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THURSDAY, FEBRUARY 16, 2023


VOLUME 14 EDITION 7

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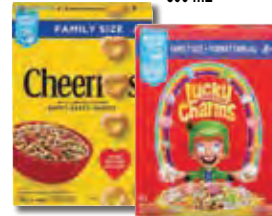
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# Lockport business owners concerned over future construction in area

By Katelyn Boulanger

Residents and business owners in Lockport have been aware of the planned construction project for Provincial Trunk Highway 44 which would encompass changes to the PTH 44 and PR 204 intersection for some time now. However, they are starting to be concerned that local residents won't have a say in the project.

"Last year, I got word that they were doing this [construction project]. From what I understood, they were just planning on redesigning the intersection and so I'm like, 'Oh, great. Fantastic,'" said Mike Faires, one of the owners of Lockport Grocery

which has been his family's business for over 40 years.

He has since received an email asking his opinion on two possible options for the planned project. He says it was a surprise to him that both plans involve a median being put on PTH 44 in the area between the intersection and the St. Andrews Lock and Dam Bridge.

"They sent me an email, just of pictures of what they were planning for the roadway in front of me. And I'm like, 'What's all this about?' I mean, I had already kind of known, from

Continued on page 4



RECORD PHOTO BY KATELYN BOULANGER

Lockport business owners are asking for more local consultation with residents about future PTH 44 construction.

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## > LOCKPORT FUTURE CONSTRUCTION, FROM PG. 3

talking to my other compatriots in the area [who received notification before me]," he said.

His concern with the plans is that the median makes the area where his business is more difficult to enter depending on the direction that you are travelling from.

Faires is also a member of the Lockport Community Development Group and though he says area businesses were contacted individually, he wasn't aware of the group being contacted about the plans.

"The main concern that I have is the median, the five meter wide median that they want to install down in the middle of Highway 44 going from the bridge to the intersection. I'm all for the roundabout design of the intersection of Henderson and Highway 44 but I don't see any need for a median, I feel like it's just a foolish way to spend money, especially taxpayers' dollars," he said.

He says it's not just his business that this is going to cause issues for. The

current options that are being presented limit a direct route from businesses on one side of the highway to the other compared to the open design currently in place.

"If you were coming westbound off the bridge, if you want to go into the Lockport Inn's parking lot, you have to go up and turn. They're planning for one break in this median. So, then you would have to turn around, and then go into Lockport Inn. And then, if you wanted to come to Lockport Grocery after going to Lockport Inn, you would have to pull out of the Lockport Inn and go through the roundabout, and then come into my lot. It's very convoluted. When I spoke to AECOM [the company handling this proposed plan for the provincial government at this stage], they proposed this was going to be safe and good for traffic to slow down. And then, they told me that the roundabout is what they're going to be using to slow down traffic. So, why do we need to have traffic slowing to a crawl here?" said Faires.

Brad Grandmont an operating partner at the A&W in Lockport also shares Faires' concerns.

"For all the business owners here, it's very concerning to us. We really don't want to limit the access," said Grandmont.

He says that beyond his role as a business owner, he's not heard of any public engagement on this project.

"I believe that a lot of the community doesn't know about this besides the business owners talking to our guests about it," said Grandmont.

Faires and Grandmont both are also concerned that local residents should be consulted on this project. This is especially important to local business owners because, in the past, projects related to the St. Andrews Lock and Dam Bridge, located very close to the intersection in question, which is taken care of by the federal government, have come under criticism for a lack of local consultation.

"I'm doing my best to inform people through the Lockport Community Development Group. We try to keep the community involved. We do a lot of social media promotion and whatnot with things that are happening in the area. But I feel like, even when I talk to my close friends, and I tell them about what's happening, they're like, 'What?'," said Faires.

In the future Faires hopes that the plans for this project make Lockport a safer and more beautiful place.

"I want to see sidewalks, I want to see trees, and beautification of the area. But I also want it to be logistic for the community, in their travels, and their walking and all that stuff, not just some big boulevard," he said.

He hopes that community consultations take place in the future.

"I think that there should be a town meeting, so to speak. That's what they did back when they proposed Destination Lockport. Everybody was notified. It was in the paper. Everybody knew about it, and Gaffer's was full of people. They did a presentation and they took questions. That was the first engagement and it was relatively a good idea they had, but there were a lot of questions that went unanswered. If the government and the powers that be want to do things to benefit the community, then they should be talking to the community," said Faires.

A representative from the provincial government said that this project is still in the evaluation of alternatives phase as of a Feb. 13 email. They also stated in this email that the service provider will meet with impacted landowners, stakeholders and the local government to provide an update of the evaluation process and the alternatives chosen. Currently, no open house is planned.

Questions related to this project may be submitted to [HOCapitalRegion@gov.mb.ca](mailto:HOCapitalRegion@gov.mb.ca).



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PTH 44 and PR 204 intersection.

RECORD PHOTO BY KATELYN BOULANGER



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# Celebrating I Love to Read Month at the Gaynor Family Regional Library

## Creating a hub for community, learning, gathering and literacy

By Katelyn Boulanger

This I Love to Read Month is a great chance to learn about all of the opportunities that the Gaynor Family Regional Library (GFRL) in Selkirk provides to its residents completely free of charge.

"[I Love to Read Month's] a wonderful opportunity to highlight the importance of reading and literature. And we often make partnerships during I Love to Read Month to help promote it. This year, we're really excited about our partnership with the City and Selkirk and the Selkirk and District Community Foundation," said Ken Kuryliw director of library services at GFRL.

Some of the library's special programming for this month is their Thursday evening 'I Love to Read in PJ's Nights' where every Thursday this month starting at 6:30 p.m. guest readers come to the library to read a book for children and their families.

In addition to this extra fun, they are still hosting all of their regular events like their baby time programming and kids programming as well as their Thursday Nights at the Library presentations where every Thursday evening a presentation takes place at 7 p.m. in the Theater as part of their adult programming. These presentations vary every week so it's best to check out the library's website to learn what's coming up. They are also continuing to host their Circle of Friends programming which, like their Thursday evening events, are adult programming presentations that vary weekly but these ones take place on Fridays starting at 1 p.m.

Along with these events, the library also has a great many services that it provides all of which are free to City of Selkirk, RM of St. Andrews, RM of St. Clements and the Village of Dunnotar residents with their library cards which are free to get from the library.

"We purchase thousands of new materials each year and so there's an

excellent opportunity to meet everyone's needs, be it for fiction, nonfiction, fantasy or reality. We also have our online service, Libby, which allows you to download eBooks and audiobooks directly to your phone or eBook reader. That is a really wonderful service. All you need is to come in for a library card, which is free if you live in our region, and you can access over 20,000 online materials. That's really popular and we're finding a lot of teens are now using our audiobook service," said Kuryliw.

In addition, they also have computers with the internet which residents can use for personal work including things like job applications and email use, research for projects or school and, of course, exploring their interests.

And if that didn't keep library staff busy enough, they also partner with local groups to provide space so that residents can learn more about things happening in our community. A recent example of this is the adult education event that took place in the Theater in Jan. that brought many of the local groups that help adults at all education levels find the right fit for them.

With all this going on at the library



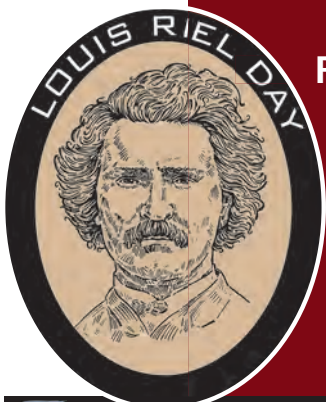
RECORD FILE PHOTO

They Gaynor Family Regional Library welcomes residents for I Love to Read Month.


this month there will be plenty of things to do in the building but if you specifically want to check something out, Kuryliw also has some special book recommendations

Continued on page 9

**In Observance of Louis Riel Day on February 20th**  
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# 'Renewed sense of hope and optimism' in schools

## Superintendent says pandemic highlighted need for connection

By Kaitlin Vitt

This is the first school year back where staff, students and families are experiencing a more typical year compared to during the height of the pandemic.

"The excitement and enthusiasm that we see is palpable in the schools, to go from nothing — we really needed to shut down almost everything — to now having things sort of wide open," said Jerret Long, Lord Selkirk School Division's superintendent. "It's been a renewed sense of hope and optimism."

Sports, performing arts and extra-curricular activities are up and running, plus the division is once again hosting international students, with 25 students from around the world at the high school.

"There are lots of negative things about COVID, but it really provided all of us, myself included, an appreciation of what we have the opportunity to be involved in and how important it is," Long said.

The division had to adjust to the pandemic in many ways, such as new health and safety measures in schools and online classes. Long said students did well with the changes, showing their resiliency.

"The biggest priority amidst all of the changes were their mental health and well-being," Long said.

He heard from students and parents about stu-

dents' need for connection. When classes were online, Long said staff were available to connect with students through phone and video calls, though he recognizes that it didn't completely replace the in-person connection students can have with teachers.

He said while the value of the curriculum was important, connecting students with their teachers was even more crucial, which holds true today.

"One of the ways to best address [mental health and well-being] is continued relationship building and maintenance with their teachers and trusted staff at the school," Long said.

Another concern with online classes was that some thought students would fall behind grade expectations when they returned to the classroom, but Long said that's not what the division is seeing.

"I don't think anyone in the province in other divisions either is saying kids need to spend a significant amount of time catching up," he said. "We have good teachers and good staff and kids that have maintained that level of resiliency to continue to move forward."

Teachers are always adjusting their instruction to best reach the students, and Long said the same happened when moving online and then back in-person.

Some pandemic changes in schools have stayed in place, such as an emphasis on thorough hand-washing, maintaining distance when possible, mask-wearing as an option, a focus on ventilation and a higher degree of communication.

"Not that we didn't communicate prior, whether divisionally or at the school level," Long said. "But during COVID, we had to really up our ability to communicate, whether it was about health changes



RECORD FILE PHOTO

Lord Selkirk School Division.

or initiatives."

Since late fall, schools have been dealing with a number of student absences among students and staff, though Long says it isn't necessarily COVID-related and could be a cold or the flu. If someone does test positive for COVID, they stay home for five days and wear a mask when they return to school.

"The numbers have drastically decreased. We are certainly not having any versions of spread. Even during [the height of] COVID, we prided ourselves that our division was certainly one where we didn't have significant spread where there were massive amounts leading to closures."

This is Long's third year as superintendent, though he said he thinks of it as his first since the last couple of years were so different due to the pandemic.

He said he's also enjoying the opportunity for more activities, such as visiting schools for I Love To Read Month rather than reading a book over video like in previous years.

## Jake's denture story - how he's thriving with his new smile

BY ELISHA VANDOR

I was helping a woman in her 30's at the front desk (who was on her way to get her remaining upper teeth pulled) when she yipped, "Don't say the D word!" She was of course referring to her new upper denture that I was showing her. She much preferred me to call them her new teeth rather than her new denture. As someone who's in my 30's myself, I understood where she was coming from. The word denture can come with a lot of baggage. Let me explain...

A lot of people wear dentures and everyone has their own good or bad experiences, but mostly, people like to share their bad experiences with others. Why? Because it's interesting news! Jake, had heard from his family and friends not to get dentures. Most likely because of the troubles they had experienced. Regardless, Jake decided for himself it was time to pull his remaining upper teeth and get a denture. He says, "I was petrified because I needed 10 teeth pulled. I was scared to know how much pain I was going to be

in, but zero, there was zero pain. It was amazing. I hardly felt anything. When it came to the denture, I thought I would have this giant thing in my mouth with big protruding teeth, but when I saw my smile for the first time I said, 'wow I've been missing out!'"

I recall the phone conversation I had with Jake the day after he had his teeth pulled. He said he was smiling at everyone! I could hear the excitement in his voice when he talked about his new found smiling freedom. He shared with us when he came in a few days later saying "I'm definitely smiling now. I haven't smiled in the last 3 years, but I love smiling now, I can't stop. People are noticing and saying, 'wow', where did you get your smile? They want to do what I've done. It's pretty exciting."

It's been 10 days since Jake's been wearing his Immediate upper denture. We call it an immediate denture because it goes in immediately after the teeth are pulled. There are many benefits to having a denture right away. First, you get to smile! Getting

your smile back right away is a boost of confidence, especially when you look like you. Second, wearing a denture immediately after helps heal the gums faster as the denture acts like a Band-Aid over the extraction site. Finally, wearing a denture immediately after helps you eat the foods you want, faster. You get to practice and get used to wearing a denture right off the hop. Usually, the longer you wait to wear a denture, the harder it is to get used to because you've become accustomed to nothing in your mouth. Jake says, "after 10 days I don't even notice the denture is there anymore. I wear it day and night and only take it out to clean. It took me about a week to accept and get used to it. I made a decision to be positive. That's what it's all about. I can't stop smiling now and brighten up any room."

If you've lost, about to lose, or are needing to replace your dentures we would love to make you smile like Jake. Consultations are free! We look forward to hearing from you.



**SENIOR PRICING** - supplied photo - Jake's before and after photo's show his 'WOW' transformation from broken and failing natural teeth to an immediate denture.

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# Victoria Beach Council hosts delegates concerned about ORV bylaw

## 2021 bylaw discussed by residents

By **Katelyn Boulanger**

The RM of Victoria Beach's Feb. 7 council meeting saw many residents at the East Beaches Social Scene staying late to see presentations from 9 delegations wanting to discuss bylaw 1614. This bylaw was originally passed in 2021 and regulates the use of off road vehicles (ORVs) in the RM.

The meeting began with the reading of land rights and the adoption of the minutes from the previous meeting. Victoria Beach's Mayor Penny McMorris then took the time to dispel some misinformation that pertained to the night's discussions.

"Council is not legally allowed or authorized to direct how the police choose to enforce our bylaws. Our police are tasked with enforcing the bylaws and provincial statutes and other acts. They have not been directed by any council member on the enforcement of this or any other bylaw," she said.

Victoria Beach is unique in our region as in 1933 the provincial legislature passed a statute giving the municipality the power to restrict motor vehicles on its roads. The RM, like all RMs, also has the ability to pass its own ORV legislation. The ORV bylaw currently in place is bylaw 1614 which replaced bylaw 1582 which did regulate ORVs but didn't include snowmobiles in the same way. If the RM decided to abolish its ORV bylaw, provincial ORV regulations would take effect.

All delegations had ten minutes total to present their views on the current ORV bylaw.

The first presenter of the night was Rob Monkman. Monkman identified himself as a homeowner, Métis citizen and Métis harvester in the area and he feels that the current ORV bylaw is affecting his business. He said that he came to speak solely in reference to using snowmobiles and would like the current bylaw to be amended.

"What does a resolution look like? To me that's a mutually agreed upon set of amendments to our current by-

law, for example, tolerances and allowances between designated times of day," he said.

The next presenter was Blake Taylor. Taylor introduced himself as the President of the Victoria Beach Cottage Owners Association (VBCOA).

He stated that the majority of residents in the vehicle restricted area (VRA) of Victoria Beach were opposed to any type of ORV at any time in the VRA but also acknowledged that when it comes to areas outside of the VRA that those areas should decide for themselves what happens within their boundaries. He also mentioned his preference that community consultations take place prior to changes to the current bylaw.

In addition, Taylor had his own idea for a compromise that he thinks might suit residents, "I suggest that if council comes up with a plan to provide permits and stickers to residents who currently have snowmobiles within the VRA on a grandfathered basis, then it may be a plan that is acceptable to many."

Graham Cameron then presented. He brought forward the argument that prior to the current bylaw, snowmobiles were used in the RM for recreational purposes for decades. He also mentioned that this issue is creating division in the community.

"The bylaw displays an overt prejudice to those who have been practising a sport they love in peaceful coexistence for sixty years," he said.

Rene DeGagne then spoke. He is a member of the Victoria Beach Snow Drifters Snowmobile Club as well as a resident of Victoria Beach. He explained that the club has a long history in the community and that they strive for family, fun and, foremost, safety.

"Let's be clear. We have no intention of expanding our footprint at all within the RM of VB. This community is a thoroughfare for snoman trails and not a destination. Ninety-nine per cent of all our riders that you see within our RM are taxpaying

residents and business owners themselves. They only wish to access the nearest snoman trail from their place of residence," he said.

DeGagne asked for the current bylaw to be amended and pointed out the positive contributions that snowmobilers make to the community as well as the history of snowmobiling as a recreational activity in the RM.

Dr. Paul Cooley then took to the floor to discuss his point of view as the business owner of an environmental research company in the area which is affected by the bylaw. He brought up the issue of confusion regarding the enforcement of the current bylaw on Saffie Rd. as it is an inter-municipal road, and requested a permit so that he could continue to fulfil his business contracts which require him to bring equipment onto the ice.

"To me, this is really much ado about nothing. I respect the wishes of the Victoria Beach Cottage Owner's Association and if it really is the balance of the population in the restricted area that wants to close it down, I'm certainly not in opposition to that. But I don't see something working throughout the entire RM. Inside the VRA, if you buy a property there, similar regulations already exist in the summer. However, for those that have snowmobiles from within the restricted area, we would need discretion by the police to allow them to egress at the nearest place," said Cooley.

Luc Perrin then made his presentation. He feels that the use of ORVs is a part of his life as a cottager in the area. He requested an amendment to the bylaw and presented council with a petition showing a number of people who would also like the bylaw amended.

"We now feel we are being infringed upon and can no longer enjoy the same cottage life as we have," he said.

Jerry Bourassa who has owned and operated Saffie's General Store for the past 17 years then took his turn to speak. He feels that the current enforcement of bylaw 1614 is affecting people's ability to access his business and this could limit his ability to con-

tinue to keep employees year round. He also presented council with a petition that included many residents from Victoria Beach who felt the bylaw is not working as is.

"I think the fact that we are quarantined from our community, if they choose to use an off road vehicle, that makes a big difference. That's because we have a lot of snowmobile traffic in the winter and we have more than that as far as quads in the summer. So, this has a big impact," he said.

Next to speak was Kevin Ateah. He discussed the history of snowmobiling in the RM and feels the current bylaw should be changed.

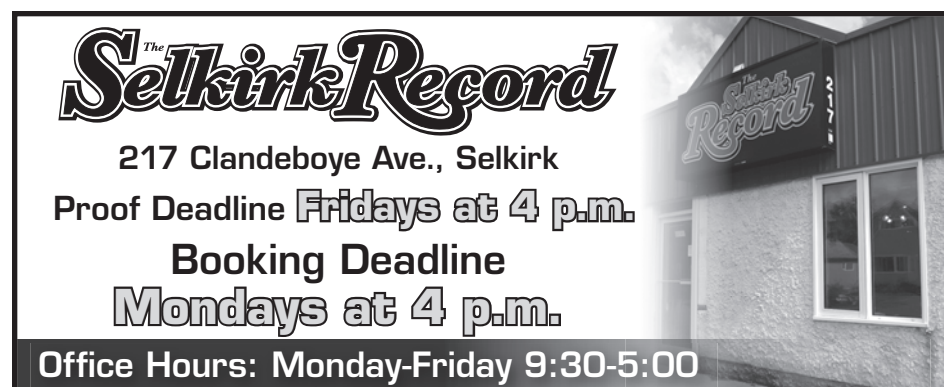
"I'm just thinking that in order to get people feeling a little bit better about what's going on here with ATVs [the] council has seriously got to have a look at changing some of the rules they have in place," he said.

The final presentation was a video presentation by Patti Ulrich and Matt Metcalfe. Ulrich feels that the current bylaw has taken away a privilege that she has enjoyed in the RM and she feels that using a trailer to bring snowmobiles to a staging area isn't a good solution.

"Our solution would be to abolish and redo, or vastly amend the current bylaws and start almost fresh with a new bylaw allowing for egress and regress on municipal roadways," said Ulrich.

Before the meeting came to its conclusion, council passed the first reading of bylaw 1643, which would amend bylaw 1614 to allow snowmobiles on Saffie Road and Rue Girard between Dec. 1 and March 31 of the following year. This bylaw will have to undergo further readings in order for it to come into effect.


The RM of Victoria Beach's next council meeting will take place on Feb. 21 at the Viscount Gort Hotel at 1670 Portage Ave, Winnipeg, Room Royal A at 6 p.m.



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# get informed

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## MB's COVID hospitalizations rise significantly

### MNU asks public to vote for health care

By Patricia Barrett

Manitoba hospitalizations for COVID significantly increased around the beginning of this month, according to the provincial government's respiratory surveillance report for the period Jan. 29 to Feb. 4 (reporting Week 5).

Fifty-three people were hospitalized, with 10 people needing treatment in the intensive care unit. The previous week's report showed 11 hospitalizations with two people admitted to the ICU.

Eleven more Manitobans died from COVID in Week 5. There were 10 deaths reported the previous week, and 15 deaths reported the week before that.

There were 65 new cases of COVID detected by PCR testing in Week 5, a slight increase from the 62 new cases reported the previous week. Provincial data are an undercount of the real number of infections as the province restricts access to PCR testing and rapid antigen tests aren't tracked.

Wastewater surveillance data for COVID for Winnipeg and Brandon to the end of January show sustained activity.

The provincial government no longer provides in its surveillance reports the names of personal care homes and hospitals experiencing COVID outbreaks.

Manitoba's COVID death toll was 2,428 as of Jan. 28, according to the federal government's COVID webpage, and Canada's death toll now stands at 50,629.

The Week 5 report shows no new cases, hospitalizations and deaths from influenza, but there were 75 new respiratory syncytial virus (RSV) cases reported, down one case from the 76 reported the week before.

#### Other health news:

-The Interlake-Eastern Regional Health Authority (IERHA) declared

on Feb. 6 a gastrointestinal outbreak at the Ashern Personal Care Home, according to its outbreak webpage (viewed Feb. 10). A gastrointestinal outbreak that had been declared on Jan. 31 at the Selkirk Betel PCH continues.

-Eriksdale hospital's ER will be available for two out of 13 days (on Mondays) for the period Feb. 16-28, according to the ER schedule posted online. Ashern's ER shows 24-7 availability for the entire period. Arborg's ER shows five days with partial or 24-7 coverage. Gimli and Selkirk's ERs show full availability while Stonewall shows 11 days of full coverage and two days of half coverage. The schedule is subject to change.

-Manitoba Nurses Union launched a new campaign last week that aims to raise public awareness of the "extremely fractured" health-care system and exhort people to vote this year with health-care in mind.

The union's campaign, called out-RAGEous, comes after more than three years of COVID plus other respiratory viruses overwhelming hospitals. Nurses are upset about the failing health system, being unable to provide safe levels of care, working

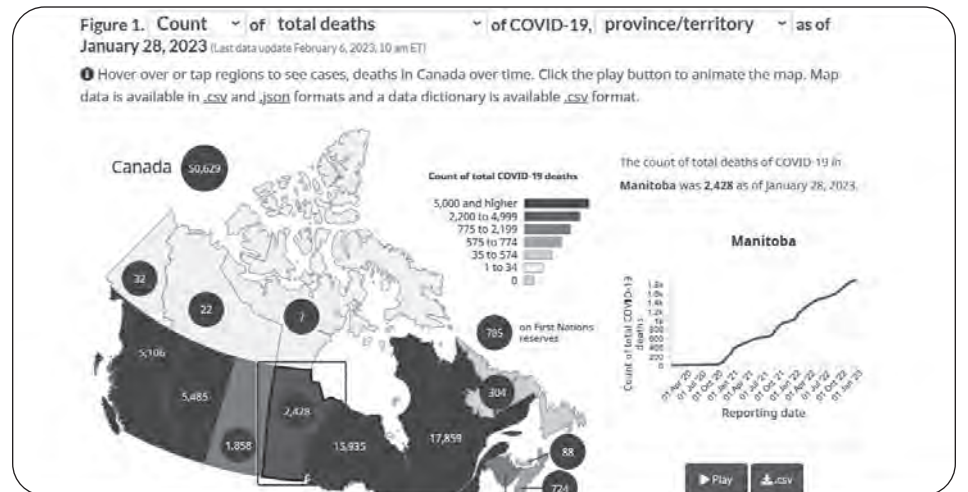
extreme overtime and watching an exodus of their colleagues from the profession.

"At this point we are living in a world that is flooded with apathy and a health care system that cannot even keep its head above water," said the union in a Feb. 6 statement. "If it weren't for agency [nurses] and overtime, this system would have collapsed."

Taking a shot at "smooth-talking politicians" with "empty promises" and "big announcements," the union says the health-care system is broken and exhorts the public to "vote like your life depends on it" in the upcoming provincial election. The issue is not only a nurses' issue, but a Manitoba issue and "sitting back and watching our system crumble is completely unacceptable."

-The World Health Organization's latest epidemiological update says almost 10.5 million new cases of COVID were reported globally over the past 28 days (Jan. 9 -Feb. 5), as well as over 90,000 new deaths from the virus.

-The WHO had declared at the end of January that COVID still constitutes a worldwide public health emergency and that surveillance by countries has dropped off, making it difficult to get a full picture of the virus' evolution.



GOVERNMENT OF CANADA  
The count of total deaths of COVID-19 in Manitoba was 2,428 as of Jan. 28.



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#### TROUBLE WITH PAPER DELIVERY?

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

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# Therapy dogs are back, thanks in part to SDCF grant

## Deadline to apply for WCGL fund, Community Grant program Feb. 28

Submitted by the Selkirk & District Community Foundation

There are likely stacks of statistical data that detail the chemical reaction in the brain when a human hand comes into contact with a dog's fur, and while the scientific research has its value, all the proof you really need is a grin and a wag.

Thanks to a Selkirk & District Community Foundation grant that the St. John Ambulance Therapy Dog Program (SJATD) applied for last fall, they're back in Selkirk and adding more locations for volunteers and dogs to visit. The Foundation is accepting spring grant applications now until Feb. 28.

Ruth Howard, Director of Community Services at St. John Ambulance, says the program was impacted by COVID and is now in a rebuilding period. Some of their previous volunteers aren't able to return to the program now, due to things like their dogs aging out or passing away.

"The grant from the Community Foundation is a huge benefit to us. Prior to the pandemic, we were visiting a number of facilities in the Selkirk area and unfortunately, we weren't able to continue...because of social distancing requirements," Howard said.

"This grant will help us to rebuild our presence in the community so that we can service not only Betel Home, but others too. We can return to the facilities we serviced before and bring on new ones."

Increasing the dog program helps with the mental health of people of all ages, especially seniors, who can suffer from loneliness and isolation as they age. The Foundation's Vital Signs Report says there's a shortage of community mental health services in the region.

Bev Clegg, executive director of the SDCF, says playing a role in improving mental health services in the region is a response to Vital Signs findings.

"Bringing the dogs and their volunteer partners back into facilities in the community is important. It might be a small gesture, just a visit from a dog, but the impact is so huge for people's mental health. It can't really be measured. We're thrilled to be a part of this success story," Clegg said.

The SJATD program is extremely popular and it's beneficial to not just patients or residents in care homes, but staff, volunteers and the dogs as well.

"We talk a lot about our visits benefiting the patients but it also benefits the staff that work in these facilities because they see the positive outlook that it brings to the people they're caring for. It also benefits them because they get to sneak in a little visit every once in a while," Howard said.

"And it benefits the volunteers, they're sharing the love of their dog, who is like a family member to them, with others. We know dogs give unconditional support and love."

Volunteer Della and her dog Rosie have been visiting Betel Home residents and Howard says they've developed deep relationships with the people there.

"Della visits every week on Friday and she says that the residents have told her that Friday afternoons are the best part of their week because they know that Della and Rosie are coming to see them," Howard said.

Clegg says that kind of response to a program funded through the Foundation is what it's all about.

"At the Foundation, we really live for those heartwarming stories about



RECORD PHOTO SUBMITTED

Volunteer Della, with her partner pooch Rosie, visit residents of Betel in Selkirk.

people's lives being touched by something our grants have helped with," Clegg said.

Howard says they're thankful to the SDCF's support of the SJATD program and their efforts to expand the number of teams in the area.

"We visit people of all ages and in all kinds of facilities with our Therapy Dog Program but it's especially important for people in hospitals or care homes where they may not have a lot of activity to fill their time," Howard said.

"It provides them with a social outlet, to help with their mental health, their morale, and gives them another person they can form a social connection with.

"Some residents might not have any family nearby that can come and visit them so it's a really good outlet for them."

The SDCF is accepting grant applications for the Western Canada Games Legacy Fund and the Community Grant program now, with the deadline to apply being Feb 28. Grant applications have moved solely online. Go to [sdca.ca](http://sdca.ca) for an application. Call 204-785-9755 or email [selkirkfoundation@shaw.ca](mailto:selkirkfoundation@shaw.ca) for more information.

Applications are also being accepted for the Government of Canada's Community Services Recovery Fund through the Community Foundations of Canada. The fund supports a broad and diverse range of charities and non-profits. For more information go to [www.communityservicesrecoveryfund.ca](http://www.communityservicesrecoveryfund.ca).

## > GAYNOR'S I LOVE TO READ MONTH, FROM PG. 5

tions. The most borrowed title at the library this past month was *Spare* by Prince Harry. *It Ends With Us* by Colleen Hoover was the second most checked out. Classic authors like John Grisham are still popular with his book *The Boys from Biloxi* being the third most popular. The most borrowed kids' books were *Happy Valentine's Day Little Critter!* By Mercer Mayer and *Pinkalicious: School Lunch* by Victoria Kann. Finally, for the junior reader in your life *The Big Book of Hacks for Minecrafters: The Biggest*

*Unofficial Guide to Tips and Tricks That Other Guides Won't Teach You* by Megan Miller was that age group's most popular tome.

Kuryliw invited returning patrons and newly interested residents alike to come and check out the library for themselves.

"Definitely come by the library. It's free to join and take in the wonderful space. Also when the weather is cold, the wonderful exposure [from the windows facing south] of the library feels like you're almost on a southern

vacation. It's wonderful and you can definitely get that sunlight that everybody needs to be happy in Manitoba through our winters," he said.

To register for the I LOVE to Read in PJ's Nights visit <https://www.myselkirk.ca/>

[blog/2022/01/18/selkirk-loves-to-read/](https://www.myselkirk.ca/blog/2022/01/18/selkirk-loves-to-read/) and to learn more about the GFRL's services check out their website at <https://gfrl.org/>.

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# Gearing up for a safer community this Valentine's season

Sexual Health Awareness week is Feb. 13 to 17

Submitted by the Manitoba Harm Reduction Network

The Do it Better, Do it Safer Network (MHRN) is working to support sexual health in your community this Feb. As a network, we will be working to distribute safer sex supplies throughout the community of Selkirk, but will also be focused on spreading information.

Often, when discussing sexual health, folks might first think of condoms, which are a form of safer sex supply. These are certainly important tools in our sexual health toolbox, but there are a few others we should be considering.

Information is an important aspect of any form of health and wellness. Being educated and in the loop on potential risks and safety practices can help us make informed choices about our sexual health. Some of this information might look like safer sex practices, such as using protection or engaging in activities that reduce the risk of sexually transmitted and blood borne infections (STBBI's). Information might also look like knowledge about how STBBI's spread (transmission), common symptoms, and how to access testing and treatment. And information might be learning about helpful relationships.

Relationships can mean a lot of things but are not always talked about when considering sexual health. Relationships might mean who we have in our lives that we can turn to during challenging times, especially around

our sexual health. Relationships can also mean thinking about what healthy and respectful relationships look like, and how those relationships increase safety and health when it comes to our sexuality. For example, relationships that prioritise things like trust, consent and open communication can increase safety and fun.

Relationships consider our connection to the community, which works two ways. One way is how we as individuals access community support and resources. The other is how the community supports individuals. A community approach to promoting healthy sexuality typically includes providing accessible safer sex supplies and information, access to testing and treatment, but also includes providing safety and space around expressions of sexuality. People who feel safe and included with their expressions of sexuality are more likely to connect with supports when they need them, and not feel excluded. Meaningful inclusion helps create safety for all.

Relationships also include the relationship with ourselves. Having respect for our own experiences and boundaries, and reflecting on what our own boundaries are around sexuality helps us engage respectfully and have control over our engagement.

Another important factor around sexual health is professional care. There are many services we can access, from testing to treatment and counselling around our health. Test-



RECORD PHOTO SUBMITTED

Manitoba Harm Reduction Network encourages safety and education this Valentine's Day season.

ing recommendations vary for individuals, but it is important to get tested regularly to know your status and to connect regularly with your primary health care provider. Regular testing is one of the best ways to stay informed about your own health.

Treatment options have also increased, especially around diagnoses like HIV, where newer medication such as post exposure prophylaxis (PeP) greatly increases quality of life for those affected. STBBI's are treatable, so it is important to know your status, which helps start treatment as soon as you are ready.

From your own boundaries, and healthy relationships, to safer sex supplies and healthcare interventions, the best approach to reducing STBBI harms is a well rounded one.

People looking for more information on sexual health can connect with their primary care provider, the Public Health Team at 237 Manitoba Ave in Selkirk or online at <https://serc.mb.ca/sexual-health-info/>. Safer sex supplies are also freely available at the public health office on a walk in basis.

## Manitoba government offers free winter family fishing weekend

Feb 18 to 20 residents are invited to cast a line and reel in the big one

Submitted by the Manitoba Government

Manitobans are encouraged to get outside and explore fishing opportunities throughout the province during this year's Winter Family Fishing Weekend, Natural Resources and Northern Development Minister Greg Nesbitt announced.

"Everyone can enjoy ice fishing for free this weekend without requiring an angling licence," said Nesbitt. "There's no better way to spend a winter day in Manitoba than ice fishing with family and friends, while also enjoying free admission to pro-

vincial parks during the month of February."

From Feb. 18 to Feb. 20, anglers may fish without a licence in the province, except in national parks where a federal angling licence is still required.

Anglers may retain up to a conservation licence limit of fish, which includes four walleye/sauger, four northern pike, two smallmouth bass, one lake trout, one channel catfish and two stocked trout. Regular limits apply for those who already have a regular angling licence and all other angling regulations apply during this

weekend, including regulations for individual waters.

For more information on all provincial angling regulations, refer to the 2022 Manitoba Anglers' Guide at [www.manitobafisheries.com](http://www.manitobafisheries.com).

To ensure ice fishing is safe and enjoyable, anglers should always check ice conditions before travelling onto ice, wear weather-appropriate clothing and advise someone where they will be fishing and when they will return.

Anglers are also reminded that aquatic invasive species (AIS) requirements are in effect year-round. To review the winter (ice-covered) season checklist, a step-by-step resource to ensure compliance with AIS regulations, visit [https://www.gov.mb.ca/](https://www.gov.mb.ca/stopais/checklist/winter.html)

[stopais/checklist/winter.html](https://www.gov.mb.ca/stopais/checklist/winter.html).

Anglers cannot remove live bait from aquatic invasive species control zones and retain for future use.

Bait taken into an AIS control zone must be discarded before leaving shore, if it:

- is live bait,
- has been handled (e.g. hooked), or
- has come into contact with surface water from the control zone.

The requirements apply even with a valid three-day live bait fish transfer and use receipt. Additionally, all water from bait containers must be drained before leaving shore. For more information, visit [www.Manitoba.ca/StopAIS](http://www.Manitoba.ca/StopAIS).

# New research finds 42.6 per cent increase in likelihood of developing autoimmune disease after COVID

By Patricia Barrett

New medical research has found an association between COVID and the subsequent risk of developing an autoimmune disease, and that the more severe an infection, the greater the risk.

Although COVID is frequently downplayed by those who think it's no worse than a cold, the new findings show the virus causing lasting damage in some people after infection and having an ability to reduce people's quality of life.

The German study titled "Incident autoimmune diseases in association with a SARS-CoV-2 infection: A matched cohort study" was released Jan. 26 as a preprint, which hasn't been certified by the peer-review process and shouldn't be used to guide clinical practice.

The study compared the incidence of autoimmune disease in both COVID and non-COVID patients, finding a 42.6 per cent higher chance of acquiring autoimmunity after a COVID infection across all age groups.

"In this large matched cohort study, COVID-19 was associated with an increased risk of being newly diagnosed with autoimmune disease 3-15 months after SARS-CoV-2 infection. The strength of the association with SARS-CoV-2 infection was most pronounced for autoimmune diseases in the vasculitis group," the researchers wrote. "A more severe course of COVID-19 was associated with a higher likelihood of being newly diagnosed with autoimmune disease. Incident autoimmune diseases were significantly more common in the post-COVID-19 period in all age and sex groups."

The primary target of COVID is lung tissue, wrote the researchers, and from there the virus can enter the blood and infect cells of the heart, kidneys, gastrointestinal tract and brain, causing a "multiorgan manifestation." As part of its antiviral response, the body recruits inflammatory cells. After a COVID infection, some people develop symptoms that can last more than 12 weeks and cannot be explained by alternative diagnoses.

Respiratory, cardiovascular, neurological and mental diseases post-COVID have been studied to date, but autoimmune diseases post-COVID (defined as three months after diagnosis) have not been given as much attention, even though autoantibodies (which cause some autoimmune diseases) can be detected in people after the acute phase of the infection.

The researchers studied German patients' health-care data from 2020 until June 30, 2021, comparing the rates

of newly diagnosed autoimmune disease in those that hadn't had a COVID infection and in those who were documented by polymerase chain reaction test to have had COVID.

For each individual in the COVID group, the researchers selected three (where possible) non-COVID individuals who were identical in years and sex and "whether or not an autoimmune disease was present before the index date (three to 15 months post-COVID)." Subjects without matching partners were excluded from the study.

The final study population consisted of 641,407 individuals with COVID and 1,560,357 non-COVID individuals serving as controls in 1,907,992 control cases.

In the subject population with COVID, there were 367,539 female and 273,868 male participants ranging in age zero to 80-plus years old. The majority of cases (476,085) were 18-64 years of age. There were 60,535 people aged 0-17, 60,889 aged 65-79 years of age, and 43,898 aged 80-plus.

Three to 15 months after a confirmed COVID infection, the researchers found 41 autoimmune diseases, including Hashimoto's thyroiditis (not enough thyroid hormone produced), Grave's disease (too much thyroid hormone produced) psoriasis, rheumatoid arthritis, diabetes type 1, ulcerative colitis, Crohn's disease, polymyalgia, alopecia (hair loss), Sjogren syndrome (attack of glands that make moisture for eyes, mouth and other body parts) celiac disease, myasthenia gravis (destruction of neuromuscular connections), autoimmune hepatitis, systemic sclerosis (hardening and tightening of the skin), and small vessel inflammatory diseases such as Wegener's disease (inflammation of blood vessels in the nose, sinuses, throat, lungs and kidneys) and arteritis temporalis (inflammation of arteries at the temples).

The most common incidence of autoimmune disease in the COVID group was Hashimoto's thyroiditis.

The absolute incidence rates of a newly diagnosed autoimmune disease for those who had COVID "increased according to the severity of the acute COVID-19 disease," wrote the researchers, and was higher among women than men.

COVID shares characteristics with other viruses that are associated with the development of autoimmunity, and the link between viral infections and autoimmune diseases is supported by medical evidence.

"There are several hypotheses regarding the pathogenesis of post-COVID-19, although different

mechanisms most likely underlie the complex clinical picture involving multiple organ systems," the researchers wrote. "Drawing parallels to other post-infectious syndromes, possible mechanisms include persistence of the virus or viral remnants, latent virus reactivation, long-lasting tissue damage due to micro-clotting and chronic inflammation, and autoimmunity."

The main strengths of the analysis include the very large number of patients studied, which improves statistical reliability, a broad pool of data, using both outpatient and inpatient data from across the country, and diagnoses that had been confirmed by medical professionals.

Weaknesses include being unable

to determine a causal interpretation (where one event is the result of the occurrence of another) because of the observational nature of the study, an inability to determine vaccinated status (COVID vaccines became available in Germany in late December 2020) and being unable to determine whether people with undocumented COVID could have been included in the non-COVID control group.

"Further epidemiologic, clinical and basic science research is warranted to determine whether SARS-CoV-2 infection triggers the onset of autoimmune disease, to identify the underlying mechanisms and persons at risk, and to investigate effective means of prevention or early treatment," the researchers wrote.

## And the results are in



RECORD PHOTO SUBMITTED

Lord Selkirk Regional Comprehensive Secondary School cyberpatriot students, (pictured left to right) Cristiano da Mata-Wiens, Stewart Grisdale-Cook, Heather Brandt, Maxim Evashenko, Jack Ducharme, and Dante Dutka have taken the Canadian title. The students finished first overall in Canada, and 18th overall in the entire cyberpatriots competition in the gold tier this year.

## Gimli Ice Festival's inaugural fishing derby will be quite a catch with over \$57K in prizes

### Fundraiser for Marymound and Fish Futures

By Patricia Barrett

Gimli Ice Festival's upcoming inaugural fishing derby is shaping up to be quite a catch with over \$57,000 so far in prize giveaways and guaranteed cash prizes.

Proceeds from the derby will be going to two charities, Marymound, a social services organization that helps children and families across Manitoba, and Fish Futures, which enhances the province's freshwater fishery.

This is the first year the ice festival has held a fishing derby. The two charities approached the festival to see if it was possible to team up, and they're taking care of organizing the derby and attracting sponsors. GIF is providing the manpower and other logistics.

"So far, Marymound and Fish Futures have been able to get over \$50,000 in cash and prizes to be won as part of the fishing derby. That's a big deal," said GIF co-chair Peter Holfeuer. "We are assisting them with cleaning off the lake and helping with some of the logistics but, overall, they're organizing it."

The derby fundraiser is a first for Marymound, said Mardy Yager, Marymound's director of operations and fund development. As of Feb. 8, the derby had over \$57,000 in prize giveaways and is continuing to grow.

"We have about 350 people already registered and I'm anticipating anywhere from 500-750 people will register," said Yager last week. "We want this to be an annual event within the Gimli Ice Festival."

The derby will help raise awareness of what the social services organization does for vulnerable children and their families throughout Manitoba, he said.

"Marymound is 112 years old. It runs a residential program, therapeutic programs, crisis intervention programs and educational programs. We have five community group homes for children and youth in Winnipeg. We also run the only voluntary and involuntary addictions service for youth under the age of 18 inside the city of Winnipeg. We have about 350-400 employees. We're a big agency."

In Winnipeg, Marymound operates a school for children who struggle in the public school system because of family breakdowns, mental health issues, sexual abuse or other challenges that prevent them from being successful at school, said Yager. Marymound also has an off-campus school called

Pathways that helps older adolescents and young adults obtain their Grade 12 diploma.

In Thompson, Marymound runs a School's Cool program to help preschoolers and their families prepare for the educational system and a program called Daddy and Me, which helps fathers coming out of the correctional system reintegrate with their families. To help with food insecurity in Thompson, Marymound started a food pantry program during COVID.

Children in crisis from across the province can be referred to Marymound for programs, and that includes referrals from Indigenous agencies. The school has an elder on staff and incorporates Indigenous practices.

Yager said Marymound and Fish Futures are very appreciative of the help they've received from the Gimli Ice Festival, the RM of Gimli and the sponsors.

"We've received unwavering support from the RM of Gimli. Because sponsorship is very important to make this event successful, Darin Lemieux from Rona in Gimli got on board and took the host sponsorship right off the bat," said Yager.

Besides Rona, the two charities have attracted a number of sponsors including Red River Co-op, Danny's Barbecue & Smokehouse, Harvester Outdoors, City Cats, The Fishin' Hole, Prairie Helicopters and Rapala (fishing gear).

Prize giveaways include a helicopter ride and two-night stay at the Elkhorn Resort, a thermal shelter, gas grill, BBQ, augur, Co-op gift card, Gimli Rona gift card, a guitar, case and lesson package, men's and ladies ice suits, a guided ice fishing trip, a half day on the Red River in summer to catch catfish, tickets to a Winnipeg Jets hockey game and a mountain bike.

In addition to the prizes, the derby has guaranteed cash prizes: first prize is \$15,000 cash, second prize is \$3,000 cash, third prize is \$2,000 cash and smallest fish is \$1,000 cash.

Jerry Kruczek, president of Fish Futures, said the derby will help the organization enhance the fishery in Manitoba.

"The derby will allow us to carry out some resource-related projects," he said. "What we'll probably do in this case is put out a call for a project that fits our corporate mission statement."

Fish Futures is focused on the conservation and enhancement of freshwater fisheries in Manitoba, as well as educational programs. Its province-wide projects have included upgrades to docks and boat launches, shoreline



RECORD PHOTO BY PETER HOLFEUER

Bruce Huynen caught a pickerel last Saturday in the area where the Gimli Ice Festival's inaugural fishing derby is set to take place on March 4.

clean-ups, research on fish passage-ways and ladders, spawn projects, fish stocking and support for the Lake Winnipeg Research Consortium and the Namao research vessel.

Since 2007 Fish Futures has received more than \$435,000 in funding from the Fisheries Enhancement Fund for projects such as a Red River creel survey, a children's book about fish and fishing, hiring a provincial youth angling coordinator, providing angling opportunities to kids in northern Manitoba and visiting schools to promote angling.

Kruczek said he and Yager have known each other for a long time, and Fish Futures had in the past helped set up an ice fishing program for students at Marymound. After Yager spoke with GIF organizers about holding a fishing derby, he contacted Kruczek to ask if the organization wanted to partner on the event.

The prize giveaway pot is continuing to grow, said Kruczek, and the prizes rival those that can be found at other derbies.

"Prize-wise I think we're very comparable to other Manitoba fishing derbies that have been around for a while. This speaks to the amazing sponsors we've got," said Kruczek. "And the town of Gimli and the Gim-

li Ice Festival have been incredible in helping us putting it together."

There are a few things that will set the Gimli derby apart from other events, he said. First, all the proceeds will be going to the two charities, and second, there will be lots of free parking on the lake close to the derby site.

"There's space for 750 vehicles right now at the derby site," said Kruczek. "We have approvals already for vehicles to park on the ice. To get to the derby site, there is an ice road that runs through the harbour and the RM is cleaning the snow for us."

Derby participants can drive down the launch ramp between the harbour master office and coast guard buildings and follow the road to where it exits out to the lake.

Because the derby takes place during the festival, anglers are entitled to use their registration to take part in the festivities.

The derby will be held on Saturday March 4 with ice access at 9:30 a.m. The derby runs from 11 a.m. to 2 p.m. For derby rules and to purchase tickets, visit [www.gimlifishingderby.com](http://www.gimlifishingderby.com). Tickets can also be purchased in person at Rona in Gimli, Harvester Outdoors in Selkirk and The Fishin' Hole in Winnipeg.

# Your FARM



## Egg farming a sustainable, stable way to diversify, says one local farmer

By Lorne Stelmach

Jason Thiessen is a third generation farmer growing crops such as grain, millet, and sunflowers.

He's now also a first generation egg farmer, with hopes his children will become the second generation.

His family operates Schoen Eggs in the Schoenwiese area, and he has no

regrets about having added it to their operation over a decade ago.

"We felt it would be good for our family. It gives you a bit more stability, and it's just sustainable, I think, not driven so much by markets or weather.

"We still are grain farming. We just adapted where we added this to our

existing farm," Thiessen added. "Diversification is probably the word that we often think of in terms of why we would go this route."

Thiessen and his wife Esther decided to diversify their operation in 2010, and it was through the quota draw that Manitoba Egg Farmers offered that they began the process of becoming egg farmers.

The decision of course brought with it a substantial investment and a willingness to learn.

"Like all livestock, there is different level of commitment compared to grain farming, so another challenge is to make sure we are available 24/7 to ensure that things run smoothly so the hens are cared for properly," Thiessen said. "Grain farming is very intense during certain seasons, whereas this is a 24/7 commitment. You don't get those off-seasons. It's every day; it's night and day.

"We have had to learn a lot... it's been constantly growing and learning. But at the same time, I think the industry is really good that way. We get a lot of support, something we maybe don't

really experience as much in the grain farming end of things.

"When we first started, we did not know much about egg farming. So the support we received from the board, industry partners as well as other egg farmers has been a great asset for us.

"We learnt everything from how many eggs a hen lays in a year to the importance of good nutrition by monitoring and assessing biweekly the health of the hen in order to make necessary adjustments in the nutrition. We do this in partnership with the nutritionist and feed provider."

Thiessen particularly cited the importance of the whole area of animal health and welfare.

"That has been something that, maybe before we got into it, we didn't really see it. We didn't understand all the different types of systems in the egg industry.

"It's something that we have to deal with every day. It's not just the birds and how they're housed. It's temperature, water quality, the bird health.

Continued on page 14



SUPPLIED PHOTO

Jason Thiessen and his family have operated Schoen Eggs in the Schoenwiese area for the past 13 years.

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# Your FARM



## > EGG FARMING, FROM PG. 13

We have a nutritionist come to check the birds to make sure they're getting the right diet.

"The environmental conditions in the barn are very critical for the animal health," Thiessen noted. "When we first started, we were packing the eggs by hand. Since then, we have added a packer, a misting system and a controller which monitors the level of water, feed, temperature in the barn as well as in the egg cooler."

"Our latest addition has been the grain mill. Because we are grain farmers, we decided to use some of the grain we grow, like corn, in the diet for our hens."

Some of the challenges, especially during spring and fall, include maintaining tighter bio-security protocols to ensure the safety of the hens from viruses that can be fatal.

"Every day we check that the

hens are content and that their behaviour is normal. We check the water and feed level in the controller as well as the temperature of the barn and cooler, and then we begin sorting and packing the eggs."

They are always keen on adopting new technology for better farm management, so their egg barn has an enriched housing system, and their egg facility has consistently attained a superior rating under the national on-farm food safety and animal care programs over the years

"It gives the birds more freedom to move, access to water all the time and feed and also a nesting area ... this is something that is working well for us and seems to be the way of the future," said Thiessen.

He also noted an example of how they benefit now from technology improvements.

"We can find out the conditions in the barn just with apps on our phone. That has been a good thing," he said. "For the most part, we always have been able to adapt and keep learning and keep moving forward."

As egg farmers, they take pride in what they provide to our province.

"Eggs are a nutritious and affordable food. Here in Manitoba, 99 per

cent of the eggs in the store come from our own province," Thiessen said. "Supply management ensures that, as farmers, we get a fair return for our investment, and it also makes sure the consumer pays a fair price, levelling the volatile changes in the economy."

"I think there's a steady growth in terms of eggs being consumed."



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2020	A14115A MITSUBISHI OUTLANDER	\$31,849.00
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SUPPLIED PHOTOS

It's a round-the-clock job to be an egg farmer, Thiessen shares. "We are available 24/7 to ensure that things run smoothly so the hens are cared for properly."

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# Your FARM



## Program allows residents to find environmentally conscious products at grocery store

By Katelyn Boulanger

Some farmers in the region are making changes to better coexist with our region's wildlife and those efforts are being acknowledged through the Habitat Friendly Winter Wheat Ecolabel Program.

This program was created by Cereals Canada, Ducks Unlimited, and prairie winter wheat producer groups and allows people at the grocery store to find and purchase products that have been given the ecolabel. When residents purchase those products, they know that they are made using up to 30 per cent Western Canadian Winter Wheat which, because of the way it is farmed, is much better at providing suitable habitat for pintail duck populations when compared to spring sown cereals.

"We've been developing this program for probably two to three years. It was something that Ducks Unlimited has brought to the table and got all the players involved to try to develop a label that recognizes winter wheat as an environmentally friendly cereal grain, that creates an environment that's beneficial to wildlife, especially to ducks," said Doug Martin who is a fourth generation farmer from the East Selkirk area who has been farming himself for over 35 years.

He says that winter wheat is different from spring wheat because it is sown in the fall and this provides benefits for wildlife.

"You sow it in the fall, and then it grows a little bit in the fall, then it goes into dormancy, and then it starts growing again in the spring. And so, you don't do any tillage or any movement of soil in the spring. This actually creates an ideal environment for ducks and other wildlife because there's no disturbance in the spring. It creates an environment that allows for ducks, especially their nesting habitats to increase the success rate of ducks hatching in the prairies," said Martin.

He says that ducks are very good at hiding.

It's quite difficult to spot them in the fields and whether it's tillage, seeding or other types of equipment that is used, there is the risk of accidentally disturbing a nest should a farmer have to do work in a field during their

nesting season.

Planting crops that require less disturbance of the area is not just good for ducks, however, it really benefits many types of wildlife to have an area that is disturbed less by people.

"Whether it's pollinators or whatever [other animals are out there], I think it's just good to have that crop in your rotation and it just helps leave the land alone for a while. It allows wildlife whether it's beneficial insects or ducks or [other animals] to use the land," said Martin.

He feels that being conscious of what plants go into their fields on an environmental level makes sense for farmers as they are all dependent on the soil and what the soil can do as stewards of the land.

"Growing winter wheat or winter cereal, it just puts you up on the next level and does just does that little bit extra . . . I think all farmers are very environmentally conscious. This is the next level," he said.

Farmers in our area can put winter wheat into their crop rotations. It is typically sown on canola stubble which when the snow falls on it insulates the winter wheat from winter kill.

As for residents in our community that would like to support a crop that is more sustainable, they can look out for the ecolabel on grocery store products in order to support businesses that are buying winter wheat for their products.

Some of these products are Coyote Pancake Mix, Les Moulins de Soulanges which provides flour to bakers in Canada, and Beam Suntory which distills the Northern Keep vodka brand.

"Winter wheat's always been a sustainable crop but it's just tying the sustainability to flour or to a sustainable product that consumers can buy and maybe feel good about what they're buying for the environment," said Martin.

More information about the Habitat Friendly Winter Wheat Ecolabel Program can be found at <https://cereals-canada.ca/habitat-friendly-winter-wheat-ecolabel-program/>.



RECORD PHOTO SUBMITTED

Look for the ecolabel to support winter wheat production and wildlife habitat conservation. Below: A duck and her ducklings.



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# Your FARM



## Cleanfarms speaks at Manitoba Beef Producers AGM

Farmers will have more recycling options

By Ty Dilello

Manitoba Beef Producers hosted its 44th Annual General Meeting and President's Banquet at the Victoria Inn Hotel & Convention Centre in Winnipeg Feb. 2-3.

The AGM had over 200 people in attendance, which was the goal that Manitoba Beef Producers sought. Carson Callum, general manager of Manitoba Beef Producers, noted that folks from all over the province made the trip and that many directors and past directors were also in attendance.

"It was great to be back in person as it was the first real one since 2020," said Callum. "Overall, it was a very positive event. There was a good vibe throughout the day-and-a-half session, plus the banquet. We heard many great speakers, including Tim Hague Sr., who was the first winner of the Amazing Race Canada. So he provided a good message to end day one on perseverance and living your best."

One of the local speakers at the AGM was Serena Klippenstein on behalf of Cleanfarms, a non-profit environmental stewardship organization. Cleanfarms is in year two of a three-year transition timeline to move the

collection of pesticide and fertilizer jugs 23L and smaller from municipal collection depots to collection sites at ag retailers.

"I was excited to have this opportunity to speak at the Manitoba Beef AGM. I'm keen to help build awareness of Cleanfarms and the Cleanfarms agriculture plastics collection and recycling programs among beef producers and other agriculture producers in Manitoba," said Cleanfarms' Manitoba Program Coordinator Serena Klippenstein.

Cleanfarms operates collection programs across the province for crop input containers, crop input bags, grain storage bags, twine and silage plastics, and old and unwanted pesticides and livestock medications. Details about the programs and how to participate can be found online at [cleanfarms.ca](http://cleanfarms.ca).

These materials can only be recycled successfully when they have been appropriately prepared, including separating them by material type and keeping them as clean as possible, for example, putting only one material type in each Cleanfarms collection bag or bundle.

"It was encouraging to see that my



RECORD PHOTO SUBMITTED

Manitoba Beef Producers hosted its 44th Annual General Meeting and President's Banquet at the Victoria Inn Hotel & Convention Centre in Winnipeg from Feb. 2-3.



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presentation sparked producers' interest in the Cleanfarms programs. Some producers asked questions at the presentation, and others visited the Cleanfarms booth during the remainder of the trade show to bring their questions forward," said Klippenstein.

It has been a couple of years since members of the Manitoba Beef Producers have been able to meet for their annual meeting due to the pandemic, so last week's AGM was a chance for everyone to get together and network. It's something that Callum and the rest of Manitoba Beef Producers did not take for granted.

"It was just a fantastic couple of days getting to see everyone again," said Callum. "It's going to be a busy rest of the year for us, but once we take some time to breathe, we'll start planning next year's AGM in the next couple of months."





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# Your Local Community Home Real Estate Section

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## Quick and easy ways to give your kitchen a new look

Kitchens are often described as the busiest rooms in a home. Kitchens are where meals are prepared and tend to be go-to gathering spots on holiday get-togethers and during other events when homeowners host family and friends.

With so much time spent in the kitchen, it's easy to see how homeowners might grow a little bored by these rooms. The cost of a kitchen remodel won't be cheap, as the home improvement resource Angi.com notes that the typical cost of such a project in the United States is between \$13,000 and \$38,000. Angi.com estimates even indicate that a high-end remodel could cost homeowners as much as \$61,000. That's beyond many homeowners' budgets. But the good news is that there are many quick and easy, not to mention less expensive, ways to give a kitchen a new look.



Installing up lighting beneath kitchen cabinets is an inexpensive way to give a kitchen a new look.



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· Repaint and restyle the cabinets. Cabinet space is an undeniably precious commodity in a kitchen, especially as more and more homeowners embrace their inner chef and cook more complicated meals at home. After all, the more expansive a home chef's culinary repertoire, the more space that person needs to store all the tools of the cooking trade. A full cabinet replacement is

unnecessary if the cabinets are still functional and not overcrowded, so repainting them can be a great way to give the kitchen a new look while keeping costs reasonable. During the painting project, homeowners can install new cabinet knobs and/or drawer pulls to freshen up the style of the cabinets even further.

· Install under-cabinet lighting. Another inexpensive way

to give a kitchen a new look is to install under-cabinet lighting. Under-cabinet lighting serves both an aesthetic and practical purpose. From a purely aesthetic standpoint, under-cabinet lighting can make a kitchen feel warmer and keep the kitchen illuminated when meals aren't being prepared and homeowners don't want to have their overhead lights on but still want to

be able to navigate the kitchen safely. During meal prep, under-cabinet lighting can illuminate counters so it's easier to chop, peel and perform other prep tasks.

· Replace existing backsplash. Replacing backsplash is another simple, inexpensive and effective



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Continued on page 19

# Your Local Community Home Real Estate Section

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## Factors to consider when buying furniture

Buying furniture can be an exciting prospect. The opportunity to breathe new life into a home with the addition of different furnishings inspires many people. However, at the same time, searching for furniture can be a tad overwhelming, especially when homeowners do not know where to begin.

Statistics Canada reports that Canadians spend an average of \$934 on furniture each year. The Bureau of Labor Statistics reported that, in 2017, Americans spent an average of \$2,484 on furniture. While furniture may not be the costliest investment, it's also not the cheapest, which is why getting it right is important.

Determine your needs

The first step in purchasing new furniture is to decide what is needed. Assess current furniture and think about what works for certain pieces and what doesn't. Then you can gear purchases around desired features. For example, if you've determined chenille fabric holds on to too much pet fur, the next couch may be leather or microfiber.

Measure more than once

Measure your room multiple times and create a mock floor plan. This will help when figuring out if certain pieces can fit into the space. Some retailers even offer floor plan software on their websites so that you can upload the dimensions of your room and see how certain items will fit in your spaces. In addition, be sure to measure the width of doors to ensure that it's easy to get the furniture into the home when delivered.

Determine your style

Figure out which style best fits your personality and lifestyle. This may be traditional, transitional or modern. Incorporate pieces accordingly, or mix and match to create a look that is completely unique.

Confirm materials

Consider your budget when choosing the construction materials for the furniture. Solid wood tends to be more expensive, but often more durable than engineered products. In addition, check to see how items are built. Pull out drawers and check hinges to ensure the quality is there.

Save money on sales



Furniture can be expensive, but there is room for savings. Shop when retailers offer seasonal sales. Consider warehouse retailers, which often sell select items at a discount.

Read reviews

Before taking the plunge, be sure to read reviews of items and retailers. While items may appear perfect, reviews can shed light on how pieces stand up to wear and tear.

Shopping for furniture means taking steps to measure, match style, read reviews, and find pieces that fit homeowners' lifestyles.

### > KITCHEN, FROM PG. 18

way to give a kitchen a new feel. Homeowners can opt for something neutral that won't upset their existing decor or go with a bolder backsplash that immediately draws the attention of anyone who enters the room. This simple job can be done by the average do-it-yourselfer and the cost of new backsplash won't break the bank.

· Replace existing seating. Whether you have an island countertop with bar stools or a breakfast nook with cushioned seats, replacing the seating is a budget-friendly job that can create a new look when entering the room. Countertop bar stools come in many styles, so giving this area of the kitchen a new feel can be as simple as shifting from classic, high-back stools to more modern swivel stools with a chrome base. For the breakfast nook, replacing a light-colored bench cushion with a bolder alternative can instantly transform the look of the space.

Kitchen remodels can break the bank. But there's a host of budget-friendly ways for cost-conscious homeowners to revitalize these popular spaces in their homes.

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# I Love to Read Month Fun



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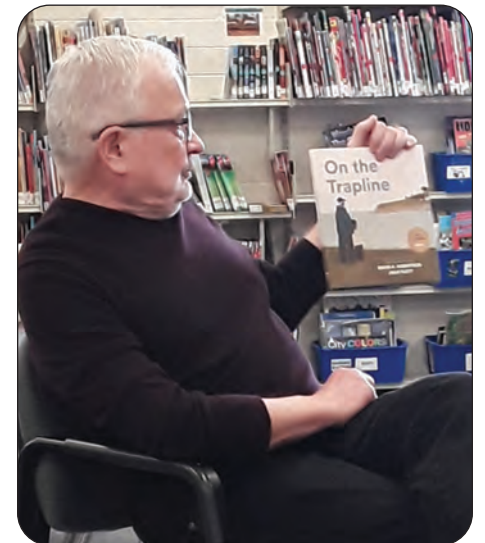


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**RECORD PHOTOS SUBMITTED**

Lord Selkirk School Division has been celebrating I Love to Read Month and students are enjoying visits from community members who are sharing their love of books. Pictured: (Clockwise from top left) Jerret Long LSSD superintendent, Councillor Lorie Fiddler and Chuck the Channel Catfish, Jack Bogaski LSSD trustee, and Judy Maryniuk LSSD trustee reading to Ruth Hooker School students.



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# get inspired

> MEAL IDEAS



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## Crunchy Salad Pizza on Cauliflower Crust

Heat oven to 400 F. Place frozen crust on large, parchment-lined baking sheet and brush top lightly with 2 teaspoons olive oil. Bake until crust is lightly golden, about 10 minutes. Transfer to cutting board and cut into quarters.

Using mandolin, peeler or large, sharp knife and cutting board, thinly slice carrots, fennel, bell pepper and onion. Transfer to mixing bowl and add grapes and 1/2 cup chickpeas. Add parsley, pesto and 1 tablespoon olive oil; toss well. Season with salt and pepper, to taste.

Using fork, coarsely mash remaining chickpeas and remaining oil; spread among pieces of crust. Mound grape-vegetable mixture on top. Dot with goat cheese and serve.

Nutritional information per serving: 490 calories; 9 g protein; 66 g carbohydrates; 22 g fat (40% calories from fat); 4 g saturated fat (7% calories from saturated fat); 30 mg cholesterol; 380 mg sodium; 4 g fiber.

- Prep time: 20 minutes
- Cook time: 10 minutes
- Servings: 4
- 1 frozen cauliflower pizza crust (11 ounces)
- 1 tablespoon, plus 4 teaspoons, extra-virgin olive oil, divided
- 2 medium carrots, peeled and trimmed
- 1 medium fennel bulb, quartered and trimmed
- 1 medium yellow bell pepper, halved and trimmed
- 1/2 medium red onion
- 16 black California grapes, halved
- 1 cup canned or cooked chickpeas, drained and rinsed, divided
- 2 tablespoons finely chopped fresh parsley
- 2 tablespoons pesto
- salt, to taste
- freshly ground black pepper, to taste
- 1 ounce fresh goat cheese, crumbled

# Expert patient here to help!



Susie Schwartz

Over the last year I've gotten lazy with my eating in this department. (Try being Diabetic, gluten-free, dairy free, low-fodmap, low histamine and vegetarian with gastroparesis. It is no 'picnic'.) And guess what? My symptoms have gotten worse again. I also just found a histamine intolerance blood test through an online lab that confirms I have it. What does this mean? Power. (And a lot of blueberries. But hey, who needs spinach and nuts and avacados and all those 'healthy' food options, anyway? Sigh.) At least now I can do something to feel better.

My point is, I had given in to feeling awful all the time, thinking it was hopeless. And then Dr. Ladybits took a long shot and suggested something most people have never heard of and even more don't believe to be a thing. (She wasn't even sure herself.) So keep asking questions and do your own research on the scary web. (But be smart. Only reputable sites. If you are the type to get wound up and worried and jump to the 2% worst case scenario, ask a loved-one or friend to do some digging for you. Maybe they might even see some possibilities through their fresh eyes.

So don't give in to the non-answers and vague explanations like, 'It's probably the diabetes'. Sometimes it's not, and there is help to be had.

Going to eat some blueberries.

Less health stress, yes?

A published author and musician, Susie currently lives in the UK. Find her on Instagram @medicalmiss\_stress, and at [www.lesshealthstress.com](http://www.lesshealthstress.com) where you can sign up for 'Convo with Carlos - 1 Care, 1 Quote, 1 Question' to get weekly support to your inbox.

By Susie Schwartz

So your throat gets itchy and your legs don't work and you have no energy and your 'daily constitutional' is weekly at best. You've been to your GP who sent you to a specialist and then another and another and still no answers. My advice?

Don't give in.

The above symptoms sit randomly in that sentence with no obvious links to each other. But in my case, they are linked, and it took about seven years and a female hormone specialist to suggest a possible explanation: Histamine intolerance.

Huh?

Yup, not her area of expertise, but Dr. Ladybits had heard that sometimes, oestrogen supplementation can exacerbate a histamine intolerance wreaking havoc on one's health. What is a histamine intolerance, you ask? Well it's when the body stores or intakes too much histamine (usually from food sources) causing body-wide allergies. She suggested I research the problem and make some dietary changes and see if it helped. It did.

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# 12th Gimli Ice Festival offers new events along with icy excitement

By Patricia Barrett

The upcoming Gimli Ice Festival is expanding its event offerings by teaming up with new organizations to bring more diversity to the popular wintertime festival, but keeping its fan favourites and some online content for those who can't attend in person.

Festival-goers can toss frozen fish off the Gimli Harbour wall, struggle to put on a frozen T-shirt as quickly as they can and gird their loins when the Vikings hoist their spears and swords. They can also watch daredevil drivers compete in the Fire on Ice motor race on Lake Winnipeg and motorcycle enthusiasts vie for corners in the Ice Man racing demo.

GIF co-chair Peter Holfeuer said the winter festival is celebrating its 12th year and has seen an increase in the number of organizations wanting to get involved, which helps diversify the program.

"We've seen such success in the growth of the festival as more and more organizations approach us and ask to partner and be involved with the festival," said Holfeuer. "The festival is a celebration of community, culture and heritage, and that's why it has continued to grow. There are more and more organizations saying, 'We want to be part of this.'"

New events this year include a fishing derby offering over \$50,000 in cash and prizes, a doubles curling bonspiel competition called the "Gim-



Gimli Ice Festival co-chairs Susan and Peter Holfeuer.

li Ice Festspiel" (a cross between the word festival and the German word spiel, meaning play or game) and workshops from the recently formed Gimli chapter of the Manitoba Métis Federation. The program is called the Gimli Métis Watershed Festival.

"The Gimli chapter of the MMF is working in collaboration with the East Interlake Watershed District and they approached us to set up some workshops and presentations and feature Métis artisans," said Holfeuer. "Both the MMF and the EIWD share a common goal to protect the environment and Lake Winnipeg."

The New Iceland Heritage Museum will be staging an Indigenous-themed art exhibit and film. The event called Embracing Truth & Reconciliation Art Exhibit & Film will be held on both days of the festival.

Holfeuer said he and his wife Susan are motivated to increase visitor traffic to Gimli in the winter, as well as offering Gimli residents some outdoor fun and entertainment.

"We want to continue to see more



RECORD PHOTOS BY PATRICIA BARRETT

After disembarking from their ship at Gimli Harbour for the 2020 Gimli Ice Festival, a group of unruly Vikings kidnapped New Iceland's Fjallkona (in white gown with turquoise coat). Visitors to this year's festival should be aware that they too could fall prey to the marauders.

happening in Gimli in the wintertime because it's an opportunity for our community to grow economically. The business community really needs this support. In the summer we do attract a lot of people because of the beach," he said. "But in the winter, it's a little more challenging. This is something faced by every community that tries to attract people in the wintertime."

In addition to attracting winter visitors, the festival proves to be irresistible to the Vikings (played by a Living History Society group called the Hands of Lugh). They'll be offering

plenty of action around the harbour area, where they set up an outdoor cooker and roast up some beasties and other fare from mediaeval times. They love to show off their combat skills and their colourful shields.

Visitors can enjoy a Kiwanis-cooked pancake breakfast to get the day going, take a Bannock and tea break over an open fire near the harbour or grab a bite to eat at one of Gimli's many restaurants or coffee shops.

Once refreshed, they can get back into some icy action on the Gimli Harbour Trail

by giving crokicurl a try (a cross between curling and the board game Crokinole), lacing up their skates and visiting the large Viking ship sculpture. There will be plenty of action for the kids including face-painting, mural creation at the Gimli Art Club and outdoor fun-time activities with festival mascot Cooley.

GIF co-chair Susan Holfeuer said she and Peter "love winter" and they'll be building a large igloo near the harbour where people can take a break and warm up.

"We will be building an igloo by the art club and we want the community to get involved with the construction," she said. "We want to have that ready in time for the festival."

When the COVID pandemic started in 2020, she said they began offering online events. Because they were able to reach a wider audience, they decided this year to offer three online events: a kids creative drawing contest, a winter expression photo contest and a virtual 5- or 10-kilometre walk. All three events open Feb. 18 and run until March 5 when the winners will be given prizes.

On Saturday night of the festival people can watch fireworks over Gimli harbour then enjoy some musical entertainment with a drum group and Tracy Martin's band, Without a Trace.

Because the festival gets over 100 volunteers every year to keep it running smoothly, the Holfeuers organize a special recognition night for them.

The Gimli Ice Festival will be held March 3-5. For a full list of events and information about festival passes, check out [www.gimliicefestival.com](http://www.gimliicefestival.com)

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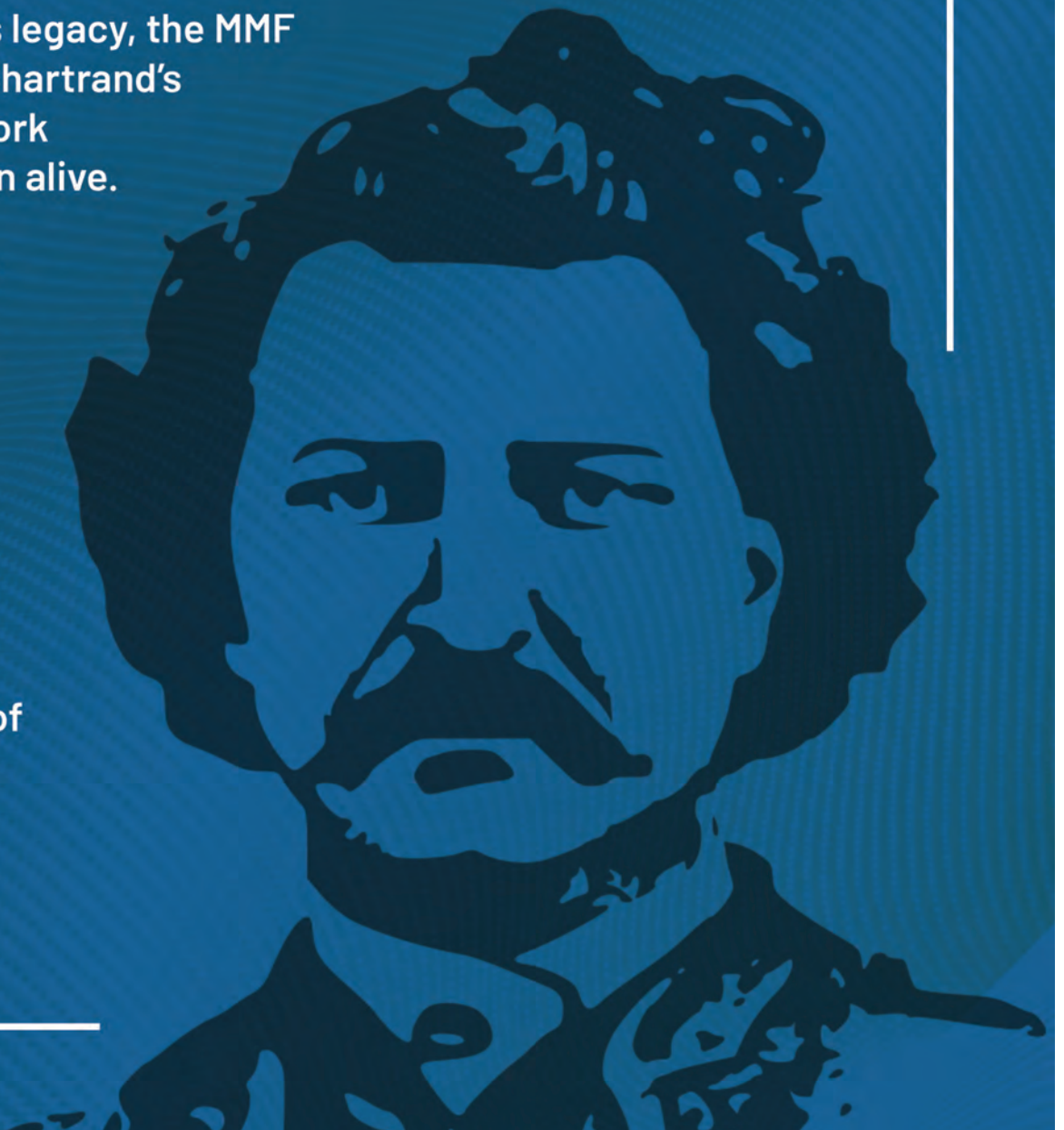
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[mmf.mb.ca](http://mmf.mb.ca)



## FEBRUARY 20 LOUIS RIEL DAY



# New Iceland Heritage Museum launches first phase of fisherfolk memorial project

By Patricia Barrett

The New Iceland Heritage Museum in Gimli has embarked on the first phase of a project to erect a memorial to commercial and Indigenous fishers who died while working on Lake Winnipeg.

NIHM executive director Julianna Roberts said the idea for a tribute to fishers came from a local resident who saw a memorial dedicated to ocean fishers on Canada's east coast.

"A local resident had been to Lunenburg, Nova Scotia, where there's a big memorial for fishers that lost their lives on the ocean," said Roberts. "We live in a community where fishing is a major part of the economy. Fishing supported Icelandic settlers to the area, as well as the Indigenous people. Fishing has always been a huge part of New Iceland and a way of life for all the Indigenous communities along the lake. Our local resident said a memorial here would be a great way to pay tribute to those who worked on the lake and lost their lives."

The fisherfolk memorial will honour both men and women who made a living from fishing on what can be a dangerous lake and died while either fishing or transporting fish.

"We know that women would fish alongside their husbands or their brothers or had their own [fishing] licenses," said Roberts.

The NIHM showcases the history of New Iceland, a colony created on land the government offered to Icelandic settlers in the late nineteenth century along the western shore of Lake Winnipeg. It also includes some Indigenous cultural history as the Indigenous people played a vital role helping the first Icelandic settlers sur-



A Lake Winnipeg fisher.

vive a harsh winter.

The museum operates the Lake Winnipeg Visitor Centre by Gimli Harbour. A former fish plant, the centre contains a wealth of fishing memorabilia and information, including an original whitefish boat, a diorama of fisherfolk and a 30-foot-long mural depicting the Lake Winnipeg watershed and the lake's ecosystem. A bollard from the Suzanne-E., a fish freighter that capsized in September 1965 during a fierce storm, sits outside the centre.

The fisherfolk memorial will also be located outside the centre, but Roberts said they don't know exactly what it will look like because a list of names has first to be compiled to gain some understanding of how large the memorial will need to be. It will also have to incorporate space for the names of fishers who might get overlooked in the research phase of the project.

"We don't know [what it will physically look like]. There's no central registry of all the people who died. We're gathering names in Phase 1 of the project, and in Phase 2 we'll be looking for someone to come up with a design for the memorial," said Rob-



RECORD PHOTOS COURTESY OF HEATHER HINAM

Lake freighters such as the Lu-Berc, the Goldfield and the Suzanne-E seen here in this historical photo would pick up fish from various communities and fishing stations around Lake Winnipeg.

erts. "It will have to be a memorial we can add names to later on because we know we're going to miss people."

After receiving a grant from the Westshore Community Foundation, Roberts said the museum hired Heather Hinam of Second Nature Creative Interpretation to compile a list of fishers.

Hinam has a personal connection to the lake through her childhood ties to Hecla and to the fishers she has known and still knows.

"I have very strong ties to the lake. I've grown up surrounded by the lake and know a lot of commercial fishers both in Gimli and Hecla and further north, so this project is something I can step into really easily. It's very much a meaningful project for me. I've always felt close to the lake and to fishers on the lake," said Hinam.

She'll be combing through a number of sources such as archival documents, newspapers, obituaries and community history books for the names of fishers who died on the lake.

"I'm at the very beginning stages and there are a lot of archives I have to dig through yet," said Hinam, whose company creates interpretative exhibits including the mural in the visitor centre and interpretive panels for the East Interlake Watershed District's nature garden. "I've already had several people emailing me with stories and we're making progress. We don't know how many names there are.

They're scattered about in newspaper articles and books and people's own memories. We have no idea whether there are one hundred or one thousand."

She'll also be reaching out to Indigenous communities for names of fishers who died on the lake.

"A lot of people lost on the lake were Indigenous so we're communicating with First Nations around the lake to try to get those stories because they might not be recorded anywhere else," said Hinam.

She started researching at the beginning of January and plans to wrap up by April or May.

Although it's fascinating to learn about fishers' history and their work on the lake, Hinam said it's difficult to hear of the tragedies and losses that affected the families and communities.

"It's difficult because these are tales of loss of people's loved ones. It's their family and it must be hard to think about that sometimes," said Hinam. "I'm grateful to them for being willing to share that with me. It's not always easy."

People who lost a fisher on the lake are encouraged to call Hinam to get that person's name added to the memorial. Hinam can be contacted by email: [fisherfolkmemorial@outlook.com](mailto:fisherfolkmemorial@outlook.com) or by phone at (204) 619-4119.

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# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Dunstone wins first Viterra Championship

By Ty Dilello

Team Matt Dunstone captured their first Viterra Championship Sunday afternoon at the Yellowhead Centre in Neepawa.

The Dunstone rink, which features Gimli's B.J. Neufeld and Colton Lott, was victorious after defeating Reid Carruthers in a nail-biting 8-7 championship final. Fort Rouge's Matt Dunstone will now represent Manitoba at the 2023 Tim Hortons Brier.

For Dunstone and Lott, it was their first Manitoba men's provincial curling championship and one they'll savour for the rest of their lives.

"It means everything. You grow up watching Jeff Stoughton and Vic Peters and Kerry Burtnyk in their heyday, doing exactly that, so to have your name on the same trophy as them is pretty damn cool," said Dunstone.

It would never be easy to win your first, and Sunday's final was an extremely tough battle against a pesky three-person Team Carruthers of the Morris Curling Club.

It was a game of critical shots, and key misses by both teams. After nine ends of play, Carruthers led 7-5. However, in the end, Dunstone capitalized on a burnt stone by the Carruthers team in the dying stages and could score three points without throwing their final stone to win 8-7.

"It's a super unfortunate situation and circumstance as a whole. I talked it over with Reid a bit, and Reid did insist that we take the rock off. I hope that situation does not cloud over what was a phenomenal game by both teams."

It was a long road to the championship for Dunstone. After losing a playoff round game to Braden Calvert on Saturday morning, they had to come through the B-side to win the event after rattling off four straight elimination games over Ryan Wiebe,



PHOTO SUBMITTED

Team Matt Dunstone captured their first Viterra Championship in a stunning 10th end comeback on Sunday afternoon at the Yellowhead Centre in Neepawa. Left-to-right: Skip Matt Dunstone, third B.J. Neufeld, second Colton Lott, lead Ryan Harnden, coach Adam Kingsbury with Curling Canada representative.

Steve Irwin, and Calvert in the semifinal Sunday morning and then beating Carruthers.

"It was do-or-die, and we had to rebound against good opponents," said Dunstone. "It's a tribute to how good this team is, and I'm proud of them for sticking with it in a super difficult situation, having your backs against the wall with four more games that you have to win."

Despite losing the final, The Carruthers rink will join Dunstone at the Brier as Team Wild Card #2.

"I can't say I've ever lost one quite like that before. But hey, we were lucky to get where we were, too

and put up a good fight," said Carruthers. "We will now look ahead to try to continue playing well at next month's Brier."

Winnipeg Beach's Justin Reynolds also represented the Interlake well by going 2-2 at the provincials. David Hamblin of Morris finished his event with a 1-2 record.

Dunstone and Carruthers will now head to the 2023 Tim Hortons Brier, which will be held at the Budweiser Gardens in London, Ontario, from March 3-12.

## Royals KO Kodiaks in WHSHL playoff hockey

By Brian Bowman

The Selkirk Royals made quick work of the River East Kodiaks in the Winnipeg High School Hockey League playoffs last week.

Selkirk defeated River East 6-2 on Feb. 7 and then trounced the Kodiaks 8-3 the next day to sweep the best-of-three series in two games.

"In both games I thought we played really well," said Royals' head coach Michael Buffie. "Game 1, we kind of let them stick around a little bit. We were in their zone, for the most part, but we let them stick around and they tied it 2-2 going into the third."

In Game 1 of the series in Selkirk, the Royals snapped the third-period tie with four unanswered goals.

Selkirk picked a perfect time to have a strong third period.

"Like we talked about all year, third periods are going to win hockey games," Buffie said. "So, we came out and dominated the third period."

Brennan Feschuk led the Royals with a goal and two assists while Andrew Denoon, Johnathan Kruk, and Nathan Ramos-Lam each had a goal and an assist.

Andrew Carter and Gaven Berry also scored for Selkirk.

River East goals came from Matt Didyk and Hayden Baseraba.

Jonny Enns-Demchuk posted the win in goal.

Game 2 saw Selkirk build period leads of 2-0 and 4-1.

Mikey Monchak had a strong game with two goals and two assists while Deegan Teixeira added two goals and an assist.

Denoon and Ryan Cromie each chipped in with a goal and a helper. Berry and Zack Lemire scored the Royals' other goals.

Drake Vermeulen had three assists in the game while Kruk and Riley Yourchenko had two helpers apiece.

Enns-Demchuk played well, once again, earning the victory.

Everyone on the Royals contributed to the series win, said Buffie.

"We played well as a whole team," he said. "If you look at our stats, pretty much everybody in the lineup contributed. All three lines were helping and in the playoffs that's what you need."

Selkirk now advances to play Steinbach in a best-of-three series. Game 1 is set for Wednesday (4 p.m.) in Steinbach and then Game 2 will be played

Friday (4 p.m.) in Selkirk.

A series-deciding third game would be played Friday (4 p.m.) in Steinbach.

In Manitoba Women's High School Hockey League action, Selkirk was shut out 8-0 by the JH Bruns Broncos on Feb. 6.

Broncos' goals came from Taylor Williamson (three), Sophia Heidinger (three), and Rikki Li-Naaykens (two).

The Royals will face the Oak Park Raiders in a best-of-three playoff series. The two teams started the series on Tuesday in Selkirk but no score was available at press time.

Game 2 of the series is set for Thursday (3:45 p.m.) at Eric Coy Arena. If necessary, Game 3 returns to Eric Coy Arena on Friday (3:45 p.m.).

# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Mandryk reaches top 10 in conference history in assists

By Michael Still/Bisons' sports

Moments after a three-set sweep of Fraser Valley, which pushed the University of Manitoba Bisons into the eighth and final playoff spot in the Canada West conference at 9-13 with one weekend to go, setter Jack Mandryk was flooded with support from his parents and current and former teammates.

He just finished playing in the final regular season home game of his Bisons' career, one that saw him enter the top 10 all-time in Canada West history, with 2,794 assists.

Mandryk, a former Selkirk Royals' star, entered the season just outside the top 20, boosting his numbers with over 600 assists this year, the third time in four seasons he's accomplished the feat.

But before he had even a second to think about his total or his time at the U of M, he had countless people around him, giving him hugs and asking for a picture.

Later, when he went to the locker room area for a post-game interview, he was bombarded by his teammates, who doused him in water, roaring with laughter and happiness for their captain.

The pandemonium that erupted around Mandryk after the game is a textbook example of how much he's loved and supported. A team-first student-athlete, Mandryk is as humble as they come, never pointing to himself even when making seemingly impossible plays look effortless.

On a roster with 12 players in their first or second year of eligibility, he was a rock, a steady voice in the locker room alongside the likes of fellow seniors Brendan Warren and Mathieu Lavoie, but he never made it about himself.

In fitting fashion, he directed the at-



Jack Mandryk

tention to his teammates when he discussed the honour of cracking the top 10 all-time in assists.

"Top ten is cool. It's very similar to top 20, where it makes me think of everyone I played with and everyone I've been coached by," he said, visibly emotional. "Throughout my career, I got to be a part of this group with so many people, and it's easy to be consistent when you have people like this."

When Mandryk reached the top 20, it was a cool feat. But the top 10 hit different. Not because of the number itself, but because of how it happened.

Up 21-16 in the third set, he timed a pass perfectly to rookie middle Harrison Ens, who smashed down Mandryk's 2,794th assist.

It was a full-circle moment. The veteran dishing it off to the true freshman, one of four to make instant impacts at the university level.

Despite being much older than most of the roster, Mandryk learned valuable lessons from his teammates. They helped remind him about the joy



RECORD PHOTO MIKE STILL/BISONS SPORTS

University of Manitoba Bisons' setter Jack Mandryk, a former Selkirk Royals' star, entered the top 10 all-time in Canada West history with 2,794 assists after a 3-0 home win over Fraser Valley last Saturday.

in playing volleyball. In being around your friends, not worrying about the grind or the end goal, but simply living in the present moment with your brothers.

And for that, he'll be eternally grateful.

"This group really taught me how to love the game again in my last year, and I really mean that. These young guys are so full of piss and vinegar, they want to come in every day and they love the sport. I owe them a lot," noted Mandryk, holding back tears.

"I'm going to miss them so much. Just as a person, getting to be a part of this group of people, I'm going to

miss them so much. They made it really tough to go."

Manitoba still has plenty to play for. They face a tough test on the road in Calgary to end the regular season, with the Dinos just two points ahead of them at press time. That's not lost on Mandryk, who'll add to his incredible totals in the last two games of regulation play.

He isn't thinking about anything after that. The focus is on making the playoffs, but when asked what he wants his legacy to be, the Lockport native kept things on brand.

"He loved the game, he loved the guys. That's all I really care about."

## Hockey Manitoba to host Female U16 Evaluation Tournament

Staff

Hockey Manitoba will be hosting a Female U16 – Evaluation Tournament March 31 to April 2 at the Scotiabank hockey for all centre.

The registration form can be found at <https://permission.click/Ez332/ca>

The registration link will also be posted publicly on social media and the Hockey Manitoba website some-

time this week.

The Evaluation Tournament is an open registration event for 2008 and 2009 born female athletes interested in participating in the Hockey Manitoba Female U16 Program. Athletes that attend the Evaluation Tournament weekend will be placed on mixed region teams and play inter-squad exhibition games that will be scouted by the selected Female U16

coaching staff.

Based on current projections, the cost of the Evaluation Tournament weekend will be approximately \$150+GST per athlete. This fee will be confirmed following the conclusion of registration and the payment link will be sent out to all registered athletes the week of Feb. 13-17.

Following the evaluation tournament, a group of approximately 60

athletes will be selected to move on to Development Camps in June and July before a competition weekend in August. Details on dates and camps can be found on the Hockey Manitoba website via the link below.

<https://www.hockeymanitoba.ca/programs/female-u-16/>

# Selkirk Judo Club golden at Inner City Open

By Brian Jones

Seventeen fighters from the Selkirk Judo Club competed at the Inner City Open held at Churchill High School in Winnipeg on Feb. 4.

The tournament drew 160 entries from Manitoba and Ontario. The Selkirk club finished with 10 gold and five silver medals.

Winning gold medals were Scotia Hogan in U12 Female Lightweight, Zoey Lewin in U12 Female Middleweight, Hunter Kennedy in U12 Male Middleweight, Eva Everett in U14 Female under 52 kg, Beth Penner in U16 Female under 57 kg, McKenna Stewart in U16 Female under 70 kg, Beth Penner in U18 Female under 48 kg, Kaya Leveille in U18 Female under 52 kg, McKenna Stewart in U18 Female under 70 kg, and Laura Ramirez in U21 Female under 57 kg.

Silver medals went to Reah Lewin in U14 Female under 52 kg, Carter Leveille in U14 Male under 55 kg, Kaya Leveille in U16 Female under 57 kg,

Dalin Kymanick in U18 Male over 90 kg, and Florence Ott in U21 Female under 70 kg.

"The Inner City Open is the largest local tournament of the year, and our team was rewarded for a great effort," said one of the club's coaches, Brian Jones.

The next competition involving the club's athletes will be the 2023 Canada Winter Games in Charlottetown. The judo team leaves on Feb. 26 for PEI, and returns a week later. Four members of the club have been selected to represent Manitoba: Beth Penner (Female under 48 kg), Kaya Leveille (Female under 52 kg), McKenna Stewart (Female under 63 kg) and Daniel Ekosky (Male under 81 kg).

"Our Canada Winter Games athletes have been training hard at the club and with the provincial team program for a year and a half in preparation for the Games. They are looking forward to a great competition and experience in PEI," commented Jones.



RECORD PHOTO SUBMITTED

The Selkirk Judo Club competed at the Inner City Open on Feb. 4. Pictured top row, left to right, McKenna Stewart, Dalin Kymanick, and Kaya Leveille. Bottom row, left to right, Beth Penner, Carter Leveille, Florence Ott, and Laura Ramirez.

# Fishermen edged by Ice Dawgs

Staff

The Selkirk Fishermen let an early 2-0 lead slip away in a 3-2 road loss to the Ice Dawgs in Capital Region Junior Hockey League action on Saturday in Arborg.

Raymond Hefferman and Seth De La Ronde scored to give Selkirk an early 2-0 lead but Ar-

borg's Jake Plett answered with a power-play goal late in the opening period.

Cadrick Dueck scored another power-play goal in the second and then Noah Johnson tallied the game winner while shorthanded in the third.

On Feb. 7, Selkirk earned an important 5-3 road win over the St. Malo Warriors.

Xander De La Ronde led Selkirk with a pair of goals while Matt Brooks, Kyle Folhoffer, and Carter Courchene also tallied.

St. Malo goals were scored by Jeremie Collette, Brady Gregoire, and Radek Merasty.

Owen Derewianchuk made 34 saves for the win.

Selkirk played the North Winnipeg Satelites this past Tuesday but no score was available.

The Fishermen will host the Beausejour Comets on Sunday at 3 p.m. at the Recreation Complex. It is Selkirk's final regular-season game.

Selkirk leads the six-team league with 68 points, six more than St. Malo.

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The Selkirk Record

# Steelers win fifth-straight game

### Staff

The Selkirk Steelers continue to push for a playoff spot.

The red-hot Steelers won their fifth game in a row after a 5-3 road win over the Winnipeg Freeze on Sunday evening.

Steelers forward Lucas Brennan led the winners with two goals and an assist. On Monday, he was named one of three Original 16 Stars of the Week.

Cameron Hibbert, Carter Cormier, and Jacob Ziegler also scored for Selkirk.

Nathan Lenoski (two) and Andrew Thevent replied for Winnipeg.

Joshua Kirton stopped 19 Freeze shots for the victory.

Last Saturday, Selkirk stopped the Steinbach Pistons 4-1 at the Recreation Complex.

Cormier gave the Steelers a 1-0 first-period lead and then Mathieu Moreira made it 2-0 early in the middle frame.

Steinbach's Nicholas Mikan cut the lead in half late in the second period.

Brennan made it 3-1 midway in the third and then Ethan Brown closed

out the scoring with an empty-net goal in the game's final minute.

Selkirk was 2-for-6 on the power play while Steinbach was 0-for-5.

Hunter Tarves made 21 saves for the win.

On Feb. 7, Selkirk pounded the visiting Portage Terriers 5-2.

The Steelers, which held period leads of 3-1 and 4-2, received a two goal and an assist effort from Cormier.

Aidan Anderson, Tyson Smith, and Owen Weihs also scored for Selkirk.

Brennan had three assists while Brown chipped in with a pair of helpers.

Tayem Gislason and Mike Stubbs replied for Portage.

Tarves made 33 saves for the win.

Selkirk, now 19-23-3-1 and in fifth place in the MGEU East Division, just four points behind Niverville, will host the Freeze Friday and the OCN Blizzard on Saturday. Puck drop for both games is 7:30 p.m.

The Steelers will then visit Portage on Monday. Game time is 3:30 p.m.



RECORD PHOTO BY BRETT MITCHELL

Steelers' forward Owen Weihs looks to make a play against the Portage Terriers on Feb. 7. Selkirk won the game 5-2.

## Allen on track in South Dakota



RECORD PHOTO SUBMITTED

The University of Manitoba Bisons' Tristan Allen ran a personal best (1:17.57) in the 600-metre at a track and field event in Brookings, S.D. last weekend. Allen's time ranks him in first place nationally for the 600m.



RECORD PHOTO BY BRETT MITCHELL

Game sponsor MGEU board member Andrew Milejszod dropped the ceremonial puck for the Selkirk Steelers' Mathieu Moreira and the Portage Terriers' Brandon McCartney before their game on Feb. 7.

CATCH THE EXCITING NEW TEAM FOR THE 2022-2023 SEASON



NEXT HOME GAMES

- VS Winnipeg Freeze Fri, Feb 17<sup>th</sup> 7:30 pm
- VS OCN Sat, Feb 18<sup>th</sup> 7:30 pm
- VS Winkler Flyers Fri, Mar 3<sup>rd</sup> 7:30 pm



NEXT AWAY GAMES

- VS Portage Mon, Feb 20 3:30pm
- VS Niverville Sat, Feb 25 7:30pm

www.selkirksteelers.com

the Steelers Box Office is open 1 hour before game time  
**SELKIRK RECREATIONAL COMPLEX**

**GET YOUR GAME TICKETS AT:  
THE STEELERS BOX OFFICE**

# Classifieds



Book Your Classified Ad Today - Call 785-1618 or Email lucy@selkirkrecord.ca

### METAL RECYCLING

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

### METAL RECYCLING

Buyer for all farm-yard scrap, machinery and autos. No item too large! Best prices paid, cash in hand. Phone Alf at 204-461-1649.

### LAKESIDE FLIGHT ACADEMY

Want to learn how to fly? Interested in a career as a commercial pilot? Lakeside Flight Academy is the most affordable in Canada. We have students from all over the world. We offer flight training and ground school (air law, navigation, meteorology, aeronautics general knowledge). Call 204-651-1402.

### HELP WANTED

Looking for part time work? We are hiring collators for Tuesday (12:30 to 8:30 p.m.) and Wednesday in the Inkster Park in Winnipeg. Must be in good physical condition, have good manual dexterity, be capable of standing for long hours and lifting at least 20 lbs. If interested call 204-467-5836.

### METAL RECYCLING

BUYING SCRAP METAL, CARS, TRACTORS, COMBINES, FARM SCRAP, ANY METAL MATERIAL, ANY FARM MACHINERY. PH LONNIE AT 204-886-3407 LVE. MESSAGE OR CELL AT 204-861-2031.

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- POSTERS
- MEMO PADS
- POST CARDS

**Call Today!  
204-467-5836**



# take a break > GAMES

## SUDOKU

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

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!

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

Sudoku Answer

R	O	D		T	V	E	F	E	E	B
V	A	R	S		P	I	Z	L	E	A
T	N	V	R	A	T	V	R	I	S	V
S	L	V	A	C	D	V	D	S	V	A
E	D	E	C	E	P	E	V	N	E	S
C	I	M	S	I	S	E	M	A	N	
A	V	M	A	L	E	M	A			
V	G	I	V	T	A	S	T	P	I	R
N	E	I	M	T	E	T	I	N	E	
D	N	E	M	E	L	E	V	S	A	S
E	H	G	E	S	C	B	S	L		
H	I	T	C	A	L	E	V	A	C	P
S	A	S	B	A	P	M	A	O	N	A

Crossword Answer

# X CROSSWORD

### CLUES ACROSS

1. River in Tuscany
5. A way to represent
8. Rocker's guitar
12. Civil Rights group
14. Brew
15. Scratch
16. W. Asian country
18. The Eye Network
19. Clarified butter
20. Part of the Cascade Range
21. Downwind
22. A way to steer
23. Loop
26. Not ingested
30. Swampy coniferous forest
31. Musician
32. Signing
33. Containing iron
34. Part of a theorem or proof
39. Veterans battleground (slang)
42. Of enormous proportions
44. Italian city
46. Come before
47. Balm
49. Undergarments
50. Male parent
51. Ropes
56. Ear part
57. Investment vehicle
58. Dictator
59. Cain and \_\_\_
60. A type of code
61. Border river along India and Nepal
62. It's what's for dinner
63. Consume
64. Christian \_\_\_, designer

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	35	36	37	38	
				39	40	41		42	43					
								44	45					
									46					
								47						
49								48						
56									57			58		
59												61		
62														64

3. City in central Japan
4. Sorrels
5. Twinned diamond
6. Canadian province
7. Monetary units
8. Head honcho
9. Goddess of wisdom
10. Part of a play
11. Get rid of
13. Applicant
17. Bowling alleys have many
24. Explosive
25. "The Say Hey Kid"
26. Ultrahigh frequency
27. No (Scottish)
28. Make a mistake
29. Credit card term
35. Keyboard key
36. Woman (French)

37. In the middle of
38. Score perfectly
40. Coat a metal with an oxide coat
41. Deadly disease
42. A place to dock a boat (abbr.)
43. Belch
44. Member of U.S. Navy
45. "In \_\_\_": separate from others
47. Examine extensively
48. Adjust
49. Tattle
52. Actor Pitt
53. Gulls
54. Within
55. Exceptionally talented performer

# Classifieds



Book Your Classified Ad Today - Call 785-1618 or Email [lucy@selkirkrecord.ca](mailto:lucy@selkirkrecord.ca)

**Starting a new business?**  
**Call us - We have everything**  
**you need to promote**  
**your business**  
**Call 204-785-1618**



**Rural Municipality of West St. Paul  
 Request for Proposal 2023-02**

## HUMAN RESOURCES CONSULTANT

The Rural Municipality of West St. Paul is seeking proposals for a Human Resources Consultant.

Specifications and proposal documents are available at the Municipal Office, 3550 Main Street, West St. Paul, MB R4A 5A3 or online at [www.weststpaul.com](http://www.weststpaul.com).

Sealed submissions clearly marked "RFP 2023-02 - Human Resources Consultant" will be received by the undersigned at the address below until 11:00am on March 2, 2023. Late submissions will not be accepted.

Proposal pricing shall be in Canadian Dollars and exclusive of GST, which shall be extra where applicable. Submission documents that have not met all requirements set out in the quotation package will not be accepted.

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

All inquiries related to the quotation should be directed to myself by e-mail [admin@weststpaul.com](mailto:admin@weststpaul.com) or by phone at 204-338-0306.

Ms. Lainie Shaw, ACAO  
 Rural Municipality of West St. Paul  
 3550 Main Street  
 West St. Paul, MB R4A 5A3



**Rural Municipality of West St. Paul  
 Request for Proposal 2023-01**

## EXECUTIVE SEARCH

### SERVICES FOR THE RECRUITMENT OF A CHIEF ADMINISTRATIVE OFFICER

The Rural Municipality of West St. Paul is seeking proposals to provide Executive Search Services for the Recruitment of a Chief Administrative Officer.

Specifications and proposal documents are available at the Municipal Office, 3550 Main Street, West St. Paul, MB R4A 5A3 or online at [www.weststpaul.com](http://www.weststpaul.com).

Sealed submissions clearly marked "RFP 2023-01 - Executive Search Services for the Recruitment of a Chief Administrative Officer" will be received by the undersigned at the address below until 10:00am on March 2, 2023. Late submissions will not be accepted.

Proposal pricing shall be in Canadian Dollars and exclusive of GST, which shall be extra where applicable. Submission documents that have not met all requirements set out in the quotation package will not be accepted.

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

All inquiries related to the quotation should be directed to myself by e-mail [admin@weststpaul.com](mailto:admin@weststpaul.com) or by phone at 204-338-0306.

Ms. Lainie Shaw, ACAO  
 Rural Municipality of West St. Paul  
 3550 Main Street  
 West St. Paul, MB R4A 5A3

#### HELP WANTED

Personal Support Worker wanted. In-home help for female in Lockport. Temporary part-time. 3-4 evenings per week 5-9 p.m. Accountabilities: non-smoker, activities of daily living, Quality of Life. Qualifications/Experience: First Aid, CPR Certification, health care certificates, criminal and abuse registry. Email Resumes and enquiries to [belbs904@gmail.com](mailto:belbs904@gmail.com)

#### HELP WANTED

Part-time leading to full time. Driving in Selkirk, surrounding areas and out of town. Mon. - Friday time hours. Company vehicle and cell phone provided. Must have valid Class 5 driver's license. Driver abstract required at time of hire. To apply, mail resume to Employment Opportunity, PO Box 10000, Selkirk Pro South, MB, R1A 0P5. Successful applicants will be contacted.

#### MISCELLANEOUS

A pool table 4x8 comes with all accessories. Very good condition. \$300 or best offer. Call Ken 204-668-6177.

For sale: Kicksled and double harness for 1 or 2 dogs in brand new condition. Also includes 2 adult-sized safety helmets. All for \$350. Chain link fence panels, 4' x 6' and 6' x 6', enough panels to make 5 - four foot by six foot kennels or 1 or 2 larger kennels. Comes complete with all hardware for assembly, including latches and hinged for gate. Asking \$100 per kennel or \$400 for all. Call or text Herb at 204-479-2069.

#### MISCELLANEOUS

EC Men's blueish purple parka, sz XXL, w/black woolen hood; fits a man's sz XL, \$100, BN Men's sz 9 buckle-up leather winter boots, \$100; Sunbeam 2-slice TOASTER, ECIEWO, \$15; BN-CIEC pr. sz 9 Men's WORK BOOTS/ SAFETY SHOES w/ laces & steel caps over toes, \$100; red, white & black lined WINTER SUITCOAT OVERCOAT fits a Men's sz. XL, well insulated winter overcoat, has been dry cleaned, \$100. Ph. 204-785-8598.

#### WANTED

Wanted - older string musical instruments & amps, etc. Call 431-737-6441.

#### FINANCIAL SERVICES

Private mortgage lender. All real estate types considered. No credit checks done. Deal direct with lender and get quick approval. Toll free 1-866-405-1228 [www.firststandsecondmortgages.ca](http://www.firststandsecondmortgages.ca)

#### UPCOMING EVENTS

St. Andrews Anglican Church Pancake Supper on February 21st, 2023 at 6 p.m. Held at Rosedale Hall on Donald Road, Lockport. Admission: Adults \$12, children under 12 \$3. Tickets at the door. Proceeds to "Raise the Roof" fund at the church.

#### WANTED

Private collector looking to buy firearms. Complete collections ammunition and hunting related items. Licensed and insured. Cash buyer. Call or text 204-297-9223.

Firearms wanted. Looking for all unwanted firearms. Fully licensed for both non-restricted and restricted. Anywhere from individual items to estates. Cash buyer, paying top dollar. Please call or text Adam at 204-795-2850.

WORLD DAY OF PRAYER 2023 re: TAIWAN - "I Have Heard About Your Faith" Ecumenical Worship Service Information: March 3rd, 2023 at 2:00 p.m. NOTRE DAME CATHOLIC CHURCH, 269 Jemima St, Selkirk.



### Response Builder Advertising WORKS!

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Contact this newspaper NOW or MCNA at 204.947.1691 or email [classified@mcna.com](mailto:classified@mcna.com)

[www.mcna.com](http://www.mcna.com)

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

#### SHOP LOCAL

**APARTMENTS  
 FOR RENT**

**RULE  
 APARTMENTS  
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2 beds & 1 bath. \$1,150 & \$1,250/mth includes 1 parking stall & water, tenants pay their own hydro. Elevator in building, front door intercom, in-suite laundry. No pets & no smoking. 1 year lease only.

**Call/text 204-290-3805  
[ruleapartments@gmail.com](mailto:ruleapartments@gmail.com)**

## WANTED

A purebred West Highland Terrier puppy. Will consider non-purebred if available.

**Contact Dennis  
 204-745-8811 Carman.**

Do you have a unique service you would like to advertise? Get the word out with an ad in the Record!

Eddie's Gravel Supply Ltd. is Hiring

## MECHANIC/ APPRENTICE

- Truck/Trailer/Equipment Repair
  - Wage of \$70,000 - \$100,000
  - Benefits • Experience required
- 204-389-2023

[info@eddiesgravel.com](mailto:info@eddiesgravel.com)  
 102086 Hwy #9, Wpg Beach, MB

Eddie's Gravel Supply Ltd. is Hiring

## SHOP/MECHANIC HELPER/ APPRENTICE

- \$17-\$28 based on experience
  - Benefits • Full Time Permanent
- 204-389-2023

[info@eddiesgravel.com](mailto:info@eddiesgravel.com)  
 102086 Hwy #9 Winnipeg Beach, MB

### McSherry Auction Service Ltd

#### McSherry Online Auction for Cheguis Plumbing + Heating

Closing Time of Thursday March 2nd at 6 PM  
 Location: Stony Mountain, Mb  
 2 Miles North on HWY #7 - East on 75N  
 Driveway Marker #10037E

Featuring: '51 Chevy 1420 Step Side Truck - Runs, '13 BH Hyd. Tilt Tandem 14' Gravel Trailer, '17 BH 16' Tandem Flat Deck Trailer, Car Dolly, J.D. 155 R. Mower, (2) 40' Containers, Sky Jack 26' Lift, Pallet Racking, Plumbing Related Tools, Power Threader, Pallets of New Plumbing/ Heating Items, 5 Portable Toilets, Coke Cooler + Signs, Office Furniture.

for complete detailed listing with viewing details, pictures + online bidding - Go To [www.McsherryAuction.com](http://www.McsherryAuction.com)  
**204-467-1858 or 204-886-7027 [mcsherry@mymts.net](mailto:mcsherry@mymts.net)**

# Classifieds



Book Your Classified Ad Today - Call 785-1618 or Email [lucy@selkirkrecord.ca](mailto:lucy@selkirkrecord.ca)

## NOTICES

**URGENT PRESS RELEASES** - Have a newsworthy item to announce? An exciting change in operations? Though we cannot guarantee publication, MCNA will get the information into the right hands for **ONLY \$35 + GST/HST**. Call MCNA 204-947-1691 for more information. See [www.mcna.com](http://www.mcna.com) under the "Types of Advertising" tab for more details.

## NOTICES

**BOOK YOUR 2023 BLANKET CLASSIFIED ADS NOW** in the 32 Weekly Manitoba Community Newspapers! **NEED SEASONAL DRIVERS?** Having an AGM, online meeting or conference? Let people know in the Blanket Classifieds! Call 204-467-5836 or MCNA at 204-947-1691 for more details or to book ads. MCNA - Manitoba Community Newspapers Association. [www.mcna.com](http://www.mcna.com)

## HEALTH

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

## PLEASE SUPPORT OUR ADVERTISERS - SUPPORT LOCAL BUSINESS!

### McSherry

#### Online Auctions

for Cheguis Plumbing + Heating  
Closing Thursday March 2 at 6 PM  
Location: Stony Mountain, MB  
2 Miles N. on Hwy #7 - East on 75N  
Driveway Marker #10037E

Featuring: '51 Chevy 1420 Step Side Truck, '13 BH Hyd. Tilt Tandem 14' Gravel Trailer, '17 BH 16' Tandem Flat Deck Trailer, Sky Jack 26' Lift, Pallets of New Plumbing / Heating Items, Other Trailers, Shelving, Containers

For Complete Detailed Listing with Viewing Details, Pictures and Online Bidding - Go To [www.McsherryAuction.com](http://www.McsherryAuction.com)  
204-467-1858 or 204-886-7027  
[mcsherry@mymts.net](mailto:mcsherry@mymts.net)

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- Competitive wages
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- Ability to perform MGI Safety an asset

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[www.kaldecktrailers.com](http://www.kaldecktrailers.com)

## SHOP LOCAL

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

**SHOP LOCAL - SUPPORT LOCAL BUSINESS**

## Reporter/Photographer Wanted

Are you a natural born storyteller with an eye for photography and a passion for community news? Carman-Dufferin Standard is currently seeking a full-time reporter and photographer to join its multi award-winning weekly community newspaper.

We are looking for someone who is both motivated and passionate about being the best outlet of interesting and breaking news stories and event coverage in the Carman-Dufferin area and surrounding area communities.

### Qualifications:

- A post-secondary degree/diploma in journalism or equivalent experience in a related field
- Strong photography and writing skills with an interest in social media
- Self-starter with the ability to exercise solid news judgement
- Ability to establish professional relationships to consistently source and write a wide range of stories and cover events in a fair, balanced and accurate manner
- Able to work both independently and as a team on a flexible work schedule including both evenings and weekends to meet our weekly editorial deadline
- Experience covering council and school board meetings
- Knowledge of CP Style and about the Interlake and its surrounding communities would be an asset

Please forward your resumé along with three writing and photography samples to:

Lana Meier  
Email: [news@stonewallteulontribune.ca](mailto:news@stonewallteulontribune.ca)



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

## PUBLIC SAFETY NOTICE

### Dangerous Ice Conditions

#### During Ice Cutting and Ice Breaking Operations

Ice cutting crews will begin working on or about February 21st on sections of the Red River beginning in the Netley Lake area and will move upstream towards Selkirk. On February 21st, 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
- Watch for notices to remove ice shacks and remove them promptly



## RM of Alexander EMPLOYMENT OPPORTUNITY

### SEASONAL POSITION - PUBLIC WORKS

The Rural Municipality of Alexander Public Works is accepting applications for a:

#### SEASONAL PART-TIME MOWER OPERATOR

This is a unionized position. Applicant must have the following:

- Valid Class 5 License
- Ability to operate a riding mower, as well as a half-ton and trailer combination
- Mechanical skills for repairs and maintenance would be considered an asset
- Must be willing to take courses pertaining to Public Works and operations
- Strong work ethic and the ability to work alone
- Willing to work overtime hours and capable of heavy manual labour
- Perform other duties as assigned

Please submit a letter of application and resume to:

Public Works Manager  
R.M. of Alexander  
1 Bouvier Trail  
PO Box 100, St. Georges MB R0E 1V0

or [pw@rmalexander.com](mailto:pw@rmalexander.com)

Applications will be accepted until 3:00 pm, February 17, 2023.

We thank all candidates for their interest, however, only those considered for an interview will be contacted.



## RURAL MUNICIPALITY OF ST. CLEMENTS PUBLIC NOTICE

PUBLIC NOTICE is hereby given pursuant to Subsection 318 of *The Municipal Act* that the Council of the Rural Municipality of St. Clements intends to give first reading to one (1) proposed local improvement borrowing by-law at the Council Chambers of the R.M. of St. Clements, 1043 Kittson Road during the regular meeting of Council on **Tuesday, January 24th, 2023 at 2:00 p.m.**

Following the public hearing and 2nd reading, the proposed borrowing by-law will be forwarded to the Manitoba Municipal Board for approval. Such approval must be obtained under the Municipal Act s.176 prior to third reading and execution of the proposed by-laws.

A public hearing has been set for 6:30 p.m., February 21, 2023 at the Municipal Office. Council will hear any potential taxpayer who wishes to make a representation, ask questions, or register an objection to the following local improvement plan. Persons wishing to register to attend the hearing via electronic means or whom wish to provide a written submission are asked to contact the Municipal office via phone or email to [info@rmofstclements.com](mailto:info@rmofstclements.com).

### REGARDING GENERAL BORROWING BY-LAW 2-2023 SOUTH ST. CLEMENTS UTILITY - PHASE 2 - LID

BEING A BY-LAW OF THE RURAL MUNICIPALITY OF ST. CLEMENTS TO AUTHORIZE THE EXPENDITURE AND BORROWING OF MONEY FOR THE INSTALLATION OF A LOW PRESSURE SEWER SYSTEM AS A LOCAL IMPROVEMENT IN THE SOUTH ST CLEMENTS UTILITY CATCHMENT AREA.

The total cost of the project is estimated at \$ 981,216.65 and is to be funded wholly by the proposed borrowing in the amount of \$ 981,216.65. The project includes the engineering and installation of curb stops and connections to the low pressure sewer system in the area from the southern municipal boundary up to Lockport, between the Red River and the CEMR Railway line, referred to as the 'SSC Utility - Henderson Catchment Area'.

The total cost of the proposed borrowing is to be repaid over 20 years at a rate estimated for the time being at 5.525 % per annum and subject in any event to the authorization of The Municipal Board. The annual repayment amount is estimated at \$ 82,277.94 and will be funded as a per parcel levy estimated at \$ 1,469.25 annually applied on each LID lot, with no contribution from General Taxation or other Municipal annual revenues.

Any person who has questions, needs clarification or requires further information, either prior to or following the first reading of the by-law, is encouraged to contact Deepak Joshi, CAO at 482-3300.

Potential taxpayers wishing to object to the local improvement plan may file a notice of objection, by mail or in person, with the Chief Administrative Officer, at 1043 Kittson Road no later than February 21, 2023 at 6:30 p.m. A notice of objection must contain the name and address of the person filing the objection, identify the property in respect of which is filed and state the grounds of objection.

Copies of the proposal to borrow and Local Improvement Plan 1-2023 will be available for review by phone, by email request to [info@rmofstclements.com](mailto:info@rmofstclements.com), or through our website at [www.rmofstclements.com](http://www.rmofstclements.com) on January 20th, 2023.

Dated this 13th day of January, 2023.

Deepak Joshi / Chief Administrative Officer

# Classifieds



Book Your Classified Ad Today - Call 785-1618 or Email [lucy@selkirkrecord.ca](mailto:lucy@selkirkrecord.ca)

The Selkirk Record Classified booking deadline is Monday at 4 p.m. prior to Thursday's publication Please Call 204-785-1618



204-482-4636



204-482-1234

**SELKIRK TRANSIT &  
SELKIRK MOBILITY  
CLOSED ON**

**MONDAY,  
FEBRUARY 20, 2023  
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204-785-1618**

**McSherry Auctions**  
12 Patterson Dr., Stonewall, MB  
**Online Timed Auctions  
@ iCollector.com**

**Estate & Moving**  
Closes Feb. 22 @ 7:00PM

**Tataryn Estate Auction**  
Closes Feb. 23 @ 7:00PM

**Estate & Moving**  
Featuring Guns + Ammo  
Closes Wed Mar. 1 @ 7:00PM

**McSherryAuction.com**  
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**The Aurora Plus**

**1648 SqFt RTM**

3 bedrooms, ensuite, huge kitchen, quartz countertops, walk-in pantry, island, 9 ft walls and double cathedral ceiling. James Hardie Siding.

Pictures available

[www.wgiesbrechthomes.ca](http://www.wgiesbrechthomes.ca)

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204-346-3231

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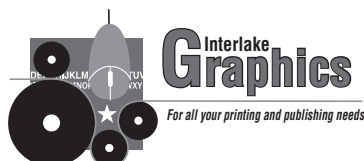
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- Willingness to learn
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If you fit this description please email resume to [Bigandcolourful@mts.net](mailto:Bigandcolourful@mts.net)



## R.M. OF WEST ST. PAUL ZONING BY-LAW 2/99P ZONING BY-LAW AMENDMENT 2022-13"P" & SUBDIVISION APPLICATION NO. S22-2985 COMBINED PUBLIC HEARING

**We are Listening.**

**Public Hearing  
Thursday,  
March 9, 2023  
6:00 PM  
Council Chambers  
3550 Main St.  
West St. Paul, MB**

**Phone:  
(204) 669-8880  
1-800-876-5831  
Fax:  
(204) 669-8882  
E-Mail:  
[info@rrpd.ca](mailto:info@rrpd.ca)  
Website:  
[reddriverplanning.com](http://reddriverplanning.com)**

As per *The Planning Act*, any person can make representation on the matter at the meeting.

**What is BL 2022-13 "P" and S22-2985 about?**  
This application is to rezone the subject lands from "A80" Agricultural Zone to "RS" Serviced Residential Zone in order to create eighteen (18) serviced residential lots.



**630, 638 and 572 Grassmere Road**

Please be advised that Public Hearing will be conducted in-person at the Council Chambers. Participants must register at the entrance on the day of the Public Hearing. If you require further information about attendance, please contact the municipality at [info@weststpaul.com](mailto:info@weststpaul.com) or by phone at 204 338-0306.

For more information, please contact the Red River Planning District.  
Red River Planning District Mon-Fri\*  
2978 Birds Hill Rd. East St. Paul, MB 8:30am-4:15pm

\*excludes all statutory holidays  
**\*NOTE: Property owners are responsible for notifying "Tenants"**



# Selkirk Record

## Announcements

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**ANNOUNCEMENT**

**CARD OF THANKS**

The family of Alice Stevenson would like to thank Gilbert Funeral Home for their services and also Adelaide and Don for the beautiful lunch. Thanks for all who sent cards and flowers and support during this difficult time.

**ANNOUNCEMENT**

**IN MEMORIAM**



**Marge Clarke**

June 14, 1937 - February 14, 2018

We thought of you with love today,  
But that is nothing new;  
We thought about you yesterday,  
And the day before that too.

-Love your family

**ANNOUNCEMENT**

**IN MEMORIAM**



**Ron Law**

November 14, 1953 - February 20, 2022

Your presence we miss,  
Your memory we treasure;  
Loving you always,  
Forgetting you never.

- Kim and family  
XO

**ANNOUNCEMENT**

**IN MEMORIAM**



**Anne Dutka (nee Kulik)**

November 1, 1922 - February 14, 2018

A generous, kind heart  
Always a helping hand  
An intelligent, open mind  
We are grateful for the many memories  
That guide us in our lives.  
A beautiful, gracious mother

Forever missed, with love and appreciation  
-Marlene

**ANNOUNCEMENT**

**IN MEMORIAM**



**Douglas Thomas**

April 25, 1931 to February 18, 2021

It's been two years and not a day goes by  
We don't think of you...  
Remembering you is easy,  
As we do it every day;  
Missing you is the heartache,  
That never goes away.

-Your wife, Lila  
and family

**OBITUARY**

**Peter King**



With deep sadness we announce the passing of Peter. He leaves to mourn his wife of 54 years Veronica, son Bryan, grandsons Cody and Carson, and son-in-law John.

Peter was predeceased by his parents, siblings, daughter Laura, brother-in-law Vern.

He was always there for us. We will always remember him cutting grass or on his scooter patrolling with his yellow helmet.

Funeral services will be held on Wednesday, February 15, 2023 at 2:00 p.m. in the Gilbert Funeral Chapel, 309 Eveline St., Selkirk, Manitoba. Interment will follow in the East Selkirk Cemetery.

Condolences can be left on his tribute wall at [www.gilbartfuneralhome.com](http://www.gilbartfuneralhome.com)

Gilbert Funeral Home, Selkirk in care of arrangements.



**OBITUARY**

**Robert (Bob) James Syrota**

Suddenly on February 4, 2023, at his residence in Winnipeg Beach, MB; Bob passed away at the age of 71 years.

Family and friends are invited to visit Bob's memorial page at [www.interlakecremation.ca](http://www.interlakecremation.ca) where memories and condolences may be shared.

Arrangements entrusted to



**OBITUARY**

**Donna Mary Grove (nee Smith)**  
June 8, 1940 – February 10, 2023



With dignity and grace in the comfort of her family, our angel began her next journey.

Many tears were shed by those left to mourn her loss, her daughter Maureen (Jean); granddaughter Kristin (Dan); daughter-in-law Kim; brothers George and Ken; as well as many in-laws, nephews and close friends.

Donna smiled knowing that she would be reunited with those that predeceased her. This included husband Ken; son Murray; brothers Jim and Jack; parents Walter and Verna, and many relatives and friends.

Born in Carman, Manitoba, Donna later moved to Selkirk with her family which she made her life-long home. Here she married Ken and raised her children Murray and Maureen.

Donna worked for MTS from the age of 15 through to her retirement, which resulted in many friendships.

As avid travelers, Donna and Ken went to many different places. Despite this, Donna was equally as happy spending her summers at Hecla (and later Spruce Sands) where she was again surrounded by many friends.

Donna and Ken loved to dance, and they shared their love for old-time Metis music with their granddaughter Kristin. Many memories were made as they travelled across Manitoba to watch her dance - never missing an opportunity to cheer her on.

A heartfelt thank you goes out to Donna's healthcare supports: Dr. Cynthia, palliative care nurse Lyndsey, homecare coordinator Chantal, and Dr. Puff. Your support and guidance were very much appreciated.

A private celebration of life will be held at a later date.

In lieu of flowers, any donations can be made to the Selkirk Community Foundation or Christ Church, Selkirk.

Condolences may be left on her tribute wall at [www.gilbartfuneralhome.com](http://www.gilbartfuneralhome.com)

Gilbert Funeral Home, Selkirk in care of arrangements.



**OBITUARY**

**William (Bill) Edward Snell**  
July 17, 1942 – February 7, 2023



Peacefully, on Tuesday, February 7, 2023 at the Selkirk Regional Health Centre, Bill Snell, aged 80 years, of East Selkirk, MB, beloved husband of Catherine, passed away.

Bill's spirit will live on in his children Cherie Feaver (Paul) and Tyler Snell; grandchildren Dawson and Zack; sisters June Esselmont and Mary-Lou Bettess (David); sisters-in-law Jeannie Inkster (Glen) and Barbara Perrier (Kevin); brothers-in-law John King, Carl King (Sheila) and Lawrence King (Christine); numerous nieces, nephews and their children.

Bill was born in Winnipeg, MB and grew up in the St. James area. He was never one for big city life, so quickly found himself calling East Selkirk home for the last 50 years where he settled and started his family with Catherine King.

A current fifty-year member of the Amalgamated Transit Union, Bill retired in 1999 after a thirty-year career at the City of Winnipeg.

Bill was loved by the Interlake community, both as a friend and legendary caregiver of Catherine. Coffees with his neighbour Murray and visits with other friends and "car buddies" were also enjoyed. He will be remembered for his knowledge, love and passion of antique cars, especially Fords - we salute flatheads forever. Bill found solitude enjoying his yard, the deer, rabbits, other animals (except NOT the squirrels) and the plethora of birds that would visit his bird feeders. He was a kind, humble and funny man who became savvy with the iPad, texting with his grandsons regularly. Bill enjoyed watching his grandsons play hockey online, Winnipeg Jets, Toronto Blue Jays and listening to music.

"The true measure of a man is shown through his life's journey in the lives he's enriched and the legacy of kindness he has given along the way."

In keeping with his wishes, cremation has taken place and no formal service will be held. Interment in the East Selkirk Cemetery followed by an open house at a later date.

The family wishes to express our gratitude to the paramedics who attended to Bill with compassion, respect and kindness.

Condolences may be left on his tribute wall at [www.gilbartfuneralhome.com](http://www.gilbartfuneralhome.com)

Gilbert Funeral Home, Selkirk in care of arrangements.



# Announcements *Selkirk Record*

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## OBITUARY



**Alvina Edith Kosack (nee Wiess)**  
1930 - 2023

Peacefully, on February 10, 2023 at the Selkirk Regional Health Centre, Edith Kosack, aged 92 years passed away.

She was born in Benson, Saskatchewan in 1930 to Joe and Augusta Wiess. She came to Manitoba in 1933 and settled in East Selkirk. Edith married Alex Kosack in 1949 and they lived in Libau, Manitoba for one year then they moved to Selkirk in 1950.

She was predeceased by her husband Alex, sons Terry and Leslie, grandson Brock, sister Lena, brother Fred, and her parents. Left to mourn are her son Lance, as well as five grandchildren and five great-grandchildren.

Mom loved to cook and was known for her perogies. She was on the ELW Board, loved to curl, dance and enjoyed coffee with her friends. She was a member of Good Shepherd Lutheran Church

since its inception.

In keeping with her wishes, cremation has taken place and a graveside service will be held on June 8, 2023 at 2:00 p.m. in the Selkirk Lutheran Cemetery.

In lieu of flowers, donations in her memory can be made to the Good Shepherd Memorial Fund.

The family would like to thank the staff at Selkirk Regional Health Centre, Grace Hospital and Homecare. A special thank you to Carol for always being there and for your support.

Condolences may be left on her tribute wall at [www.gilbartfuneralhome.com](http://www.gilbartfuneralhome.com)

Gilbart Funeral Home, Selkirk in care of arrangements.



## OBITUARY

**Jerry Curic**

On Monday, February 6, 2023 at the Selkirk Regional Health Centre, Jerry Curic, aged 68 years of Selkirk, Manitoba passed away.

In keeping with his wishes, cremation has taken place and a celebration of his life will be held on Friday, February 17, 2023 at 1:00 p.m. in the Gilbert Funeral Chapel in Selkirk, Manitoba.

Condolences may be left on his tribute wall at [www.gilbartfuneralhome.com](http://www.gilbartfuneralhome.com)



Gilbert Funeral Home, Selkirk in care of arrangements.

## OBITUARY

**James (Jim) White**

Peacefully, with family by his side, on Wednesday, February 8, 2023, Jim White, aged 84 years of Winnipeg, Mb, passed away.

He is survived by his loving wife and best friend Maureen; sons Brent (Kirsti), Bradley (Sheila) and adorable grandchildren James and Emma.

A celebration of his life will be held this spring and a longer obituary will follow.



Gilbert Funeral Home, Selkirk in care of arrangements.

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\$80,000  
Building to be moved, Lorette, MB

ASHLEY **DUPLEX!**  
\$220,000  
132 Lorne Avenue Winnipeg

ASHLEY **REVENUE PROPERTY!**  
\$150,000  
331 Redwood Ave Winnipeg

ASHLEY **SOLD!**  
\$469,900  
1089 Linklater Rd St. Andrews