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THURSDAY, FEBRUARY 13, 2025

VOLUME 16 EDITION 6

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Buy Canadian movement opens eyes to local businesses offering great services

By Katelyn Boulanger

After threats of a 25 per cent tariff from the American president onto Canada were announced, Canadians have reacted by coming together. The buy Canadian movement has gained momentum and, despite a 30-day pause being put on tariff threats, the movement has not slowed.

Bianca Lessard, the executive director of the Selkirk Biz explained that buying local is something that they always promote through their advocacy and programs.

"Selkirk Biz is the chamber of commerce for Selkirk and the surrounding areas, supporting local businesses through networking, advocacy, and initiatives like the Biz Bucks gift card program to keep money in the community," she said.

She explained that in light of the circumstances buying local has become even more beneficial.

"With the tariff threats from the US, the movement is more important than ever. Buying local supports jobs, keeps businesses open, and helps fund local services. If tariffs are added, we won't be as affected because we have amazing resources and businesses right here in our community," said Lessard.

The Selkirk Biz doesn't just support businesses in Selkirk but advocates for all kinds of businesses in the neighbouring municipalities of St. Andrews, St. Clements, West St. Paul, and East St. Paul as well.

"Our region has a wide range of businesses, including retail shops, restaurants, professional services, trades, and health and wellness providers and many of which accept Biz Bucks," said Lessard.

She explained that you can learn more about the local businesses in our community by calling the Biz, dropping by their office or browsing their



RECORD FILE PHOTO BY KATELYN BOULANGER

Bianca Lessard, the executive director of the Selkirk Biz at an event last summer promoting buying local.

social media.

It's also worth talking to your friends and family as you'd be surprised to learn about all of the businesses with local owners in our community. From there, you can find many locally made products.

Lessard encourages residents to try to buy local and Canadian products when possible.

"Buying local means supporting your neighbours and creating local jobs. Many local businesses give back through sponsorships and donations, helping to fund great events that bring our community together, making it more vibrant and fun. Why not support the people who support us," she said.

If you would like to learn more about the Selkirk Biz check them out online at selkirkbiz.com.

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What about Manitoba community newspapers? They're more than good fire-starters

Province supports American tech elites for buy local advertising campaign

By Patricia Barrett

The provincial government announced last week it was launching an advertising campaign to encourage Manitobans to “buy local” in the wake of U.S. president Donald Trump’s threatened tariff war against Canada and annexation of the country.

Manitoba premier Wab Kinew added his voice to a chorus of Canadian premiers and prime minister Justin Trudeau’s buy Canadian messaging.

Yet the province is using taxpayers’ dollars to pay for part of its buy local advertising campaign to appear on American social media sites, thereby supporting tech elites like Meta’s Mark Zuckerberg, a multi-billionaire who has aligned himself with Trump and announced in January he’s ending fact-checking, a move that has critics concerned about the intensification of hate speech and misinformation on Zuckerberg’s platforms.

American tariffs against all Canadian products – and Canada’s countervailing tariffs – are currently on hold

until March 4 or thereabouts. Trump had signed an executive order on Feb. 1 imposing a 25 per cent tariff on all Canadian products sent to the U.S. and a 10 per cent tariff on Canadian energy. The tariffs were slated to begin on Feb. 4, but Trump put them on hold, allegedly in response to American markets taking a tumble.

With the U.S. having become an unstable trading partner in the span of three weeks since Trump became president, and with Trump’s economically damaging tariffs seen as a precursor to the annexation of Canada – Trump said he’d use “economic force” to make Canada America’s 51st state and Trudeau said Trump’s annexation threat is “real” – Canadian political leaders, businesses and everyday Canadians have risen united against the existential threat from the south.

With the U.S. seemingly on a trajectory to autocracy and Trump on Day 18 (on Feb. 6) of his “coup d’etat,” according to American documentary filmmaker Michael Moore, the scene



PHOTO BY PATRICIA BARRETT

Release from province does not mention local print media in buy local campaign. Local newspapers are often the only local news source for rural Manitoba communities.

down south is giving Canadians considerable pause for thought as to what products they should be spending their money on and what e-commerce platforms they should be supporting.

With a nudge from various Canadian premiers, the federal government and some opposition parties, Canadians have embarked on a mission to buy Canadian-made products over U.S. goods in order to insulate Canada’s economy and jobs from the crater-sized blows tariffs will surely wrought. Tariffs will drive up the cost of food, fuel and other products and services, and hurt both American and Canadian consumers.

That’s why Kinew is encouraging

Manitobans to focus on buying local products and supporting local businesses. The new advertising campaign called “Support Manitoba. Buy Local” was launched on Feb. 5, and an accompanying news release says it will appear on “digital platforms” then expand to radio and billboards.

“Manitobans are united in their resolve to support each other and how we as consumers chose to spend our money can make a big impact,” said the premier. “These past few weeks have made it clear that we need to diversify our economy and trading partners and buying Manitoban or Canadian will help create strong busi-

Continued on page 5

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nesses and jobs here in Manitoba.” The news release doesn’t mention advertising in local print media, which serves small and rural communities across Manitoba, and does not state how much money the campaign will cost nor how long it will last. The *Canadian Press* reported last week that Kinew wouldn’t directly answer questions about whether some of the purported \$140,000 for the purportedly four-week advertising campaign would be spent on “non-local media platforms such as Facebook,” but that ads were “popping up on Facebook and Instagram.” Community newspapers are local businesses that employ Canadians, support democratic inquiry and debate rather than promote hatred and discrimination, provide sponsorship or in-kind support to rural community events and act as advertising conduits to help drive dollars to local businesses.

A spokesperson for AdCanada Media, an agency that places ads in over 900 newspapers across Canada, told the *Selkirk Record* that, as of Feb. 7, it had no “bookings” last week – and none for this week – from the Manitoba government for its buy local advertising campaign.

There were 49 print titles in Manitoba in 2023, according to AdCanada. Manitoba’s titles include the *Selkirk Record* and its five sister papers (the *Stonewall Teulon Tribune*, *Express Weekly News*, *Winkler Morden Voice*, *Altona Morris Voice* and the *Camran Dufferin Standard* reaching about 132,000 readers weekly), along with other community newspapers, the *First Nations Voice*, and cultural newspapers including the Icelandic *Logberg-Heimskringla* and French *La Liberté*.

The *Record* asked the province why print media was excluded from its buy local advertising campaign, what digital platforms the province is using for the campaign and how much money the province is spending. The

province acknowledged receiving the questions but did not provide answers.

With the Trump administration’s threat to take down American public broadcasting, Trump’s well-known disdain for fact-checking, liberal media outlets and his close alignment with billionaire tech bros, the Manitoba government’s decision to support Meta, which also owns Instagram and other platforms, over Manitoba community newspapers is being questioned by some critics.

Factor in the years of American tech giants such as Meta and Google siphoning away advertising dollars that might have gone to local news outlets, and their recalcitrant attitude to compensating Canadian broadcasters and local print newspaper outlets for using their news stories as bait to bring advertisers and users to them, the decision by the province to overlook community newspapers is troubling.

Interlake-Gimli MLA Derek Johnson said he’s disappointed the province is financially supporting American social media over Manitoba newspapers in light of the tariff threat from the U.S.

“I’m absolutely disappointed that our provincial government is spending money on American-owned social media sites to promote local shopping in response to potential Trump tariffs. It just doesn’t sit right with me. We should be keeping our dollars here in Manitoba and Canada, supporting our own businesses and platforms that actually benefit our communities,” said Johnson in a statement to the *Record*.

“I am concerned that these advertising dollars are not being spent on local media. These local papers are vital; they keep our communities connected and give local businesses a voice. We need to put our money where it counts, supporting our local media and making sure our community gets

the spotlight it deserves. The NDP say that they want to create a committee to look into supporting local media but when given the opportunity to do something tangible, they send Manitoban money to the U.S.”

Nearly two-thirds of Canadians (65 per cent) want Canada’s federal government to commit a percentage of its advertising budget to Canadian news media, according to a survey conducted in December 2024 and January 2025 by Totum Research on behalf of News Media Canada.

The federal government used to advertise on Meta but put a hold on that in 2023 after the social media compa-

ny blocked all news on its platforms in Canada rather than compensate Canadian media outlets for using their content. The federal government, however, lifted its boycott on Meta last week.

“The Government of Canada’s decision to resume advertising with Meta is a real kick in the shins to independent publishers across Canada,” said News Media Canada chair Dave Adsett in a Feb. 6 release on CommunityWire. “Disinformation travels faster than the truth, and it sends the wrong signal to local advertisers when the government is rewarding a company

Continued on page 7

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New speed display signs hit the streets in Manitoba

MPI expands its speed sign program to Selkirk and beyond

By Katelyn Boulanger

Representatives from Manitoba Public Insurance (MPI), the province and the City of Selkirk gathered on Main St. in Selkirk last week to announce the expansion of MPI's Speed Display Sign Loan Program.

The speed display program launched in 2021 with 25 signs which were distributed to 13 municipalities around the province on a five-year loan. After the program was determined to be successful at lowering speeds of vehicles, MPI recently expanded the program to 21 more areas.

Matt Wiebe, Minister of Justice and Attorney General of Manitoba and the Minister responsible for MPI ex-

plained that speeding is the cause of many collisions in Manitoba and that these signs are tools to make driving safer.

"We know in the City of Selkirk and many communities throughout our province, we're seeing more and more active transportation, cyclists, pedestrians. This is a busy intersection, and for people coming into the city here, we want to ensure that we're making things as safe as possible for everyone. And from what we've seen, the results have been great. We've seen that the pilot program has worked. It's worked in many communities, and so, because of these encourag-

ing results, we know that it's time to expand this. So we're expanding the program up to 21 more areas since 2021 that brought the total number of communities up to 34 and now we're building on that success. We're rolling out this program into even more communities. I'm proud to see this program growing," he said.

Satvir Jatana, MPI's President and CEO explained that speed is a leading contributing factor to fatal collision in Manitoba and that this program reminds drivers to drive safely.

"Based on our data, we are finding that speeding is connected to over one in five deaths on Mani-

toba roads. One in five, that's a significant number, and that number is growing. In 2022, alone in that year, we had 25 people die due to speed. That's an increase of 47 per cent over the last four years, from 2017 to 2021," she said.

Jatana explained that MPI is committed to preventing these losses by educating drivers and making them aware of the serious consequences of

Continued on page 7

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RECORD PHOTOS BY KATELYN BOULANGER
Satvir Jatana, MPI's President and CEO making the announcement.

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> SPEED DISPLAY, FROM PG. 6

speeding.

"We're grateful that leaders in many municipalities, towns and cities, like Mayor Johannson, are working with MPI to expand and be part of that movement and cause. Through the display sign loan program, we're changing driving behaviour and making Manitoba roads safer for everyone. These special boards alert, of course, the speed for the drivers, and provide us with valuable data to continue to develop road safety initiatives that can help save lives. Since this program has been introduced, the display signs have observed over 5.5 million vehicles, and these guys have alerted many drivers they're speeding, and as a result, 190,000 of them have slowed down. We're very pleased with the success of this program," she said.

Selkirk Mayor Larry Johannson, explained that he's personally seen people slow down due to the new speed display sign on Main St. which comes right after the sharp turn coming into the city from the south.

"It goes down to 50(km/h) there and they will pass me as I'm going down to 50. But believe it or not, when they get here, they see that digital sign.

You see brake lights, and they slow down. They slow down, and that's the start of our city, and that means it's going to be safe as they travel through the city," said Johannson.

In addition to two speed display signs in Selkirk, in our local area West St. Paul and St. Clements also have speed display signs in their communities thanks to this program.



Selkirk Mayor Larry Johannson explaining how he's seen positive effects from the program while wearing his 'Canada is already Great' hat.

> BUY LOCAL CAMPAIGN, FROM PG. 5

that is unwilling to fact-check information on its own platforms."

The *Record* reached out to the federal government, asking if it will commit to supporting Canadian news media, including rural print newspapers, and whether it has made any decision as yet – something promised recently by the government in response to Trump's tariffs – about changing its procurement policies, which can include advertising. The government acknowledged the questions but did not provide answers.

Media plays an "outsized" role in Canadian democracy according to a report titled, "The lost estate: how to put the local back in local news," which was released Feb. 12 by the Public Policy Forum, Rideau Hall Foundation and the Michener Awards Foundation.

The report highlights a crisis in local news in Canada after decades of news outlet closures and lost revenues, and recommends rebuilding local news and small community outlets. Contributing to the crisis are the failure of non-local, corporate ownership models and the collapse of traditional advertising revenues.

"Local news is an undervalued player in the media ecosystem," said Public Policy Forum president and CEO Inez Jabalpurwala in a news release. "It helps create civic spaces that are

needed now more than ever, while also underpinning the very foundation of healthy democracies."

The report includes an Ipsos poll that was commissioned by the report's authors and conducted last month. The poll found 87 per cent of Canadians believe local news is "important to a well-functioning democracy."

Respondents agreed on a range of serious implications as local news diminishes, including less knowledge about local government, schools and hospitals (61 per cent), fewer ties to the community and decreased participation in local events (57 per cent), a loss of a sense of caring for each other (54 per cent), and less demand for local small businesses (36 per cent), states the release.

Some ways to preserve local media include tax credits for local businesses that spend advertising dollars with locally owned, independent media, the allocation of a portion of government advertising dollars to local publishers and broadcasters, and the encouragement of community foundations to provide funding support for reporters in local newsrooms on a short-term basis, states the release.

Note: On his way to the Super Bowl on Feb. 9, Trump said he would be imposing 25 per cent tariffs on Canadian steel and aluminum, starting Feb 10.



RECORD PHOTOS BY KATELYN BOULANGER

Representatives from Manitoba Public Insurance, the province and the City of Selkirk were on Main St. in Selkirk announcing the expansion of MPI's Speed Display Sign Loan Program.



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Let's go to war on the Economic front as Proud Canadians

I have never written a letter to an editor in my life, but after I had a simple chat with a young Canadian this morning, I thought I would share my thoughts with Canadians who are worried about today's actions by another country that wants to wage an economic war with Canada.

I don't need to know why they are doing it, but as proud Canadians, we need to take action now to ensure our country is safe and strong during the next four years of this conflict.

As I was ordering some meat from the local grocery store, I asked the young man (in his 20s) who packaged the meat for me how he was doing. He said, "I am okay but worried by the tariffs!"

I was so surprised that our young Canadians are worried about the crazy actions of a person of poor character who happens to have sucked in a majority of his country and that he is a great leader in making his country great again.

We cannot control what people do to us, but I strongly feel that we can completely control our reactions to what others do to us. I would like to offer my thoughts on how Canadians should react to the start of this economic war, which is starting today and may likely carry on for four years.

I have a military background, and since I was a teenager, I have read and idolized what Manitobans and Canadians have achieved over the two World Wars and recent deployments. Canadians are amazing fighters with great creativity and ingenuity and we have done it in the most dangerous and unknown times in both the military and political world.

Manitobans and many other Canadians have been Canada's soldiers and business leaders to fight previous wars. In the First World War, an airman from Dauphin, Lt William Barker, became the most highly decorated soldier in the British Commonwealth. We have many Victoria Cross winners (12) from Canada in the Second World War, including several from

Manitoba.

We had many industry and military leaders who created and conducted the British Commonwealth Air Training Plan from May 1940 to March 1945 (in 4 years!) and trained over 167,000 students to serve in the Second World War, including over 50,000 pilots. We also fought and won the Battle of the Atlantic with vigour and ingenuity as the German submarines tried to sink our ships, bringing relief to Great Britain. We set up and coordinated the convoy system from Halifax and St. John's to Great Britain for the critical war years. Visit the Netherlands today with a Canadian flag on your jacket. You will get a free hug or handshake from the Dutch people who still remember the Canadian Army, which freed them from the German occupation in 1944.

We also have the political leaders in the past and now, no matter what party we align our support to, with great character and vision.

My Dad served in the Newfoundland Constabulary and then the RCMP (from the 1940s to 1980s) and met several dignitaries during his time with his work. I asked him near the end of his life what person he had the opportunity to see up close and was most impressed with and immediately he answered Jean Chrétien.

I asked him why since he was not even Prime Minister yet (and my Dad was a Conservative), and he said – when he was in security details he was able to watch how dignitaries related to people and he said Mr Chrétien had a special character that showed he cared for Canada and its people. And if you take the time to read Mr. Chrétien's editorial from last month, we all have to agree that we have awesome leaders in Canada.

I was definitely impressed at the end of the day when I heard Prime Minister Trudeau and our Premiers all tell the US president we will tariff them immediately, and we all are in unison between the provinces.

We have political, business, and mil-

itary fighters on all fronts in Canada, but what can the average Canadian expect as we go to war on the economic front? There are going to be some outstanding opportunities to find new ways to be more profitable or to take other directions—seek them out and implement them in your business.

First, be creative and find ways to make your business or government organization more efficient. Reduce processes that do not add value as you get things done. Push your superiors, peers, and subordinates to make changes to be more efficient and profitable.

Second, for the next four years, work an extra hour a day at no cost to your management to get more done. It is a win-win situation: your business will become more profitable, and your government organization will become more efficient.

Third, support Canadian businesses and try to ensure your business is offering its services at the best price you can provide to other Canadian customers. As an avid camper, I will only camp in Canadian parks while this economic war is on.

And to the younger generation (20s-40s), who are meat cutters at my grocery store, blue-collar and white-collar workers from all religions and races—you are going to be the main fighters in this economic war we have in Canada since you are mostly the business and political leaders in our country. You, like our parents and grandparents before you in Canada, have to be the leaders, so go out there and fight this economic war and lead!

Canada is an AWESOME country to live in. We emphasize diversity of race and gender, and we have implemented great programs to support people of all races and, origins and sexual orientations. We have great social programs to help with medical care and diversity. I agree many things can be improved on. The two

Continued on page 9



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EDITORIAL

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

TROUBLE WITH PAPER DELIVERY?

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

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Feb. 21 Selkirk Steelers game to support Terry Fox Foundation

Large donation from proceeds to go to support Terry Fox Foundation's work

By Katelyn Boulanger

The Selkirk Steelers have decided to support the Terry Fox Foundation at their Feb. 21 game against the Winnipeg Freeze. This game will be called the First Annual Terry Fox Tribute Game and will see a large donation be made from the proceeds of the game going to the Terry Fox Foundation.

Jana Pringle the Selkirk Terry Fox Run Committee Chairperson, explained that Jim Pelletier came to the local Terry Fox Run Committee with the idea for an event like this back in September when the Terry Fox Run took place.

Pelletier explained that the Terry Fox Foundation is a charity that his family supports.

"My son, Parker, the Terry Fox Foundation is Parker's charity of choice. He always loves raising around \$500-\$600 a year for the past six or seven years for the school's run," said Pelletier.

He explained that he believes that Terry Fox's efforts and legacy have impacted our world greatly and positively.

"Everything he's done for the cancer research, but also everything he's done for individuals with disabilities," said Pelletier.

This game will have a Terry Fox theme and the local Selkirk Terry Fox Run Committee will be there will some special items for residents to see and buy.

"There'll be opportunities to purchase Terry Fox shirts and memorabilia, books and whatnot. There'll be some games to play. All of these things

will be fundraisers going directly to the foundation, of course," said Pringle.

In addition, they have some new Terry Fox information to share.

"There's going to be a brand new video being released (on Feb. 4), through the Terry Fox Foundation, that we will be able to be showing during the game and before and after as well, which is apparently something amazing to see. We also just found out that the Terry Fox Foundation is not only sending a few of their own staff out to help, but they're also bringing a replica of Terry Fox's leg," said Pringle.

She explained that they don't know exactly how the leg replica will be displayed but that residents will be able to get up close to it to be able to look at it and also be able to take their photos with it.

Jordan Fillion, the President of the Selkirk Steelers, explained that they love to help out organizations like this.

Continued on page 17



RECORD PHOTO BY KATELYN BOULANGER

Left to Right: Jordan Fillion, Leanne Drad, Jana Pringle, and Jim Pelletier invite you to the First Annual Terry Fox Tribute Game.

> LETTER TO THE EDITOR, FROM PG. 8

major areas I feel should be improved from the national and provincial levels would be putting more funds into defence so we can protect Canada as needed on the military front and improving our medical system so our health professionals do not get worn out.

I think this economic threat from the USA is as dangerous to our country as a military attack. Many people I see and hear on the news outlets indicate that Canada is not able to survive as well as America can since they are the number

1 of G7 countries. Someone is trying to get us to give in and be the 51st state of a country that, in my opinion, is not even close to being as good as my country - Canada. If we don't want that to happen, we need to start fighting on the economic front, as our ancestors did on the military front.

Submitted by Joe Coady
Proud Canadian in Manitoba



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Check out the Community Art show on now at the St. Andrews Heritage Centre

Local art mixes with local history

By Katelyn Boulanger

The St. Andrews Heritage Centre is once again hosting its annual art show and this year there is a variety of local art in many different mediums for people visiting the museum to check out.

“The Community Art Show at the St Andrews Heritage Center is here to celebrate local talent, and bring a platform for local artists to come in and display their artwork,” said Community Art Show Curator Sarah LeBlanc.

She explained that the artists also have business cards beside their art-

work so that if residents like their style and want to learn more or perhaps commission a piece of their own, they can contact them directly.

This show has work from 22 artists and there are 52 pieces of art in this show.

“There are a lot of sculptures compared to the previous years, which is really, really great. For example, Doug Gibbings, he has an artwork made out of wire and wood, so wood carvings. Then, of course, a lot of our artworks here are paintings with a mixture of acrylic paint and oil paint. We have

watercolour artworks. We also have these sculptures over here, which are the Paverpol that’s the material that they’re using (to harden the fabric) and then crochet, which is also new, which is pretty good. We have pysanky jewelry. (The artist) actually does classes here at the St. Andrews Heritage Centre,” said LeBlanc.

She wants residents to know that the art isn’t just of the things that inspire the artists but there are many pieces that reflect the cultural backgrounds of the people in our area.

This art show is an amazing opportunity to see modern art hung alongside both the historical art at the museum but also artifacts that tell the stories of our area’s history.

“The St. Andrew’s Heritage Centre itself is a piece of artwork and history. When it was reconstructed in the 70s, to be more structurally sound for people to come in and see it as a museum, they decided to use the same techniques as the people did from the original building when it was created. And so, they took apart all the stones,

they labelled them, and then used the historical tools,” explained LeBlanc.

This use of authentic tools and techniques is reflected in the artist’s work as they use their own techniques to create long lasting genuine local artwork.

The St. Andrews Heritage Centre is free to visit. Their opening hours are from Tuesday to Saturday from 10 a.m. to 5 p.m. The Community Art Show itself runs until Feb. 21 and is free to view. You can learn more about the many community programs that the St. Andrews Heritage Centre puts on online at <https://www.standrews-rectory.ca/>.

LeBlanc encourages residents to check out the heritage centre and the art show.

“There’s a lot of wonderful and creative artists who, for some of them, this is their first time displaying their artwork. So I think it’d be really great to come in and check that out. And also it might inspire you in your own creative process,” she said.



RECORD PHOTO BY KATELYN BOULANGER

Sarah LeBlanc with her whimsical paintings.



RECORD PHOTO BY KATELYN BOULANGER

Emilie Bordeleau-Laroche with her fantastical crochet creations.

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The Citizens on Patrol Program creates alliance among two groups

West St. Paul and St. Andrews COPP share criminal information across both RMs

By E Antonio

Volunteers with the Citizens on Patrol Program (COPP) are dedicated to ensuring safety for communities. Members from the West St. Paul and St. Andrews COPP have taken their commitment to public safety a step further by establishing a system for sharing criminal information between the two regions.

“With the increase in criminal activity, especially in rural areas, St. Andrews and West St. Paul COPP have established a communication sharing system for criminal activities in their respective RMs,” explained WSP COPP coordinator Murray Luschinski.

As of Feb. 1, the two patrol groups will share information about criminal activities that have occurred or may be at risk of occurring, keeping the citizens of both municipalities informed.

Luschinski and St. Andrews COPP coordinator Bob Jesson agree that, given their shared border, forming

this alliance and sharing information is a sensible approach.

“It is time that we got proactive in our approach when dealing with the criminal activities taking place in our RMs,” said the coordinators.

The alliance will share pertinent details, including information about suspicious persons or vehicles, reports of stolen goods, and safety tips. When COPP volunteers are alerted to a concern, each coordinator will disseminate the information to volunteers in the affected areas, ensuring everyone is aware of the issue at hand. Any additional sightings should be reported to the local RCMP for further action. The first incident addressed by the newly formed alliance occurred on January 26, just days before the official announcement.

“COPP volunteer patrollers came across a white Ford pick-up truck stealing lumber around 8:30 p.m. Sunday in the Meadowlands area

Continued on page 16



RECORD PHOTO SUBMITTED
The West St. Paul and St. Andrews Citizens on Patrol Programs formed an alliance to enhance safety in both regions. Pictured are Bob Jesson (St. Andrews COPP coordinator) and Murray Luschinski (WSP COPP coordinator).

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RECORD PHOTOS BY BRETT MITCHELL

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Reduce your risk of cardiovascular disease by learning a bit about heart health

By Katelyn Boulanger

February is a month when we let the people in our lives know how much we care. Give some of that love to your own heart this season by learning the basics of how to keep your heart healthy.

"Cardiovascular health is pretty important," explained Adriana Kovaltchouk, a primary care nurse at Selkirk Community Health Office, "The heart is really important for your health, it pumps blood and delivers oxygen and nutrients to all other organs in the body."

Heart disease is a general term used to describe when your heart isn't working properly. It can be present at birth but can also develop over the course of people's lives.

Luckily, there are a few things that we can do to keep our hearts in the best shape possible.

"There're a couple of recommendations mainly to keep your heart healthy. It is a muscle so it needs good nutrients, so a healthy diet and daily exercise. It's recommended to have about 30 minutes of moderate to vigorous exercise a day, and it's always recommended to have lots of fruits and vegetables, whole grains and healthy fats in your diet," said Kovaltchouk.

Some risk factors for heart disease that residents will want to keep

track of, according to the Heart and Stroke Foundation of Canada's website (accessed on Feb. 7, 25), are: an unhealthy diet, not enough exercise, smoking (tobacco misuse), too much alcohol, birth control and HRT, recreational drug use, and stress.

Ideally, we would all want to live lives where we prevent heart disease when possible, but, it's also important for residents to be able to identify the signs of a heart attack in themselves and others.

"There's a couple of cardinal signs of a heart attack, and the main one is usually chest pain. The pain is usually centrally located. It can radiate to your left arm. It could locate up to the jaw. It can even locate to the back, in between the shoulder blades. You can get some shortness of breath. You can feel really weak, can feel nauseous, and you might feel like your heart's escaping, or you might feel like you're about to faint," said Kovaltchouk.

Though the majority of heart disease and stroke clinical research has focused on men, it's now being recognized that women experience heart attack symptoms differently.

"A lot of the time, women can have atypical symptoms of heart attack. Sometimes they might not even have any chest pain. They

might just notice that they have shortness of breath, that they're really weak, or they might have some pain that feels like it might be even heartburn. These are definitely things not to ignore and to seek help as soon as you notice them," said Kovaltchouk.

She explained that making changes to prevent heart disease isn't all about preventing a heart attack, it can also help to improve other areas of your life.

"It can definitely improve your quality of life, right? You'll have more energy. You'll be able to continue to do things in your everyday life and basically just enjoy having a general, overall, healthy life," said Kovaltchouk.

She also says that there are resources out there that can help residents on their journey to improve their heart health.

"There's a couple of websites that they can access. There's the Heart and Stroke Foundation of Canada website that they can go ahead and look at. There's also the Canadian Food Guide that they can go ahead and look up. It shows really nice infographics of what a healthy plate would look like with good proportioning showing what's a good amount of vegetables versus meat versus dairy and fats. You can also ask your primary care provider for some general health tips and (get) yearly checkups to make sure that

Continued on next page

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Continued from previous page

everything is working well," she said.

Kovaltchouk says that if she could give everyone one piece of advice to prevent heart disease it would be going to see your health care provider regularly.

"I think it's really important to be screened regularly by your health provider. There's a lot of things that go into heart health — making sure that you control your cholesterol, your blood pressure, and also things like monitoring and preventing things like diabetes or other kidney disease — (that a health care provider can help with)," she said

Kovaltchouk explained that this time of year is a great time to start thinking about your heart health.

"You definitely see the pictures of hearts everywhere. It's a staple for Valentine's Day. I think it's a good idea to just remind ourselves and take care of our loved ones so that we can continue to stay healthy throughout



METRO

Keep your heart healthy.

our lives," she said.

For more information talk to your doctor, or visit the Heart and Stroke Foundation of Canada's website at

<https://www.heartandstroke.ca/> or the Canadian Food Guide can be found online at <https://food-guide.canada.ca/en/>.

February Awarenesses

February

- AMD Awareness Month
- CTE Awareness Month
- Preventative Health Awareness Month
- Psychology Month
- Recreation Therapy Month
- Turner Syndrome Awareness Month
- Feeding Tube Awareness Week – February 2 to 8
- World Cancer Day – February 4*
- International Day of Zero Tolerance to Female Genital Mutilation – February 6*

- Wear Red Day – February 7
- Congenital Heart Disease Awareness Week – February 7 to 14*
- Sexual Health Week – February 9 to 15
- International Childhood Cancer Day – February 15*
- Mental Health Nurses Day – February 21
- Eating Disorders Awareness Week – February 24 to March 2
- Pink Shirt Day – February 26
- Rare Disease Day – February 28

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> COPP ALLIANCE, FROM

PG. 11

(WSP)," said Luschinski.

The driver quickly fled towards Main Street once they noticed the patrollers. The COPP patrollers lost sight of the driver when the truck passed the Tim Hortons on Main Street.

The lumber was stolen from a construction site in Meadowlands, just north of New Haven Way. Despite patrollers getting images of the truck, the front licence plate was missing, and the back plate was obstructed with snow.

The two West St. Paul patrollers on the scene followed the action plan provided during their training with the COPP organization.

"(They) did an outstanding job of being observant, taking notes and contacting law enforcement. This is exactly where our COPP participation plays an important part in making a community a safer place to live in."

Both West St. Paul and St. Andrews COPP volunteers were informed of the incident, and the RCMP was dispatched to the area.



RECORD PHOTOS SUBMITTED

The Ford pick-up truck that was spotted stealing lumber from the Meadowland area in WSP Jan. 26.

"As a result, our patrols we are now more focused on doing more weekend patrols especially Sunday evenings," added Luschinski.

He explained that patrollers often

patrol businesses/industrial parks, new development blocks and areas along Main Street.

"Saturday and Sunday evenings are an ideal time for crime to happen as

Andrews COPP remain two separate entities. Therefore, any suspicious activity should be reported to the appropriate group based on the location.

For more information about each group or if you're interested in becoming a volunteer, you can email your respective COPP: - West St. Paul residents: info@wspcopp.com - St. Andrews residents: rjesson@lssd.ca

there are normally no contractors/businesses operating at this time."

It is important to note that the West St. Paul and St.

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YOUR VOICE IS IMPORTANT.

> STEELER'S TERRY FOX GAME, FROM PG. 9

"We love to help. You know what? We're all nonprofits. We're all looking to do good in the communities and that. It's another way we can help, and we want to see it as a success," he said.

Pringle explained that residents who attend this Selkirk Steelers game will be in store for a fabulous hockey game.

"We're going to have one of Canada's favourite games with one of Canada's biggest heroes, sort of under one roof," she explained.

Pringle went on to say that this is going to be a great family-orientated

night for members of our community to support a great cause.

She explained that it's important to have events like this not just in September during the time when Terry Fox Runs take place but all year round.

"Cancer never rests. And so, when given an opportunity as a community to work together, (we do) not only do things together for ourselves, we're helping many others, and that's the plan. Terry had always wanted a world without cancer. He had a dream, and he wanted to fulfill that, and he's asked us to carry on. He said,

it needs to keep going and he didn't say how it had to be done. So, you know what, I'm thinking a good old Canadian hockey game and a Canadian hero can't be wrong," said Pringle.

Tickets for this game will be available for purchase at Steelcity Physiotherapy & Wellness Centre before the game. You can also purchase them in advance by calling the Terry Fox Foundation at 204-231-5282 ext. 601. Tickets will also be available at the door on game day.

Leanne Drad, Selkirk Terry Fox Run Committee Member, encourages residents to grab a ticket and support this great cause.

"Tickets are a reasonable price, \$15.

It's family-orientated. And I think it's a great cause. What Terry's done. He started such a phenomenal thing that has continued since. We wouldn't be where we are without Terry. The progress that cancer (research) has made over the years. We celebrate Terry, but also everybody who has survived. We've lost people over the years too, but come out and just celebrate," she said.

In addition, people who attend the event are encouraged to celebrate in style by wearing their Terry Fox Run shirts and Steelers apparel.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Raiders drop fifth straight to Jets, fall to eighth place

By Kieran Reimer

The Raiders Jr. Hockey Club suffered their fifth consecutive loss on Sunday afternoon, dropping to eighth place in the Manitoba Major Junior Hockey League standings.

This game was a showdown with the Stonewall Jets, who were tied with the Raiders for seventh place. Ashton Henry of the Raiders opened the scoring in the second period, but the Jets quickly responded with two goals to take the lead.

Lucas Desousa scored to tie the game again in the second period, but once again, the Jets answered swiftly, scoring just over two minutes later.

With the Raiders' net empty in the final moments, the Jets added another goal, sealing the game at 4-2.

This loss brings the Raiders' record to 14 wins, 21 losses, and 4 overtime losses this season, leaving them two points behind the Jets.

The Raiders also played on Friday night in Charleswood, where they started strong, taking an early lead. Riley Kushnier scored the opening goal, giving the Raiders a 1-0 advantage through the first 40 minutes.

However, just four minutes into the third period, Cole Penner tied the game for the

Hawks. This sparked a three-goal surge from the Hawks, ultimately leading to a 3-1 victory for Charleswood.

The Raiders now have just six games left this regular season with three on home ice at the Seven Oaks SportsPlex.

They'll take on the last place Pembina Valley Twisters in their lone game this week on Sunday in Morris.

Puck drop goes at 7 p.m. from Morris MultiPlex.

Correction



RECORD PHOTO BY BRETT MITCHELL

Royals' Cassidy Laing does a lay up on Tuesday night in Selkirk. The Royals will compete in the Crocus Plains Java Jam Tournament from Thursday to Saturday.

Staff

In the article "Royals fall to Hawks, set for weekend tourney in Crocus Plains" published in last week's *Selkirk Record*, Abby Parr was incorrectly identified as the player in the bottom left photo. The correct player is Cassidy Laing of the Lord Selkirk Royals JV Girls Basketball Team.

The *Record* apologizes for this error.

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sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Maskwa Rugby Club aims to lift up youth

By Kieran Reimer

Organized sports can present challenges for various reasons. Young athletes and their families may face issues such as a lack of confidence, fear of not fitting in, and the financial costs associated with sports. A new rugby program in Selkirk aims to break down these barriers and provide a safe environment for everyone to learn and grow.

Doug Stevenson Jr. and Gord MacInnes started the Treaty 1 Maskwa

Rugby Club last winter and have been gaining traction ever since. "Our goal is to teach respect, friendship, community involvement, rugby skills, and the importance of having fun while keeping it family-oriented," said Stevenson Jr., who is the co-founder, vice president, and coach of Maskwa Rugby Club. "We want to provide guidance, help them build skills to learn the game, and allow them to set their own goals."

In the Cree language, "Maskwa" means 'Bear.' In Indigenous culture, bears are seen as spiritual guides and symbols of strength. Stevenson Jr. believes that communities need strength, and

having strong leaders fosters that strength. With Maskwa Rugby Club, he aims to guide youth toward becoming strong and successful in achieving their personal goals.

Stevenson Jr. and MacInnes both have impressive backgrounds in rugby, having played provincially for Manitoba, followed by stints in British Columbia and overseas. Now, as coaches, they believe rugby is a great sport for youth because of its culture and lower costs compared to sports like hockey and football, which Stevenson Jr. also played but didn't enjoy as much.

Maskwa Rugby Club strives to keep costs low while ensuring athletes have insurance coverage through Rugby Manitoba and Rugby Canada. Currently, their regular flag rugby program costs \$60, with the introduction to contact rugby priced at \$140,

both including insurance. They are also working on securing grants and sponsorships to sustain the program.

The club is hosting a series of Try Rugby Days at École Selkirk Junior High this month, with another event scheduled for April. Additionally, Stevenson Jr. is involved with the Lord Selkirk Royals rugby team, coached by Brad Hirst and Gord Dehn, who first introduced Stevenson Jr. to rugby at a young age.

Maskwa has partnered with MacDowell Rugby Academy, a similar program based in British Columbia. This partnership opens the possibility of travel tournaments. MacDowell has previously created opportunities for youth to play rugby in New Zealand and will be heading to Florida this year. Stevenson Jr. hopes that Maskwa players will have the opportunity to join these experiences as well.

Since starting with 33 youth in Winter 2024, Maskwa Rugby Club continues to grow and now offers programming for youth ages five to 19. They are preparing for upcoming summer programs to be held at the Selkirk Recreation Complex, including two weekly practices and jamborees every Saturday, where they will compete against other teams from around the province.

"One nine year old last year came back and said he was going to be a professional rugby player," said Stevenson Jr. "He just fell in love with the sport, and that's what makes me happy. I've had parents come toward me and state that they're impressed because they tried every other sport for their child and it never really lasted in those other sports but they are eager to return to this sport because they like the environment. We don't

Continued on page 19

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sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

> MASKWA RUGBY CLUB, FROM PG. 18

pressure. This environment is friendly, family orientated, and do what you can do and if you can't we'll try to

help you reach your goals." For more information and to sign up, visit: https://rugby.mb.ca/news_



RECORD PHOTOS SUBMITTED

Maskwa co-founders Doug Stevenson Jr., left, and Gord MacInness, right, presented Robin MacDowell, middle, with a Maskwa Rugby Club jersey in honour of the Maskwa Rugby Club and MacDowell Rugby Academy partnership.

detail/10089276/

look.com.

You can also email Doug Stevenson Jr. at [MASKWARUGBY2024@out-](mailto:MASKWARUGBY2024@out-look.com)

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New Diet Program Launches in Selkirk

Laura Walker knows firsthand how frustrating it can be to follow a calorie-counting regimen, only to find herself gaining weight instead of losing it. "I did everything right. I tracked my calories, I ate less, and I worked out regularly. But instead of losing weight, I kept gaining," Laura shared.

Her story took a turn when her friend, who also followed a traditional calorie-counting program, had success in shedding pounds. "She lost weight doing the same things I was doing, and I just couldn't understand it. What was I doing wrong?" Laura said.

Her frustration mounted as her weight continued to increase, despite her best efforts. "It's disheartening when you're doing everything they say you should be doing, but nothing works," she said, visibly upset.

Enter Dianna Dandeneau, Nutritionist for Glow Fitness for Women in Selkirk, who is offering a fresh approach to women like Laura. "Laura's experience is not unique. Many women face the same challenge. The calories in vs calories out model doesn't always work for everyone," Dandeneau explained. "While some people may succeed with that method, it overlooks crucial factors like blood sugar balance, metabolism, and how different bodies respond to food."

Dandeneau asserts that it's not about simply reducing calories – it's about nourishing the body in a way that supports sustainable weight loss. "For some, counting calories is not the solution because their metabolism is out of sync, or their blood sugar levels are unstable. When we focus on whole foods, proper nutrients, and

balancing the body's systems, weight loss can happen without the need for extreme calorie restrictions."

This new approach is at the heart of Dandeneau's upcoming program, Eat to Glow, a 12-week course designed specifically for women who are struggling with their weight or energy levels. "The Eat to Glow program helps women reset their metabolism, balance their blood sugars, and increase their energy levels," Dandeneau explained. "It's about holistic health – not just counting calories."

Starting Monday, February 24, at 7 p.m., Eat to Glow will kick off its first session at Glow Fitness for Women, located in Selkirk. The program will run for 12 weekly sessions, each lasting an hour, and is open to all women looking to improve their overall health, lose weight, and gain more energy.

"We're focusing on supporting the body through lifestyle changes and nutrient-dense eating habits that promote long-term health, not quick fixes," Dandeneau said. "Our goal is to make women feel empowered and confident about their bodies, no matter what their weight-loss journey has looked like so far."

For women like Laura, Eat to Glow represents a new way forward – one that doesn't involve endless calorie tracking or restrictive diets. "I'm excited to finally try something that feels more like a lifestyle change than just another 'diet,'" Laura said. "It's time to focus on nourishing my body, not just restricting it."

The program is about more than just weight loss, as participants will also track their blood sugars, blood pressure, and inches over 12 weeks, with the goal of bet-

"FOR SOME, COUNTING CALORIES IS NOT THE SOLUTION BECAUSE THEIR METABOLISM IS OUT OF SYNC,"



The new 12 week "Eat to Glow" program will take place at Glow Fitness for Women in Selkirk.

ter health and lasting energy.

The Eat to Glow program is open for registration on Glow Fitness for Women's website at glowfitnessforwomen.ca, or via email at theglowteam@glowfitnessforwomen.ca. Spots are limited, so anyone interested in joining is encouraged to sign up soon.

get inspired

> MEAL IDEAS

RED RIVER CO-OP FOOD STORE



Cheesecake Cookie Cups

Recipe courtesy of "Cookin' Savvy"

- Yield: 12 cups
- 2 packages (16 ounces each) chocolate chip cookie dough
- Whipping Cream:
 - 1 cup heavy cream
 - 2 tablespoons sugar
- Filling:
 - 8 ounces cream cheese, softened
 - 1/2 cup powdered sugar
 - 1 cup whipping cream
 - crumbled cookies, for topping (optional)
 - sprinkles, for topping (optional)
- Heat oven to 350 F.

In muffin tin, press three pieces of cookie dough into each muffin hole. Bake 15 minutes. Let cool 5 minutes then use shot glass and press into each hole. Let cool another 5 minutes and place on rack to cool completely.

With hand mixer, mix heavy cream and sugar until it thickens then add cream cheese and powdered sugar; cream together. Spoon into cool cookie cups. If desired, use piping bag and pipe pretty edge around cup. Top with crumbled cookies or sprinkles, if desired.

Ask the money lady

Dear Money Lady,
 I am embarrassed to admit this, but I don't know what to do. I have about \$63,000 in credit card debt that I have been trying to pay off for over 2 years. Some of this is school debt, but mainly it's just debt from everyday living. I just finished my university degree, but I hardly earn enough to pay rent and food every month. A friend said I should declare bankruptcy, but my parents think that I should keep trying to pay it off. I am not a bad person, but I feel ashamed and overwhelmed. Help! Jen.

Dear Jen – don't listen to your parents (I know they mean well). Yes, you should declare bankruptcy. Carrying credit for over two years with little hope of paying it off in the next year, is a sign that you need to stop the pain.

Consumer debt is a fact of life, but too much credit card debt can be debilitating. Many older GenZ's and young Millennials unfortunately are in this position today. Life is expensive and it's hard to look good, pay for rent, and enjoy some kind of social life on incomes today. I see many young professionals who can't believe they are now in this situation and unfortunately, good budgeting and saving skills are often not learned from parents who may also be struggling. Jen, you are not alone. Many young adults in their 20's and 30's, all with good jobs, and excellent prospects for their future are now being kept down by their debt loads. Some could have anywhere between \$50,000 to \$100,000 worth of credit card debt with no hope of ever paying this off. They find themselves at the mercy of the credit companies slapping on more interest every month, threatening collections and ruining their credit.

Most people in this situation suffer in silence, believing they can get ahead of it somehow by working more, waiting for a windfall, or even trying to ignore it, hoping it will in some way get better. Let me tell you, if you are in this situation, you must take control and not allow the banks to continue eating away at your future while you languish in self-pity. I know you want to pay it off somehow and that you really wish you could, but if this is not a possibility in the next twelve months, then I want you to suck it up, and declare bankruptcy. I know this is not what your parents, friends or co-workers would advise, but sometimes this is the only way to stop the bleeding. If you don't take control, then the banks will – and this will not be the outcome you want. Let's face it, your credit is probably already ruined, and declaring bankruptcy or seeking a consumer proposal will make you face up to your situation, taking a stand to finally be



Christine Ibbotson

responsible for it. Now, there will be no free ride here when you do this. Of course, some of the debt will need to be paid, but at least it will close down the credit cards, stops the interest charges and force a settlement with the financial institutions.

Carrying large credit card balances month over month stunts your future growth. Let me tell you why. When you have a lot of debt and you are continually thinking about it, trying to hide it from your partner, or scheming to find ways to make a dent in it; you can't do anything else. Mentally, the shame of carrying your debt and not being able to manage it makes you vulnerable to stress, depression and personal harm. Only when you release yourself from this mental burden, will you ever be able to be your best self. Creativity, entrepreneurship, advancement in your career, relationships with family and friends, care for your children – all will be tainted by your continuous efforts to try to manage your overwhelming debt.

Bankruptcies are not the end of your financial future – they should be viewed as the beginning. Once a bankruptcy has been completed, it will take only three years for it to be cleared. After that, you will work to establish new, more responsible credit, and within another three years (six years in total) the bankruptcy is expunged from your credit all together.

If you read my columns often – you know I'm a great advocate for planning, for without a plan, how can we expect to have a future. Taking control of your current debt is all part of planning.

Good Luck and Best Wishes,
 Money Lady

Written by Christine Ibbotson, Author, Finance Writer, Syndicated National Radio Host, and now on BNN Bloomberg News and CTV News every day in every province. Send your money questions, (answered free) to info@askthemoneylady.ca



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sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Steelers looking to climb back in playoff race

By Kieran Reimer

The Selkirk Steelers are eager for the chance to play several meaningful hockey games as the Manitoba Junior Hockey League regular season winds down.

With 14 games left, they aim to return to their winning ways and make a significant playoff push. After suffering a series of three losses last week, the Steelers hold a record of 21 wins, 20 losses, 2 overtime losses, and 1 shootout loss, placing them 12 points behind the Niverville Night-hawks for the fourth and final playoff spot in the MGEU East.

On Saturday, the Steelers fell to the Virden Oil Capitals 5-3 at home in a closely contested match. Landon Jamieson, Luke McCarthy, and Remy Hlady each scored, bringing the game to a 3-3 tie midway through the third period. However, Virden's Liam Goertzen scored soon after to put the Oil Capitals back in the lead. The Steelers then faced a late penalty kill, forcing them to pull their goalie for an extra attacker. Following a successful penalty kill, they had a chance to score with the net empty but hit the crossbar. This misfortune allowed the Oil Capitals to secure an empty-net goal, finalizing the score at 5-3.

Head coach Hudson Friesen reflected on the loss, stating, "It's definitely a tough loss against Virden. The way we played, I thought we deserved a better fate. We were the better team for most of the game, but a couple of mistakes near the end cost us. Hitting the crossbar in the last minute is tough to swallow, but we need to stay focused on the process and keep playing our game. We have to cut down on our mistakes and capitalize on the chances we get, whether on the power

play or five-on-five. We are very close to breaking through, but a few small errors are holding us back from earning those two points."

Additionally, the Steelers experienced a 5-2 loss to Northern Manitoba last Monday and a 5-3 setback against Dauphin on Tuesday.

In the game against Northern Manitoba, Hlady and Owen Warnick both scored in the first period, but a pair of goals from the Blizzard in the second period proved too much to overcome.

In the Dauphin match, a four-goal surge from the Kings in the second period sealed the Steelers' fate, despite goals from McCarthy, Owen Branson, and Griffin Krone that narrowed the gap.

The Steelers' chances of catching Niverville in the standings could improve when they face off on March 8 in a crucial four-point game, provided they can secure a win in regulation. This week, they will attempt to do the same against divisional opponents, the Steinbach Pistons and the Portage Terriers.

Steinbach will visit Selkirk on Monday night with the league's best offense. Friesen emphasized the importance of keeping the Pistons off the power play for a victory.

"Steinbach's given us trouble when we've gotten into penalty trouble and having a hard time staying out of the box. Their powerplay is very efficient and not a unit that we want to give many opportunities to so that will be a main focus. Keeping the game five on five, if they're going to create offence it's got to come from that part of their game and not giving them any free chances on their powerplay because the last couple games it's



RECORD PHOTO BY JOHN PODWORNIAK

The Steelers' Landon Jamieson got this puck past the Virden Oil Capitals goaltender Gavin Renwick.

definitely been the difference in those wins and losses."

Due to our press schedule, the score from Monday's game against Steinbach was unavailable at the time of writing.

In other news, forward Rohan Guevarra has returned to the lineup after missing time last week due to illness. He rejoined the Steelers' top line on Saturday. The rookie is second on the team with 21 goals and is a key contributor to the power play, which has an efficiency rate of 20 percent this season.

"Having him come back to the lineup is an important piece for us and definitely helps for the offence and powerplay, just gives us the depth we

need at this time of the year to compete against the teams we have coming up," said Friesen. "He's a big part of our group and having him healthy is definitely important."

Guevarra currently ranks third among MJHL rookies with 37 points, while teammate Wyatt Witham leads with 43 points in 41 games played.

UPCOMING GAMES:

- Saturday, Feb. 15 vs Portage Terriers, 7:30 p.m. at Selkirk Recreation Complex
- Monday, Feb. 17 at Portage Terriers, 3:30 p.m. at Stride Place

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sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Maulers boxing dukes it out at Brampton Cup

By Kieran Reimer

Maulers Boxing fighters showcased their skills in Ontario last weekend during the 2025 Brampton Cup, hosted by the Bramalea Boxing Club.

Damir Kudusov and Skye Anderson represented Maulers Boxing, facing some of Canada's top boxers in a competition held from Jan. 30 to Feb. 2.

One notable match was the rematch of last year's National Semi-final between Kudusov, a 16-year-old prodigy, and Alexandr Babenko from King of the Ring Boxing Club, the current Junior National Boxing Champion. Kudusov faced Babenko in the Youth Male Open Championship, where Babenko won by a judge's decision after a three-round fight that went the distance. Despite not winning, Kudusov's performance showed significant improvement compared to their previous encounter less than a year ago.

"It was night and day, he was a whole different fighter. I feel he was the better fighter," said Maulers coach Devin Tomko. "He looked more seasoned, more composed, which is crazy for him only having nine fights. It's hard. I don't want to be a sore loser and sit here or anything, and you really got to beat the champion. You can't just squeeze out a win, so I don't take anything from the champion. He's a warrior and a great fighter, too, and he's a seasoned vet at a young age."

With the 2025 Nationals approaching, scheduled for May 28 to June 1 in Laval, QC, this match may serve as a preview of what's to come on a larger stage.

Kudusov has dominated his other fights in recent months, indicating he is on the right path to challenge for

the National title soon. In the Brampton Cup quarter-finals and semi-finals, Kudusov achieved victories over Alden Francis and Evan Bennett, respectively, which led him to the finals. Fighting for three consecutive days was challenging, especially since he had to make weight each day.

"Not only did he fight three days in a row, he also made weight three days in a row," said Tomko. "He can't just eat after a fight and enjoy a win, he has to watch what he eats or maybe not eat anything and then make sure he steps on that scale and make weight the next morning. It was definitely a great experience for him and he's done something I've never done in fighting three days in a row. He's a special athlete. There's not many people in this province or country that can do what he's doing."

Meanwhile, Anderson fought just once against Valentine Wilson from Destiny Boxing in the Elite Female Open Division. That match turned out to be one of the closest of the weekend, with Wilson winning by a split decision.

"She had one of her best performances of her career and did exactly what I wanted and I felt like she brought the fight," said Tomko. "She was pressuring her and hitting her with the more significant shots, unfortunately the judges saw it the other way but again she did exactly what she needed to do and she executed the gameplan perfectly. It should've been enough to get the nod but it's boxing and you have to live with it sometimes."

Anderson, one of Maulers' newest members, brings considerable experience. Tomko has known her since she began boxing at a young age. Recently, she made the full-time switch to



Skye Anderson lost in a split decision to Destiny Boxing's Valentine Wilson in the Elite Female Open Division at the 2025 Brampton Cup hosted by Bramalea Boxing Club last weekend. Anderson is one of Maulers' newest additions but is already very experienced.



RECORD PHOTOS SUBMITTED

Damir Kudusov finished second in the Youth Male Open Division at the 2025 Brampton Cup hosted by Bramalea Boxing Club last weekend. Kudusov defeated Alden Francis in the quarterfinals and Evan Bennett in the semi-finals before losing to Alexandr Babenko in the final by a judge's decision.

Maulers, where Tomko is her coach.

"She makes my job easy, she's a hard worker. I always look for fighters that I don't have to chase around and I don't with her. She's in the gym, puts in the work, and is a sponge, too. Everything I put her way she puts into her fight and starts doing it

faster than I'd think. She's a coach's dream, we hit the jackpot with her and Damir."

Both Anderson and Kudusov have multiple upcoming fights in the next few months and have even been invited to compete in Ireland this year. Additionally, Tomko announced that Maulers Boxing will host a card on June 15 in Beausejour.

NEXT HOME GAMES

at the Selkirk Rec Centre
SUNDAY, FEB 16th

VS Beausejour Comets 3:00 pm

PLAYOFFS VS. La Broquerie Habs.

Game 1: Feb 20 @ 8pm in Selkirk

Game 2: Feb 23 @ 7:30 in Selkirk

Game 3: Feb 25 @ 8pm in La Broquerie

If Needed

Game 4: Mar 1 @ 7 pm in La Broquerie

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NEXT REGULAR/AWAY GAME Sat, Feb 15 - vs Lundar - 7 pm



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PUBLIC SAFETY NOTICE

Dangerous Ice Conditions During Ice Cutting and Ice Breaking Operations

Ice cutting crews will begin working on or about February 18th on sections of the Red River beginning in the Netley Lake area and will move upstream towards Selkirk. On February 20th, 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:

- Use caution on the ice
- Stay away from the ice cutting and ice breaking equipment
- Watch for posted warning signs about dangerous ice
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SUDOKU

	9		2	7				
	8			3				
	6				2			
			4				7	
7				5		3		
	2				8		6	
					9	6	3	
	1	4						8
3				9				

Fun By The Numbers

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

Level: Intermediate

Here's How It Works:

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

1	2	3	4	5	6	7	8	9
8	5	7	9	2	3	4	1	6
3	9	6	4	7	1	2	5	8
9	4	8	1	3	7	6	2	5
2	3	1	5	6	9	8	4	7
7	6	5	2	4	8	1	3	9
5	7	2	8	1	6	3	9	4
6	1	9	3	5	4	7	8	2
4	8	3	7	6	2	5	9	1

Sudoku Answer

H	C	O	S	S	E	H		
E	O	R	G	N	I	E	K	S
T	N	B	V	I	D	N	E	
S	O	W	E	D	S	N	E	I
E	R	Y	M	V	E	I	W	O
N	G	I	S	D	O	M	A	T
A	T	L	O	H				
S	B	I	T	I	N			
D	V	V	T	U	S	M	H	E
E	R	E	N	O	I	P	S	U
D	D	T	V	C	O	S	U	N
E	L	O	I	U	O	G	T	V
S	O	S	O	G				
S	O	H						

Crossword Answer

CROSSWORD

CLUES ACROSS

- Racquet sport group (abbr.)
- Polynesian island country
- Heavenly body
- Norse god of thunder
- Hard workers
- Canadian beer distributor
- Iconic American tourist destination
- Russian industrial city
- More expansive
- Alert
- Popular boots Doc ___
- Showings
- Conclusion
- Share a common boundary
- Shooting sport
- Popular side dish
- Global energy firm
- Chronicles (abbr.)
- None
- Tax collector
- Swiss river
- Gymnast Raisman
- Baby's dining accessory
- Canadian beer distributor
- Iconic American tourist destination
- More expansive
- Alert
- Popular boots Doc ___
- Showings
- Conclusion
- Share a common boundary
- Shooting sport
- Popular side dish
- Global energy firm
- Chronicles (abbr.)

1	2	3					4	5	6	7
8			9					10		
11							12			
13				14			15			
16							17			
18					19	20				
					21			22		
					23			24		
					25			26		
					27			28		
								29	30	31
								32	33	
								34		
36									35	
38									36	
40									37	
42									38	

- Polynesian island country
- Heavenly body
- Norse god of thunder
- Hard workers
- Canadian beer distributor
- Iconic American tourist destination
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LAWN CARE AND MAINTENANCE

Proposals, clearly marked "Lawn Care and Maintenance" will be received by the undersigned until 4:00 p.m., March 7, 2025, to provide lawn care and maintenance at the R.M. of St. Clements Municipal Office and East Selkirk Early Learning Centre.

Request for Proposal instructions can be picked up from the municipal office, 1043 Kittson Road, East Selkirk, between the hours of 8:30 a.m. - 4:30 p.m. Monday to Friday or by visiting our website at www.rmofstclements.com.

All inquiries should be directed towards Heather Stanik, Manager of Administration, at 204-482-3300.

Lowest or any proposal not necessarily accepted.

Dated this 13th day of February 2025.

Heather Stanik
 The Rural Municipality of St. Clements
 1043 Kittson Road
 Box 2 Grp 35 RR 1
 East Selkirk, Manitoba
 ROE OMO



MISCELLANEOUS

Treadmill for sale, excellent condition, 1 year old, paid \$1,000 for it, asking \$500. Please call Pat 204-738-4721, Petersfield.

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NOTICE TO CREDITORS

IN THE MATTER OF THE ESTATE OF Donald William Schmidt, also known as Donald William Smith, late of Selkirk, Manitoba, deceased. All claims against the above Estate, duly verified by Statutory Declaration, must be filed with the undersigned at: 374A Main Street, Selkirk, Manitoba R1A 1T8 within 30 days of the date of this publication. DATED at the City of Selkirk, in Manitoba this 7th day of February, 2025.

Hnatiuk Law
 Attention:
 Andrew Hnatiuk
 Solicitor for the Administrator

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News Tips? Story Ideas? call the Record 204-785-1618

CITY OF Selkirk NOTICE OF PUBLIC HEARING
ZONING BY-LAW AMENDMENT

The City of Selkirk, under the authority of *The Planning Act*, will hold a public hearing to receive representation from any persons in respect to **By-law No. 5391** being an amendment to Zoning By-law No. 4968. Any person wishing to make a representation to Council can do so during the public hearing.

APPLICATION DETAILS

Legal: Lots 18 and 19 Block 5 Plan 23 WLTO (L DIV) in RL 44 Parish of St Clements; and

Lot 20 Block 5 Plan 23 WLTO (L DIV) in RL 45 Parish of St Clements

Proposal Intent:

The purpose of this zoning by-law amendment is to re-zone the shaded area as shown on the map from "R" Residential General to "R3" Residential Multiple-Family Dwelling to enable the construction of a multi-family building.



A copy of the above proposal and supporting material may be inspected and copied by any person from 10:00 AM to 4:00 PM, Monday to Friday, at 200 Eaton Avenue, Selkirk, MB.

PUBLIC HEARING DETAILS

Date & Time: 6:00 PM, February 24, 2025 **Location:** 200 Eaton Avenue (Council Chambers)

We ask that anyone wishing to submit advance written statements to do so prior to 2:00 PM on Friday, February 21, 2025 Materials can be sent by email to citizensupport@cityofselkirk.com or by regular mail.

INFO ON CONTACTING US

CitizenSupport@CityofSelkirk.com

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MySelkirk.ca/PublicHearing



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ANNOUNCEMENT

BIRTH ANNOUNCEMENT



Cassie Lee-Ann Kaziw

Nicole Rivard and Dean Kaziw along with big sister Karris are thrilled to announce the arrival of Cassie Lee-Ann Kaziw. Cassie was born at 12:48 a.m. on January 21, 2025 at HSC Winnipeg Women's Hospital. She weighed 6 lbs 8 oz and was 19 inches long. Grandparents are Lauri and Roger Thomas, Cheryl Kaziw, and the late Darren Rivard and Ervin Kaziw.

ANNOUNCEMENT

CARD OF THANKS

Bear - We would like to extend our sincere appreciation to all that attended Stewart's celebration of life. Special thank you to Anthon Bouw for officiating the service. David Schafer for delivering a heartwarming eulogy. Robert Bear for gracing us with his beautiful songs. Many thanks to Donnie Little and Adelaide Law for catering the luncheon and Gilbert's for their compassion and professionalism. A heartfelt thank you to Keystone Sporting Goods for the wonderful flower arrangement.

ANNOUNCEMENT

IN MEMORIAM



In loving memory of Andrew (Andy) Bosko

August 7, 1929 - February 15, 2020

A loving father,
Tender and kind;
What a beautiful memory,
You left behind.
-Anonymous

-Take care of mom for us,
All your family

ANNOUNCEMENT

CARD OF THANKS

On behalf of myself, I would like to thank Mental Health Services, Mobile Crisis Team for their help. Also to Selkirk Safeway Pharmacy, your compassion and care has helped me deal with a traumatic time in my life.
-Shirley Guilbeault

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OBITUARY

Arthur Henry Salmon



It is with great sadness we announce the passing of Arthur Henry Salmon at the Brandon ICU at the age of 83 years.

He is predeceased by his two sons, Scott Salmon and Neil Salmon.

Art was born November 8, 1941 in Selkirk, MB. He originally started working at the Selkirk Enterprise as a typesetter for a number of years. He stayed in this field and then moved to sales where he excelled and remained at North West Wholesale for 36 years.

Art was a dedicated father, he had a tremendous work ethic and always a smile. He had a passion for bowling, the Jets, Blue Jays, cozy PJ's and a good glass of scotch.

He will be sadly missed... "God Bless Arty, say hi to Mum"

At this time, we would like to thank the Selkirk General and Brandon ICU, and the caregivers for their wonderful job looking after Arthur "thank you so much."

Friends and family are invited to visit Art'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

**Andrew Bruce Mayo
Gaama-mizi-gwaye-e-tung -
Sound Across the Water
February 9, 1948 -
February 4, 2025**



It is with sad hearts that we announce after a brief illness the passing of Andrew Bruce Mayo, on February 4, 2025 at the Selkirk Regional Health Centre.

He is survived by his wife and best friend of 57 1/2 years, Rose Marie; son Kyle (Doreen); special twin grandchildren

Caitlin and Paige (Shannon); sisters Corinne (Lance), Lila (James), Betty Ann (Mike), Alma (Dave); brothers Bruce II, Edwin, and Patrick; daughter-in-law Leanne Adams; in-laws Ervin Hilts, Valerie (Norman) Grove, Elizabeth (James) Marchinko and numerous nieces and nephews.

Andrew was predeceased by his twin sons James Ian and Kevin Andrew; parents Bruce and Irene Mayo; sister Inez, brother Gordon; in-laws Douglas and Vina Pruden; sisters-in-law Thelma Pruden, Bernice Hilts, Gale Mayo, Judy Mayo; brothers-in-law Douglas and Kenneth Pruden, and Gordon Sayer.

In 1976, Andrew enrolled in the Red River College Power Engineer Certificate program. After graduating with his 3rd Class Power Engineering, he worked at the Richardson Bldg., Credit Union Central, Assiniboine Credit Union and Manitoba Hydro where he had a fulfilling 24-year career as a Control Room Operator.

When Kevin and Kyle were little, he would walk with them to the outdoor rink, and this is where their love for hockey began. Andrew would attend all their games and hockey tournaments, as well as enjoy camping and fishing in the summers with his boys and Rosemary.

Andrew also loved the special times spent with his twin granddaughters Caitlin and Paige baking, doing crafts, playing games which often went late into the night; in addition, going on day trips in Manitoba and British Columbia.

Over the years, he enjoyed fishing, playing baseball, playing guitar, listening to violin music, old-timer hockey, archery, golfing, doing crossword puzzles, and spending time with his fur babies and most of all spending time with his family.

In these recent years, he enjoyed learning about his Aboriginal culture and teachings. He especially enjoyed attending with his Rosie various cultural programs, Peguis Elder Gatherings, and healing Conferences hosted by Southern Chiefs Organization Inc.

A special thanks to the wonderful staff on Medicine 2 and 3 at the Selkirk Regional Health Centre for the good care given to Andrew.

In lieu of flowers, donations may be made to the Alzheimer Society of Manitoba, 120 Donald Street, Winnipeg, MB R3C 4G2, or to a charity of your choice.

In keeping with Andrew's wishes, cremation has taken place, and a celebration of life will be held on Saturday, April 26, 2025 at 11:00 a.m. in the Gilbert Funeral Chapel, Selkirk, Mb.

Tributes: www.gilbertfuneralhome.com

OBITUARY



**Irene (Snook) Cox
October 5, 1940 - February 6, 2025**

It is with heavy hearts that we announce the passing of Irene Cox on Thursday, February 6, 2025.

Irene will be fondly remembered by all who knew her as a kind and gentle soul.

She is survived by her beloved sister, Bev Girling; her nephew Robert (Marilyn) and his children Geoff, Jana, Kailey, and their families; and her niece Charlene (Jim) and her children Gerald, Ashley, and Carley. Irene also leaves behind many other cherished nieces and nephews.

She was predeceased by her parents, Robert and Edna Cox; her brothers George, Wayne, and Keith; and her nephew Brian.

In accordance with Irene's wishes, cremation has taken place. A private family interment will be held at a later date.

She will be deeply missed by all whose lives she touched.

Tributes: www.gilbertfuneralhome.com

Gilbert Funeral Home, Selkirk in care of arrangements.



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OBITUARY



Carol Lynn Skrypnyk (nee: Lempen)
February 15, 1952 – January 25, 2025

On January 25, 2025, Carol Lynn Skrypnyk, devoted daughter, wife, mother, nanny, sister, and auntie, passed away peacefully, with family by her side.

Carol is survived by her mother Irene; husband Adrian; children Tracy (Rayne), Cory (Lana), Crystal (Adam); brother Jim; brother-in-law Terry (Sylvia); sister-in-law Debbie; and her beloved grandchildren Hailey and Shawn; along with many nieces, nephews and friends.

She was predeceased by her father Walter; sister Donna; Adrian's parents Bill and Betty; and sister-in-law Donna.

Mom was selfless and always made sure others were taken care of before herself. She especially loved being with her kids and hosting family gatherings. She loved sitting in her favourite

chair in the garage on warm summer days; watching her hummingbirds; tending to her plants and flowers; and listening to her "Friends on Friday". In winter Mom would do her many puzzles to keep her warm and busy until her annual vacations in Mexico, Jamaica, Cuba or the Dominican Republic which she enjoyed so much.

The family would like to thank STARS and the Selkirk General Hospital Emergency Team for all their compassion and care.

Carol will be forever in our hearts and deeply missed by all her family and friends.

As per Carol's wishes, cremation has taken place and a private family service will take place at a later date.

OBITUARY



Thelma Allene Joyce (Wiess) Rafnson
April 11, 1938 – February 5, 2025

Surrounded by the love of her family, Thelma Rafnson, our Mom, Nan and Great Nan, peacefully passed away on February 5, 2025 at the age of 86. Thelma's faith and love of family and friends will forever be a reminder to us all of what is important in life. Her wish to rejoin Scott, her late husband and love of her life, in eternal peace had been granted by the grace of God.

A Celebration of Life for Thelma will be held at Springs Church on February 22, 2025 at 1:00 p.m., 725 Lagimodiere Blvd., Winnipeg, MB.

There will also be a Celebration at Concordia Village Chapel on March 18, 2025 at 1:30 p.m., 1115 Molson Street, Winnipeg, MB.

In lieu of flowers, donations can be made to the Diabetes Foundation of Manitoba, or a charity of your choice.

Tributes: www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



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HAVE WE HELPED YOU BUY OR SELL A HOME THAT YOU LOVE(D)? SEND US A PHOTO TO HHTEAM@C21.CA OR POST A PHOTO ON SOCIAL MEDIA AND TAG US ON FACEBOOK OR INSTAGRAM @HACKINGHOMETEAM

TO BE ENTERED TO WIN \$75 TO VICTORIA'S FLOWERS

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FEATURE OF THE WEEK! 7716 HENDERSON HWY, ST. CLEMENTS \$244,900

OPEN HOUSE THIS SUNDAY, FEBRUARY 16TH FROM 2-4 PM!

Henderson Guys Garage! Gorgeous shop and spare Garage/Speakeasy includes a cute and cozy 2 Bedroom farmhouse. Original home with 70's addition has an excellent wood stove, kitchen, some updated windows. 32x26 2016 built shop with 220v, insulated, and features high ceilings - perfect for your business or hobbies. Extra 60's garage is currently the most awesome mancave retreat. Quick possession available, great Clarke Road neighbourhood on 0.6 acres.

<p>160 ACRES!</p> <p>19048 101 Road N St. Laurent \$134,100</p>	<p>3.64 ACRES!</p> <p>28092 74 Road N St Clements \$330,000</p>	<p>6+ ACRE LOT!</p> <p>28100 74 Road N St Clements \$175,000</p>	<p>65 ACRES!</p> <p>0 74 Road N St Clements \$279,500</p>
<p>.64 ACRE LOT W/SHOP!</p> <p>OPEN HOUSE SUN, FEB 16TH 2-4! 7716 Henderson Hwy St. Clements \$244,900</p>	<p>NEW PRICE!</p> <p>355 Purvis Blvd Selkirk \$423,000</p>	<p>4 BEDRMS, 2 BATHS!</p> <p>3 Willow Avenue Matlock \$239,900</p>	<p>3 BEDRMS, 2 BATHS!</p> <p>1014 Vaughan Ave Selkirk \$549,900</p>

355 Purvis Blvd, Selkirk \$423,000

PRICE REDUCTION on this quality 2020 built 2 story w/4 beds, 2.5 baths. Spacious layout for your kitchen, dining & living areas. Second floor laundry. Full partially finished bsmt. Garage insulated & heated. Fully fenced & landscaped yard. Steel beam construction & ICF foundation!

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<p>RIVERFRONT!</p> <p>1117 Breezy Point Rd St. Andrews \$497,500</p>	<p>2.20 ACRES!</p> <p>9 Fuller Road East Selkirk \$109,900</p>	<p>100' X 120' LOT!</p> <p>16 Greening Ave Libau \$58,995</p>	<p>SOLD!</p> <p>726 Vaughan Ave Selkirk \$359,900</p>
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<p>GREAT LOCATION!</p> <p>36 Barbara Bay, Selkirk \$359,900</p>	<p>40 ACRES!</p> <p>20040 PR229 Sandy Hook \$425,000</p>	<p>CREEKSIDE ESTATES LOT!</p> <p>2 Pearson Parkway, Selkirk \$159,900</p>	<p>35 ACRE CREEK PROPERTY!</p> <p>705 CIL Rd, St. Clements \$930,000</p>
<p>DUPLEX REVENUE PROPERTY!</p> <p>132 Lorne Ave, Winnipeg \$169,000</p>	<p>INCREDIBLE RIVER LOT!</p> <p>81068 St. Peters Rd, East Selkirk \$538,500</p>		

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