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The Selkirk Record

THURSDAY, MARCH 2, 2023

VOLUME 14 EDITION 9

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New Bloodshots single

RECORD PHOTO BY BRETT MITCHELL

The local band The Bloodshots celebrated the release of their single Go to Hell on Feb. 17 at The Merch. Learn more inside.

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PRICES IN EFFECT: THURSDAY, MARCH 2 - WEDNESDAY, MARCH 8, 2023

Bloodshots release new single on Valentine's Day

Go to Hell an anthem for people not feeling the day of love

By Katelyn Boulanger

Valentine's Day can be a divisive holiday for people that don't have a special someone to celebrate with. For those that are recently, or not so recently, brokenhearted, the holiday can be difficult. The Selkirk band The Bloodshots decided to write something for those people who aren't into Valentine's Day cheer with their new single *Go to Hell* which they released on Feb. 14.

"[*Go to Hell*] started as me messing around with a melody. I put a guitar riff to it, and it just kind of kept going.

Then one of the guys had mentioned we should really turn that into something. It's pretty catchy," said Bloodshots frontman CJ Loane.

They continued to work on the single and then played it at some of their shows to see how audiences liked it.

"It became a tune and we started playing it in venues around here. It was well received and after playing it in a couple of shows, we noticed that people were already singing along to it. So, we thought, 'yeah, no brainer.'"

Continued on page 4



RECORD PHOTO BY BRETT MITCHELL

The Bloodshots at the new single release event for *Go to Hell*.

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Big DOLLAR

St. Andrews mother raises awareness around mental health

Melody Schwabe of Schwabe Pumpkins launches campaign in support of daughter

By Kaitlin Vitt

A mother in St. Andrews has launched a fundraiser to support her daughter who is experiencing mental illness.

Melody Schwabe, whose family runs Schwabe Pumpkins in St. Andrews, started the campaign after her daughter Sabina attempted suicide. Sabina has been in the hospital since Feb. 4 as she recovers.

Schwabe is raising money to go toward Sabina's existing student loans, bills incurred while in the hospital, care for her cats and other costs such as any required home alterations to assist in Sabina's care. Schwabe will donate any remaining money to support

mental health initiatives.

"The donations are like the smallest part of it," Schwabe said. "With the messages that I've been getting, I know that it has been helping people that have been dealing with some of the same things."

Schwabe said that her daughter has lived with anxiety and depression since she was 11. As an adult, Sabina was diagnosed with borderline personality disorder (BPD), a mental illness that impacts the ability to regulate emotions. BPD is difficult to diagnose in children and teens.

After her daughter was diagnosed, Schwabe read the book *When Your Daughter Has BPD* by Daniel S. Lobel,

which she said "was basically like reading a manual of what our whole life was like." She recommends the book to others who know someone with BPD.

Schwabe wants to share her daughter's story "just to show people that there's support out there, and just to normalize it, because I know sometimes Sabina felt kind of like the outsider," she said.

"Even though there seems to be less of a stigma around mental illness, I still feel like so many people just suffer in silence, because they don't want people to judge them and feel like there's something wrong with them."

Schwabe spends every day at the hospital from morning until evening. She said she is unsure what her daughter's recovery will look like, though doctors have said it is likely

Sabina has sustained a brain injury. Schwabe added that it will be difficult to know what the full effect will be until Sabina has more time to heal.

"Once we have more of a resolution to the situation, I want to put more effort into [the campaign]," Schwabe said. "I haven't thought of the big picture here, but definitely getting the message out."

Schwabe expressed her gratitude to hospital staff for their care of her daughter and their thoughtfulness in learning Sabina's story.

"They just have taken the time even to ask how I'm doing and let me just talk, and that has helped so much," Schwabe said. "They've all known what a wonderful person Sabina is and who they're caring for, and I've

Continued on page 5

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Available in accessible formats upon request.

> BLOODSHOTS, FROM PG. 3

said Loane.

The Bloodshots are a local band with origins in Selkirk. They play grungy punk and roll style music with large inspiration from 90s grunge and classic rock.

They got together when Loane was looking for a group that wanted to be more serious about their music.

"I was in a band that was going nowhere, and I had all these songs that I had written, and I didn't want to use them with that band. It wasn't the right fit. So, I talked with some of my other friends, that were also looking for a new project to take on. We started [The Bloodshots] and the rest is history," he said.

This latest single is the band's fifth single together and Loane described it as a Valentine's Day anthem for the dark underbelly of love.

"Our label, they said this would be a good song to put out for Valentine's Day. I was talking to the guys about it and we thought it was a cool idea. It's like a Valentine's Day anthem but for the other side of love. You know how it doesn't always work out," said Loane.

The song had its official release

event at The Merch in Selkirk on Feb 17 to a positive crowd.

"It was good. We got a decent crowd. We did it acoustically just because they don't really have a good sound system in there anymore. So, we had to scale everything down a bit but everybody likes when we do our acoustic unplugged shows, too. So, it was well received," said Loane.

Next, The Bloodshots are planning a small tour throughout western Canada for the single before getting back to the drawing board for their next musical creation.

They encourage residents who are interested to check out the new single online as it's gotten quite popular with over 23,000 streams on Spotify in the first week alone.

"If you haven't paid attention to us, or you've heard about us but haven't checked us out, maybe this is the song where you check it out," said Loane.

Go to Hell is available to stream on Youtube, Spotify, and Apple Music. You can also check them out on their Instagram at [thebloodshots204](https://www.instagram.com/thebloodshots204).

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> **SABINA SCHWABE , FROM PG. 4**

just never experienced anything like this before. I know that she's getting the best care."

Schwabe said Sabina loves helping others. That's what led her to become a social worker. She also loves animals, like her cats, reading, tattoos and art, which Schwabe said is what Sabina loves most in life. Schwabe has posted some of her daughter's artwork on social media.

Sabina also enjoyed working at the family's pumpkin stand and being around the visitors.

"She's just so special," Schwabe said.

When Melody was going through Sabina's be-

longings, she found a book that Sabina made for Melody's younger daughter's friend. This friend was going through a hard time, and Sabina made her a self-help book about how to love yourself and care for yourself.

Sabina didn't end up giving this book to the girl, perhaps because of her own insecurities, Schwabe said. But Schwabe would like to one day get the book printed. She said it's quite professionally done, complete with illustrations and space for the reader to add their own details.

"I know she really wanted to help teenage girls just feel stronger," she said. "That was really important to her."

Schwabe has been posting updates about her daughter's health and the fundraising campaign on Facebook (@schwabepumpkins) and Instagram (@schwabe_pumpkins).

She said she's surprised at how many people have reached out to her through social media to show their support, and some have shared about their own experiences with mental illness.

Schwabe is collecting donations for Sabina through GoFundMe (search "For Sabina") and by e-Transfer (melody.pumpkins@gmail.com).

Local makers are contributing to the fundraiser by donating proceeds from sales of their goods, such as earrings, bath bombs and moccasins, to name a few. On social media, Melody posts about these makers and how people can purchase their goods.

For those in crisis, the Interlake-Eastern Regional Health Authority 24-hour crisis line can be reached at 1-866-427-8628 or 204-482-5419, and the Crisis Response Centre at 817 Bannatyne Avenue in Winnipeg is open 24/7.



RECORD PHOTO SUBMITTED

Sabina Schwabe's mother Melody is raising awareness of the importance of mental health support.



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For All Festival Event Info Visit: www.gimliicefestival.com

FRIDAY, MARCH 3

GIMLI RECREATION CENTRE

7:00pm Start Time	Gimli Ice FESTISPIEL Doubles Curling Bonspiel <i>At the Gimli Recreation Centre</i>
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SATURDAY, MARCH 4

EVENTS ON THE LAKE

10:00am – 3:00pm	Fire on Ice Car Racing <i>Practice from 10am - 11am Racing 12pm - 3pm</i>
11:00am – 2:00pm	Ice Fishing Derby - \$50,000+ in Cash & Prizes! <i>South of the Gimli Harbour</i>
Mid-Day Arrival	A Viking's Challenge - 30k Lake Wpg Run Finish Line

EVENTS AT OTHER LOCATIONS

9:00am Start Time	Gimli Ice FESTISPIEL Doubles Curling Bonspiel <i>At the Gimli Recreation Centre</i>
10:00am – 3:30pm	Gimli Metis Watershed Festival <i>At the Lakeview Resort – Ballrooms A-C</i>
10:00am – 4:00pm	Embracing Truth & Reconciliation Art Exhibit & Film <i>At the New Iceland Heritage Museum (Film Rated "R" at 1pm)</i>
11:00pm – 3:00pm	Face Painting & Festival Mural Creation <i>At the Gimli Art Club by the Harbour</i>
11:00am – 3:00pm	Hands of Lugh Viking Age Living History Reenactors <i>At the Gimli Harbour</i>
11:00am – 3:00pm	Bannock & Tea on Open Fire <i>Near the Visitor Centre by the Harbour</i>
Variable Times	Cooley's Outdoor Fun-Time Activities <i>At the Gimli Harbour after 11am</i>
Variable Times	Frozen Fish Toss <i>At the Gimli Harbour after 11am</i>
6:30pm	FIREWORKS! <i>At the Gimli Harbour</i>
7:00pm	Saturday Night Entertainment <i>At the Lakeview Resort \$10 admission or \$5 with festival pass</i>

EVENTS LISTED ARE SUBJECT TO CHANGE HAVE FUN EVERYONE!

SUNDAY, MARCH 5

EVENTS ON THE LAKE

10:00am – 3:00pm	Fire on Ice Car Racing <i>Practice from 10am - 11am Racing 12pm - 3pm</i>
12:00pm – 3:00pm	ICE MAN Motorcycle Ice Racing Demo

EVENTS AT OTHER LOCATIONS

9:00am – 11:00am	Kiwanis Pancake Breakfast <i>At the Gimli Rec Centre \$2 with Festival Pass (\$7 without Pass)</i>
10:00am – 3:30pm	Gimli Metis Watershed Festival <i>At the Lakeview Resort – Ballrooms A-C</i>
10:00am – 4:00pm	Embracing Truth & Reconciliation Art Exhibit & Film <i>At the New Iceland Heritage Museum (Film Rated "R" at 1pm)</i>
11:00am – 2:30pm	Face Painting & Festival Mural Creation <i>At the Gimli Art Club by the Harbour</i>
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11:00pm – 3:00pm	Hands of Lugh Viking Age Living History Reenactors <i>At the Gimli Harbour</i>
Variable Times	Cooley's Outdoor Fun-Time Activities <i>At the Gimli Harbour after 11am</i>
Variable Times	Frozen Fish Toss <i>At the Gimli Harbour after 11am</i>
2:00pm Start Time	Frozen T-Shirt Competition <i>Info & Registration at Visitor Centre - Festival Headquarters</i>

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Have you ever seen a perogy dance?



RECORD PHOTOS SUBMITTED

On Feb. 10 the English Ukrainian Bilingual Program (EUBP) at Happy Thought School, held a fundraising Zabava. This dance was made possible by volunteers including some grade 8 EUBP students who's efforts earned funds towards their Vigeville trip in May. The dance floor was hopping when Petrusia Perogy showed up and taught not just the students but their parents some Ukrainian dance moves.



Victoria Beach hears from more residents about ORV by-law

Second session of ORV delegations takes place in city

By Katelyn Boulanger

The council for the RM of Victoria Beach once again heard from residents who were concerned about bylaw 1614. Unlike the last council meeting which saw delegations in the RM of Victoria Beach, this meeting took place in Winnipeg in order for residents who live in the community seasonally to also have input on the 2021 bylaw which regulates how Off Road Vehicles (ORVs) including snowmobiles are able to travel in the community.

Seven delegations took to the podium to discuss their thoughts on how the ORV bylaw is affecting residents.

This bylaw replaced bylaw 1582 which did regulate ORVs but treated snowmobiles differently than the current bylaw does.

The meeting started with the land acknowledgement and introductions before Mayor Penny McMorris discussed the meeting's agenda.

"Before we get rolling, I would like to make one, not so much a deletion, but a table, we would like to table the second and third readings of bylaw 1643 this evening. We would like to be able to listen to the presentations tonight and make a more rounded decision as we move forward," she said.

Bylaw 1643, if passed, 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.

Ian Fish was then welcomed to the podium as the first presenter. He introduced himself as an RM of Victoria Beach resident who wanted data to understand why the change from the previous bylaw to bylaw 1614 took place and emphasized the history of snowmobiling in the community.

"Bylaws should be about rational reasoning, supported by facts, supported by data," said Fish.

The second delegation to speak was Kevin Handregan who presented to

council virtually. He introduced himself as coming on behalf of himself and on behalf of members as the president of the Wanasing Beach Cottage Owners Association. He discussed the history of ORV bylaws in the community and how he agreed with previous ORV legislation. He then spoke about the current bylaw and how he would like changes so that people can use their registered ORVs more freely.

"I'm totally for a new bylaw. Again, it has been said by different people who had gone last week, we want egress and regress from our properties," said Handregan.

Michael Dyck then took to the podium. He introduced himself as a lawyer and spoke about the Highway Traffic Act and the ORV Act. He explained that the province's ORV act covers much of the same area as the current bylaw. Examples he provided included prohibiting careless operation of ORVs and vehicles needing to be registered. He also said that e-bikes are treated very much like regular bicycles according to the act and that people who commit crimes are treated the same regardless of their mode of transportation.

"Simplicity is better. Fewer is better, typically. And so, there are absolutely parts of the bylaw that makes sense. The part about banning ORV use during a fire ban. Something like that seems totally reasonable but some of the other things seem duplicitous," said Dyck.

Sean Taylor was the next person to make a presentation. In his presentation, he expressed his concerns about the environmental impact of the use of ORVs. He cited many studies to support his concerns including those that discussed the fire potential of ORVs, the biophysical effects of ORVs on soil and plant life and the effect of ORVs on air quality.

"I ultimately believe that constituents in the RM should individually determine what is best for their respective communities. It should not

be up to the residents of the VRA (Vehicle Restricted Area) to determine what Albert Beach can and cannot do, and vice-versa. In polling the opinions of the cottage owners in the Vehicle Restricted Area, the VBCOA found that only four per cent of respondents wanted to remove all vehicle restrictions. Therefore, I would suggest that it is necessary for council to properly consult Victoria Beach's VRA constituency prior to the passage of any ORV bylaws affecting it," said Taylor.

Blake Taylor, president of the Victoria Beach Cottage Owners Association (VBCOA), was the next person to present to council. He had presented at the previous council session on this topic but had updated information for council on the opinions of residents of the VBCOA with regard to ORVs which have been posted on the VBCOA website. He said that the current amendment to 1614 was supported by the VBCOA but that they felt that Albert Beach residents should be consulted prior to a decision being made as the decision would more directly affect them. He also said that the summer when the majority of residents are present should be the time for consultations for ORV issues.

"One-third do not want snowmobiles in the VRA period. However, two-thirds [of VRA residents are ok

with snowmobiles for residents of the VRA only and only for egress and regress," said Taylor.

Robert Monkman presented at the last RM of Victoria Beach council meeting on ORVs and came back to follow up at this meeting. He is a homeowner, Métis citizen and Métis harvester in the area and had concerns about whether the Manitoba Métis Federation (MMF) was consulted when the RM created this legislation. He supports diversity in council with regard to people from all areas of the RM taking part in decision making. He also voiced that he felt like a pass system is not the solution to this problem.

"A grandfather clause and pass system, although it's good for tracking, I find it quite offensive," said Monkman.

The final presentation of the night was made by David Gray, chief electoral officer of the Manitoba Métis Federation. He supports proper consultation of the MMF by council prior to and during the bylaw creation process as well as a clear vision of what bylaws are meant to do. He says that the right to harvest is not just a concern for those in the Victoria Beach area but also a concern for those who

Continued on page 9

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PUBLISHER
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COVID hospitalizations remain elevated; provincial government releases seniors' strategy

By Patricia Barrett

Manitoba hospitalizations for COVID remained fairly elevated in mid-February, according to the provincial government's respiratory surveillance report for Feb. 12- 18 (reporting Week 7).

There were 44 new hospitalizations for COVID with two people requiring intervention in the intensive care unit, according to differences in severe outcomes between weeks 6 and 7. There were 61 new hospitalizations with eight ICU admissions reported the previous week.

Four people died from COVID in Week 7, compared to the 17 deaths reported the week before.

Manitoba's COVID death toll was 2,456 as of Feb. 11, according to the federal government's COVID webpage, and Canada's death toll now stands at 51,061.

There were 94 new COVID cases detected by PCR testing in Week 7, a slight decrease from the 108 reported the previous week.

Provincial COVID data are an undercount of the true number of cases as the government restricts PCR testing and rapid antigen tests aren't tracked. The provincial government also no longer provides in its surveillance reports the names of personal care homes and hospitals experiencing COVID outbreaks.

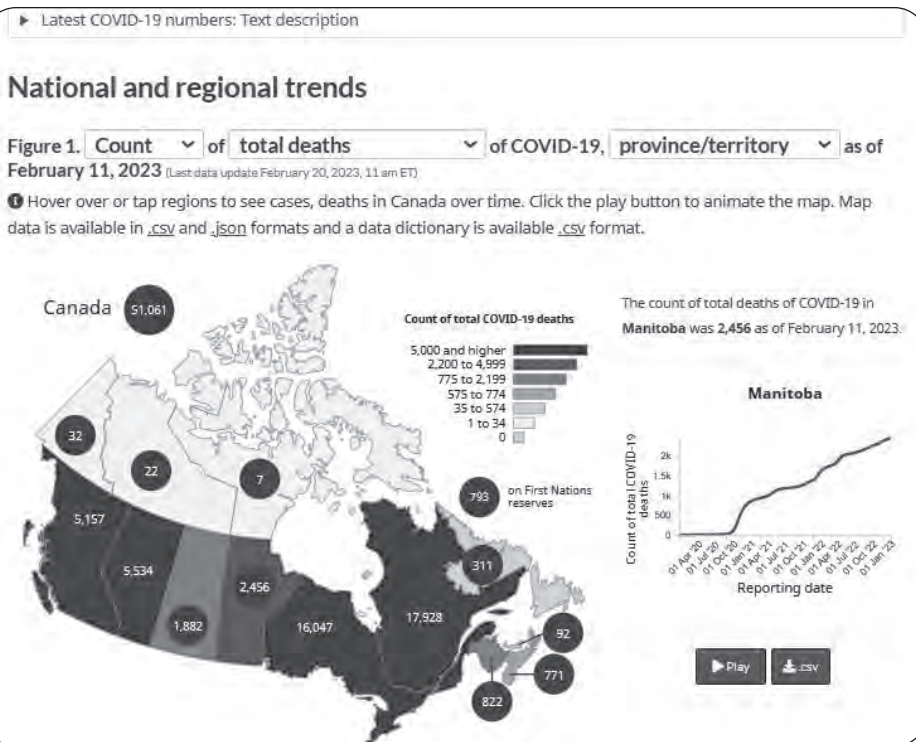
Wastewater surveillance data for Winnipeg and Brandon up to Feb. 14 once again showed sustained activity of the virus.

The Week 7 report shows one new case of influenza A and one new case of influenza B. There were no new hospitalizations and deaths reported.

New respiratory syncytial virus (RSV) cases continue to hold strong. There were 61 new RSV cases reported in Week 7, down 3 cases from the 64 reported the previous week. The week before that saw 75 cases.

Other health news:

The Interlake-Eastern Regional Health Authority's webpage shows



RECORD GOVERNMENT OF CANADA

Manitoba's COVID death toll continues to climb, with 2,456 people having died from the virus as of Feb. 11, while Canada's death toll was 51,061.

no outbreaks of COVID or other respiratory viruses in long-term care facilities (viewed Feb. 26).

- Over the space of 28 days, from Jan. 23 to Feb. 19, there were nearly 5.3 million new COVID cases reported worldwide and over 48,000 new deaths, according to the World Health Organization's epidemiological report published on Feb. 22.

At the country level, the highest numbers of new 28-day COVID infections were reported from the United States (1,113,288 new cases), Japan (1,095,815 new cases), China (635,433 new cases), the Republic of Korea (430,042 new cases) and Germany (329,229 new cases).

The highest numbers of new 28-day COVID deaths were reported from the U.S. (13,517 new deaths), China (9,945 new deaths), Japan (6,536 new deaths), Australia (2,179 new deaths) and the United Kingdom (2,063 new deaths).

The WHO continues to monitor sev-

en omicron subvariants: BF.7, BQ.1, BA.2.75, CH.1.1, XBB, XBB.1.5 and XBF.

"These variants are included due to their observed transmission advantage relative to other circulating variants and additional amino acid changes that are known or suspected to confer fitness advantage," states the report.

- Canada's National Advisory Committee on Immunization (NACI) released recommendations in January in response to requests from provinces and territories for additional guidance on COVID vaccine booster doses in 2023.

NACI recommends COVID vaccinations continue with a bivalent omicron-containing mRNA vaccine for people aged 5 years old and older.

COVID is expected to continue to evolve and is showing no evidence of a seasonal pattern, whereby it increas-

Continued on page 9



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EDITORIAL

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TROUBLE WITH PAPER DELIVERY?

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

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> COVID, FROM PG. 8

es in the fall and winter and drops off in spring and summer. The virus continues to infect and kill people in all four seasons.

NACI says COVID hospitalizations, ICU admissions and deaths “continue to occur at a higher baseline frequency since the appearance of Omicron in late 2021 compared to the pre-Omicron period,” and with more immune-evasive sublineages increasing.

As far as the duration of vaccine protection, there is a decline against infection but some lasting protection against severe disease. However, the duration of protection conferred by new vaccine formulations against new COVID variants is still unknown.

“Thus far, vaccine protection has been shown to wane over time, with protection against severe outcomes persisting longer than protection against symptomatic disease. For BA.1 and BA.2 sublineages of Omicron, the duration of protection against severe disease such as hospitalization has remained high, with most estimates above 70% out to 26 weeks following receipt of an original (non-bivalent) COVID-19 vaccine booster dose,” states NACI’s report. “Duration of protection against severe disease for more recent variants and new vaccine formulations is not known at this time and continues to be monitored.”

-The Manitoba Conservative government announced on Feb. 22 the release of a seniors’ strategy titled ‘Manitoba, A Great Place to Age: Provincial Seniors Strategy’ which contains initiatives to support seniors at home and in the community.

“Our government’s plan is based on the vision that older Manitobans are valued and empowered to live healthy and productive lives in our communities, making Manitoba an ideal place to age,” said seniors and long-term care minister Scott Johnston in a Feb. 22 news release. “This new seniors strategy maps out a plan to support older Manitobans through filling gaps in services, making it easier to navigate services and supports,

finding affordable options, supporting unpaid caregivers, and reducing ageism and ableism.”

Among the initiatives announced are funding for a self and family-managed care program, whereby people can arrange their own home care service, the provision of \$1.3 million in 2023-2024 for palliative care starting in the Southern health region, and the provision of \$200,000 in 2023-2024 for the Rainbow Resource Centre to serve seniors 55 years and older who identify as 2SLGBTQ+.

The opposition NDP’s health critic Uzoma Asagwara said the PC government’s track record on seniors includes the disposal of affordable housing for seniors, privatized home care services and the loss of long-term beds.

“The PCs promised a strategy for seniors years ago, and in that time they have sold off affordable housing for seniors, cut and privatized home care services, transferred seniors hundreds of miles away from their families for hospital care and actually cut long-term care beds,” said Asagwara in a statement. “They have also refused to create an independent Seniors’ Advocate, which we believe is critical to giving seniors the dignity and respect they deserve.”

Asagwara went on to say that as of August 2022, there were 193 fewer personal care home beds in Manitoba; former premier Brian Pallister had promised in 2016 to build 1,200 new PCH beds. The PCs also raised fees for seniors living in personal care homes by up to \$1,600 a year.

In addition, the PCs showed little recognition of COVID’s ability to kill seniors in personal care homes.

“A former PC Health Minister said deaths of seniors in personal care homes during the pandemic was ‘unavoidable’ and he ‘questioned the motives’ of health care professionals who spoke up,” said Asagwara in their statement.

> ORV BYLAW, FROM PG. 7

would pass through the area in order to harvest. He concluded his presentation by inviting council to reach out to the MMF as they are prepared to meet with any government and consult.

“Indigenous rights are not static. They grow with the times. They expanded with what capacities exist. And the right to harvest, the right to gather, is a right that is protected for

Métis people,” said Gray.

There were two more delegations registered to present at the meeting, however, one chose not the present while the other intended to submit a letter which council did not receive in time to include in the evening’s meeting but said they would consider upon receiving.

Have a coffee with a cop program in Selkirk



RECORD PHOTO BY BRETT MITCHELL

Nellie-Anne, Alice Cooper and RCMP Community Policing Officer Paul Human discussing local issues at A&W Saturday afternoon. Officer Human was at the restaurant as part of the Have a Cup With A Cop program offering the public an opportunity to sit down with local law enforcement face to face. Watch for other Have A Cup With A Cop events popping up in the coming months.



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SDCF brings donors and recipients together for a common cause

Submitted by Selkirk & District Community Foundation

A tent full of kids' books and a giant light bright provided the perfect backdrop to the Selkirk & District Community Foundation's first 'I Care About A Cause' event at the Gaynor Family Regional Library last week.

The cause – learning, kids and youth – also meant the event could serve as a celebration of I Love to Read month, which wrapped at the end of February.

The event brought together donors that support learning and youth and grant recipients in an intimate setting to learn more about each other.

A small group of donors listened in as four grant recipients talked about their programs. David Thorne, SDCF board member, said bringing the two groups together strengthens the bond that already exists and gives both parties a better understanding of each other.

"The donors specifically choose literacy as a cause they want to support and the grant recipients provide programming and resources that make literacy accessible to all," Thorne said.

"Bringing them together, sharing a cup of coffee and being in a more informal setting with a couple of little kids running around was really nice for both parties."

Representatives from Game On with Lord Selkirk School Division Student Services, Selkirk Community Renew-

al Corporation (SCRC), Lord Selkirk Education Centre (LSEC) and United for Literacy spoke to the donors about what their gifts have allowed them to do.

Debbie Grant explained that Game On is a program run at four division schools with student gamers and helps them discover their own emotional threshold and when to release or de-elevate stress.

The SCRC's Ashley Monkman provided details about the summer and girls wellness programming they provide and Owen Schofield, representing LSEC, lit up the crowd with his details on how they came up with the idea to build an oversized light bright for Holiday Alley.

Sandra Ross talked about United for Literacy and its summer reading tent, which travels to underserved areas and helps ward off summer reading loss. The tent was on display and at the end of the presentation the young people in the room – from Onashiwin Aboriginal Head Start – got to select a book to take home.

Though the reading tent's main objective is to help kids keep up their reading skills during the summer months, Ross explained a secondary benefit it provided.

"Our summer reading intern Tazlyn, from Selkirk, is a future educator, and she explained to us that the experience that she's gained working for

us at the reading tent has been so beneficial to her education," Ross said, noting Tazlyn is in her second year of education.

"Specifically she told us...how she's had to think about creative ways to get learners excited about



RECORD PHOTO SUBMITTED

Everyone got something out of the 'I Care About A Cause' event, including this little one from Onashiwin Aboriginal Head Start, who listened in on a story at the Reading Tent.

reading. That was something that she really enjoyed and something she feels she will take with her for her career."

Selkirk Rotary's Jean Oliver and Sharon Moolchan also provided an

update on the club's Nutrition on the Weekend (NOW) program that has received funding from SDCF. Oliver said without the Foundation's donors, NOW would not exist.

For Lena Kublick, a donor and community leader, the chance to connect with grant recipients and hear the countless ways SDCF helps the organizations was invaluable.

"As a school trustee I see and hear firsthand the projects and initiatives that SDCF supports in our schools," Kublick said.

"But having a panel present the tangible ways funds are used to meet needs, like tires on the Head Start bus, but also enrich the community, like teaching girls beading and drumming and promoting literacy at every age, is proof positive that SDCF is here for good."

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3 – Darren Lavallee 8pm
5 – Snow Golf Tournament 12pm
10 – Ravin Band 8pm
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17 – Closing at 8pm after draws
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29 – General Meeting 7:30pm
31 – Easter Meat Draws
31 – Bowman Bros 8pm

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Thank you to ANAF members, participants and Volunteers for your support!

UPCOMING EVENTS
St. Paddy's Trivia Night - Friday March 17 @ 7:30pm, \$5 entry
Merchandise Bingo-New & Improved! Tuesday March 28 @ 7pm
2nd Annual Debbie Curic Bean Bag Tournament - Sunday April 30 @ 12pm.

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Steeling some time to read at the library



RECORD PHOTOS SUBMITTED

Steelers Owen Johnston and Ethan Brown were at one of the I Love to Read in PJs events at the Gaynor Family Regional Library last month. The library celebrated February as I Love to Read month by teaming up with the City of Selkirk and United for Literacy and hosting guest readers every Thursday to promote reading in our community.



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Holiday Alley uses grant to support local Indigenous culture

Submitted by Holiday Alley

Last week at the national Winter Cities Shake-Up Conference, the Hon. Dan Vandal, Minister for Prairies Economic Development Canada (PrairiesCan) announced \$3,066,721 in federal investments toward several Manitoba tourism projects through the Tourism Relief Fund including Selkirk's signature event Holiday Alley.

Holiday Alley used its \$55,000 grant, which was part of Travel Manitoba's envelope of funding from this federal pool, to advance Indigenous education and culture at Holiday Alley 2022. Holiday Alley added two days of field trips for nursery school to Grade 9 students to the program on Indigenous teachings, for the first time. It documented the lessons and created videos for support teachers, who are required to support reconciliation in the classroom but may not

feel they have enough training to do it properly.

Indigenous videos created with part of the funding are now completed and are being rolled out this month on Holiday Alley's YouTube channel at <https://www.youtube.com/channel/UCu04NSVFBiLJMdW6VhqzH-gw>.

The grant was also used to create a video featuring Selkirk Elder Ruth Christie and East Selkirk fiddler Morgan Grace.

"Everyone at Holiday Alley is very committed to celebrating the Indigenous culture that makes our community so dynamic and we count ourselves fortunate that last year funding came along to help us expand to include schools on field trips," said Red River North Tourism President Lois Wales.

As well, Holiday Alley Co-Founder Shirley Muir was invited to be one

of 30 local, national and international speakers to present on winter business, winter design, and winter events at the Winter Cities Conference in Winnipeg.

"We know that what Selkirk has done is really incredible. Everyone from 100 volunteers to dozens of corporate sponsors to partners that bring goods, services and time to Holiday Alley – like the City of Selkirk – has created an award-winning festival. And in 6 years their work has garnered over 270 news stories telling the world

what an amazing city this is. At Winter Cities we shared our 10 Tips on How to Create an Award-Winning Winter Festival. Because it turns out that Selkirk is an expert on that now," said Muir.



RECORD PHOTO BY LIZ TRAN SUBMITTED
Jacqueline Bercier, Lead Teacher, Cultural Perspectives with Lord Selkirk School Division helped co-create the Indigenous programming at Holiday Alley 2022 and delivered the hand drum teachings.

The advertisement features a modern kitchen with dark green cabinetry, a white countertop, and a central island with white bar stools. The text "Home Hardware Kitchens" and "WOOD CREST CABINETS" is prominently displayed. A large "15% OFF!" is written across the bottom of the kitchen image. A circular logo with a red maple leaf and the words "MADE IN CANADA" is also present.

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Red River Co-op's annual equity cheques are in the mail

By Staff

Red River Co-op is pleased to announce a \$38.1 million equity return to its members for the 2022 fiscal year.

The Red River Co-op's board of directors approved an allocation to its membership of:

- 6.24% on fuel purchases or 10 cents per litre,
- 2.0% on food purchased, and
- 4.0% on the full price of pharmacy prescriptions purchased.

The local co-operative has over 319,000 members and are sending out cheques totalling more than \$34.1 million in cash to its membership in Winnipeg and surrounding communities. The remainder of equity earned stays in members' equity accounts with Red River Co-op.

"The 2022 operating year for Red

River Co-op was very positive. As a result, the board and management are pleased to reward our loyal members with this significant allocation for supporting us this past year," said Doug Wiebe, CEO of Red River Co-op. "Red River Co-op is a different kind of business, and this year's equity return and the sharing of our profits with our members is just another way we differentiate ourselves from the competition."

It's been another year of growth for the co-operative with the acquisition of thirteen Husky gas bars in Winnipeg and northwestern Ontario, which will begin their conversion to the Co-op brand this spring. Red River Co-op opened their much-anticipated Lagimodiere gas bar in September and the revitalization project at their

Selkirk gas bar was completed with their first multi-bay wand wash facility. Their energy division also introduced four electric vehicle charging stations in the Winnipeg area. In the food division, Red River Co-op is currently completing the modernization project at their Selkirk food store. This includes the introduction of a brand-new pharmacy for the community.

Giving back to communities is another pillar that makes Red River Co-op a different kind of business. In 2022, Red River Co-op contributed \$1,640,218 in cash and in-kind donations to the communities they operate in. This includes \$51,480 to Klinik Community Health with proceeds from Fuel Good Day, and \$30,000 to Norwest Co-op Community Health for their urban community farm



through from the Co-op Community Spaces grant program. This past year Red River Co-op donated funds to over 80 non-profits and charities doing great work in the communities their members live through their Community Investment program.

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Every Art for Every Soul exhibit comes to Gwen Fox Gallery this March

Five artists come together with a little art for everyone

By Katelyn Boulanger

The march exhibit at the Gwen Fox Gallery is sure to have something everyone is interested in checking out with five Manitoba artists with various styles and pieces exhibiting this month. Mary Louise Chown, Diana Horeczy, Joan Ewonchuk, Joanne Gullachsen, and Suzzane Mouflrier are combining forces to bring Every Art for Every Soul to life at the gallery.

Mary Louise Chown

Chown describes her work as being varied with lots of different media and lots of different subject matter.

"I've got a couple of pieces that are more realistic, but I tend to be a little more abstract," said Chown.

Out of the piece that she's displaying this month at the gallery, visitors will be able to enjoy oil, acrylic and mixed media pieces. Something that's a little extra special is her work includes beeswax which comes from the bees that she keeps.

"You can use beeswax in a number of different ways or you can iron it out," she said.

In her pieces this month with beeswax, residents will primarily be able to enjoy poured beeswax art.

Chown says that her inspiration is varied like her mediums but primarily they come from things she sees as she goes about her life.

"We live on a farm at the edge of the river, and it's very beautiful. And I would say nature [also inspires me] trees, birds, water, just how things flow. The look of the landscape and

sometimes the places I visit. I keep a lot of photographs and I like to often work from a photograph," she said.

Her approach to art she describes as somewhat like a scientist experimenting to see how things work. She goes into her pieces not knowing what the outcome will be.

Her advice to new artists is similar.

"Don't edit yourself, just play, enjoy. If it doesn't work out the way you think it's going to hang on to it. You can always paint over it. You can cut it up and collage it. Just keep going and don't do a lot of head stuff like 'Oh, this doesn't look like what I thought it would,'" said Chown.

She invites residents to check out the show this month and take some time to relax and enjoy the beautiful space.

Diana Horeczy

Horeczy is an acrylic painter who has brought 21 paintings to the gallery with a realistic but also ethereal look to them.

"Most of my pictures are calm waters, landscapes, peaceful. That's mainly [what I do] but I do like to try different things as well," she said.

Her art journey began when she was a young teenager and her parents enrolled her in art classes. She might not have been impressed by her paintings at that point but her parents thought she had talent and still have paintings from that time in their home.

From there she took time away from art but came back to it when she had the time to devote to it.

"I always said, 'Oh, maybe when I



RECORD PHOTOS BY KATELYN BOULANGER

Mary Louise Chown.

retire, I'll need something to do and I might just try it again.' It turned out I loved it. I couldn't get enough of it. I'd wake up in the morning, I'd be excited to start my next painting," she said.

She gets her inspiration from her trips to the lake and enjoys the peaceful tranquillity.

She also encourages residents who are artists to consider becoming part of the gallery because of the welcoming community of artists.

"Meeting other artists and getting other ideas [are some of my favourite

things about the gallery]. I enjoyed looking at all the other paintings," said Horeczy.

She thinks the gallery is a great place to check out this month.

"There's a good variety of everything. I think if you're looking for art, there's something for everybody here," said Horeczy.

Joan Ewonchuk

Ewonchuk enjoys creating vibrant art with a leaning towards natural subject matter that has an almost

Continued on page 15

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Diana Horeczy.

> **GWEN FOX GALLERY , FROM PG. 14**

magical quality.

She also started creating art as a teenager.

"When I was a young teenager, we used to travel a lot. When we were driving down the road, I would look outside and say, 'Oh, man, I wish I could paint that.' and that's how it started. My parents got me some lessons. I stopped for several years after I had kids and I just restarted again

about four or five years ago," she said.

Her return to art was actually prompted by how beautiful the Interlake is.

"We moved out here, and we have beautiful trees in our yard and tons of nature, flowers. It really inspired me," said Ewonchuk.

She enjoys taking the time to create each piece which for her are odes to nature.

"It's very relaxing. I like to paint things that that I would like to visit or think I'd love to see that in nature," said Ewonchuk.

She encourages artists that want to pick up a brush again after a break to paint something for themselves.

"I started again because my husband wanted a painting for his birthday. That's how I got going again. So, paint something for yourself or for your home or a gift for your grandchild," she said.

Continued on page 16



Joanne Gullachsen.



RECORD PHOTOS BY KATELYN BOULANGER

Joan Ewonchuk

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> GWEN FOX GALLERY, FROM PG. 15

Ewonchuk also thinks the gallery is a great place to visit to add some colour to your life.

"Break up the winter blahs and come see some bright, colourful, hopeful spring pictures," she said.

Joanne Gullachsen

Gullachsen makes vibrant bold paintings which tell an entire story in an image.

"I paint memories. A lot of my paintings are memory paintings. I like a good deal of colour and I like plants," said Gullachsen.

Her inspirations come directly from things she finds beautiful and memories from her childhood.

"I have always enjoyed drawing and painting," she said.

Gullachsen says that she began creating when she was about nine years old. She started creating with oil paints like those in the gallery this month in her thirties but also enjoys watercolour and sculpting.

She chooses the medium that she wants to use based on the effect that she wants it to have on her subject matter.

Gullachsen believes residents will enjoy the gallery's show this month.

"This is a very interesting collection. I think [visitors] would not be disappointed. I am inspired, myself, by looking at other people's paintings. I think they will come away with a good feeling," she said.

Suzzane Mouffier

Mouffier makes functional ceramic pieces for the most part including cups, bowls and pots, however, if you look a little closer you will see that her pieces all have unique elements that take them from ordinary to sublime.

"I like depths in the glazes. I try to layer my glazes on a lot of pieces. Not all of them, but a lot of the pieces are layered. It's almost for me like a canvas on pottery," she said.

When she is making pieces with raw clay she draws from it inspiration from nature and when she's creating on the wheel she tries to make sure all of her pieces are functional items but also pieces of art.

She feels her artistic beginning started very early.

"Creating in the mud and I did a lot of collages with found things outside and from nature," said Mouffier.

She blames her mother specifically for her journey into pottery.

"She was taking art classes. She was painting and she wanted to take a pottery class with me. I was in my 20s and I said 'OK. I'll go along with that.' I stayed in the pottery class and in the pottery studio and she went on to do more painting," said Mouffier.

She feels that anyone who wants to try pottery and ceramics as a medium should try them out.

"Get your hands into it. It's extremely therapeutic. It's just a wonderful medium to do whatever you want in because it's very pliable. There are many facets to it, of course, there's low fire, medium fire, high fire, hand throwing and wheel throwing. There's a lot to it," she said.

Mouffier says there are many different pieces to see this month.

"Come and see all the variety of work. Check out the beautiful pieces here. There are pieces that would be great



RECORD PHOTO BY KATELYN BOULANGER

Suzzane Mouffier.

for gifts and inspiration for other artists. I often go to shows for inspiration. They're so wonderful to see," she said.

The Gwen Fox Gallery is open to residents from Tuesday to Saturday weekly from 11 a.m. to 4 p.m. It's always free to visit and residents are welcome to come in and enjoy the exhibits that change monthly.

If you would like to catch up with the

gallery online check out their website at <https://www.gwenfoxfordgallery.com/>, Instagram at <https://www.instagram.com/gwenfoxfordgalleryofficial/?hl=en> and Facebook at <https://www.facebook.com/InterlakeArtists/>. They also have a Youtube channel that gives residents a sneak peek at the exhibiting artists at <https://www.youtube.com/@gwenfoxfordgalleryofficial266>.

Selkirk Safeway gives to food bank



RECORD PHOTO BY BRETT MITCHELL

Selkirk Safeway has done it again, donating \$11,184.23 to the Selkirk Food Bank. The Safeway staff raised the money at the till, asking customers if they would like to donate. Selkirk Food Bank Board Members Bonnie Singleton and Lesli Malegus are pictured here with Selkirk Safeway's management and staff to collect the much needed funds.

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Local family shares cautionary tale about Lyme disease

By Jennifer McFee

A Marquette family cautions others in the area to be vigilant about ticks after their young daughter contracted Lyme disease.

It all started in September when Krysta and Keith Prevost noticed their four-year-old daughter Leighton started getting large red rashes and complaining about sore legs.

"For about an eight-day stretch, she had these rashes all over her body. They were red rings with a clear centre and her knees hurt so bad that she could barely walk," Krysta said.

"We took her to three doctors and they all diagnosed it as a virus that just had to run its course."

However, over the next month or so, she continued to experience on-and-off pain in her knees, along with flare-ups of the rash.

"She also pulled or pinched a nerve in her neck and jarred her hip, which both lasted for about five days of being in pain. We took her back to the doctor and explained what has been going on and she agreed that it wasn't normal," Krysta said.

"She then ordered blood tests, and that's when it was discovered that she had inflammation in her body. She was referred to a rheumatologist at the Children's Hospital and another set of blood tests were ordered, including the Lyme disease test."

At the end of January, the Lyme disease test came back positive.

"Now she is on a heavy dose of antibiotics for four weeks and is expected to be symptom-free afterwards," Krysta told the *Record* in mid-February.

"Since starting the antibiotics, she hasn't had any symptoms of the disease."

Although they don't know for certain where Leighton contracted Lyme disease, the Prevosts think a tick likely bit her in September in the Marquette area where they live.

"We don't recall taking one off of her, but she could have scratched or taken it off herself. Some Google searching on the symptoms she was experiencing was what convinced us it may be Lyme disease. We also have an influx of deer ticks in our area in the fall, with dogs that carry them in," Krysta said.

"I think that because she didn't have the classic bull's-eye rash that people associate Lyme disease, it wasn't seen as a possibility that it could be it. She was referred to numerous doctors before they figured out what it was."

Krysta suggests that everyone become familiar with symptoms of Lyme disease, such as circle rashes, fever, arthritis or pain in joints, meningitis and more.

"If you check off multiple symptoms on the list, ask to be tested for it," she said.

"If you live in an area with a high tick population, let your doctor know that whatever may be going on with you or your kids could be Lyme disease."

Now that Leighton is being treated for Lyme disease, she is on the road to recovery.

"She's doing great, back to her typical four-year-old self," Krysta said.

"She is on antibiotics for four weeks and has been symptom-free since starting it."

For more information about Lyme disease, visit <https://www.gov.mb.ca/health/publichealth/diseases/lyme.html>.



PHOTO SUBMITTED

"Four-year-old Leighton is recovering from Lyme disease, which she might have contracted in September near her family's Marquette-area home.

Funding announced to support quality, inclusive and sustainable child care

By the Manitoba government

Manitoba early learning and child-care providers will be able to make targeted investments in infrastructure, diversity and inclusion, and in workforce recruitment and retention strategies to better position facilities for the future, federal Minister of Northern Affairs Dan Vandal, minister responsible for the Canadian Northern Economic Development Agency and the Prairies Economic Development Agency of Canada, on behalf of federal Minister of Families, Children and Social Development Karina Gould, and Manitoba Education and Early Childhood Learning Minister Wayne Ewasko announced last Thursday.

"Today's funding announcement means increased support to Manitoba's early learning and child-care providers, children and families," said Vandal. "Our government will continue to make progress with partners toward a better, more inclusive and affordable early learning and child-care system for families in Manitoba and across Canada."

The governments of Canada and Manitoba are providing \$45.9 million in one-time funding under the Canada-Manitoba Canada-Wide Early Learning and Child-Care Agreement to support the implementation of quality enhancement grants to fund programming for children under the age of seven. The Manitoba government is contributing an additional \$14 million to ensure equitable support is available for school-aged programming within the sector that serves children ages seven to 12.

"Our government is committed to making quality child-care more accessible for Manitoba families," said Ewasko.

Continued on page 20

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> MEAL IDEAS

Sweetpotato Power Salad

Recipe courtesy of Carol Brown on behalf of the North Carolina Sweetpotato Commission

- Servings: 6
- 4-6 North Carolina Sweetpotatoes, peeled and diced (6 cups)
 - 2 teaspoons, plus 1 tablespoon, olive oil, divided
 - 3/4 teaspoon salt, divided
 - 1/4 teaspoon pepper
 - 1 1/2 bunches curly kale, rinsed and chopped (7-8 cups)
 - 1/2 large lemon, juice only
 - 1 can (15 ounces) garbanzo beans, rinsed and drained
 - 1 large avocado, pitted and diced
 - 1/2 cup cranberries
 - 1/2 cup coarsely chopped almonds
 - 1/4 cup red onion, chopped
 - 1/2-3/4 cup feta or goat cheese
- Dressing:
- 2 tablespoons pure maple syrup
 - 2 tablespoons olive oil
 - 1/4 cup balsamic or white vinegar
- Preheat oven to 375 F.



Place sweetpotatoes in large bowl. In small bowl, lightly whisk 2 teaspoons olive oil, 1/2 teaspoon salt and pepper. Toss on sweetpotatoes and place potatoes on large sheet pan. Bake 35-40 minutes until tender, flipping once during baking.

Place chopped kale in large bowl. In small bowl, lightly whisk remaining olive oil, remaining salt and lemon juice. Pour over kale and massage with hands until mixed, about 1 minute.

To make dressing: In bowl, whisk syrup, olive oil and vinegar.

In bowl with kale, add garbanzo beans, avocado, cranberries, almonds, red onion, sweetpotatoes and cheese. Toss with salad dressing and serve.

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Exercise for a stress-free life

By Health Expert Julie Germaine Coram

Life is back to a bustling pace (which is something to celebrate!) however it's easy to take on too much and end up stressed out. Burn-out is a concern not only for your mental health and financial well-being, but high stress levels can cause problems physically as well.

The best place to start when it comes to managing stress levels is with exercise! I know what you're thinking, "I don't have time to add a workout to my day!" The reality is, even fifteen to thirty minutes, a few times a week can have a dramatic impact on the quality of your sleep, your happy mood, and overall energy levels.

Moving your body releases natural chemicals called endorphins that give you a good feeling and sense of calm. Another interesting fact about these peptides is they have anti-inflammatory effects that aid us in managing pain, from injury or chronic issues such as arthritis.

The same exercise plan isn't going to work for everyone, so take time to try different activities and chose a workout schedule that fits into your lifestyle. I used to spend hours in the gym as a competitive pro fitness model, however after becoming a parent, I prefer to compact my weight training into only 30 minutes, which is very effective for me. Cardiovascular activity like biking, rollerblading, or hiking is something I incorporate outdoors as much as possible, so I can include my minis and help encourage exercise into the lives of my loved ones.

The fact is that life is always going to have some stress. Many people opt to lean on quick fixes like fast food or alcohol to deal with tough



Health and Wellness Fitness expert Julie Germaine Coram

emotions, but I promise you that attempting to change your habits and choosing to get in a workout when stress levels soar will leave you feeling happier, healthier, and way more Zen. (Yes, yoga in the evening counts as exercise.)

It's never too late to start, remember that! You can thank me later – or reach out to me if you want help getting things moving.

Coach Julie Germaine Coram; NASM Certified Nutrition Coach, NFLC Registered Personal Trainer, 2x International Pro Fitness Champion. She has helped tens of thousands of men and women improve their health since 2005. Improve your health with coach Julie: juliegermaine.com or book a FREE DIET CONSULT: www.calendly.com/juliegermaine

Gimme S'mores Trail Mix

Prep time: 5 minutes
Servings: 6
1/2 cup Sun-Maid Vanilla Yogurt Covered Raisins

- 3 cups graham crackers, assorted flavors
 - 1 1/2 cups colored mini marshmallows
 - 2 cups slivered almonds
 - 1 cup chocolate chips
- In large bowl, mix raisins, graham crackers, marshmallows, almonds and chocolate chips.

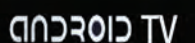
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Cottage Country's Lake and Cabin Show on March 17-19

By Autumn Fehr

In just a few weeks, the number one event in Manitoba for cabin-goers will return to the Red River Exhibition Park.

The 14th annual Cottage Country's Lake & Cabin Show will be held from March 17 to 19, at the Red River Exhibition Place at 3977 Portage Ave., Winnipeg.

If you are a cottage owner, buyer, or plan on to building or renovating your dream staycation spot, this event is the perfect one-stop shop. Everything you need for your cottage project, will be in one place. Meet top local companies to help you build, renovate, upgrade, decorate and enjoy your Manitoba cottage retreat.

And a few familiar faces from Oak Bluff and Petersfield will be there to help you along the way.

Arctic Spas in Oak Bluff has participated in the cottage show for a number of years and is looking forward to this year's show.

The business provides high-quality,

efficient, easy-to-maintain hot tubs and arctic spas for all of Manitoba, perfect for any cottage lover.

Arctic Spas have spent about 27 years caring for Manitoba's cottage country.

"Virtually everything that a person needs for their cottage or is thinking about for their cottage under one roof. It gives you a different idea for whatever you are doing, whether it's on the water or in the home. We add a bit of a different accent to create a bit of that outdoor experience at the cottage," said Dustin Last, sales manager at Arctic Spas.

Horizon Storage Sheds from Petersfield will also be at the event to help you with your cabin storage needs.

The business builds storage and garden sheds in various building styles to fit the needs of any cottage or home owner, or prospective buyer.

They have nine standard styles to choose from: the Ranch Style, Big Ranch, Low Barn Style, High Barn Style, Cottage Style, Platinum Style,



PHOTO SUBMITTED

Arctic Spas will have a booth at the 14th annual Cottage Country's Lake & Cabin Show March 17-19.

Urban Style, Workshops, and Greenhouses. In addition, each style has a variety of customizable options.

The show's hours are Friday, March 17, from 2 to 9 p.m., Saturday, March 18, from 10 a.m. to 8 p.m., and Sunday, March 19, from 11 a.m. to 5 p.m.

Tickets at the door can be purchased for \$12 for adults, \$10 for seniors, and kids 13 and under are free.

There is free parking available on location.

This year's event is presented by Aviva Insurance Canada.

Primary care providers know your health care needs best

By Jennifer McFee

Primary care providers are available throughout the region to help meet the health-care needs of community members closer to home.

Primary care providers are generally the entry point into the health-care system and include physicians and nurse practitioners, said Connie Nixon, director of primary care health services for Interlake-Eastern Regional Health Authority.

"They provide preventative care, teach healthy lifestyle choices, identify and treat medical conditions, and refer to other health-care providers and specialists when needed," she said.

"Primary care teams in our region may include clinicians such as pri-

mary care and chronic disease nurses, dietitians and mental health workers to assist in providing comprehensive health care."

Primary care providers conduct physical exams including regular screening and provide patients with immunizations, prescriptions and renewals as needed. They provide care for most common illnesses and injuries, such as cold and flu symptoms, stomach aches, mild or chronic headaches, chronic back pain, and minor cuts and burns.

"Data shows that half, if not more, of our emergency department visits are for things that are non-urgent and could be seen in a primary care setting," Nixon added.

"By setting up an appointment with

your primary care provider, it can help the emergency department focus on those patients that are seeking life-sustaining care. It also can help to save a lot of your time waiting."

Anyone who has a medical emergency that can't wait should call 911 or visit their closest emergency room. Examples of situations that require a visit to the emergency department include sudden or new chest pain, numbness, loss of vision, slurring of speech or an object in the eye or ear. Other emergency situations include loss of consciousness, severe injury, severe back pain, pregnancy complications or suicidal thoughts.

"Since your primary care provider knows the most about your history," Nixon said, "it is of benefit to use them

for this continuous ongoing care so that they can help you navigate your health needs and make decisions with you that best work for you since each client is individual."

If you are currently looking for a regular primary care provider, contact Family Doctor Finder at 1-866-690-8260 or visit <https://www.gov.mb.ca/health/familydoctorfinder/>.

If you're not able to access a primary care provider in a timely way, Interlake-Eastern RHA offers a QuickCare clinic in Selkirk with a primary care team that can address non-urgent health concerns. Visit ierha.ca, and under the "Programs and Services" tab, select "QuickCare Clinic."

> CHILD CARE FUNDING, FROM PG. 17

"These grants will help early learning and child-care providers make immediate investments into facilities and staff to support high-quality learning for children across the province and a stronger, more responsive early learning and child-care system for Manitoba families."

There are three streams of grant funding:

- Quality Early Learning and Environments Grant: \$33.8 million to help improve aging infrastructure, equipment and materials;

- Enhancing Diversity and Inclusion Grant: \$18.7 million to ensure children of all backgrounds and abilities feel a sense of belonging and have the ability to participate in programming through enriched curricula, space adaptations and staff-development opportunities; and
- Innovative Recruitment and Retention Grant: \$7.4 million to implement creative and innovative strategies to recruit, retain and support a high-quality workforce and meet the demands of a

rapidly growing sector. This includes a Registered Retirement Savings Plan (RRSP) top-up of \$500 per child-care space to provide recognition for the dedication of home-based providers to the child-care sector.

Funding is available to all licensed non-profit child-care centres (including infant, pre-school, nursery, and school-aged programs) and home-based providers, that must opt-in to the grant program before March 13. Quality enhancement grants support the principles of quality, inclusive and accessible child care and fund eligible expenses from April 1, 2022, to March

31, 2024.

With the exception of the Retirement Enhancement and Retention Benefit, eligible facilities will be required to accept or decline each funding stream through their weekly reporting update in Manitoba Child Care Search between Feb. 27 and March 13. The RRSP contribution is topped up automatically for any provider that contributes to RRSPs.

For more information about the Canada-Manitoba Canada-Wide Early Learning and Child-Care Agreement and the quality enhancement grants, visit www.manitoba.ca/childcare.

Manitoba government extends clinic hours, adds 80 physician-training seats

By Manitoba government

The Manitoba government is helping heal the health-care system by launching a new premium for physicians who offer extended hours in family medicine and pediatric clinics, adding 80 physician-training seats, and providing mental-health supports to doctors, Health Minister Audrey Gordon and Advanced Education and Training Minister Sarah Guillemard announced.

“Our government is making significant investments to heal health care and we know that physicians will be essential in that healing process,” said Gordon. “We recognize the enormous contributions of primary-care providers and pediatricians and the care they provide to Manitobans. Providing an incentive to extend clinic hours will make accessing care more convenient and timely, while taking pressure off emergency departments and urgent care centres so the health-care system functions more efficiently overall.”

Gordon noted the changes announced fulfil promises laid out in the Health Human Resource Action Plan.

Effective Feb. 1, family medicine and pediatric clinics offering extended hours can receive a 20 per cent pre-

mium on extended hour billings. This change will help ensure primary-care providers and pediatricians are readily available, Gordon noted. Eligible extended hours, which can be used to see existing patients or take walk-ins, are considered weekdays from 6 a.m. to 8 a.m. and 5 p.m. to midnight, and weekends and recognized holidays from 7 a.m. to midnight.

Participating clinics have been asked to advertise or promote extended hours and availability, Gordon said, adding that the Manitoba government will work with Doctors Manitoba to ensure the new premium will help increase overall capacity in the health-care system.

“The actions the government is announcing today all directly respond to advice we’ve offered on behalf of physicians,” said Dr. Candace Bradshaw, president, Doctors Manitoba. “From an innovative and unique-in-Canada approach to help clinics with extending their hours, to a significant expansion in medical training, to new resources for supporting physician wellness and avoiding burnout, all three of these actions will help to support better access to medical care for Manitobans.”

The Manitoba government will also

provide funding for 40 new undergraduate physician-training seats, a 10-seat increase in the one-year international medical graduate program and 30 seats in the two-year post-graduate medical education program for internationally educated medical students.

“This is an incredible opportunity for Manitoba, so prospective physicians can find a place to learn and grow in their chosen career path in the province,” said Guillemard. “The Manitoba government will be investing in the education of those who will provide care to Manitobans for years into the future, recognizing that our workforce needs to attract students from Manitoba, across the country and around the world. This work will also support the overall goal of adding 2,000 health-care providers as part of our government’s Health Human Resource Action Plan.”

This funding will ensure access to undergraduate medical education programs will keep pace with Manitoba’s population growth, while supporting a sustainable and growing number of physician graduates able to work in the province’s health-care system, Guillemard added.

Additionally, the Manitoba govern-

ment is investing in physician retention by supporting overall physician health and wellness through a \$450,000 contribution to the Physician Peer Support program run by Doctors Manitoba. The program offers peer support networks and training for peer supporters, as the support of colleagues has been shown to improve overall wellness and help reduce the risk of burnout. This funding will help ensure the program can continue and expand to meet the changing needs of physicians, the ministers noted, as recommended at a rural and northern summit hosted by Doctors Manitoba and the Manitoba Chambers of Commerce last fall.

These investments are part of the Manitoba government’s Health Human Resource Action Plan, a \$200-million initiative announced in November 2022 to help retain, train and recruit 2,000 health-care workers.

Over \$123 million invested in initiatives to retain and recruit nurses

Building health human resource capacity strengthens health-care system

By the Manitoba government

The Manitoba government is investing over \$123 million in nine initiatives to retain, recruit and support nurses building on its commitment to end mandated overtime and add 2,000 health-care professionals through the Health Human Resource Action Plan, Health Minister Audrey Gordon announced.

“Nurses are an incredibly valued member of the health-care workforce who provide critical services under sometimes extraordinary pressures,” said Gordon. “These incentives improve nurse staffing where there are high demands and needs in the health-care system such as weekend coverage. We are already beginning to see positive results from these strategic investments and I want to assure all of Manitoba’s health-care providers that more supports are on the way

as the Health Human Resource Action Plan is rolled out.”

The minister noted incentives for nurses include:

- a new hourly premium for nurses who work weekend hours;
- a new annual payment for nurses who hold the equivalent of a full-time position, as this helps to build more stability in the workforce;
- reimbursing the costs of nurses’ professional licensing fees;
- an annual incentive for nurses who are eligible to retire but choose to remain in the workforce for up to an additional two years, to retain valued expertise and build capacity as new nurses are recruited into the workforce;
- an incentive for nurses who have previously left the profession but choose to return to the workforce;
- a new refer-a-nurse program for current nurses who refer a prospective nurse to a Manitoba employer;
- a provincial float pool to support nurse staffing needs across the province;
- a travel nurse incentive which will provide an additional hourly premium for nurses who travel to work in remote locations; and

- a wellness incentive, which adds additional funds to the health spending accounts of full and part-time nurses to help to cover the costs of eligible expenses.

“The Winnipeg Regional Health Authority is experiencing higher staff vacancies as we emerge from the COVID-19 pandemic as is the case across Canada,” said Mike Nader, president and chief executive officer, Winnipeg Regional Health Authority. “We are beginning to see positive uptake on these new incentives. We thank the Manitoba government for this significant investment in support of the recruitment and retention of nurses in Winnipeg.”

The minister noted that supporting the health and wellness of nurses who are providing care to others is a priority and the new wellness incentive is one of several projects underway to improve the work environment, safety and well-being of all nurses in Manitoba. The Manitoba government is consulting with stakeholders, including the Manitoba Nurses Union, to design additional programs to support the well-being of nurses, including mentorship and peer support, with more details to be provided

when finalized.

“We view this announcement as a very necessary and positive step in addressing the significant recruitment and retention issues for Manitoba’s nurses,” said Darlene Jackson, president, Manitoba Nurses Union. “We will always work diligently and share our ideas and approaches to get our health-care system back to where it needs to be. Nurses are problem solvers and we are anxious to develop and see the implementation of further effective measures for all nurses to solve the many challenges of our nursing human resource crisis.”

These programs and incentives are part of the Health Human Resource Action Plan, which launched in November 2022 with a commitment to add 2,000 health-care providers, invest \$200 million to retain, train and recruit health-care staff across the province, and eliminate mandated overtime. Since that time, more than 330 new health-care providers have been hired including nurses, health-care aides, physicians and other staff who provide bedside care.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Gimli's Einarson wins fourth straight Scotties

By Ty Dilello

Gimli's Kerri Einarson has captured her fourth consecutive Scotties Tournament of Hearts after a decisive 10-4 victory in Sunday evening's championship final over Manitoba's Jennifer Jones.

For the second straight year, Einarson (representing Team Canada), and her teammates Val Sweeting, Shannon Birchard and Briane Harris, rallied from an early loss in the playoffs to come back and win the championship with a record of eleven wins and one loss.

"To win four straight means so much," said Einarson. "I think this

one was better than our first. This team never gives up, and that makes us who we are. So much great determination. We just go out there and enjoy every single minute and have fun."

In the final, Einarson broke a 2-2 tie in the fifth end when they stole two points after Jones' final draw came up light of the eight-foot. Manitoba conceded the game after Einarson had an open hit for five in the ninth end to win 10-4.

The fourth national Scotties put Einarson and her rink into elite company, along with Nova Scotia's Team Colleen Jones, who had also won four

Interlake girls win bronze



RECORD PHOTO SUBMITTED

A new U15 girls' team, which practices in Petersfield, won bronze at the Lorette U15 bonspiel on Feb 18. It was just their second bonspiel that they had curled together. Pictured, left to right, Aurora Marynowski (Clandeboye), Kalli Missiabib (Stonewall), Isla Gemmill (Stonewall) and Danika Chartrand (St. Andrews). Their coach is Randy Kolomaya (Petersfield).



RECORD PHOTO BY CURLING CANADA

Gimli's Kerri Einarson and her team have captured their fourth consecutive Scotties Tournament of Hearts after a 10-4 victory in Sunday evening's final over Jennifer Jones. Left to right: Kerri Einarson, Val Sweeting, Shannon Birchard, Briane Harris, Krysten Karwacki and Reid Carruthers.

in a row from 2001 to 2004. It was also the fifth Scotties win for Shannon Birchard, as she previously won the 2018 Scotties with Jennifer Jones when she filled in for Kaitlyn Lawes, who was playing mixed doubles at the Olympics that year.

"The girls played fantastic with their backs up against the wall," said Team Einarson's coach Reid Carruthers. "It was very impressive to see them perform at the level they did in the semi-final against Northern Ontario and then in tonight's final. I'm so proud of them all."

The Jennifer Jones rink (Karlee Burgess, Mackenzie Zacharias, Lauren Lenentine, Emily Zacharias) out of the St. Vital and Altona Curling Club had a solid week representing Team Manitoba as they compiled a 10-2 record on the week.

Also representing Manitoba at the Scotties was Team Kaitlyn Lawes of Winnipeg (Wild Card #1), who lost a tiebreaker game to Nova Scotia, which saw their event end early. East

St. Paul's Meghan Walter featuring Sara Oliver, Abby Ackland and Mackenzie Elias played as Team Wild Card #3 and missed the playoffs with a 3-5 record.

Einarson, Sweeting and Birchard were all named to the First Team All-Star at the conclusion of the event, while Harris was named a Second Team All-Star.

Einarson was also awarded the Sandra Schmirler Award for the fourth-consecutive year for being the most valuable player in the playoffs. After receiving the award, Einarson then gave the MVP honour to her teammate and lead Harris, who competed at the Scotties while five months pregnant with her first child.

The Einarson team will now represent Canada at the 2023 World Women's Curling Championship at the Göransson Arena in Sandviken, Sweden, from Mar 18-26.

"I'm so looking forward to wearing the Maple Leaf in Sweden," said Einarson.

Foreman named Canada West third team all star

University of Calgary

Mason Foreman of the Calgary Dinos men's basketball team has been named a Canada West Third Team All-Star, the conference announced Friday afternoon.

This marks the fourth postseason honour from Canada West for Foreman, who was named to the all-rookie squad back in 2018 before earning second-team honours in 2020 and third-team status a season ago.

This year's nod is an especially impressive one for the East Selkirk native after only competing after winter

break. Foreman started all 10 games down the stretch for the Dinos, amassing an incredible 207 points and 122 rebounds over that time. He scored in double figures every time out this year and tallied a double-double all but three times.

Foreman poured in a season-high 29 points in a Jan. 15 win at Fraser Valley but saved his best for last, erupting for 26 points and a career-high 21 rebounds in 40 minutes on the court in a thrilling overtime win over rival Mount Royal on Seniors' Day in the regular season finale.



RECORD PHOTO UNIVERSITY OF CALGARY

East Selkirk's Mason Foreman of the University of Calgary Dinos' men's basketball team was named a Canada West third team all star last Friday.

Royals ousted from WSHL playoffs

By Brian Bowman

The Selkirk Royals' boys' hockey team's season is now over.

Selkirk was eliminated from the WSHL playoffs after a 5-1 road loss to the Garden City Fighting Gophers last Friday.

Garden City won the best-of-three series 2-1.

Ben Dejarlais scored a first-period power-play goal for the Royals.

Garden City's Lucas Desousa replied with three power-play goals while Noah Banera added a pair of goals at even strength.

The Royals staved off elimination

with a thrilling 4-3 overtime victory in Game 2 last Thursday at the Recreation Complex.

Andrew Hladun scored the game winner in OT.

Selkirk's Andrew Denoon scored a first-period goal and then Desousa (power play) tallied in the second.

The Royals' Drake Vermeulen and Brennan Feschuk (shorthanded) traded goals with the Fighting Gophers' Desousa and Parker Grift (power play) in the third.

Jonny Enns-Demchuk posted the win in goal.

Hitting the ice



RECORD PHOTO PAUL MCLEOD

Garson's Aaron Riehl competed in short track speed skating at the 2023 Canada Winter Games in Prince Edward Island last week.



Laying it up

RECORD PHOTO BY BRETT MITCHELL

The Selkirk Royals' Andrew Vandanbogerd goes for a layup against the Springfield Sabres during KPAC junior varsity boys' basketball action last Thursday. Selkirk won the playoff game 52-49. In varsity boys' playoff action, Selkirk defeated MBCI 73-61 while the Royals' varsity girls beat Transcona 46-32.

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Meet the
Fishermen



#7 Cale Jonski
Defence

Barley to represent Canada at 2023 World Cup of University Hockey

Staff

St. Andrews' Carter Barley will have a once-in-a-lifetime opportunity next month.

Barley was one of 23 players chosen to the American Collegiate Hockey Association's Team Canada squad that will compete in the 2023 World Cup of University Hockey from April 14-19 in Cârța, Romania.

He will be joined on the team by Teulon's Brayden Pawluk, who is his teammate with the Minot State University Beavers.

Minot State University leads all schools with five representatives on the Canadian team.

Canada will be competing in Group B along with Romania, Poland, and Czech Republic.

In the meantime, Barley will continue to help his Minot State team win hockey games. The Beavers were an impressive 28-2 heading into a pair of road games against Liberty University last weekend.

Barley had a team-leading 53 points (18 goals, 35 assists) before those games against Liberty.

The Beavers clearly have their sights set on nationals, which will take place in Marlborough, MA from March 16-23.



RECORD PHOTO BY SEAN ARBAUT

The American Collegiate Hockey Association announced the 23-player roster for ACHA Team Canada, which includes St. Andrews' Carter Barley, that will compete in the 2023 World Cup of University Hockey April 14-19 in Cârța, Romania.

Allen golden at track meet



RECORD PHOTOS SUBMITTED

Middle distance runner Tristan Allen of the Manitoba Bisons won three gold medals in Saskatoon last weekend. He took home gold in the 600 with a time of 1:18.89. Allen was also on the 4x400 and 4x800 relay teams that won gold, earning Track Athlete of the Year honours. Allen has now won five medals over the last two conference championships, and six including nationals.

Steelers knocked off by Nighthawks

By Brian Bowman

The Hockey Gods were not too kind to the Selkirk Steelers last weekend.

Selkirk was defeated 7-2 by the Nighthawks in Niverville on Saturday evening.

The Nighthawks then picked up a 3-2 win over the Winnipeg Blues on Sunday afternoon to go up five points on Selkirk for the fourth and final playoff spot in the East Division.

In Saturday's loss, Niverville led Selkirk 3-1 in the third period before exploding for four goals in a 5:08 span.

Tyson Smith had a goal and an assist for Selkirk while Owen Johnston also tallied.

Niverville goals were scored by Carter Spirig (two), Ethan Whillins

(two), Gavin Gunderson, Evan Bortis, and Braden Panzer.

On Feb. 20, Selkirk was blanked 8-0 by the first-place Terriers in Portage la Prairie.

Portage led 1-0 after the first period and then 3-0 after 40 minutes before blowing the game open with five third-period goals.

Portage goals were scored by Daniel Siso (two), Kian Calder (two), Austin Peters, Ryan Botterill, Austin McLean, and Noah Wagner.

Selkirk will visit the Winkler Flyers on Wednesday (7 p.m.) and then host Winkler Friday (7:30 p.m.) and the Swan Valley Stampeders Saturday (7:30 p.m.).



CATCH THE EXCITING NEW TEAM FOR THE 2022-2023 SEASON

- VS Winkler Flyers Fri, Mar 3rd 7:30 pm
- VS Swan Valley Stampeders Sat, Mar 4th 7:30 pm
- VS Steinbach Pistons Tues, Mar 7th 7:30 pm
- VS Virden Oil Capitals Fri, Mar 10th 7:30 pm



NEXT AWAY GAMES • VS Virden Sun, Mar 7 7pm • VS Neepawa Fri, Mar 17 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

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

METAL RECYCLING

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

SCRAP METAL

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

Buyer for all 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.

SHOP LOCAL

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.

BARTENDERS NEEDED - MUST HAVE EXPERIENCE. Mostly evenings & weekends plus short-notice pick-up shifts, also summer coverage. Short order cooking & VLT cashier experience an asset. Wage increase after probation. Must have Smart Choice certificate & be bondable. Drop off or email resume. Selkirk Legion RCL42.BarManager@shaw.ca

Petro Canada, Lockport is hiring full-time gas attendants and Ricky's All Day Grill, Lockport is hiring full-time and part-time kitchen helpers and servers. Seniors are welcome to apply. For more information please call 780-919-7165.

HELP WANTED

The Window Factory is accepting resumes for production/manufacturing staff, also an installer assistant who must be able to work in heights, on ladders and work outdoors in all forms of weather. Please bring in resume into the office located at 605 Mercy St, Selkirk.

Bookkeeper/Receptionist position at Selkirk Auto Body Ltd. Monday to Friday, 8-5. Call 204-482-3960 or drop off a resume at 401 Lake Ave, Selkirk.

Bartender required P/T. Smart Choices and Food Handler Cert needed. Apply in person to Selkirk Army Navy and Airforce Veterans Unit 151 at 231 Clandeboye Ave or by email anavets151@hotmail.com

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.firstandsecondmortgages.ca

SHOP LOCAL - SUPPORT LOCAL BUSINESS

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; Sun-beam 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.

MAKE EXTRA CASH ADVERTISE YOUR ITEMS FOR SALE HERE

APARTMENTS FOR RENT
RULE APARTMENTS
424 EVELINE ST.
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

Municipality of Alexander



PUBLIC NOTICE

2023 Spring Road Restrictions

The Municipality of Alexander hereby gives notice that the Spring Road Restrictions will follow the Province's dates unless otherwise notified.

Provincial Road Restrictions are available by contacting the Road Information Line at 1-204-945-3704, or 1-877-MBRoads (1-877-627-6237) for a verbal description of road restrictions or online at <http://www.gov.mb.ca/mit/srr/index.html>

For local updates check the notices at: <http://www.rmalexander.com>

The purpose of Spring Road Restrictions is to protect roadways from damage during the spring thaw conditions. We request your co-operation in following these restrictions.

FIRST NATION AUTO REMOTE-MOBILE SALES PERSON



Territory: Manitoba

We are looking for a person who enjoys building relationships, is comfortable attending social events in various areas of Manitoba and Northwestern Ontario, demonstrates a strong work ethic, and excellent communication skills.

ABOUT US

First Nation Auto is proud to serve ALL TERRITORIES. It is our goal to ensure that everyone has the opportunity to drive a safe and reliable vehicle!

We offer the widest selection of vehicle makes, models and rebates!

We have access to a vast array of lenders to cater to your specific needs.

We believe in giving our customers the best service possible, and we firmly support the standpoint that "OUR reputation is YOUR guarantee!"

At First Nation Auto, we are dedicated to serving our customers with respect and full transparency.

QUALIFICATIONS

- Experience in sales
- Valid drivers license
- Excellent communication and relationship building

WHY US?

The opportunity to be part of a growing business and team

Competitive overall compensation package

Should you be interested in this position, please message michael@firstnationauto.ca

DO YOU HAVE NEWS TIPS? STORY IDEAS?
Call 204-785-1618

Municipality of Alexander



PUBLIC NOTICE

Ditch Cleaning / Snow Clearing 2023

The Municipality of Alexander hereby gives notice that the municipality will begin clearing snow from ditches throughout the municipality in preparation for the spring thaw.

This program will begin in March and will continue through March and April as needed and weather permitting. If you have any questions or concerns please contact the Municipality of Alexander Public Works Department at (204) 367-6185 or the Public Works Manager at (204) 367-6186.

Please note that this does not include any ditches or drains located along provincial trunk highways or provincial roadways. These are under the jurisdiction of the provincial department: Manitoba Infrastructure and Transportation.

WE ARE HIRING

JOIN OUR NUCLEAR REACTOR DECOMMISSIONING TEAM

MANAGER - COMMUNICATIONS & ENGAGEMENT - HYBRID

Canadian Nuclear Laboratories' (CNL) Whiteshell (WL) site located near Pinawa, Manitoba, is looking for a Manager - Communications & Engagement.

WHAT WE ARE LOOKING FOR:

- University degree in a relevant field such as communications, public relations, Indigenous studies or journalism.
- Seven to 10 years of relevant work experience.
- Internal/external communication, and Indigenous and public engagement skills.
- Security clearance eligibility required: Site Access via Canadian Security Intelligence Service (CSIS).

NOUS EMBAUCHONS

REJOIGNEZ NOTRE ÉQUIPE SPÉCIALISÉE DANS LE DÉCLASSEMENT DES RÉACTEURS NUCLÉAIRES

GESTIONNAIRE - COMMUNICATIONS ET ENGAGEMENT - HYBRIDE

Le site Whiteshell (LW) des Laboratoires Nucléaires Canadiens (LNC), près de Pinawa, (Manitoba), recherche un Gestionnaire - Communications et engagement.

CE QUE NOUS CHERCHONS :

- Diplôme universitaire dans un domaine pertinent comme les communications, les relations publiques, les études autochtones ou le journalisme.
- Sept à 10 ans d'expérience de travail pertinente.
- Aptitudes pour la communication interne/externe et pour l'engagement autochtone et public.
- Admissibilité requise à l'habilitation de sécurité : accès au site par le Service canadien du renseignement de sécurité.

Scan the code to find out more. cnl.ca/careers
Scannez le code pour en savoir plus. cnl.ca/carrières



Canadian Nuclear Laboratories

Laboratoires Nucléaires Canadiens

EMPLOYMENT OPPORTUNITY

The Rural Municipality of St. Clements is seeking applications for the following positions:

RECREATION PROGRAMMER

SEASONAL, FULL-TIME POSITION
May 1, 2023, to September 1, 2023

SUMMER PROGRAM LEADER

TWO SEASONAL, FULL-TIME POSITIONS
June 19, 2023, to September 1, 2023

HERITAGE WING INTERPRETER

TWO SEASONAL, PART-TIME POSITIONS
May 1, 2023, to September 1, 2023

Details of these positions, including qualifications, can be found on our website, www.rmofstclements.com

Applications with detailed resume clearly stating the position(s) applied for will be received up to 3:00 p.m. on March 24, 2023 or via email to recreation@rmofstclements.com

Thank you to all who apply for these positions, however, only those candidates selected for an interview will be contacted.

Apply to:
Brenna Philp
Recreation Manager
1043 Kittson Road
P.O. Box 2 GRP 35 RR1
East Selkirk, Manitoba,
ROE0MO



EMPLOYMENT OPPORTUNITY

The Rural Municipality of St. Clements is seeking applications for the following positions:

SEASONAL CLASS 1 – HEAVY EQUIPMENT OPERATOR

(Seasonal Class 1 2023 rate \$28.75/hr
6-month probation rate \$27.75/hr)
Must have grader operating experience

SEASONAL CLASS 2 – RUBBER TIRE OPERATOR

(Seasonal Class 2 2023 rate \$26.39/hr
6-month probation rate \$25.39/hr)

SEASONAL CLASS 3 - OPERATOR

(Seasonal Class 3 2023 rate \$22.56/hr
6-month probation rate \$21.56/hr)

CASUAL TRANSFER STATION/ LANDFILL SCALE EMPLOYEE

(Casual 2023 rate \$23.60/hr
6-month equivalent probation rate \$22.60/hr)

SUMMER "GREEN TEAM" POSITIONS

(Please state earliest start date
approx. May 5 – Sept. 1, 2023
at a rate of \$16.15/hr)

PUBLIC WORKS SEASONAL POSITIONS RUN APPROXIMATELY MAY 5 TO OCTOBER 27, 2023

Details of these positions, including qualifications, can be found on our website, www.rmofstclements.com. **Applications with detailed resume clearly stating the position(s) applied for will be received up to 3:00 p.m. on March 24, 2023 or via email to pwadmin@rmofstclements.com.**

Thank you to all who apply for these positions, however, only those candidates selected for an interview will be contacted.

Apply to:
Greg Elson, CET
Public Works Manager
155 CIL Road
Box 2, Grp 35, RR 1
East Selkirk, Manitoba,
ROE 0MO



Classifieds

Selkirk Record

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



Power Builder Advertising WORKS!

- GET SEEN by over 360,000 Manitoba Homes!
- Use your LOGO!
- Create instant top of mind awareness
- Showcase your info, business, product, job, announcements or event
- We format it, to make it look great!
- Starting at \$339.00 (includes 45 lines of space)
- The ads blanket the province and run in MCNA's 32 Manitoba community newspapers
- Very cost effective means of getting your message out to the widest possible audience

Contact this newspaper NOW or MCNA at **204.947.1691** or email classified@mcna.com

www.mcna.com

WANTED / BUYING

WANTED/BUYING 1950's-70's Scandinavian, Danish, Canadian Mid-Century Modern Furniture (Teak, Walnut, Rosewood), lighting, ceramics, textiles, stereo or design. Contact Daniel at TEXT/PHONE: 204-918-1607.

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Wrap your metal building up with warmth!

A Metal-over-Metal retrofit system that insulates your existing metal building.

Is your building cold? Leaks inside? Shops, rinks, banks, and commercial buildings can be done with no down time.

An engineered system that lasts a lifetime.

1-800-431-9661
www.retrofitclip.com

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.

UPCOMING EVENTS

Cloverdale United Church will be hosting Whist every Friday until May 26 (excluding Apr. 7, Good Friday). Starting at 12 noon. Call for info Nonie at 204-482-5359.

LIVESTOCK

Black Angus bulls, good selection of yearling & 2 year olds. Many heifer bulls sired by P.A. Fortitude, Connealy Thunder & Muscrave Colossal, for calving ease. Also, 85 - 90 lb. B.W. bulls for cows by Kilroy, Network, P.A. Merit & Legend. Will have 4 yearlings & 4 two year olds at Lunder Bull Sale April 1st. Semen tested. Delivered & guaranteed. For info. or videos, Ross Jerney, Spruce Ridge Stock Farms, 204-768-0333, Ashern.

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

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

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Call now:
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The Aurora Plus 1648 SqFt RTM

3 bedrooms, ensuite, huge kitchen, quartz countertops, island, 9ft walls, double cathedral ceiling and an abundance of natural lighting. James Hardie Siding.

Pictures available
www.wgiesbrechthomes.ca

Taking orders for Summer / Fall Delivery 2023
204-346-3231

HIP/KNEE Replacement?

Other medical conditions causing TROUBLE WALKING or DRESSING?

The Disability Tax Credit allows for **\$2,500 yearly tax credit and up to \$30,000 Lump sum refund.**

Apply NOW; quickest refund Nationwide! Providing assistance during Covid.

Expert Help: 204-453-5372

McSherry Auctions

12 Patterson Dr.
Stonewall, MB

Online Timed Auctions @ iCollector.com

Estate & Moving
Closes Wed. Mar. 8 @ 7:00PM

Estate & Moving
Closes Wed. Mar. 15 @ 7:00PM

McSherryAuction.com 204-467-1858
Consignors Welcome!



INDUSTRY FUNDING RECYCLING

SimplyRecycle.ca



www.rmalexander.com



Say Goodbye to Guessing!

Discover what's accepted in your community's recycling program by visiting the **Recyclepedia** on SimplyRecycle.ca or by downloading the **FREE** app.



SPACE PROVIDED THROUGH A PARTNERSHIP BETWEEN INDUSTRY AND MANITOBA MUNICIPALITIES TO SUPPORT WASTE DIVERSION PROGRAMS.



Classifieds



Book Your Classified Ad Today - Call 785-1618 or Email 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 under the "Types of Advertising" tab for more details.

BOOK YOUR SPRING 2023 CLASSIFIEDS NOW! Be seen in the 32 Weekly Manitoba Community Newspapers to get your messaging all over the province! Need drivers? Have a service to offer? For sale? New service? Having an online meeting? Let people know in the Blanket Classifieds! Call 204-467-5836 or call MCNA at 204-947-1691 for more details or to book ads. MCNA - Manitoba Community Newspapers Association. www.mcna.com

Everything you need to promote your business



Call Today!
785-1618

take a break > GAME

SUDOKU

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

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!



Rural Municipality of West St. Paul

PUBLIC NOTICE

In accordance with Section 194 of *The Municipal Act*, the financial report of the auditor together with the related Financial Statements for the year ended December 31, 2021, have been deposited in the office of the Acting Chief Administrative Officer at the Municipal Office, 3550 Main Street, West St. Paul, Manitoba.

Persons wishing to view the municipality's financial statements may view the documents on our website at www.weststpaul.com or by contacting our office at 204-338-0306 to make viewing arrangements.

Dated this 2nd day of March, 2023.

Lainie Shaw, CMMA
Acting Chief Administrative Officer
RM of West St. Paul

PLEASE SUPPORT OUR ADVERTISERS - SUPPORT LOCAL BUSINESS!

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- *Construction *ATV
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- *Phones *Computers
- *Solar Systems & design
- *Everything Else!

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1390 St. James St.

Winnipeg

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FULL TIME HEAVY DUTY MECHANIC OR TRAILER MECHANIC

- Benefits Package (full time only)
- Competitive wages
- Valid driver's license
- Class 3 an asset
- Ability to perform MGI Safety an asset

Derek (204) 793-7465

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To run Canada

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- Reset at home
- Weekend home time
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- Referral program

Derek (204) 793-7465

CENTENNIAL TRANSPORT & LEASING LTD.

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

102086 Hwy #9, Wpg Beach, MB

Eddie's Gravel Supply Ltd. is Hiring

FULL TIME CLASS 1 DRIVER

Super B and Fuel Hauling an asset
\$70,000 to \$95,000 per year
based on experience

204-389-2023

info@eddiesgravel.com

102086 Hwy #9 Winnipeg Beach, MB

SALES CAREER OPPORTUNITY

Big and Colourful Printing & Publishing
is looking for a dynamic, highly motivated person to become part of our advertising sales team in the Interlake area.

The successful candidate will thrive in a fast paced sales environment where a competitive nature, strong work ethic and excellent customer service skills are required and rewarded.

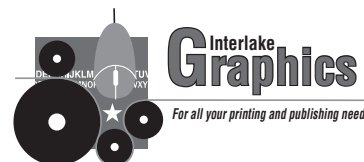
This opportunity involves building relationships and representing our newspapers to new and existing customers.

Qualifications: The successful candidate must be professional, dependable, energetic, goal-oriented, self-starter, can work within deadlines, well organized and friendly.

Customer service, sales experience and passion is a must.

- Strong computer skills, including Microsoft Office
- Excellent communication skills and a genuine love of people
- Willingness to learn
- Ability to work independently

If you fit this description please email resume to Bigandcolourful@mts.net



NOTICE OF DIRECTOR ELECTIONS ELECTRONIC VOTING

MEMBERS OF ACCESS CREDIT UNION LIMITED (the "Credit Union")

TO: ALL MEMBERS OF THE CREDIT UNION

VOTING FOR BOARD OF DIRECTORS

TAKE NOTICE THAT the Annual General Meeting of the members of Access Credit Union will be held on Tuesday, April 18, 2023, at 7:00 p.m. CDT via virtual means, for the following purposes:

1. 2022 Financial Statements
2. Board of Directors Report
3. Appointment of Auditors
4. Announcement of Patronage Allocation and Cash Redemptions
5. Director Elections

All eligible members wishing to participate in the General Meeting are required to register online at www.accesscu.ca prior to April 18, 2023, at 4:00 P.M. CDT. More information about the virtual General Meeting can be found at: www.accesscu.ca.

DATED this 2nd day of March 2023
ACCESS CREDIT UNION LIMITED
By Order of the Board of Directors



Classifieds *The Selkirk Record* Announcements

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

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

Sudoku Answer

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



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- LETTERHEAD
- ENVELOPES
- INVOICES
- ESTIMATE SHEETS
- POSTERS • MEMO PADS
- POST CARDS
- PRESENTATION FOLDERS

Call Today!
785-1618



E.F. Moon is a well-established Heavy Construction Company founded in 1962 and located in Portage la Prairie, MB.

We are currently seeking experienced, goal oriented individuals for employment in a number of areas: **Class 1 & 3 Drivers, Foremen, Skilled Laborers, Sewer & Water Personnel, Directional Drill Personnel, Excavator, Dozer, Grader, Rock Truck, Loader, Vac Truck and Packer Operators.**

We offer competitive wages, comprehensive benefits plan, safety training and a safe work environment.

Requirements are: Minimum class 5 driver's license, positive work attitude, reliable, able to work well with a team or alone, safety oriented, able to work extended hours.

If you are interested in joining a well-established and growing company with room for advancement, please visit us at 1200 Lorne Ave. E. in Portage la Prairie, MB to fill out an application, apply online at www.efmoon.ca or email a resume to jackiek@efmoon.ca

EMPLOYMENT OPPORTUNITY



YARD ASSISTANT WANTED!

Looking for someone energetic to join our team helping with various projects and yard maintenance.

Must have driver's license.

Call 204-955-2937

BVM Ukrainian Catholic Church - East Selkirk
will be hosting a

WHIST DRIVE

SAT., MARCH 11, 2023

East Selkirk Community Hall

711 Henderson Hwy

7:00 pm

- Silent Auction • 50/50 • Lunch

Admission \$7.50

EVERYONE WELCOME

LEARN TO PLAY WHIST Saturday, Mar 4, 2023 - 7pm
East Selkirk Community Hall

ANNOUNCEMENT

PET IN MEMORIAM



"Spanky"

March 5, 2011

A house feeling empty
Now that you're gone.

No more barks filling up the room,
Or watching you being cute as you yawn.

It was a delight to have you in my life

And in my memory, you will live on.

-Miss you so much,
Mommy

ANNOUNCEMENT

IN MEMORIAM



Brenda Patrice Morrow

(nee Baty)

May 4, 1964 - March 5, 2021

Sadly missed,

Lovingly remembered.

-By the family

ANNOUNCEMENT

IN MEMORIAM

Mark Starodub

February 28, 1957 - February 27, 2021

The moment that you left me,
My heart split in two;

One side filled with memories,
The other side went with you.

Your passing has left a heartache,
No one can heal;

But love leaves a memory,
No one can steal.

"Mark, there will never be a day when I won't think of you and wish you were here by my side."

-Forever in my heart,
Charlene

OFFICE SPACE FOR LEASE

CLANDEBOYE AVE
in Selkirk

For information please contact:
BIG Real Estate 204-485-0010
email bigandcolourful@mts.net



Mobile Forklift Mechanic Wanted

\$30 - \$40 based on experience
Full Time, Benefits, DPSP, Gas Card, Van
204-663-9325

HR@indtruck.com

89 Durand Rd, Winnipeg, MB

Don't Forget Your Loved Ones

WITH AN ANNOUNCEMENT IN THE



Call 785-1618 or
email lucy@selkirkrecord.ca

STARTING A NEW BUSINESS?

Call us - We have everything you need to promote your business

Call 204-785-1618

Evan Kreutzer.ca
Real Estate Services Inc.
204-482-7355

EVAN
482-7355

WAYDE
485-0407

9 - 325 MERCY (Britannia Close) \$159,000

2 bedroom, 2 storey condo, VG condition,
1 1/2 baths, 6 appliances. Condo fee \$190/mo
Call WAYDE 204-485-0407

We're Looking for New Listings!
CALL US TODAY & GET MOVING BEFORE SPRING!

Everything you need to promote your business



Call Today!
467-5836

Announcements

Book Your Notice or Classified Ad Today - Call 204-785-1618
or email: lucy@selkirkrecord.ca

ANNOUNCEMENT

IN MEMORIAM



Ellen McKenzie
20 years ago

I lost my best friend in a tragic car accident.
March 3, 2003

The one I used to laugh with, cry with, visit and have a few toasts with. Now as I'm growing old, all I have are all the fun memories we shared. Sadly missed along life's way, Never forgotten.

-Your best Bud,
Bea Furdyk

ANNOUNCEMENT

IN MEMORIAM



Raymond Tchir
February 18, 2020

Those we love don't go away,
They walk beside us every day.
Unseen, unheard, but always near.
Still loved, still missed and forever dear.

-In loving memory,
Florence, Rhonda and family

OBITUARY



Robert (Bob) William Krychuk

Suddenly, on Saturday, February 18, 2023 with family by his side at the Selkirk Regional Health Centre, Bob Krychuk, aged 63 years of Selkirk, MB passed away.

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

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



Gilbart Funeral Home, Selkirk in care of arrangements.

OBITUARY



Helmut Beck

Peacefully with his dog Prince Cuthbert by his side, Helmut Beck passed away at home on February 21, 2023 at the age of 80 years.

Remaining to cherish his memory are his wife Jane Beck, children, grandchildren, nieces, nephews, friends and neighbours.

Funeral service was held on Tuesday, February 28, 2023 at Friends Funeral Service, 2146 Main Street, Winnipeg, with viewing prior to the service.

Special thank you to friend, Louise Evaschasen and neighbours and friends for food and kind wishes.

In lieu of flowers, donations may be made in memory of Helmut to Diabetes Canada.



In care of arrangements

OBITUARY

Gracie Drobot

Peacefully, on February 15th, 2023 at Selkirk Regional Health Centre, Veteran Gracie Drobot, aged 79, passed away.

She was widowed by her second husband Ed Jablonski, and predeceased by her third husband Harry Drobot.

She is survived by her children, Lisa Jablonski (Mike) and Timothy Hosford, and granddaughter Caitlin Eames (Connor).

Gracie spent out the majority of her retirement gardening and holding Corn Roasts for family and friends, in her later years she spent most of her days playing bingo and Mahjong at The Royal Canadian Legion Branch 42, and The Selkirk Friendship Centre with her beloved friends.

In keeping with her wishes she will be buried with Harry at a later date. No funeral will held.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY

Deanne Soke



On Wednesday, February 22, 2023, after a brief illness, Deanne Soke, loving spouse, mother, grandmother, and great-grandmother passed away peacefully at the age of 85.

Gloria Deanne Park was born August 10, 1937, in Rainy River, ON. She moved to Winnipeg to attend college, where she met, and then married, John Arthur Soke on June 15, 1957. Together they raised four daughters: Jodie, Kathy, Sandra, and Donna in Selkirk, MB.

An affectionate matriarch, Deanne's perpetual tenderness for her family made her home a busy and constant destination for her children, grandchildren, their partners, and great-grandchildren.

Deanne will be remembered for her many creative passions including quilting, knitting, and sewing, but especially for her kindness, generosity, selflessness, and deep friendships. Deanne

enjoyed the many years she and John spent in Selkirk including time with cherished neighbours and friends at the Selkirk Volunteer Firefighters Association, Selkirk Eastern Star, and the quilting group at the Seniors Centre.

In lieu of flowers, please send donations to the Gordon Howard Senior Centre (gordonhoward.ca).

The family thanks the palliative care staff at the Selkirk Regional Health Centre.

Deanne was preceded in death by her father and mother, Clinton and Doris Park.

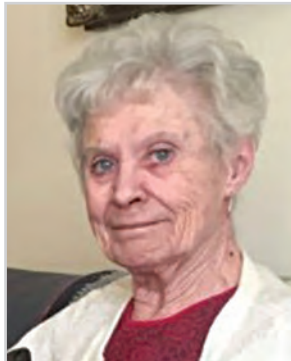
She is survived by her loving husband of 65 years John Soke; her sister Carolee (Park) Hogue; brother-in-law Rene Hogue; brother Ken Park; her sisters-in-law Sylvia Ewacka and Elva Soke. Her family cherishes her love, memories, and funny stories: Jodie, Merv, Tammy, Corey, Chayse, JC, Bryce, Emily, Brody, Oliver, Dayna, Alex, Arizona, Matilda, Kathy, Kym, Stacey, Sandra, Allyssa, Cole, Latitia, Aaron, Kaiya, Jonny, Willow, Donna, Ben, Seth, Milo, and her many adored nephews and nieces.

Family and friends are invited to visit Deanne's memorial page at www.interlakecremation.ca, where memories and condolences may be shared.

Arrangements entrusted to



OBITUARY



Edith Noella Marie MacDougall (nee Labossiere)
December 17, 1941 - February 21, 2023

With great sadness we announce the passing of Edith in the Stonewall hospital.

She was predeceased by her husband Ian in 2003.

Left to mourn is her son Randy of Stonewall, daughter Marilyn (Rainer) of Winnipeg and grandchildren Melanie and Montana. She is survived by her sisters Lucille and Clemence (Marcel) and numerous nephews and nieces as well as dear friends Eleanor, Luella and Bernice.

Special thanks to Dr. Graham, her home care team and nurses.

In compliance with Edith's wishes, cremation has taken place and no funeral will be held. Burial will be held at a later date.

Family and friends are invited to visit Edith's memorial page at www.interlakecremation.ca, where memories and condolences may be shared.

Arrangements entrusted to



OBITUARY



Margaret Rose Bonham

On Wednesday, February 22, 2023 at the Selkirk Regional Health Centre, Margaret Bonham, aged 82 years of Selkirk, MB passed away.

She was predeceased by her son Ike Smith and mother Vera Wise.

She is survived by her daughter Cheryl Smith; brothers Bill (Cookie) and Darrell; sisters Karen and Sandy; 18 grandchildren; four great-grandchildren; numerous nieces and nephews; good friends Ron and Leslie Smith; and her stuff mushroom maker Rob Maclean.

Funeral service were held on Saturday, February 25, 2023 at 1:00 p.m. in the Gilbart Funeral Chapel, Selkirk, MB.

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

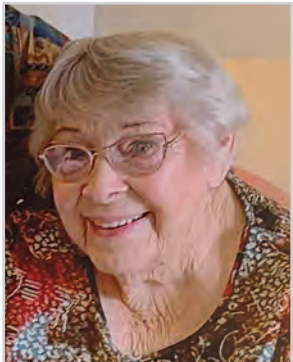
Gilbart Funeral Home, Selkirk in care of arrangements.



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OBITUARY



Inez Lorraine Harrison

After suffering a stroke Inez Lorraine Harrison passed away on February 26, 2023 at Red River Place in Selkirk, MB, at the age of 90.

She was predeceased by her husband Lee Harrison and daughter Brenda Hoffman.

Inez leaves to mourn her daughter Debbie (Omer) Carriere, son Terry (Jane) Swintak, daughter Susan (Rick) Goett and their families. She is also survived by her brothers, Lynn (Linda) Hokanson, Charles (Valerie) Hokanson and sister Lillian Firman as well as numerous grandchildren, great-grandchildren, nieces and nephews.

Mom and Dad raised their four children in Gimli, Red Deer and Winnipeg.

Mom met Lee in the mid 1970's while they were working at Hecla Island. They both had an interest in commercial fishing as well as trapping in winter and summer. They were married in 1984 and spent the next few years living in Riverton. Eventually Mom and Lee purchased Wellman Lake Lodge and enjoyed operating it. They sold the business and built their famous log house in Riverton. After enjoying many years in Riverton, it was time for a move to Lac du Bonnet. They settled in a beautiful house on the Winnipeg River. Between great fun fishing and Mom's cooking their house was a popular place for friends and family to visit.

Mom, Lee and their dog Freckles enjoyed many winter getaways to Mercedes, Texas. They would return home with stories of their adventures. After Lee became ill the decision was made to sell the Lac du Bonnet house and move to Selkirk. Shortly before Lee passed away Mom moved to Woodland Courts assisted living. Over the next 4 1/2 years she enjoyed herself, meeting friends for coffee and playing bingo. Once Mom required additional assistance she moved on to Red River Place.

As per Mom's wishes, a memorial service will not take place at this time. A private family gathering will take place at a later date.

The family would like to thank the staff at Woodland Courts and Red River Place for taking such good care of mom.

In lieu of flowers, donations in Inez's name can be made to the Heart and Stroke Foundation of Manitoba.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY



Elizabeth Isabelle Anne Knickle (nee Hatcher)

It is with great sadness that we announce the passing of our mother, grandmother, and great-grandmother Elizabeth Isabelle Anne Knickle (nee Hatcher) on Sunday, February 19, 2023, at The

Donwood Manor in Winnipeg, Manitoba, at the age of 89 years old.

She was predeceased by her husband Robert Fenwick Knickle.

She leaves mourning her loss,

daughters Joan (Mike), Christine (Mel), Julie (Rick), Catherine (Lou), Marianne; son Robert (Jacquie); 11 grandchildren and 14 great-grandchildren.

Mom was born in St. John's, NL accepting Christ into her life as a youth and met our father while attending church. They married in 1957 and in 1969 moved their family of five from Newfoundland to Selkirk, Manitoba, where our family attended and served at Grace Baptist Church. In 1985 Mom and Dad retired to Dad's hometown of Bridgewater, NS. After several moves back and forth from Bridgewater to Stonewall, because of Dad's declining health, they returned to Stonewall to be closer to family in 2010.

Mom was an avid reader and loved handiwork of all kinds. Her family was her priority. Her life of devotion to Christ in the church was an inspiration to her family, and now she worships in Glory, finally, side by side with our father.

Funeral services will be held at 11:00 am, Saturday, March 4, 2023, at New Life Church in Stonewall, Manitoba.

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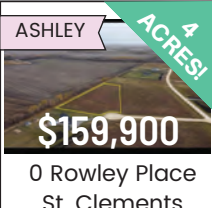


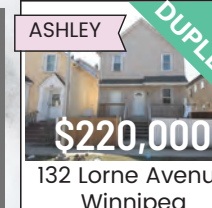
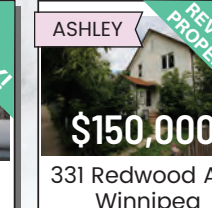
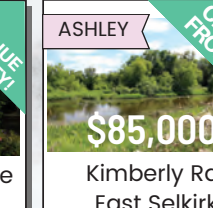
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