign up and get more information about the LSSD Budget Community Forum, you can check lssd.ca, where they will add a sign up option prior to the forum.

Long encourages residents to sign up and thanks them for attending.

"We feel very fortunate in the LSSD. I can certainly speak as Superintendent that the community has always been very supportive of our students. And, it's been reflected in our small class sizes and the positive school cultures. The results that we have in our schools are a direct result of the support we receive from our community. So that isn't lost to us," said Long.

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Lundar business owner warns of credit-card scam

By Haley Cvar

A Lundar business owner is warning other retailers to stay alert after a suspicious credit-card purchase nearly cost his shop thousands of dollars.

Randy's Tire & Sport owner Randy Gudmundson said the incident began when his son, Carson, received a phone call from a man with a British Columbia area code who wanted to purchase four high-end semi-truck tires worth about \$1,500 each.

Gudmundson said the customer attempted to pay with multiple credit cards. The first two were declined, but the third transaction went through, raising immediate concerns.

"Carson told me about it, and I just didn't have a good feeling," Gudmundson said.

Gudmundson phoned the buyer directly and requested photos of both sides of the credit card used for the purchase, along with a photo of the buyer's driver's licence — documentation he said is sometimes requested for large, high-risk transactions.

The following day, a courier from Winnipeg arrived to pick up the tires, but the requested identification had still not been provided. Gudmundson refused to release the merchandise.

"I told the driver he had unfortunately wasted half his day driving to Lundar because the tires weren't going anywhere," he said.

Minutes later, Gudmundson said the buyer phoned back demanding to know why the tires were not on the truck returning to Winnipeg. When Gudmundson explained that the identification had never been sent, the caller became aggressive and verbally abusive before abruptly hanging up.

Gudmundson said while he felt bad for the courier, the alternative could have been a costly lesson.

"That would have been \$6,000 out the window," he said. "That wasn't

**RECORD PHOTO SUBMITTED**

Randy's Tire & Sport in Lundar, owned by Randy Gudmundson, is warning other business owners to remain alert after a suspicious credit-card transaction nearly resulted in a \$6,000 loss.

happening."

Gudmundson said asking for verification likely prevented a fraudulent transaction and hopes other business owners will take note.

"If something doesn't feel right, trust that instinct," he said. "It can save you a lot of trouble."

WHAT TO DO IF A SALE DOESN'T FEEL RIGHT

Gudmundson encourages businesses — especially small, rural retailers — to take extra precautions when dealing with large or unusual transactions:

- Pause the sale if multiple cards are declined or the buyer pressures for quick pickup
- Request identification for high-value purchases, especially when shipping or using couriers
- Verify details such as matching names, card numbers and ID
- Refuse release of goods until all verification is complete
- Report suspicious activity to your payment processor or local RCMP if fraud is suspected
- He said a short delay or uncomfortable conversation is far better than absorbing a major financial loss.

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

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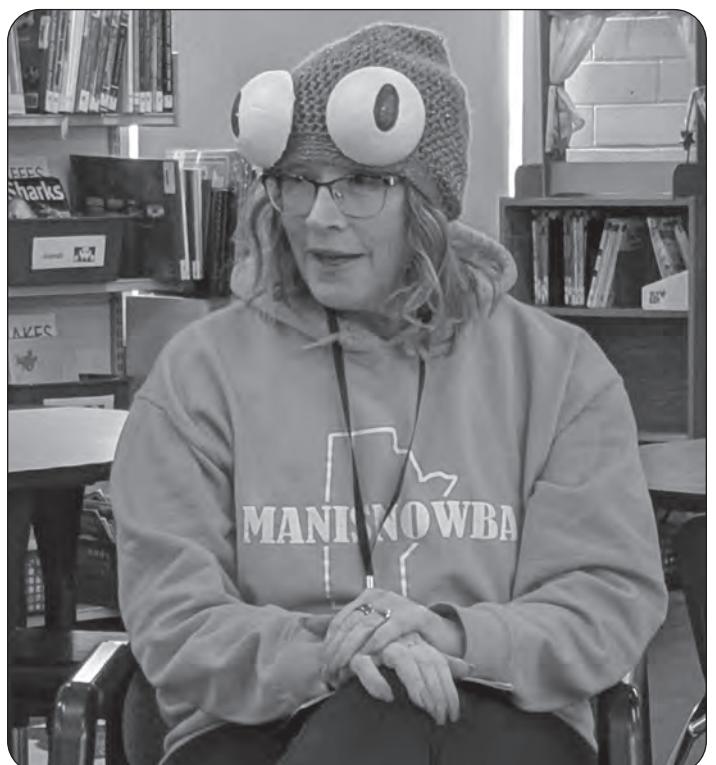
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I Love to Read month celebrated in Selkirk



RECORD PHOTOS SUBMITTED
Lord Selkirk School Division(LSSD) students learned that reading isn't just important to their teachers but to everyone in our community. This I Love to Read month (top to bottom, left to right) Selkirk Mayor Larry Johannson, Fire-fighter Duncan Bowman, LSSD Superintendent Jerret Long, Assistant Superintendent LSSD Lisa Minaker, Selkirk's Deputy Mayor Lorie Fiddler, and LSSD School Trustee Judy Maryniuk all joined Centennial and Ruth Hooker School students in some reading time.



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Filing taxes key to accessing benefits and services

By Jennifer McFee

With tax season fast approaching, it's important to know that tackling this annual task can help you access benefits and credits that could enhance your financial situation.

Taxes are due to be filed and paid on or before April 30. However, you can file your taxes at any time, which ensures your ability to access some housing and health-care services.

It's important to file an income tax return each year, even if you have no income, low income or are on social assistance. In contrast, if you don't file your taxes, you might miss out on tax breaks, income supplements or government subsidies. If you know someone in this situation, you may want to encourage them to file their taxes as well.

"Even if you don't work or owe any tax, filing a tax return can help you and your family access benefits and feel more financially secure," said Wendy Fontaine, director of health services, public health and wellness with the Interlake-Eastern Regional Health Authority.

"As part of a caring community, we can also encourage others to file their taxes so they receive the benefits they

deserve. Filing income tax returns can support people who are struggling, so it is important for people of all ages to file their taxes."

Those who don't file their taxes may miss out on the Canada Child Benefit, GST credit, Canada Carbon Rebate or Disability Tax Credit. Some of these benefits may not be retroactive.

In an example on the provincial government's website (<https://www.gov.mb.ca/housing/tenants/tax.html>), a single parent with two children under the age of four earning \$15,000 annually could potentially access about \$16,000 in benefits by filing taxes. In this example, the benefits include a GST refundable credit of \$842 (\$210.50 paid quarterly), Canada Child Benefits of \$12,800 (\$1,066.66 paid monthly), Working Income Tax Benefit of \$1,844 (with the income tax refund or part paid quarterly), Manitoba Child Benefit of \$840 (\$35 paid monthly) and Manitoba Personal Tax Credit of \$266 (refunded upon tax filing). After filing taxes and accessing benefits, this single parent's total annual income would increase to \$31,592.

According to Jennifer Dann, manager of health services for social

work and patient relations with the Interlake-Eastern Regional Health Authority, many people don't realize that filing taxes also provides important documentation needed when accessing services such as personal care homes or subsidized housing.

"If you or a family member may require a more supportive living environment, it is important to know that personal care home rates are set by Manitoba Health and are calculated based on your Canada Revenue Agency notice of assessment," Dann said.

"You are required to submit your notice of assessment to the personal care home on an annual basis, and your rates are recalculated accordingly."

If you are experiencing housing instability, many housing organizations and other support services also require current financial information before considering your application.

"It's unfortunate when situations like this arise, because working through financial needs becomes even more difficult when there is the added pressure of illness and hospital stays," Dann said.

"Depending on your legal circumstances, your family may or may not be able to help you file your taxes. Ensuring your taxes are completed annually can ease their burden and make access to programs that enhance well-being or improve social circumstances a smoother process."

Income tax resources:

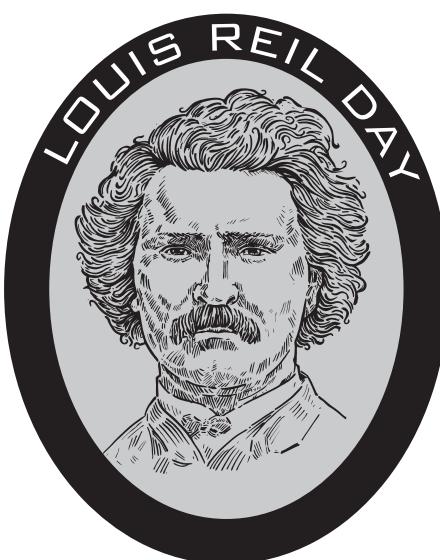
- For low-income Manitobans, information about the Community Volunteer Income Tax Program is available at www.gov.mb.ca under the residents' portal.

- A 24-page plain-language booklet, Get Your Benefits (<https://fcfcstaxes.com/get-your-benefits/#get-copy>), lists many benefits and programs Manitobans may be eligible for.

- More income tax information is available on the Government of Canada website at www.canada.ca. Information about free tax clinics can be found at www.canada.ca/taxes-help.

- In the Interlake-Eastern region, most communities host a Community Volunteer Income Tax Program, where people with simple tax situations and modest incomes can have their taxes completed for free. To find a program in your area, visit <https://www.ierha.ca/programs-services/life-style/get-your-benefits/>. Many Seniors Resource Councils participate by acting as drop-off depots for volunteer tax filers.

- For those without a local Community Volunteer Income Tax Program, Community Financial Counselling Services (CFCS) offers tax services both virtually and by phone. CFCS also provides free and confidential financial counselling and coaching, assistance accessing benefits, and counselling for individuals and families impacted by gambling. Visit <https://www.cfcs.mb.ca/> or call toll-free 1-888-573-2383 to learn more.



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port people and the places that are near and dear to them."

HOW TO NOMINATE A COMMUNITY ORGANIZATION

Step 1: Submit a nomination

BASF customers are invited to nominate a local organization that makes a difference in their community. As part of the nomination form, participants are asked to submit a short write-up explaining why the organization deserves to win and how it positively impacts the community. Nominations must be submitted by Feb. 28, 2026.

Step 2: Boost your chances

Nominees can increase their organization's chances of success by earning up to 25 additional entries, with details provided during the nomination process.

Step 3: Get ready for voting

A panel will select three finalist organizations per province, which will be announced March 31, 2026. Public voting will then be open to all

Canadians from March 31 to April 17, with winners announced April 28.

Twelve organizations will share the \$160,000 prize fund, with awards broken down by province: four first-place prizes of \$25,000, four second-place prizes of \$10,000 and four third-place prizes of \$5,000.

Since launching in 2023, the Growing Home with BASF program has distributed \$335,000 to 19 organizations across the four provinces. Last year's Manitoba first-place funding supported the Boissevain School Parent Advisory Council Playground Committee, helping advance plans for an inclusive and accessible school playground.

BASF officials say the program's success is driven by farmers who take the time to nominate local groups and encourage community participation during the voting phase.

More information, including the nomination form and full program criteria, is available at agsolutions.ca/growinghome

Ready, set, puzzle! Winnipeg Beach Community Centre hosts puzzle race March 8

Searching for speedy solvers

By E. Antonio

Puzzle enthusiasts have something new to look forward to on Sunday, March 8, as the Winnipeg Beach Community Centre hosts its inaugural Puzzle Race.

The race begins at 1 p.m., with teams of four competing to be the first to complete a 500-piece puzzle and earn the title of WBCC Puzzle Race champion. The event was created as part of Winnipeg Beach Recreation's efforts to offer unique and engaging experiences for the community.

"It is important to us that we continue to show our town that we are dedicated to bringing new events, programs and activities to our community centre. Coming together as community members, friends and neighbours at local events gives so much back to our Interlake towns," said Steffanie Blair, Winnipeg Beach recreation attendant. "Not only are we boosting our economies, but we are also strengthening community bonds."

Participants of all ages are welcome to register, with each team consisting of four members. The registration fee is \$25 per team, and teams must reg-

ister by Feb. 25 to allow staff time to purchase the puzzles.

All teams will work on the same puzzle, racing to complete it in the shortest time. While there is no official time limit, only the fastest team will be crowned champion. The winning team will take home gift cards, Winnipeg Beach merchandise and bragging rights.

For Blair, success is measured by community enjoyment and engagement.

"Our goal is to get our community members excited about the events we are offering and to continue being excited about what new things are to come," she said. "The support we get at each event helps us plan the next one, and we are excited to continue bringing these to our community."

To register, visit <https://form.jotform.com/260145249492257> or scan the QR code on the event poster. Teams are encouraged to arrive by 12:45 p.m. to collect their puzzle, find a table, and visit the canteen to purchase food and drinks before the race begins.

This sculpture takes the gold



RECORD PHOTO BY BRETT MITCHELL

Cord Amirault, Selkirkian snow sculptor, has once again turned snow into art. This year, he has created a snow sculpture to support Canada's athletes at the Milano Cortina 2026 Winter Olympic Games. He has been making sculptures in Selkirk since 2007. Make sure to check out this one on Reid Ave. before it melts.

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Building a canteen and community in St. Andrews

Submitted by Selkirk & District Community Foundation

Jen Meixner knows that if you play a role in building your community, you're more likely to feel like you belong.

As the President of the St. Andrews Community Club, Meixner says history has taught her that, but some of the lessons she's learned also came directly from a man who was involved in the original build of the club.

"I was talking with one gentleman, who did the electrical, and he said, 'I could probably look around this building and tell you who in the community did what,'" Meixner said.

"It's a community-built place and this is a neat opportunity to commit to that, to commit to being a community-built initiative."

The club was among the 32 organizations that received a Selkirk & District Community Foundation grant in November. The total amount granted from the fall intake of applications was \$204,434, and the club will use its funds to renovate a dated and slightly dilapidated canteen.

Duct tape and missing cupboard doors, along with a case of Coke that's so old it's cemented itself to a shelf, are reason enough to renovate the canteen, but Meixner says it's also

about building a place the community can be proud of and come to and enjoy.

"The upgrades are quite needed. We've got some new pieces along the way, new fridge, freezers, fryers, things like that, but the cupboards, the cabinetry has never been replaced," Meixner said.

"We've got spaces without doors, doors that don't open, drawers that don't open, a lot of duct tape. It's time."

Meixner says the volunteer board's vision for the community club is to pay tribute to its past while still responding to a changing future.

"When you think back to when the community club first came into being...it was quite a gathering place and we want to get back to that," Meixner said.

"This is a really important project. We prioritize projects that are important but also feasible. We are entirely volunteer run...we're a not for profit, so we have to be creative on different ways that we'll be able to utilize the space so that we can be sustainable."

Foundation Chair Deborah Vitt says supporting the club in its efforts to build a canteen and a community is what the grant program is all about.

"When you hear about how local



RECORD PHOTO SUBMITTED

St. Andrews Community Club President Jen Meixner with the stuck case of Coke.

folks rallied years ago to build this club and now the current board is hoping to use local people for the renovations, it just hits home," Vitt said.

"These are community spaces and bringing the community together to build them, and repair them, and maintain them, is what community is all about. The volunteers work so hard and they work smart, and you can feel the sense of belonging a project like this evokes."

The grant from the Foundation will help them build a better kitchen/canteen that will allow the club to host more events, even socials, and get

the club back to being a place people gather.

"We're a hockey and ringette community with the arena, but we recently hosted the art show and it was incredible. They had hundreds of people come through, and I think that's telling, our community is really diverse. That's something that is special that we need to be a part of," she said.

"We want to grow and meet the needs of the community. And the community is growing, so we have to anticipate that there's going to be people with different interests and different needs. We want to be ready to meet those needs the best we can."

She wants local trades to be contracted to do the work, just like they were in the beginning.

"We're doing the renovation and we're also looking at local people who are going to be able to contribute to building that space," Meixner said.

"I think that when people see themselves in the space, they care more and they want to be there...It's about building community and bringing people together in different ways."

Other grant recipients include the Lakeshore Heights Cottage Association, which received a grant to repair a covered structure and pathway in their park, and the Red River Churches Refugee Team, which was able to bring another member of a refugee family to Selkirk from the Goz Amir refugee camp in Chad.

All three grants align with a sector

Continued on page 13

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SexPlus Week brings awareness to safety in fun ways

By Katelyn Boulanger

February 10 to 16 is SexPlus Week, which was formerly known as Sexual Health Awareness Week. It's an event led by Action Canada aiming to create a future where sexual health is part of every conversation about health. Where asking questions about sexual health isn't taboo. And where misinformation is challenged, stigma is confronted, and barriers are dismantled.

This year, the theme of SexPlus Week is sexual health + artificial intelligence. To get away from misinformation with AI, the Manitoba Harm Reduction Network in Selkirk held an in person event, Sexy Bingo.

"We wanted to really focus on having a fun spot together and meet in person. I don't know if you want to call that anti-AI, but it's kind of like the converse of AI, getting people together in person to discuss sexuality and sexual health," said Tristan Dreilich, Network Coordinator – Selkirk for the Manitoba Harm Reduction Network.

He explained that they chose to play bingo because everywhere he's gone, bingo has always been a hit.

"It's a fun way to engage with the topics. Some (were for example) the way we talk about sex in society, and the way it's been talked about histori-

cally, people can have different feelings or can be uncomfortable with discussing it openly. And so, hopefully, the bingo method is a little bit more of an approachable way and fun way to discuss the topic and maybe learn a new thing or two," said Dreilich.

They covered a wide breadth of information with the goal of talking about it in a way that makes it easy to understand and takes away some of the intimidation of talking about sex.

He wanted to emphasize that the MHRN isn't just about talking about safety information. There is safety information, but they also want to emphasize the fun side of the discussion, so it was a positive event.

The event itself was hosted at Roxi's Uptown Café on Feb. 10 and was a first for the MHRN because they hosted the event in the evening.

As for the MHRN itself, their strength in reducing harm in our community is that they are a network, so they had other organizations with information and community support at the event.

"Everyone from public health nurses from the regional health authority, to sexual exploitation services, and everyone who's helped inform this bingo. I'd say one of the cool things that MHRN is able to do is provide a spot for service providers to share

information whether that's on sexual health and how to get tested, or how to access training which the RHA may not be knowledgeable on, how to access services around sexual assault and sexual exploitation, or even how to talk about, we have some folks in private practice, who are really engaged on what does sex positivity looks like," said Dreilich.

He explained it's important that we talk about this stuff, even if it can be awkward.

"(It's important to talk about) the quantitative data out there on rising rates of STBBIs (Sexually Transmitted Infections and Blood-Borne Illness) in Manitoba, specifically, HIV, hepatitis, and how we need to get serious about that. But with the Bingo, we also wanted to not just talk about but celebrate the other side of sex, the sex positive side, and recognize that people engage in sex for pleasure or because it's fun, and it can be healthy.

People get other benefits from it as well, but also we just (have) to have that full conversation on it, because we find in harm reduction, if we just focus on the negative of something, we're not having a full conversation of why folks partake in that activity," he explained.

He also wanted to put out the call to any people or organizations in the area that would like to connect with the harm reduction network to contact him.

"We love working alongside folks, that's all part of the network. Our threshold is basically, are you cool, and can you be respectful to folks that use substances working alongside the network? We love having a diverse group around the table, so anyone who wants to be a part of the harm reduction team is more than welcome," said Dreilich.

To learn more about the MHRN, visit them online at mhrn.ca.

> SDCF GRANT, FROM PG. 12

in the recently published Vital Signs Report – the canteen and park renovations fall under Recreation, Culture and Heritage, and the refugee team under Housing and Shelter.

The SDCF is accepting grant applications for the Western Canada

Games Legacy Fund and the Community Grant program now, with the deadline to apply March 2. Grant applications have moved solely online. Go to sdcfa.ca for an application. Call 204-785-9755 or email selkirkfoundation@shaw.ca for more information.

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Your Health

Heart & Stroke report highlights growing heart and brain health risks

By E. Antonio

A new report from Heart & Stroke shows that heart disease and stroke continue to affect millions of Canadians, with lifestyle and medical risk factors on the rise despite decades of progress in prevention and treatment.

According to the report, By the numbers: the state of risk factors for heart disease and stroke in Canada, more than six million people across the country are now living with heart disease or stroke — a higher number than previously estimated.

The report looks at a wide range of risk factors, including lifestyle habits, medical conditions and factors people cannot change, such as age and genetics. Lifestyle risks include diet, physical activity, tobacco and nicotine use, stress and sleep, while medical risks include high blood pressure, high cholesterol and diabetes.

"While there have been advances around understanding, reducing and managing risk, nine in 10 people in Canada have at least one key modifiable risk factor for heart disease and stroke," said Doug Roth, CEO of Heart & Stroke. "The good news is that almost 80 per cent of premature heart disease and stroke can be prevented."

Heart & Stroke's mission is to help Canadians beat heart disease and stroke, says Manitoba Mission Specialist Kaitlyn Archibald.

"We work together with people with lived experiences, sharing their stories and advocating for awareness, education, and improved care," she said.

She emphasized that 90 per cent of Canadians have at least one risk factor linked to heart disease or strokes, and only about half of Canadians know their risk.

"That leaves a large number of Ca-

nadians who have a risk factor and don't know it," she added. "Now it's our job to help Canadians understand their risks and how to take action."

Luckily, she said Canadians can reduce their risk of heart disease and stroke by 80 per cent by keeping a healthy lifestyle.

Shauna Courchene of Sagkeeng First Nation, who was diagnosed with an atrial septal defect — more commonly known as a hole in the heart — in 2019, shared her experience of living with a heart condition.

Courchene was in her 30s when she received the diagnosis after visiting a new general practitioner, who detected a heart murmur during an exam. She was referred for an electrocardiogram (ECG) and later an ultrasound, where a cardiologist confirmed the defect. Unsure of its size, doctors ordered further testing, and Courchene ultimately underwent bypass surgery on March 1, 2023.

"I was raised by my grandma, who I watched suffer with her own heart disease, so I knew how serious it was to take care of your heart," Courchene said. "But when this started happening to me, it was scary knowing my health was at risk."

Since her diagnosis, Courchene said she has made several lifestyle changes, including eating healthier, staying active and managing stress. She has also committed herself to raising awareness about heart health within her family, among friends and throughout her community.

"When you have a diagnosis, it's important to remember you have to start small again," she explained. "Acknowledging the small gains you make in your daily life can really benefit you down the line."

Courchene continues to see her car-



PHOTO SUBMITTED

Shauna Courchene found out she had a hole in her heart in 2019. She now advocates for heart health awareness.

diologist at least once a year and has since returned to work full time, now prioritizing balance and rest to avoid overexertion.

While she said she was not aware of Heart & Stroke's resources during much of her journey, she is grateful for the support now available to her.

"There is so much invaluable information and support that I wish I could have taken advantage of," she said. "It would have eased me through that diagnosis, but now I try to take part in their programming and workshops whenever I can."

She encourages anyone concerned about their heart health to reach out for help — whether through Heart & Stroke, a doctor or a nurse practitioner.

"Please listen to your body, understand the risks, and find out what the best treatment plan for you is," she added.

Heart & Stroke has a free online risk

Continued on next page

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Continued from previous page

screening tool that gives users a full printable report outlining their risks. Upon completing the risk screen, users can take the printable health action plan to review with their primary care providers to discuss treatment plans, as well as discuss risk reduction options.

Risk for heart disease and stroke come in three categories: modifiable, such as healthy eating and lifestyle choices; medical, including high blood pressure, cholesterol and other health conditions; and non-modifiable, like genetics, air pollution and other factors beyond control.

From the Heart & Stroke report, By the numbers: the state of risk factors for heart disease and stroke in Canada, we learn that some trends show progress for risk reduction. Adult smoking rates have dropped dramatically over the past several decades, falling to 11 per cent in 2024. However, smoking remains the leading cause of preventable death in Canada, and vaping is a growing concern, particularly among youth.

Other lifestyle risks remain widespread. Only about half of adults meet recommended physical activity levels, and fruit and vegetable consumption has been declining across all age groups. Nearly one in four adults report feeling highly stressed on most days.

Medical risk factors are also increasing. More than 8.2 million Canadian adults have high blood pressure, the

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leading risk factor for stroke, while more than one in four adults has high cholesterol. Nearly 3.9 million Canadians are living with diabetes — more than three times the number recorded in 2000.

The report also highlights how risk is not evenly shared. Indigenous peoples and some racialized communities, including Black Canadians and people of South Asian descent, face higher rates of heart disease and stroke due to longstanding social and health inequities. Women also experience unique risks at different stages of life, including during pregnancy and menopause.

Despite these challenges, the report notes a major success: deaths from heart disease and stroke have fallen by more than 80 per cent over the past 70 years, thanks to research, awareness, improved care and public policy.

Archibald shared that Heart & Stroke advocates for health policy change across the country to reduce the risk of heart disease and stroke in Canadians. This advocacy includes smoking, vaping and nicotine product restrictions, promotion of healthy eating habits and physical activity, alongside efforts for a national pharmacare program which passed in October 2024.

World-wide, February is Heart Month, and Heart & Stroke uses this opportunity to, "stir the conversation on checking into your own heart and brain health," Archibald said.

"It's a time where we can encourage



Canadians to be aware of their risk factors and support them however we can to have those conversations, advocate for their own health, and provide them with the information they need to reduce their own risk factors for heart disease and stroke."

Year round, Heart & Stroke encourages individuals to learn more about their personal risk, talk with healthcare providers and take steps toward healthier lifestyles. They also accept donations on their website with proceeds supporting their mission priorities of research and advocacy for improved heart and brain health for all Canadians in order to "promote health, save lives and enhance recovery."

More information, including the full report and a free online risk screening tool, is available at heartandstroke.ca. You can also reach out to Kaitlyn Archibald at Kaitlyn.archibald@heartandstroke.ca to learn more, or to get involved with Heart & Stroke volunteer efforts.



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- National Therapeutic Recreation Month
- Psychology Month
- Turner Syndrome Awareness Month
- Eating Disorders Awareness Week – February 1 to 7
- Feeding Tube Awareness Week – February 1 to 7

- World Cancer Day – February 4*
- International Day of Zero Tolerance to Female Genital Mutilation – February 6*
- Congenital Heart Disease Awareness Week – February 7 to 14*
- Sexual Health Week – February 8 to 14
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- Mental Health Nurses Day – February 21*
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5 essential elements for planning a successful wedding

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1. SET A BUDGET

Start by deciding how much you're willing to spend on the event. You don't need an exact figure right away, but you should try to estimate costs for essentials like the venue, cake, dresses and suits.

2. CHOOSE AN OFFICIANT

Depending on whether you want a civil or religious ceremony, you'll have

to hire someone who is legally authorized to declare you married. This could be a priest, a notary or even a family member who obtains the proper authorization.

3. SEND OUT INVITATIONS

Whether you send your invitations by post or email, get them out as soon as possible. Ideally, you should do this at least four months before the wedding. This will help you confirm the number of place settings, chairs and other arrangements that need to be provided on the big day.

4. PLAN THE MENU

One of the keys to a successful wed-

ding is undoubtedly serving good food. Take the time to explore your catering options. Some caterers, for example, offer complete buffet menus that include vegetarian or lactose-free dishes.

5. BOOK AN ENTERTAINER OR MUSICIAN

Music sets the tone for the celebration. Depending on your budget and preferences, hire a DJ or live band to play appropriate music at the ceremony, cocktail hour and reception. Always ask for references from satisfied customers before booking.



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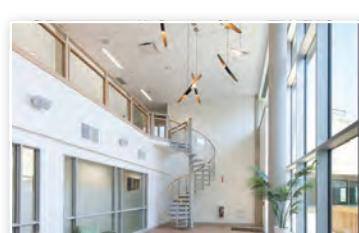


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Getting married in winter: a bold and rewarding choice

Although many associate weddings with the summer season, winter weddings offer plenty of advantages. Venues and hotels are less busy in the off-season. Caterers, photographers and entertainers tend to have more availability. Also, prices are often lower. Here's how to make your winter celebration a success.

Location. Choose a setting that feels warm and inviting, such as a lakeside cottage, a picturesque inn, a cozy hotel or even a modern sugar shack. Just make sure the location is accessible. Avoid remote spots with poorly maintained roads that could become dangerous in snowy conditions.

Decorations. A winter-themed wedding naturally has a magical feel. Opt for seasonal colours like white, pine green and icy blue. Decorate with natural elements, such as fir branches and pinecones. Add soft lighting with candles—LED candles that mimic flames are a safe choice.

Outfits. If you'll be spending part of the day outdoors, especially for that quintessential winter photo shoot, make sure you stay warm by ch-



oosing elegant and warm clothing. Think long-sleeved dresses, faux-fur capes, quilted coats, wool suits, luxurious scarves and elegant lined boots.

A winter wedding creates a romantic atmosphere and endless creative possibilities. Work with local businesses and professionals to plan your snowy wedding.

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Local stroke survivor advocates for awareness and support

By E. Antonio

Selkirk resident Shannon Bayluk is using her lived experience with heart disease and stroke to help "change the face of stroke."

"I share my story to bring awareness to the fact that heart disease and stroke affect young people too," Bayluk said.

Bayluk was 46 when she suffered her first stroke in July 2020. Since then, she has experienced additional strokes and seizures and was diagnosed with a patent foramen ovale (PFO), a hole in the heart that required surgery.

At the time of her first stroke, Bayluk dismissed her symptoms as a pinched nerve. Testing later confirmed she had, in fact, suffered a stroke. She spent weeks in hospital and in a specialized rehabilitation facility during the COVID-19 pandemic, when strict no-visiting rules meant she was alone throughout much of her recovery.

The stroke left the left side of her body paralyzed — a particular challenge as she is left-handed. She had to relearn how to walk, talk and write, and even simple daily tasks were difficult.

"It was like I was trying to control a rocket," she said.

Despite the challenges, Bayluk said she is grateful to be alive and for the support she has received from family and friends.

"I was scared every day, not sure what was next," she said. "Not able to walk or do the simplest of tasks that only days before I could do. I could see fear in people's faces."

She said that fear can still linger. "Some days I still see it when I don't

feel well or if I stumble. I don't think anyone ever really lets their guard down after an experience like this," she said.

During her hospital stay, Bayluk learned the hole in her heart was the cause of her stroke. A cardiologist explained that abnormal blood flow allowed a clot to travel to her brain, resulting in an ischemic stroke.

Before her diagnosis, Bayluk said she was aware of ways to reduce the risk of heart disease and stroke. Her father experienced stroke-like symptoms and had a pacemaker implanted in the early 2000s.

She knew that eating well, reducing stress and maintaining a healthy lifestyle could lower risk, but said those measures do not eliminate it entirely.

Now six years into recovery, Bayluk is using her voice to educate, advocate and raise awareness with Heart & Stroke. She hopes to break the stigma that heart disease and stroke only affect older adults.

"I want to dedicate my time to helping stroke survivors accept where they are post-stroke and navigate the next steps," she said. "I don't want people to walk blindly like I did."

Looking ahead, Bayluk said she would like to see a centralized hub created where stroke survivors can access resources and receive support as they transition back to daily life.

She also encourages people to understand their risk factors, speak with their family doctors and remember the signs of stroke using the FAST test: facial drooping, arm weakness, slurred speech and time to call for emergency help.



RECORD PHOTO SUBMITTED

Selkirk stroke survivor Shannon Bayluk is using her experience to raise awareness about heart disease and stroke.

Domestic rabbit rescue efforts in Selkirk conclude and situation now likely under control

By staff

Forty-six domestic rabbits saved from the streets of Selkirk are alive and well. Some are already living in their new adoptive homes, and others are in foster care thanks to the hard work and collaboration of many rescue volunteers, citizens, and city staff.

Though the rabbits likely were there for some time before they were discovered, efforts to rescue the domestic bunnies, who were not native wildlife, started in the fall of 2024.

Since the city has not received any further calls regarding the domestic rabbits, this indicates the situation is now likely under control.

Popcorns and Binkies Rescue Haven (P&B Haven) was connected with the City after learning of a large domestic rabbit population in Selkirk. This population was created by an intentional release of domesticated rabbits into the wild.

P&B Haven began trapping them in the fall of 2024 and cared for nearly all of the rabbits caught – 61 in total – in a city-provided facility. Some were cared for in foster homes in Selkirk and Winnipeg.

A spokesperson for P&B says they've now moved out of the Selkirk facility and several of the rabbits have been adopted.

"We rescued a total of 61 rabbits, in-

cluding those born in rescue, and of those, 15 unfortunately passed away, either as babies or young adults," the spokesperson said.

"All (of the deaths) can be attributed to the poor care and diet they had living on the streets. Of the 46 that survived, 19 of the rabbits have been adopted so far, and the remainder are in foster homes being well cared for and loved."

Domestic rabbits are dependent on humans and do not have the survival instincts of wild rabbits. They have not evolved for camouflage – often being bright colours that are easily spotted by predators, not as nimble, and prone to health conditions that wild rabbits are not.

The spokesperson said, though the more than yearlong effort has a somewhat happy ending, it's taken an incredible toll on the registered charity financially, its staff and volunteers emotionally, and of course, on the rabbits who faced numerous health challenges and ultimately death in many cases.

"I think overall the whole year was a success story, despite several heart-breaking losses. While we don't want to focus on the negative, I think that it would be important to highlight how the losses were preventable had these rabbits not been left to fend for themselves on the streets," the spokesperson said.

"While the ones we lost due to illness ultimately paid the price, the heartbreak on our team was high at times. We typically don't share the gory details of some of the really bad stuff."

P&B Haven was assisted by volunteers who took the plight of the rabbits to heart, and the spokesperson wanted to thank the Manitoba Marine Museum in Selkirk, which donated space for several adoption events and volunteer gatherings. And there were more who stepped up to help.

"We'd like to highlight some of the incredible support we received from the citizens of Selkirk, such as a pair of young girls who held a lemonade stand this past summer and raised almost \$1,000 for the bunnies. It was individuals like this and the ones that stepped up to help us care for the bunnies in-house that made such a huge impact on our success."

Other businesses that helped included Assiniboia Animal Hospital and Grant Park Animal Hospital, Selkirk Pet Valu, and Global Pet Foods St. Vital.

Kristy Hill, Selkirk's Director of Protective Services, says the root cause of rabbits being on the streets and in the wild is animal abandonment and neglect, which falls under the Province of Manitoba's Animal Care Act.

"The city is continuing to advocate for more provincial involvement and support to ensure long-term, enforceable solutions are in place."

"We want to work with the province to make sure that all animals are safe and cared for, but there are only so many tools within our authority, which is why collaboration with the province is so important," said Hill.

According to P&B, more than \$50,000 was spent on the care of the rescued rabbits, including spaying and neutering of all, except for one who couldn't be done due to medical concerns. A minimum of another \$15,000 will be spent before all the rabbits are adopted.

Many of the rabbits that were captured were sick and some of the females were pregnant. Two of the females' entire litters died due to poor nutrition in the wild.

Domestic rabbits do not do well outside of a home. Being loose in the community left rabbits stressed and more susceptible to the Encephalitozoon cuniculi parasite. Other problems for the rabbits were a lack of proper nutrition, or in some cases, no nutrition at all – some rabbits came into the rescue with infections. All of the rabbits that were rescued had fleas, some were anemic, all were very unhealthy and many required surgeries of various types. Also noticed in many of the rabbits were overgrown teeth. The teeth of domestic rabbits never stop growing and without proper nutrition and attention, complications arise such as trauma, anorexia and even death from the inability to chew and swallow.

The rescue effort was hampered by property owners who would not allow the rescue team on their property to trap rabbits.

The City of Selkirk donated space to house the rabbits along with about 100 staff hours of several employees who assisted in the effort.

Hill says pet owners are responsible for the care and well-being of their pets, whether they're rabbits, dogs, cats or anything else. If your pet gets out of your yard, it's up to you to retrieve it. And it's unacceptable, and potentially unlawful, to knowingly set your pet loose.

"No matter how your pet gets loose, you, as the owner, are responsible for getting them back into your possession so that the animal can be properly cared for," Hill said.

To learn more about future P&B Haven fundraisers and events, visit <https://www.facebook.com/popcornsandbinkies/> or <https://www.instagram.com/popcornsandbinkies/>. You can also learn about donation options at <https://www.popcornsandbinkies.org/how-to-donate> and view the Selkirk rabbits that still need adoption at <https://www.popcornsandbinkies.org/rabbits>.

PUBLIC SAFETY NOTICE

Dangerous Ice Conditions During Ice Cutting and Ice Breaking Operations

Ice cutting crews will begin working on or about February 11th on sections of the Red River beginning in the Netley Lake area and will move upstream towards Selkirk. On February 17th, the Amphibex ice breakers will start operating at the mouth of Netley Creek.

Dangerous ice conditions may not be obvious but will exist. Ice fishers, cross-country skiers, snowmobilers and others going on the frozen river must:

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INSIDE > OUTSIDE > UPSIDE DOWN

Manitoba's ice makers: small-town roots, world-class impact

By Annaliese Meier

While elite curlers compete under bright lights at national and international championships, the con-



Matt Rankine oversees ice preparation at the Selkirk Curling Club ahead of men's provincial competition. The Manitoba-based technician is part of a network of ice makers regularly selected for national, international and Olympic-level events.

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ditions they rely on are often created by ice makers with roots in small Manitoba communities.

That connection was on display at the Selkirk Curling Club, where fresh ice was being prepared ahead of men's provincial competition under the direction of Matt Rankine, a Manitoba-based ice technician whose work regularly takes him across North America.

Rankine is part of a group of Manitoba and Winnipeg ice makers widely respected within curling circles for their technical expertise and consistency at major events. Another Manitoba ice maker, Greg Ewasko of Tyndall, is currently in Italy preparing ice for the upcoming Olympic Winter Games. Ewasko would otherwise have been part of the Selkirk crew, Rankine said.

From Rankine's per-

spective, Manitoba's reputation for producing world-class curling ice is built on decades of mentorship and shared knowledge.

"I would say it's kind of a legacy thing," Rankine said. "We were fortunate enough to have Hans Wuthrich in our province, and Eric Montford, who—along with Shorty Jenkins out of Ontario—

Continued on page 20

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> MAN'S ICE MAKERS, FROM PG. 19

really developed this way of making ice. The grassroots of it started right here in Manitoba."

That knowledge, Rankine said, was passed down through generations of technicians, including Mark Shurek and Ewasko, both of whom have worked major national and international events.

"I'm two generations removed from that," he said. "I got the opportunity to learn from Greg Ewasko, Hans Wuthrich, Mark Shurek and Eric Montford, who is my uncle. To be able to learn from the best in the world is a pretty special thing."

Curling ice preparation is a highly specialized skill requiring precise control of temperature, humidity, pebble and surface texture. Even small imperfections can affect stone movement and fairness of play.

"It has to be perfectly flat and perfectly level," Rankine said. "The rocks will always find areas that are not level."

At Selkirk, Rankine worked alongside club volunteers to break in newly refreshed, or "green," ice — a stage where technicians are still fine-tuning conditions and want stones running repeatedly over every sheet.



George Hacking, skip of the provincial senior men's champions, sweeps during a practice game at the Selkirk Curling Club. The game helped break in freshly prepared ice ahead of men's provincials.

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That process included a practice game played by the provincial senior men's champions, skipped by George Hacking. The goal, Hacking said, was to help "work in" both the ice and the rocks before the provincials begin.

"We always appreciate the opportunity to practice on competition ice, so we volunteered to play against a Selkirk team to break in the rocks and the ice," Hacking said. "We had a very good turnout of volunteers and the exercise was a great success."

From a curler's perspective, Hacking said green ice can play differently than a settled surface, especially when stones have been freshly sanded.

"Green ice is very heavy and with fresh sanded stones it's very swingy and heavy," he said. "It's a good opportunity to work on positive releases to try and 'set a rock back' to delay the massive curl at the end."

Hacking said the practice game also serves a practical purpose for the ice crew: it gives technicians immediate, real-world information about how the stones are tracking — and whether anything needs to be corrected before competition begins.

"They watch and look for any feedback — hopefully the rocks track consistently and fairly evenly as to line and weight," he said. "The more consistent the rocks, the more personal skill is a factor."

As experienced competitors, Hacking said senior-level curlers can help identify issues early, including stones that aren't running true.

"The main thing is to get the rocks moving," he said. "If we saw a 'bad rock' we could notify him, but the Curl Manitoba rocks are high quality and consistent."

While curlers can offer feedback, Hacking emphasized that ice maker expertise is the foundation of fair, consistent championship conditions.

"Ice maker expertise is the most critical factor — balancing temp and humidity to keep the ice hard, without a lot of frost buildup," he said. "Curlers are at their mercy — but it's the same for both teams."

Rankine said that balance is achieved through constant monitoring and adjustment, including control over building temperatures.

"You're constantly just trying to make sure the water is the best, the scraper blade is the best, the temperatures are set proper — everything," he said. "Because without that, they'll notice."

Volunteers remain essential to delivering that standard, Rankine added.

"It's huge," he said. "Without volunteers, we couldn't do this."

Although Selkirk's senior men's team is not competing this week due to scheduling conflicts between Manitoba qualifying and the Canadian championships, Hacking said the club's involvement remains significant.

"Selkirk hosts quite often in the rotation and other than Steinbach's new facility, Selkirk's one of the best places to watch," he said. "It takes hundreds of volunteers, and Selkirk and area curling clubs step up to volunteer and provide the best ice, sight lines and entertainment value whenever we host."

Hacking also pointed to Selkirk's ability to deliver under pressure, including hosting a provincial event in a modified bubble in 2022.

"The committee works countless hours and should be commended for bringing Selkirk to the forefront of the curling world whenever we host," he said.

Rather than being measured solely by teams on the ice, Manitoba's influence on curling continues to be felt behind the scenes — through the ice makers, volunteers and veteran curlers who help shape championship play long before the first draw begins.



RECORD PHOTOS BY BRETT MITCHELL

Volunteers and ice technicians work together at the Selkirk Curling Club as freshly prepared ice is broken in ahead of men's provincial competition. A practice game involving the provincial senior men's champions helps break in the ice and stones while providing early feedback on consistency.

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Calvert claims first Manitoba men's title at Bunge Championship

By Haley Cvar

Manitoba has a new men's curling champion.

Braden Calvert and his Heather Curling Club rink captured the Bunge Championship title Sunday afternoon in Selkirk, defeating Jordon McDonald of the Assiniboine Memorial Curling Club in an extra end to earn their first Manitoba men's crown.

Calvert, joined by third Corey Chambers, second Kyle Kurz, lead Brendan Bilawka and alternate Rob Gordon, prevailed in a dramatic rematch of Saturday night's Page 1-2 playoff game, also won by the Heather rink.

The championship final was tied 7-7 after 10 ends when Calvert slid a foot deep on his last-stone draw, conceding a single point to force an extra end. In the 11th, Calvert set up the winning chance with a perfect first-stone hit, leaving McDonald facing a difficult draw around two centre-line stones. McDonald made the shot but left Calvert a short runback, which he converted to seal the win and the right to represent Manitoba at the national championship.

For Calvert and his teammates, the victory marked a breakthrough after falling short in the past two provincial finals — losing to Reid Carruthers in 2025 and Brad Jacobs in 2024.

McDonald's rink, which includes Jacques Gauthier, Elias Huminicki and Cam Olafson, reached the final earlier Sunday with a six-end semi-final win over Brett Walter's Assiniboine Memorial team.

The result capped a week that guaranteed a new provincial champion. Defending champion and top seed Reid Carruthers and his Granite Curl-

ing Club rink were eliminated Saturday afternoon by Kelly Marnoch's Carberry foursome, opening the door for a first-time men's champion.

None of the three teams remaining heading into the final day — Calvert, McDonald and Walter — had previously represented Manitoba at the Canadian men's championship, though several players had won provincial titles at the junior, U18 or mixed levels.

Beyond the action on the ice, organizers described the week as both challenging and rewarding. Event chair Shayne Merritt said the opening days brought some stress as volunteers worked to ensure everything was in place for an event of this scale.

"The first few days were a little stressful making sure everything was in place to hold an event of this magnitude," Merritt said. "But as the week progressed it got easier, and we began to enjoy the opportunity."

Crowds also grew as the week went on, with the largest turnout coming for Sunday's finals. Merritt said the hope is that hosting the provincial championship in Selkirk will leave a lasting impact by encouraging more people to try the sport.

"There are many great facilities within the Interlake region that are always looking for people new to curling," he said.

This year's championship also featured a new triple knockout format, something Merritt said brought both benefits and challenges. The structure allowed teams to remain in contention longer, compared to previous formats where some were eliminated on the opening day.

"The challenge for many teams was



RECORD PHOTOS BY BRETT MITCHELL

Braden Calvert (left) poses with third Corey Chambers, second Kyle Kurz, lead Brendan Bilawka and alternate Rob Gordon after capturing the Bunge Championship title Sunday in Selkirk. The Heather Curling Club rink claimed its first Manitoba men's crown with an extra-end win in the final and will represent the province at the Montana's Brier in St. John's, N.L.

playing back-to-back games," he said. "There wasn't always a lot of time for fans to find out when the teams they were cheering for would be playing next, especially when teams were back on the ice within an hour."

For Merritt personally, being part of the championship week was memorable. He said having the chance to be around Manitoba's top curlers — many of whom he grew up playing with — made the experience especially meaningful.

"Seeing them now compete and even make the finals was such a cool experience," he said, adding that being presented with a plaque recognizing the Selkirk Curling Club as a successful host was an honour.

Calvert earned his spot in Sunday's final by edging McDonald 8-7 in the Page 1-2 playoff Saturday evening. McDonald led 5-3 at the mid-game break but surrendered five points over the next four ends. Facing a McDonald stone on the button in the 10th, Calvert executed a near-perfect freeze, limiting McDonald to a single point.

Earlier in the playoffs, Walter defeated Marnoch 8-6 in the Page 3-4 game, running the Carberry rink out of stones in the 10th end. Marnoch had advanced with his upset of Carruthers, while Walter reached the playoff round with wins over Steve Irwin of Brandon and Tanner Lott of Fort Rouge.

The championship field featured the new triple knockout format, with Carruthers, McDonald, Calvert and Walter all advancing through the opening round unbeaten. Preliminary round wins for Calvert came over Stefan Gudmundson of Steinbach and Irwin, while McDonald defeated Derrick Anderson of Gimli and Marnoch. Walter's early victories were against Marcus Titchkosky of Morden and Lott.

With the win, Calvert will represent Manitoba at the Montana's Brier in St. John's, N.L., from Feb. 28 to March 7. Manitoba will be represented by two teams at the national championship, as Matt Dunstone's rink has pre-qualified for the event.

Gators collect three wins

By Lana Meier

The East St. Paul Gators wrapped up a demanding four-game week with three victories, highlighted by a pair of comeback wins and strong goaltending performances against play-off-bound opponents in the Hanover Tache Junior Hockey League.

East St. Paul opened the stretch Tuesday night with a hard-fought 5-4 road win over the Macdonald Swarm at Gateway Rec Centre. Caleb Hofer powered the offence with a hat trick, including a powerplay marker early in the second period, while Adam Frick scored the game-winning goal midway through the third. Brayden Alf added a goal and an assist, and Aiden Poseluzney stopped 45 shots to earn the win as the Gators overcame three Macdonald equalizers.

The Gators followed up Wednesday with a 3-2 home win over the Red River Mudbugs at St. Jean Arena. After a scoreless 40 minutes, East St. Paul struck first early in the third on a goal from Aidan Park, assisted by Jonah Chaulk. Despite briefly falling behind, the Gators responded with goals from Frick and Luka Burgess, whose marker at 13:01 proved to be the game-winner. Preston Laschyn turned aside 27 shots in the victory.

East St. Paul continued its momentum Saturday night with a 5-2 win over the Grunthal Red Wings at the East St. Paul Community Centre. Kaden Coughlin scored twice in the opening period, while Frick added two more goals to finish the night.

Continued on page 25

January Top Sales - Josh Isfjord

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Pulled Pork Sandwiches with Pickled Celery and Jalapenos

Dandy Celery, cut and pickled jalapenos
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 potato salad (optional)
 baked beans (optional)
 Place pork in slow cooker.
 Mix barbecue sauce, garlic and pepper. Pour over pork shoulder.
 Cook on low 8 1/2-10 hours or high 6-7 hours.
 Shred meat and serve on buns with pickled celery and jalapenos. Top with coleslaw, if desired. Serve with potato salad or baked beans, if desired.



Recipe adapted from Mel's Kitchen Cafe

Total time: 30 minutes
 Servings: 6
 3 1/2 cups water, plus extra if needed
 1 can (12 ounces) evaporated milk, divided
 12 ounces pasta shells
 salt, to taste

Simple Skillet Mac and Cheese

1 teaspoon cornstarch
 1/2 teaspoon dry mustard
 1 1/2 cups shredded cheddar cheese
 1 1/2 cups shredded Monterey Jack cheese
 2 tablespoons butter, cut into small chunks
 ground black pepper, to taste

In nonstick skillet over high heat, bring water, 1 cup evaporated milk and shells to simmer. Season with salt, to taste. Cook, stirring, until pasta is tender and liquid thickens, 9-12 minutes.

In small bowl, whisk remaining evaporated milk, cornstarch and dry mustard. Stir into skillet. Continue simmering until slightly thickened, about 1 minute.

Remove skillet from heat. Stir in cheddar and Monterey Jack cheeses in batches, adding water to adjust consistency. Stir in butter then season with salt and pepper, to taste.

Photo courtesy of Unsplash



Ask the Money Lady

Dear Money Lady Readers – Why not adopt the new “Soft-Life” culture in 2026?

The hustle culture is something my demographic, (ages 50 to 65) and our parents have been used to all our lives. Living by the motto that you can't be successful unless you “work really hard, show up every day ready to overcome any obstacle, with a no-limit attitude, and of course, programmed for greatness.” We quickly passed judgment on anyone who didn't seem to be working hard, and everything in our lives had to become second to our all-encompassing career. Sound familiar? There are tonnes of books out there printed in the 80's, 90's and early 2000's pushing the hustle culture. Suggesting you should create your own “vision board,” telling you to not limit yourself, and this one I love: “never settle for less than what you truly deserve.” My generation was always told to: “suck it up buttercup – stop complaining and get out there, get over it, work harder, and do more.” Well, that's not the way life is now.

Today young Millennials and the vast majority of Canadian and American Gen'Zs are adopting the new “Soft Life” culture, the complete opposite of their parent's belief system. They don't want to live to work, like mom and dad did. No, they want to enjoy their life, focusing on balance, ease, self-care and personal fulfillment through intentionally enjoying the small wins. Have your Gen'Zs hit you with these statements yet: “we need you to respect our boundaries” or how about this one, “it's not about the money” (regardless of you paying, you still have to go along with their choices not yours). Parents and older generations are having a tough time making this mental shift and many have written me about their troubles. They believe their kids are unmotivated or ungrateful for the monetary assistance from their parents.

While I definitely can relate, I'm thinking the hustle culture generation should also adopt the “Soft-Life” mantra too. Now before you throw down the paper in disgust – keep reading please. When we were young, it was all about proving “you could do it!” But to what end? I've seen co-workers, family and personal friends hit their



late 40's and 50's still pushing, only to be silenced by a single tragedy. Was it worth it – maybe, only you will know? I never thought I would ever say this, but I'm glad this next generation is pushing back on the hustle mentality. Good for them to want more out of life than just their career. It's been tough for all of us oldies to deal with the micro-managing bosses, back-stabbing coworkers and peers that have accomplished more in less time.

The Soft-Life is really not about having a lot of money, but rather the evolution of an occasional “treat yourself” lifestyle to be happier. This could mean buying a name-brand grocery product instead of a generic one. Burning a scented candle on your desk while you work from home. Treating yourself to a special coffee drink, spending the afternoon curled up on the sofa with a good book and a plate of homemade cookies, or working on a quite task like a puzzle. The trend is to slow down, enjoy the little things and stop the “pushing for more” attitude. This movement rejects the idea that a difficult life is the only path toward an enjoyable one. It's all about a life designed for calm, less complexity, sincerity with people, and finding time to unwind, pursue hobbies or spend time with the ones we love. Could we be entering an age of more traditional values? Maybe. Choosing to reject the old narrative can't be that bad. We all would be better off if we could stop and put our mental and physical health first for once, not just for a day or a weekend, but for our whole life.

Good Luck and Best Wishes,
 Money Lady

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

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From ice makers to bagpipes, Bunge Championship delivers



RECORD PHOTOS BY BRETT MITCHELL

From early-morning ice prep to late-night sweeping, the 2026 Bunge Championship delivered a full week of championship curling — powered by volunteers, officials, families, fans and even a few bagpipes echoing through the Selkirk Recreation Complex. When the final stone was thrown, Braden Calvert's Heather Curling Club rink stood atop the field, earning the right to represent Manitoba at the Montana's Brier in St. John's, N.L., Feb. 27–March 8 — closing the book on a provincial that celebrated both fierce competition and the community behind the game.



Carman family watches Olympic history unfold

By Jessica Eblie

When the women's doubles luge competition launches at the 2026 Olympic Winter Games in Italy, former long-time Carman residents, Wayne and Carol Allan, will be watching with pride. Their granddaughter, 22-year-old Kailey Allan, will be representing Team Canada in the inaugural women's doubles luge event.

Kailey will compete on Feb. 11 in Cortina d'Ampezzo as part of Canada's women's doubles luge team, with her partner Beattie Podulsky. While doubles luge has been an Olympic event for decades, Milano Cortina 2026 will mark the sport's debut for women. The discipline features two athletes racing together on a single sled, requiring precise timing, communication and trust while reaching speeds of more than 130 kilometres per hour.

For Wayne and Carol, who lived in Carman for nearly 40 years before moving to rural British Columbia in 2015, the moment is historic, celebratory and deeply personal. "We were in Carman for about 40 years," Carol said. Carol added that she still hears from friends in Carman who are following Kailey's Olympic run via Facebook.

According to Kailey's parents, Stacey and Don, she has always been a superb athlete. "She did every sport she could growing up," Carol said. "She did ski racing, competitive softball, and track, (but) as you go along and get older, you have to start weeding out some of these sports."

Kailey first stepped onto a luge sled at age 10, after spotting a sign in Calgary inviting youngsters to try the sport. What began as a summer camp soon became a high-performance pursuit, carrying her from training sessions to international competition venues around the world.

For the first 11 years of her luge career, Kailey competed as a singles slider. She represented Canada at the Youth Olympic Games in 2020 in St. Moritz, Switzerland, gaining experience on the international stage and earning a seventh-place finish overall.

Kailey came up short in qualifying for the women's singles luge event at the Beijing 2022 Winter Olympics, but nevertheless persisted in her efforts to qualify for the 2026 Games. That determination ultimately led to a new goal — women's doubles luge.

About 18 months ago, Kailey and fellow Calgary-based athlete Beattie Podulsky decided to partner up, forming one of Canada's most competitive women's doubles luge teams.

"They were both single sliders previously and thought, well, Canada needed a doubles women's team," Stacey said.

Despite their recent partnership, the duo has already found success. Last season, they earned a bronze medal at the Under-23 World Championships and another bronze as part of Canada's mixed team relay at the International Luge Federation (FIL) World Championships in Whistler, BC. In the lead-up to the Olympics, the duo ranks just outside the top 10 internationally in women's doubles and has placed well in qualifying competitions leading up to Milano Cortina.

"Their goal is to do well (at the Olympics), probably place in the top eight, maybe top six," stated Stacey.

According to the Allan family, luge is "the fastest sport on ice." Singles sliders can reach speeds exceeding 143 kilometres per hour, while doubles athletes face added challenges of weight, balance, unison and trust.

For the duo of Kailey Allan and Podulsky, Kailey rides on the bottom of the sled, with her partner lying on top of her. The athletes are secured together, navigating narrow ice corridors at extreme speeds, all while trying to be the fastest team in order to win the event.

"It's kind of like driving a double-decker bus down an F-1 track," Stacey said.

Despite the intensity, Kailey's family describes her as someone who balances competitiveness with joy. "She's determined and driven, but she's having fun," Stacey added. "There's always a smile on her face."

As the Allan family prepares to travel to Italy to support Kailey in person, they say the experience has already been incredible. Beyond medals and rankings, they hope Kailey's journey sends a message to young athletes.

"Anything's possible," Carol said. "The places she's been, the people she's met. Sport builds character and life experience."

In a text communication, Kailey stated that she is looking forward to competing and has done everything possible to prepare for these Games.

"I'm super excited to compete in my first Olympic Games and represent Canada in the first ever women's doubles event," she added.

Although Carman was never



RECORD PHOTOS SUBMITTED

Kailey Allan (right) and her partner Beattie Podulsky, at the 2025 International Luge Federation (FIL) World Championships in Whistler, B.C., where they captured the bronze.

Allan's hometown, her family's decades-long presence in the community means her Olympic debut is being followed with interest by residents who knew her grandparents and have watched her career unfold from afar.

As the Olympics approach, Allan's participation offers local readers a chance to witness both an Olympic

first and the success of an athlete connected to the community through family roots rather than residence. Kailey's Olympic moment is a reminder that no matter where you grew up in Canada or who you are, Olympic dreams can take shape and slide all the way to the global stage.



Kailey Allan (back) and Beattie Podulsky (front) preparing for a luge run in competition.

To see more photos of your favourite Interlake Athletes

GO TO **Stonewall Teulon Tribune | flickr**

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Gallinger sparks Fishermen to victory over Satellites

By Kieran Reimer

It was a crucial two points for the Selkirk Fishermen last Tuesday, helping them maintain an edge on third place in the Capital Region Junior Hockey League.

After suffering back-to-back losses the previous weekend, Selkirk returned to the win column with a 5-4 overtime victory over the North Winnipeg Satellites on Tuesday at Billy Mosienko Arena.

The last-place Satellites put Selkirk on alert early, scoring twice in the first period.

After Selkirk's Ryland Schroeder cut the deficit to 2-1 in the second period, North Winnipeg responded just 12 seconds later to restore its two-goal

lead.

Selkirk then began to test Satellites goaltender Jordan Armstrong, outshooting North Winnipeg 14-4 in the middle frame.

That pressure paid off as Connor Bruyere and Ryan Cromie scored to tie the game at three. However, the Satellites regained the lead with a power-play goal before the end of the period.

Trailing by one in the third, Selkirk turned to CRJHL all-star Zach Gallinger to provide the spark.

Gallinger scored the tying goal with just over a minute remaining in regulation, then completed the comeback by netting the overtime winner a few

minutes later.

By reaching overtime, both teams earned a point, with Selkirk securing the extra point with the victory.

Marcus Sharpe earned the win in goal for Selkirk, stopping 16 of 20 shots, while Armstrong finished with 37 saves for North Winnipeg.

The win improved Selkirk's record to 15-7-0-1-2, moving the Fishermen two points ahead of the La Broquerie Habs to remain third in the CRJHL standings.

Selkirk continues to hold games in hand on the Habs, as well as every other team in the league, after Friday night's scheduled game against the Arborg Ice Dawgs was postponed

due to ice issues at Arborg & District Arena.

The Fishermen and Ice Dawgs later met Monday night at 8:30 p.m. in Arborg. Due to press deadlines, the result of that game was unavailable at press time.

The matchup opened a three-game week for Selkirk as the regular season enters its penultimate week.

UPCOMING GAMES:

- Tuesday, Feb. 10 — at St. Malo Warriors, 8 p.m., St. Jean Arena
- Sunday, Feb. 15 — vs. Beausejour Comets, 3 p.m., Selkirk Recreation Complex

Riels shut down Raiders in Seven Oaks loss

By Lana Meier

The Raiders Jr. Hockey Club was held to just one goal and 15 shots on net as the St. Boniface Riels earned a 3-1 Manitoba Major Junior Hockey League victory Friday night at Seven Oaks SportsPlex.

St. Boniface struck early, opening the scoring just 1:38 into the first period on a goal from Caden Gordon. The Raiders answered midway through the frame when Ashton Henry converted at 12:18, finishing a play set up by Riley Kushnier and Zach Einarson to tie the game.

The tie was short-lived, however, as

the Riels regained the lead later in the period. Nathan Burzynski scored at 15:17 to send St. Boniface into the first intermission up 2-1.

The visitors extended their lead early in the second period when Brycen Gair found the net at 4:55. That would stand as the final goal of the game, as both teams were held scoreless through the third period.

St. Boniface outshot the Raiders 42-15, including a 12-2 edge in the final frame. Owen Savoie turned aside 39 shots in goal for the Raiders, while Alex Domenico made 14 saves to earn

the win for the Riels.

The Raiders went 0-for-3 on the power play, while St. Boniface was also held scoreless on four man-advantage opportunities.

With the loss, the Raiders slipped to 12-20-3 on the season and remain eighth in the MMJHL standings. St. Boniface improved to 24-7-3 and sits second overall.

Several local players were recognized with selection to the 2026 MMJHL All-Star Game, which was played Saturday, Feb. 7, at Eric Coy Arena in Winnipeg. Representing the

Raiders Jr. Hockey Club on the White Division roster were forward Ashton Henry and defencemen Cole Bilous and Logan Bruneau. The All-Star selections highlight strong individual seasons and gave local fans a chance to see familiar faces compete alongside the league's top talent.

UPCOMING GAMES

- Feb. 10 — Raiders at Stonewall Jets, 8 p.m.
- Feb. 13 — Raiders at Pembina Valley Twisters, 8 p.m.

Royals splits road games heading into playoffs

By Annaliese Meier

The Lord Selkirk Royals split a pair of road games last week and head into the postseason sitting ninth in the Platinum Promotions Division with an 8-13 record in Winnipeg High School Hockey League action.

Lord Selkirk opened the week with a 4-3 overtime win over Westwood on Feb. 4. The Royals jumped out to a 3-0 first-period lead with goals from Kageon Carver, Erik Evasion and

Mateo Malbasa. Evasion added an assist, while Westwood rallied to tie the game in the third before Jaxon Beasley scored the overtime winner at 2:58.

The Royals were unable to carry that momentum into the following night, falling 4-1 to Sturgeon Heights on Feb. 5. The hosts scored twice in the opening period and added another midway through the third. Nolan Dear netted Lord Selkirk's lone goal

on the power play late in regulation.

Lord Selkirk now turns its focus to the playoffs following the conclusion of the regular season.

ROYALS IDLE AHEAD OF BUSY EAST DIVISION STRETCH

The Selkirk Royals remain 11th in the East Division with a 3-17 record

in Manitoba Women's High School Hockey League play following a week without game action.

Selkirk returns to the ice this week with a busy three-game stretch. The Royals host CSLR on Feb. 9 at 3:45 p.m., travel to J.H. Bruns on Feb. 10 for a 4:15 p.m. puck drop, and return home Feb. 11 to face CPET at 3:45 p.m.

NEXT HOME GAMES

at the Selkirk Rec Centre

SUNDAY, FEB 15th

VS Beausejour Comets 3:00 pm

TUESDAY, FEB 17th

VS Winnipeg Satelites 7:30 pm

FRIDAY, FEB 20th

VS Arborg Ice Dawgs 7:30 pm

GAME 1 OF PLAYOFFS FEB 22, 3pm in Selkirk vs TBD

PLEASE CHECK THE CRJHL WEBSITE FOR UPDATES



**Meet the
Fishermen
2025-2026**

**#22 Sage Courchene
Forward**

> GATORS TRIPLE WIN, FROM PG. 21

with a four-point performance. Laschyn was again solid in goal, making 45 saves as the Gators pulled away with two late third-period goals.

The busy week concluded Sunday morning with a 5-3 loss on the road to the Niverville Clippers, snapping East St. Paul's three-game winning streak. Game details were unavailable at press time.

With the week's results, the Gators closed the regular season at 11-19-0, finishing ninth overall and earning a best-of-three play-in series matchup against Red River. Dates for the series had not yet been finalized.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Selkirk judoka rack up podium finishes at Inner City Open

By Lana Meier

Selkirk Judo Club athletes turned in a strong showing at the Inner City Open on Feb. 7, earning multiple podium finishes at the tournament held at Calvin Christian Collegiate in Winnipeg.

The event drew more than 160 entries from clubs across Manitoba and Northwestern Ontario, providing a competitive field for athletes ranging from U12 to U18 divisions.

In the U12 category, Jackson McPherson captured a silver medal in the G2 division.

Selkirk athletes were particularly successful in the U14 division. Adisson Laudy Krasey won gold in the female -63 kg category, while Hunter Kennedy claimed first place in the male +66 kg division. Jake Friesen-Joss also earned gold in the male -50 kg category, with Koltin Chura finishing second in the same weight class. Silver medals were added by Ella Faris in the female -52 kg division, while bronze finishes were recorded

by Samantha Mayman (female -57 kg), Jett Honke (male -46 kg) and Yehor Subbotin (male -66 kg).

In the U16 division, Eva Everett topped the podium with a first-place finish in the female -63 kg category.

Selkirk's success continued in U18 competition, where Carter Stopa earned gold in the male -73 kg division and Tymofii Subbotin took silver in the male -90 kg category.

"We're proud of how our athletes performed at the Inner City Open," said coach Brian Jones. "Their results reflect the hard work they put in every week. This tournament was a great opportunity for our judoka to gain experience and continue the development of their skills."

The club's next Manitoba competition will be the Balmoral Open, scheduled for March 28 in Stonewall. Several Selkirk athletes will also compete at the Edmonton International from March 6 to 8.



RECORD PHOTO SUBMITTED

Selkirk Judo Club athletes (left to right) Samantha Mayman, Koltin Chura, Jake Friesen-Joss, Hunter Kennedy and Jett Honke competed at the Inner City Open on Feb. 7 in Winnipeg, where the club recorded multiple podium finishes.

Road mileage weighs on Steelers in trip to Neepawa

By Kieran Reimer

The Selkirk Steelers were on the road once again last week in lieu of the 2026 Bunge Championship's takeover of Selkirk Recreation Complex.

They headed West for Neepawa on Wednesday for their lone game of the week against the Titans, who entered the match fresh off a game the night before in Waywayseecappo.

Selkirk broke the ice with the game's opening goal midway through the first period, coming from Carter Haney for his sixth of the season, assisted by Jules Delepolle and Peyton

Legg-Cote.

Things remained that way until the second period when Neepawa broke loose for four unanswered goals.

Selkirk looked to regain momentum with a mid-frame bout between Griffin Krone and Neepawa's Roan Micalchuk which resulted in fighting majors and game misconducts aside.

Neepawa would later add another pair in the third to take it 6-1 for the full two points in the standings.

They finished with a 30-25 shots edge with Selkirk's Hudson Hunnie stopping 24 of 30 and Neepawa's

Alex Myers turning aside 24 of 25.

The loss makes it four consecutive defeats for the Steelers which drops them to 18-21-2-1 on the campaign.

They now sit 12 points out of a play-off spot with 16 games left before the conclusion of the regular season.

Neepawa meanwhile moved into a share of second in the MGEU West Division with Wednesday's result.

For Selkirk, they will continue to seek success on the road in their next game against the Virden Oil Capitals on Tuesday.

They will then return home Fri-

day to kick off a two-game weekend against the Portage Terriers and Steinbach Pistons.

UPCOMING GAMES:

- Tuesday, Feb. 10 at Virden Oil Capitals, 7:30 p.m. at Tundra Oil & Gas Place
- Friday, Feb. 13 vs Portage Terriers, 7:30 p.m. at Selkirk Recreation Complex
- Saturday, Feb. 14 vs Steinbach Pistons, 7:30 p.m. at Selkirk Recreation Complex

2025-2026



SHOW YOUR SUPPORT FOR YOUR LOCAL MJHL TEAM!!!

- VS Portage Terriers Fri, Feb 13rd 7:30 pm
- VS Steinbach Pistons Sat, Feb 14th 7:30 pm
- VS Neepawa Titans Sat, Feb 21st 7:30 pm

NEXT AWAY
GAMES

- VS Niverville, Monday, Feb 16 - 3:00 pm
- VS Portage, Friday, Feb 20 - 7:30 pm

www.selkirksteelers.com

the Steelers Box Office is open 1 hour before game time
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HELP WANTED

Looking for someone who can use Quickbooks for small business. Please call Rose at 204-492-8554 for more info.

HEALTH / EDUCATION

Men's Therapy Group Q&A Info Session with Doug Tataryn at Gaynor Library Thursday, Feb 12 - 6 p.m. New strategies for PTSD, Depression, Anxiety, Anger. Session is FREE & open to all. Ongoing group is eligible for BlueCross.

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COINS

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News Tips? Story Ideas?

call the Record 204-785-1618

UPCOMING EVENTS

St. Clement's Anglican Church, 1178 River Road, St. Andrews, is having a Pancake Supper on Tuesday, Feb. 17, 2026 from 5 - 7 p.m. Adults - \$20 Children 6-12 - \$10 Under 6 - Free

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NOTICE TO CREDITORS

In the Estate of Larry Bernard Swain, Selkirk, deceased
If you have a claim against the above estate, please provide details of your claim and file your claim by April 3rd, 2026 with Darcy F Purvis Purvis Law Office 235 Manitoba Ave Selkirk MB, R1A 0Y4 204-482-7772 Solicitors for the Executor

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NOTICE OF ANNUAL GENERAL MEETING

The Selkirk Community Renewal Corporation (SCRC) will be holding its Annual General Meeting on **Wednesday, March 4, 2026 at 12:00 p.m.** at the Gaynor Family Regional Library - Theatre. Please rsvp to Ashley or Brooke at scrc@selkirkrc.ca

RING FOUND

On Friday Dec. 26, 2026, a ring was found at the Selkirk Safeway Shell Gas Bar encased in snow and ice. The person who found the ring would like to return it to its rightful owner.

After inquiring with staff, the ring finder discovered that they had at one point had contact information for a ring that had been lost but that the contact info had been mislaid. The ring finder has also tried to spread the word on social media to find the owner with no luck. If you are the person who lost their ring or know someone who lost their ring at this location, please let the ring owner know that they can contact the Selkirk Record office (204-785-1618 or news@selkirkrecord.ca) with a description of the ring and we will coordinate contacting the ring finder for you.

NOTICE OF PUBLIC HEARING

ZONING BY-LAW AMENDMENT APPLICATION

RM of St. Andrews

Under authority of The Planning Act, the municipal Council will hold a public hearing at the time and location listed below to hear from those who wish to speak in support or objection, or to ask questions. For more info on how to register for the public hearing please contact the municipality at 204-7382264

**Tuesday
March 10th, 2026
5:30 PM**

**Council Chambers,
500 Railway Avenue,
RM of St. Andrews, MB**

Note: property owners are responsible for notifying "tenants"

APPLICATION INFORMATION

Application File: ZBA - BL 4423

Applicant: Leonard Naayer and Agnes Loutit

Property Location: No address portion of RL 34; 8 McLennan Road, RM of St. Andrews. Roll # 13300, 13400

Application Purpose:

To rezone the subject property in order to subdivide the land into total 21 lots for the future single family residential development and sale properties.



| Current Zoning | Zoning Proposed by Applicant |
|-------------------------------|----------------------------------|
| "RR" – Rural Residential zone | "RA" – Suburban Residential zone |

A copy of the above-noted proposal and supporting material is available on the Red River Planning District website at <https://www.redriverplanning.com/hearings.php> or by contacting the Red River Planning District in person during normal business hours Monday to Friday at 2978 Birds Hill Road, East St. Paul, by phone at 204 669-8880, or by email at info@rrpd.ca

RED RIVER
PLANNING DISTRICT

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ANNOUNCEMENT

CARD OF THANKS

Deanna Harris would like to thank everyone who came to Brian's Celebration of Life, to the family for putting together the lovely service. To Cindy for the slide show of pictures and the music. To Brenda from Brackendale Catering for the lunch. To all those that donated to Cerebral Palsy Manitoba Association in honour of Owen's Heroes. A big thank you to Interlake Cremation Memorial Services who went above and beyond.



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ANNOUNCEMENT

IN MEMORIAM



Graham Alan Bruce Mathers
November 29, 1953 - February 13, 2025

You left memories in our hearts,
And that's where they'll always be.
We miss you more and more every day.

-Love always,
Debbie, Tracey and kids

ANNOUNCEMENT

IN MEMORIAM



Andrew Bosko
August 7, 1929 - February 15, 2020

Sadly missed along life's way,
Quietly remembered every day...
No longer in our lives to share,
But in our hearts you're always there."

-Unknown Author

-Lovingly missed by
your children and grandchildren

ANNOUNCEMENT

IN MEMORIAM



**In Loving Memory of
Andrew Mayo**
February 9, 1948 - February 4, 2024

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Leanne and family

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Announcements

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OBITUARY



Pansy Grierson
Unexpectedly on Monday, January 26, 2026 at her residence, Pansy Grierson, aged 64 years, of Selkirk, Manitoba, passed away. She is survived by her loving husband Brian, their children, Cory (Amanda) and Brittany (Brian); grandchildren, Harlon and Carter, as well as numerous other family and friends. Funeral services were held on Monday, February 9 at 11:00 a.m. at the Gilbart Funeral Chapel in Selkirk, Manitoba. Tributes: www.gilbartfuneralhome.com



Gilbart Funeral Home, Selkirk in care of arrangements.

OBITUARY



Nicole Lee Grushka
Nicole Grushka was just 20 years old when she left us on January 27, 2026. In that short time, she brought joy, laughter, and love to everyone around her. Her kindness and fun-loving spirit made every moment brighter. She is deeply missed by her parents, Fred and Pam Grushka; her brother, Coleman; and her sister-to-be, Sinead Gibbs. She will also be lovingly remembered by her grandparents, Richard and Cecilia (Tootsie) Rogoski and Marge Grushka; her uncle Michael and aunty Jodi; and her cousins Jade (Brodie and Grayson), Lane (Richelle), and Jake Rogoski. Extended family and the many friends who were like family also hold a special place in her heart. Nicole will be remembered for her love of family time and her selflessness, always thinking of others. Her smile, her jokes, her hugs, and her love of life will never be forgotten. She touched the lives of everyone she encountered—friends, family, co-workers, teachers, and the children she cared for—leaving behind countless memories that will be cherished forever.

Though her time with us was far too short, the impact she made will last a lifetime in the hearts and memories of so many. In her 20 years, she filled our lives with laughter, music, dance and love. Children were drawn to her, friends felt like family, and every room was brighter when she entered. Twenty years was not enough, but her spirit will live on forever in our hearts.

A celebration of Nicole's life will be held on Saturday, February 21, 2026 at 1:00 p.m. at the Winnipeg Beach Legion. The family invites anyone who has memories or stories of Nicole to write them down and place them in a memory box to be treasured.

In lieu of flowers, donations may be made toward an annual scholarship in Nicole's honour via the following link <https://gofund.me/71f785a7b> As she was pursuing a career in teaching, this scholarship will support a Winnipeg Beach student graduating from GHS into the childcare or teaching field—helping another young person follow their dreams, just as Nicole was following hers.

We are truly thankful to the doctors, nurses, and staff at the Gimli Community Health Center for their care.

Rest in peace, our baby girl. We love you and always will.

Tributes: www.gilbartfuneralhome.com

Gilbart Funeral Home, in care of arrangements.



OBITUARY

Catherine (Cathy) Maureen Coumont
Unexpectedly, on Saturday, February 7, 2026 at the Selkirk Regional Health Centre, Cathy Coumont, aged 66 years, of Selkirk, MB, passed away.

In keeping with her wishes, cremation has taken place and celebration of her life will be held in the spring.

Tributes: www.gilbartfuneralhome.com

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OBITUARY



Allan George Eames
October 2, 1946 - February 6, 2026
It is with deep sorrow we announce the peaceful passing of Allan Eames on Friday February 6, 2026 after his 3.5 year battle with cancer. There will be a celebration of life on Sunday March 8, 2026 at 1:00 p.m. at the Selkirk Legion Br 42. Full obituary to follow. Tributes: www.gilbartfuneralhome.com



Gilbart Funeral Home, Selkirk in care of arrangements.

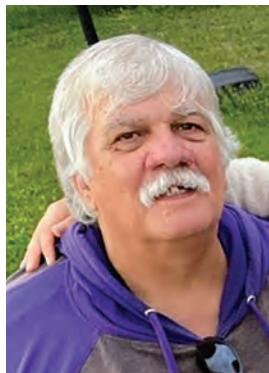
OBITUARY



Daniel Vincent Robak
June 23, 1972 – January 28, 2026
With heavy hearts, the family announces the passing of Danny, who passed away suddenly due to complications from an infection related to the flu. Funeral service will be held at the Selkirk United Church, 202 McLean Avenue, Selkirk, MB., on Friday, February 13, 2026. Viewing at 1 p.m., service at 2 p.m., and a lunch to follow. Friends and family are invited to visit Danny's memorial page at www.interlakecremation.ca, where memories and condolences may be shared.

Arrangements entrusted to:  **Interlake Cremation & Memorial Services**
204.482.1040

OBITUARY



George Henry Hawes
Bizhiki Ogima "Buffalo Leader"
September 22, 1957 - January 30, 2026
-Age 68-
It is with great sadness to announce the passing of George Hawes, our Buffalo Leader who was husband to Donna "Stevenson" Hawes; father to Gregory (Aimee), Jeffery (Laurie), and Bryan (Courtney).

George dedicated his life to his family, both immediate and extended. George particularly devoted himself to loving and supporting his grandchildren Summer, Brooke, Mason, Clara, Aiden, and Avery.

George did not limit sharing his gifts of love and support to his immediate family, it branched out to his siblings, in-laws, nieces, nephews, and their children and grandchildren.

George also developed lifelong relationships and a vast number of acquaintances who highly respected and cared for him. During George's 30-year career with the Selkirk Steel Mill (Gerdau) he was also highly regarded, not only as a colleague and Union Representative, but someone who was always there to provide support, guidance, and mentorship.

George's presence will be deeply missed by many - his legacy of authentic openness, acceptance, honesty, and humour will be imprinted on all those who had the privilege of knowing him.

A celebration of life for George will take place on February 13, 2026 at the Selkirk Community Church, 6569, Hwy 9 (Selkirk bypass), St. Andrews MB. 1:00 p.m. - 4:30 p.m.

Tributes: www.gilbartfuneralhome.com

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