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THURSDAY, MARCH 9, 2023

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RECORD PHOTO BY BRETT MITCHELL

Dennis Waterman and Rob Martens have officially left Keystone Sporting Goods to the next generation. The pair who have decades of experience at the business were met with customers and friends wanting to congratulate and thank them on their last day at Keystone Feb. 28.

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Rob Martens and Dennis Waterman retire from Keystone Sporting Goods

Long time business owners pass on the business to the next generation

By Katelyn Boulanger

Feb. 28 was the last day before Rob Martens and Dennis Waterman officially retired from Keystone Sporting Goods. The pair who ran the business and combined had 90 years of experience have left the Selkirk sports establishment to their sons Ryan Martens and Cody Waterman who will be taking the reins from here on out.

"I was in grade ten and 15 years old and I was offered a job at Keystone when it first opened and I've been there ever since," said Waterman.

Martens has a similar story of being hired in the business as an employee.

"I started as an employee and worked there and been there for 40 years. In different increments, I ended up buying into the business. The opportunity came up and it seemed like a great idea to buy in," he said.

Keystone Sporting Goods has been a business in Selkirk for fifty years now.

Neither Waterman nor Martens specifically remembers their first day as employees but they were both happy to have the job.

"I do remember thinking that this is awesome. Because you get to see all the toys and sporting goods and stuff

that you've grown up playing with. Now you're involved in selling. It was a great feeling," said Martens.

Both said that they appreciated all of their current and past employees that worked for them over the years.

"The biggest successes in a business, I feel are the employees that we've had over time. Overall the time that we've gone through, we've had so many kids come to work for us on a part-time basis, and some stayed longer than others. But my goodness, some of the kids have gone on to amazing careers and it's rewarding to look back and think you might have had a small part in their success," said Martens.

Waterman said it was very hard on the last day since many community members came by to congratulate and thank the pair for keeping our community's sticks on the ice and other sports playing surfaces.

"It's still hard because that's my baby. It's my life. I've been there forever and it's nice that my son started when he was 15. I started when I was 15," said Waterman.

"I'VE MET WONDERFUL, MANY WONDERFUL PEOPLE AND FEEL VERY FORTUNATE TO MAKE THESE CONNECTIONS WITHIN THE COMMUNITY."

Continued on page 4



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Martens agreed saying the experience was humbling.

"It's the people that walk in a lot of times you look at them as friends. You're got a connection with them, obviously through sales, but also you get to know their kids. In a lot of cases, their kids have kids and they're starting to bring them into the store. How they described their first visit to the store and what they can remember. That would be the word humbling that they continue to support us," said Martens.

Martens and Waterman hope for the best for their sons as they take over the family business which is now on its third generation with Ryan Martens being former owner Wally Hunchak's grandson.

"I hope for them the same kind of success as the previous generations had and that they enjoy the ride. The people that you get to know, the employees especially, become part of your family and really, really mean a lot to you as you move through. I just hope that they get to enjoy the same experiences that I did as I went through," said Martens.

Waterman, in addition to thanking their current and former employees, also wants to thank the customers that supported the business over the years.

"I would thank them from the deepest part of my heart. I respect and appreciate every one of them," he said.

"I've met many wonderful people and feel very fortunate to make these connections within the community."



RECORD PHOTOS BY BRETT MITCHELL

Pictured: Ryan Martens, Rob Martens, Dennis Waterman and Cody Waterman . Ryan and Cody will be the next generation to take on Keystone Sporting Goods in Selkirk.

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Lifting the freeze



RECORD PHOTO SUBMITTED

The provincial government recently announced the lifting of the municipal funding freeze on grants. This freeze has been in place since 2016. This will mean Selkirk will see a 48 per cent increase in unconditional grant for 2023. Pictured: Jeff Browaty Winnipeg councilor, Larry Johannson Selkirk Mayor, Premier Heather Stephenson, Kam Blight AMM president, and Jeff Fawcett Brandon Mayor at the announcement event.

Celebrate International Women's Day by honouring Ruth Christie

New annual women's day tea will honour one amazing local woman every year

By Katelyn Boulanger

Ruth Christie is an elder in our community. She's a storyteller, a very active volunteer and a knowledge keeper. She's been a mentor with the Lord Selkirk School Division, the Selkirk Friendship Centre and the University of Winnipeg. She's been honoured with the Queen's Golden Jubilee medal, is a recipient of the Order of Manitoba and member of the Order of Canada among her many other accomplishments. Because of her numerous contributions to our community, the Interlake Art Board (IAB) and Selkirk Friendship Centre have chosen her to be the first honoree at their inaugural International Women's Day Tea event.

Justine Scramstead, a member of the IAB board says that the idea to host

an event like this came from a member of the community and the Art Board thought that it was a great idea.

"We just kind of stepped up and kept the idea rolling and now we're looking to do yearly," she said.

Scramstead said that Christie was the natural choice as the first recipient of this honour because of how much she's given to our community.

"It's just the way she just continually spreads that knowledge that she has, that she shares so willingly and how great of a storyteller she is," said Scramstead.

From there she says the idea to make the event an annual tradition came naturally from wanting to be able to continue to acknowledge the women in our community.

"There are so many women great

women in our community and surrounding area that we figured it's about time that we celebrate them," said Scramstead.

She feels that it's important to have events like this in our community to both honour the amazing women but also to inspire the young people in our community who may not realize the impact that one person can make.

"That's why we have International Women's Day to celebrate all the great stuff that women have done in our past and our future women. So, bringing this to our community is something that will showcase our women and something that our teenagers and our youth can look up to," said Scramstead.

This year's tea will take place on March 11 at 1 p.m. there will be dig-

nitaries honouring Christie as well as entertainment and, of course, tea.

Tickets to the event are five dollars and there will also be a silver collection at the event. Proceeds from the tea and collection will be donated to a non-profit.

Despite this being a women's day event the IAB wants residents to know that everyone is invited to attend the event and honour Christie.

"She is a humble, beautiful person. Look at all the stuff she is in our community, she's a nurse, she's our historian, she's a community [volunteer]. Why wouldn't you come?" said Scramstead.

To get a ticket call 204-481-2124. Tickets are limited so act fast to get a space before they fill up.



RECORD FILE PHOTO BY KATELYN BOULANGER

Ruth Christie will be honoured in our community on March 11.



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What's happening in Lockport

Plans in the works for community upgrades to make a safer, slower, more active area

By Katelyn Boulanger

Lockport residents will be aware that the construction on the St. Andrews Lock and Dam bridge will be coming to a close soon and that the provincial government is working on plans for redesigning Highway 44 in the area. However, Lockport will be experiencing some other changes in the next few months and years so expect some improvements to the way residents navigate the community.

Gary Marshall, economic development officer for the RM of St. Clements, says that planning for these changes started in the 90s.

"In 1999, there was a business plan done and in 2008 there was a plan. [The plan was] designed for the de-

velopment of the community. It's mixed use for recreational and real estate development. It's meant to create a full service community for residents and for visitors," said Marshall.

In addition to working for the RM of St. Clements, Marshall is part of the Lockport Community Development Group and comes from a real estate, investment and development background.

He says that the beginning of the improvements was the development of new homes in the area.

"There were 150 private condominium units completed between 2005 and 2010 and that was kind of the first stage," said Marshall.

During that time St. Clements came

out with its secondary plan that included many aspects of the 2008 plan for Lockport's improvement making improvements not just a dream for the community but a goal.

In more recent news, the St. Andrews Lock and Dam Bridge construction work is currently taking place and according to the project's website as of Mar. 6 "The project is expected to be completed by winter 2023 at the latest."

The completion of the bridge construction is anticipated by many residents who travel through the area but it's not the only change to the roadways that will be taking place. Currently, there are also plans being made for Provincial Trunk Highway 44.

With regards to this project, a study named the Functional Design Study Provincial Trunk Highway 44 was presented in November of 2022 which details some potential options for the community.

The study area encompasses the road from the bridge to just past the Highway 44 and 204 intersection and improvements to the intersection which include a roundabout to slow down traffic have been proposed.

"The goal [of the province making these highway improvements] is to provide more efficient and safe transportation through that intersection, which is what they're working on now. With all that [work being done] the municipality came along and decided to upgrade the sewer capacity to the community," said Marshall.

There isn't a completion date for the sewer capacity upgrade currently but

Marshall anticipates it will likely be completed in 2024. This will also allow water to be brought into the community making future developments with a connection to municipal water possible in the area.

Marshall says that in addition to this work updating infrastructure, the RM of St. Clements has also made some other commitments to improving the area.

"The RM of St. Clements has committed \$200,000 to streetscaping and creating an active transportation network from the 204 intersection to the bridge. We've already committed and budgeted the money," he said.

There are also many plans in the works to expand trails and active transportation paths into neighbouring areas which will ideally make it so that residents from all over can travel to the area without having to get in their vehicles.

In addition, the Lockport Community Development Group are no longer just advocating for local businesses but are actively encouraging tourism into the area on their social media pages and in person with events such as the Lockport Ice Fishing Village which took place this winter season.

David Truthwaite owner of Gaffer's Restaurant in Lockport and member of the LCDG welcomes the changes to the community.

"I'm greatly looking forward to the future changes that we've been pushing forward," he said.

In particular, he is excited about the possible plans to add a proper pedestrian corridor to the area, as well as tree scaping and a roundabout which together he hopes will slow down traffic and make the community a safer place for residents and tourists alike.

Marshall anticipates the work being put into the area by all levels of government and the community businesses will greatly improve the area.

"It's a perfect storm. And in five years, Lockport will not be the same community it is today," he said.

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Selkirk RCMP investigating use of counterfeit currency

Submitted by Manitoba RCMP

On Feb. 28 at 1:45 p.m., Selkirk RCMP received a report of a suspect attempting to purchase goods at a business located on Manitoba Avenue using counterfeit Canadian currency.

Officers were advised that a suspect produced two \$100 bank notes in an effort to make a purchase when the cashier suspected they were counterfeit and called police. The suspect immediately fled the store.

The preliminary investigation has determined that several businesses in Selkirk were targeted and two suspects were caught on surveillance cameras.

The counterfeit currency was seized and two of the three bills were found with the same serial number. The three bank notes also had a security

feature that is found on a different denomination.

RCMP believe other businesses may have been targeted and urge those accepting \$100 Canadian bank notes to examine them carefully.

For tips on how to spot counterfeit currency, please go to <https://www.bankofcanada.ca/banknotes/counterfeit-prevention/>.

If you can identify these two suspects, have any information regarding this incident or believe you may have accepted counterfeit currency, please contact the Selkirk RCMP at 204-482-1222, call Manitoba Crime Stoppers anonymously at 1-800-222-8477 or submit a secure tip online at www.manitobacrimestoppers.com.

Selkirk RCMP continue to investigate.



RECORD PHOTO SUBMITTED

Photos of the suspects and counterfeit currency.



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Low to moderate risk of flooding this spring: province

By Ashleigh Viveiros

After a year of drought followed by a year of flooding, dare we hope 2023 will be the year local waterways give us a break?

According to the province's spring flood outlook, we just might be that lucky, depending, of course, on what Mother Nature has in store for us in the weeks ahead.

In its February flood outlook released last week, Manitoba Infrastructure and Transportation's Hydrologic Forecast Centre reported low to moderate risk of flooding in most Manitoba basins.

The centre is predicting a moderate risk of flooding along the Red and Assiniboine rivers and in the Interlake region along the Fisher and Icelandic rivers, and a low risk of flooding along rivers such as the Souris, Rouge, Rat, and Pembina.

Water levels are expected to remain below community flood protection levels, the province says.

There is also a low risk of flooding for most other Manitoba basins including the Saskatchewan River, Whiteshell lakes area, and northern Manitoba. With the exceptions of Dauphin Lake and Lake St. Martin, most Manitoba lakes, including Lake Winnipeg and Lake Manitoba, are projected to remain within operating ranges after the spring run-off, the release said.

The report notes that soil moisture conditions at freeze-up play a major roll in the likelihood of flooding come spring.

"Due to normal to below normal summer and fall precipitation, the soil moisture at freeze-up is normal to below normal for most Manitoba basins," it says. "Some localized areas in central Manitoba and in the Interlake region have above normal soil moisture.

"The soil moisture is normal to below normal for the Red and Souris River basins (including the U.S. portions of the basin), the Assiniboine



FILE PHOTO

If Mother Nature cooperates, we may avoid sights like this come spring thaw. Last year much of the Pembina Valley was under water due to overland flooding, but right now the flood risk is low to moderate, according to the province's latest flood outlook.

River, Qu'Appelle River, Saskatchewan River, Winnipeg River and northern Manitoba basins."

Winter precipitation has also been generally below normal in much of central and southern Manitoba, save for southeastern Manitoba which saw near-normal levels. The northern part of the province saw normal to above normal levels, as did the U.S. portions of the Red River and Souris River basins.

"The magnitude of the spring runoff on Manitoba's rivers is still very dependent on weather conditions from now until the spring melt and during the spring melt period," the report stresses.

Too much precipitation, the frost depth at the time of runoff, and the timing and rate of spring thaw and peak flows in Manitoba, the United States, Saskatchewan, and Ontario could all paint a very different picture over the next few weeks.

"A late thaw and spring rainstorms could result in a rapid snow melt that increases overland flooding and flows on tributary streams and larger rivers," the report says.

The province is already taking flood mitigation steps, including conducting normal spring ice cutting and breaking work along the Red and Icelandic rivers over the next few weeks to reduce ice jam related flooding.

The Red River Floodway is expected to be activated this spring under unfavourable future weather conditions to reduce water levels within the city of Winnipeg. Some operation of the Portage Diversion is also anticipated to prevent ice jamming on the Assiniboine River.

Another flood outlook is expected later this month.

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

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Classic detective game comes to life at Comp

LSRCSS students are taking residents along on a classic who did it mystery with their performance of Clue

By Katelyn Boulanger

Was it Miss Scarlett in the ballroom with a candlestick or Prof. Plum in the library with a lead pipe? The only way to find out is to check out this year's theatrical Clue performance put on by Lord Selkirk Regional Comprehensive Secondary School (LSRCSS) students.

The play is based on the classic board game and starts with the cast of familiar characters being invited to the home of Mr Boddy. Suddenly the lights go out, their host's body is found and everyone has a motive to want him dead.

"We're going to be presenting Clue from March 13 to 16 at 7 p.m. We have a double cast, so, each group gets two evening performances. That way we could get more kids involved and have the experience of being onstage," said Kris Diaz, LSRCSS teacher.

Diaz says that though the play is based on the classic board game it also takes elements from the 1985 film.

"There's mayhem and murder and you're very confused by the end of it," she said.

Diaz was familiar with the play because there were other schools in the province who have done it recently and she felt it was the right fit for the Comp this year.

"Looking at my cast. I thought this might be a good year for it because they're all really fun character actors and this piece needs strong character actors. There are no weak links in a cast like this. They all have to be strong and colourful," said Diaz.

One of those strong cast members is Vera Valverde who is playing the part of Miss Scarlett. She's also an international student from Spain and was happy to have the opportunity to be a production like this.

"I love performing. I just wanted to join in. We had to go to castings, several ones, and I was kind of scared but it was so exciting," she said.

She was very glad to get the part of Miss Scarlett because it was the part she was really hoping to get in the play.



RECORD PHOTOS BY KATELYN BOULANGER

Comp students rehearsing for Clue.



Her fellow cast member AJ Bedard is playing the part of Mrs Peacock and was also excited to sign up to be part of the performance. She encourages people to check it out.

"It's a lot of fun. It's a lot of kooky characters, I guess you could say. It would appeal to anyone, just because I think there's something for everyone," she said.

Signe Schneider is in a unique position this year being the only student to take on the fun of playing a part in both plays. Because of how intense the role of Wadsworth is, Schneider is taking on the challenge of working with both casts.

"It's definitely presented a new struggle I've never had to deal with before, dealing with two different casts. It's been very fun, but also very different because of the people. They deliver their lines differently and the blocking is a little different. So, it's been fun, but a challenge," said Schneider.

This is Diaz's 20th time directing a performance at the school only missing one year in her time there because of the pandemic. This year's play is particularly special because it's the first year since the pandemic started that the students have been able to have a routine theatre season as last year's play was pushed back to later in the year.

"It's feeling much better for all of us. For so many of these kids, the theatre and performing arts, whether it's its band, or choir are just an integral part of their lives here. It's where they flourish and so during the pandemic,

having that stripped away, that performance element was so hard for them. Many of them felt so lost so it's nice to see them finding themselves again, and finding themselves in performance," said Diaz.

This performance isn't just the product of the theatre department, however, students from all over the school are contributing to the play. Students from the cosmetology program help with the looks for the play, students from the trade programs help to create the magic of the sets and so it's really a school-wide effort.

Diaz says that the students, who

are from all grades, are working very hard on this play.

"They are working so hard. Especially because there are two casts there, they're watching someone else's doing it, and making choices on their own to do differently. And so it's really fun watching both casts, do their thing," she said.

Diaz encourages residents to pick up a ticket from the office — \$15 for adults, \$10 for Comp students and \$8 for kids 12 and under — and enjoy a fun, comedic and mysterious performance.

Rocking at the curling club



RECORD PHOTOS BY BRETT MITCHELL

Local musicians Ronnie Ladobruk and Marc Bowman played the Selkirk Curling Club this past Saturday night which made for some great entertainment at the Selkirk Men's Bonspiel.

COVID continues to hospitalize Manitobans

By Patricia Barrett

COVID continues to land Manitobans in hospital and in the intensive care unit, according to the provincial government's respiratory surveillance report for Feb. 19-25 (reporting Week 8).

There were 65 new hospitalizations for COVID, with 11 people requiring intervention in the intensive care unit, according to differences in severe outcomes between weeks 7 and 8. There were 44 new hospitalizations with two ICU admissions reported the previous week.

Four people died from COVID in Week 8, the same number of deaths reported the week before.

Manitoba's COVID death toll was 2,460 as of Feb. 18, according to the federal government's COVID webpage, and Canada's death toll now stands at 51,249.

There were 124 new COVID infections detected in Manitoba by PCR testing, an increase of 30 new infections over the 94 reported the week before.

Provincial data are an undercount of the true number of infections as the government restricts PCR testing and rapid antigen tests aren't tracked. The provincial government no longer pro-

vides in its surveillance reports the names of personal care homes and hospitals with COVID outbreaks.

Wastewater surveillance data for Winnipeg and Brandon up to Feb. 21 show the virus at a sustained level of activity.

There was one new case of influenza A reported in Week 8 and zero cases of influenza B, according to differences in total cases from week to week. There were nine hospitalizations for influenza and two deaths reported in Week 8.

There were 56 new respiratory syncytial virus (RSV) cases reported in Week 8, down five cases from the 61 reported the previous week.

Other health news:

The Interlake-Eastern Regional Health Authority declared on March 1 a COVID outbreak at the Rosewood Lodge Personal Care Home (Shura Lane unit) in Stonewall.

"Four residents have tested positive and we are awaiting test results for four residents," states a March 2 message to family from clinical team manager Margarete Moulden. "Outbreak protocols are now in place on Shura Lane and general visitation has been restricted on this unit. Designated family caregivers are still attend-

ing residents in Shura Lane to provide care while wearing appropriate personal protective equipment."

The care home was in a "good position" regarding staff and equipment heading into the weekend.

"And our staff are committed to adhering to the protocols that help to prevent the spread of illness among our residents," said Moulden.

The IERHA declared on March 2 a gastrointestinal outbreak at East Gate Lodge Personal Care Home in Beausejour.

-There were over 4.8 million new COVID infections and more than 39,000 new deaths worldwide reported between Jan. 30 and Feb. 26, according to the World Health Organization's epidemiological update published March 1.

Total confirmed COVID cases globally have now reached 758 million with over 6.8 million people having died from the virus. Reported infections are underestimates because of testing delays and reductions in testing.

The WHO says recombinant strains of COVID appear to be on an upwards trajectory. Recombinants occur when multiple COVID variants infect a person and interact with each other,

mixing their genetic material to form a new hybrid.

"There has been an increasing trend in the proportions of recombinant lineages. In epidemiological week 6 (6 to 12 February 2023), pooled recombinant variant sequences accounted for 41.5% (7748 sequences) of sequences, which has increased from 18.7% (8919 sequences) in week 2 (9 to 15 January 2023)," state the update. "The majority of these recombinant variants in week 6 were XBB.1.5 (32.6% of all sequences)."

The WHO is currently monitoring seven omicron subvariants: BF.7 (BA.5 + R346T mutation in spike), BQ.1 (including BQ.1.1, with BA.5 + R346T, K444T, N460K mutations in spike), BA.2.75, CH.1.1 (BA.2.75 + L452R, F486S); XBB, XBB.1.5 (BA.2.10.1 and BA.2.75 recombinant) and XBF (BA.5.2.3 and BA.2.75.3 recombinant).

"These variants are being monitored 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 update.

St. Andrews Heritage Centre Community Art Show Prize Winners

Submitted by St. Andrews Heritage Centre

From February 11 to 25, approximately 200 visitors gathered at the St. Andrews Heritage Centre for their largest Community Art Show to date. Guests were invited to vote for their favourite works to determine 4 winners for cash prizes as a way to thank our local artists and celebrate their achievements. Out of nearly 90 artworks, the winners are:

- Marsh by Lindsay Guttormson
- Just a Little Right of Centre by Kendra Bumstead
- Polar Bear by Trevor Sinclair
- and Covid Angel by Greg Fritz

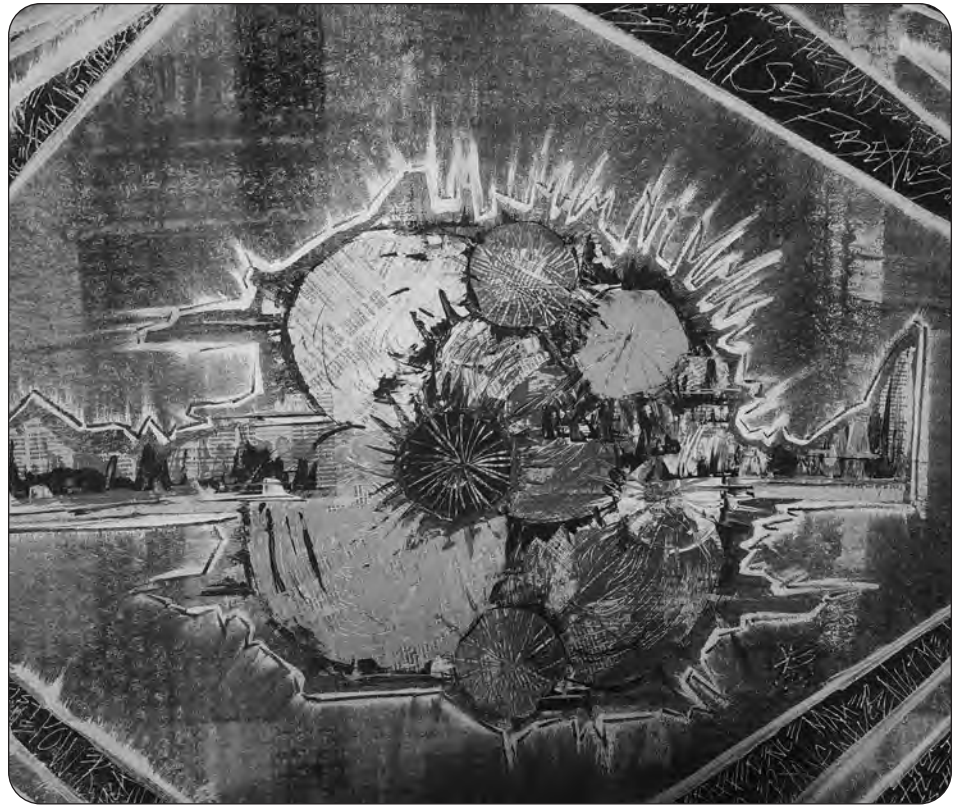
Congratulations to the winners and to all the talented artists who participated in this year's show. More photos of the artworks can be found at @starectory on Instagram or on the St. Andrews Heritage Centre Facebook

page.

Don't worry if you've missed this event as the St. Andrews Heritage Centre has more upcoming fun.

From March 4 to 25, they will be hosting Manitoba Wildlife Imaginary, an exhibition by Brian Longfield. The show features 20 paintings that celebrate Manitoba's local fauna and aims to explore the inner lives and personalities of animals.

Also, the St. Andrews Heritage Centre is planning an exciting summer fundraising event, and where they feature more local artwork in an Under \$50 Art Sale! Please consider donating your original art to support the continued operation of the St. Andrews Heritage Centre. Contact us at standrewsmuseum@hotmail.ca for more information.



RECORD PHOTOS SUBMITTED

The winning pieces from the St. Andrews Heritage Centre's Community Art Show Pictured clockwise from upper left: Marsh by Lindsay Guttormson, Just a Little Right of Centre by Kendra Bumstead, Polar Bear by Trevor Sinclair and Covid Angel by Greg Fritz.



Pizza day at Inclusion!



RECORD PHOTOS SUBMITTED

Last Friday was Pizza Day at the Inclusion Selkirk Day Program thanks to a donation of pizza and drinks from Domino's Pizza Selkirk. This is Inclusion's first get together of both their Day Program and Residential Program in a very long time and about 65 people from the organization enjoyed pizza and laughs.



Hearing aid grant program created for seniors with hearing loss

Program tied to priorities highlighted in provincial seniors strategy

Submitted by Manitoba government

The Manitoba government is creating a new \$12.6-million grant program that will assist eligible older Manitobans experiencing hearing loss to cover the expense of testing, fitting and purchasing new hearing aids, Seniors and Long-term Care Minister Scott Johnston announced Thursday.

"Our government recognizes hearing loss as priority concern for seniors and with this grant more Manitoba seniors who require hearing aids will

have the financial means to access them regardless of income level," said Johnston. "Hearing aids provide valuable benefits to improve quality of life in a number of important ways such as fully participating with family, friends and co-workers, while also avoiding the isolation that can be associated with hearing loss."

According to Department of Health statistics, nearly 4,000 seniors over the age of 65 reported hearing loss during a physician visit in 2021 and roughly 25 per cent of seniors have hearing loss at a level that would benefit from hearing aid use.

The hearing aid grant of up to \$2,000 is available to all Manitobans who meet the following eligibility criteria:

- age 65 or over;
- family income below \$80,000 in the previous year;

- have documented hearing loss; and
- have been prescribed hearing aids by an audiologist or otolaryngologist.

"For those who are hearing impaired something as simple as a hearing aid can make all the difference in quality of life," said Susan Sader, executive director, Good Neighbours Active Living Centre. "The Manitoba government is to be commended for listening to Manitobans who struggle with hearing loss and for providing a program that will help many stay active and engaged in the community."

Untreated hearing loss is linked with decreased word recognition, difficulty communicating, increased risk of falls, social isolation, cognitive decline and dementia.

"We have received many heart-breaking emails and phone calls from seniors or their caregivers asking for

help because they need hearing aids but could not afford them," said Joanne Jones, president, Canadian Hard of Hearing Association Manitoba Chapter. "This new grant is a great step in ensuring many more Manitoba seniors will have the hearing aids they need and better healthier lifestyles as a result."

The Manitoba government will begin accepting applications later this spring.

The new program aligns with strategic priorities including financial security and safe, inclusive and accessible communities, which are highlighted in Manitoba, A Great Place to Age: Provincial Seniors Strategy.

To read the strategy, visit https://gov.mb.ca/seniors/docs/seniors_strategy_2023.pdf.

Cindy Spence running for chief of Peguis First Nation

Lawsuit, flooding and Selkirk development on the agenda

By Patricia Barrett

With an election coming up next month on Peguis First Nation, Cindy Spence, who is a candidate for chief, is reaching out to band members across the region to make them aware of major issues facing the community.

Spence previously served as Chief of Peguis from 2015 to 2017.

Some of the First Nation's major challenges include a lawsuit that arose after Peguis leadership obtained loans from a now-collapsed private lending company, Bridging Finance.

The RCMP launched a "criminal investigation" into Bridging Finance, according to a November 2022 story in the Globe and Mail. The lender was working with Usand Group, which arranged financing deals for Indigenous communities, one of which was Peguis First Nation. By court order, Bridging was put into receivership under PricewaterhouseCoopers LLP in 2021, and the Ontario Securities Commission (OSC) was investigating the company.

According to information contained in a March 31, 2022, OSC statement of allegations regarding Bridging Finance, Peguis paid commissions of \$2.24 million and \$1.91 million in connection with obtaining two \$30-million-dollar loans Bridging made to the First Nation in 2017.

A February 2022 update from the Chief Peguis Investment Corp. that appears in the newspaper *Terra Indigena* says more loans were obtained from Bridging Finance in the period February 2019 to April 2020, and Peguis had "not repaid any monies to date."

In December 2022 PricewaterhouseCoopers (PWC) filed a lawsuit against Peguis First Nation in Ontario Superior Court for repayment of about \$169.8 million (principal and interest) in loans advanced to it by Bridging Finance.

When asked about the PWC lawsuit, Spence said: "If elected, I have every intention of using whatever resources necessary to protect and defend the best interests and assets of Peguis First Nation. I know it's not going to be easy, and at the same time we want to continue with growth and development."

Peguis First Nation is the largest First Nation community in Manitoba with about 10,000 people. It called a general election in January, asking for candidates to step forward for the position of chief and for councillor. Elections are conducted under the First Nations Election Act.

Spence said the First Nation needs to develop a plan to move forward and also spend the time on "visioning and growth for a positive future for both Peguis First Nation and our Selkirk band members."

She previously worked on getting a licensed practical nurse training program in Peguis and Selkirk, recognizing the need to be proactive in health care staffing, she said. When she was Chief, she met regularly with the Selkirk Peguis members to get them up to speed on issues.

She said there are lots of opportunities for economic development and growth in Selkirk.

"This is our homeland and I would really like to see some historic sites being further developed so that we can tap into the tourism dollars that are being offered and the grants offered by Canada to help support and move tourism [forward]. Looking at the whole Selkirk region and looking at the footprint of Chief Peguis and the ancestors of Chief Peguis is something that can draw in people. We have such a rich history in the Selkirk area that goes beyond the old stone church and beyond Lower Fort Garry," said Spence. "The history of the Selkirk region and the history of the people of this region, including Chief Peguis' ancestors and the legacy he left behind, is something that's being left out."

She said she would like to partner with the City of Selkirk to see how they can move forward on future growth and development, and consult with Peguis band members on other developments.

"We have a community plan and we have a land usage plan that includes [lands in] Winnipeg and Selkirk and surrounding areas, and we need to go back to our plan because the thing that's missing is proper communication with band members," said Spence. "They don't want to be left out of the visioning [process]. That's one of the things I'll do as chief. It should be a vision for all. People need hope, too. They want their voices heard on services and programs that are important to them."

Another major issue facing the Peguis community is chronic flooding that destroys homes, roads and other infrastructure, and forces band members to leave the community.

The federal government forcibly re-located the band from Selkirk around 1905 (to make way for settlers) to its current site north of Hodgson and along the Fisher River, which flows to Lake Winnipeg.

The reserve is a flood plain, receiving water from the west including the Rural Municipality of Fisher. Flooding occurs almost yearly. The years 2008, 2011, 2014, 2017 and 2022 saw significant floods.

The First Nation, whose current chief is Glenn Hudson, advised the RM of Fisher in January that it planned to commence flood mitigation efforts on March 1 with the construction of a dam on the Fisher River to prevent further flooding.

Spence said there has been a lack of communication about flood mitigation measures and long-term strategies to



Cindy Spence.

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Continued on page 15

Nominations now open for Canada Volunteer Awards

By Jennifer McFee

Do you know a volunteer, business, social enterprise or not-for-profit that is making a difference in your community?

If so, perhaps you'll consider nominating this worthy person for a Canada Volunteer Award.

The Canada Volunteer Awards celebrate Canadians who make a difference, explained Brenda Martinussen, a representative for the Prairies on the National Advisory Board.

"They recognize the outstanding contributions of volunteers, businesses and innovative not-for-profit organizations in improving the well-being of people and communities," she said.

"Volunteers support services and organizations who have a direct impact on the lives of Canadians across a wide range of fields — education, arts and culture, sports, health care, the environment, animal care — the list goes on. They dedicate their time, energy and resources to make a difference, to have a positive impact and to address social challenges."

Martinussen draws attention to a 2018 Statistics Canada's general social survey on giving, volunteering and participating. According to the survey, 79 per cent of Canadians aged 15 and older reported volunteering in 2018, and they dedicated about 5 billion hours to their volunteer activities.

"Many not-for-profits would be unable to function or do all the work they do without volunteers. So many community initiatives are rooted in the work of volunteers. If we stop to think of all the things that would not be done without volunteers, we start to see the impact of their efforts," she said.

"Volunteers do not volunteer for recognition. However, I think that whenever possible, it is important to recognize and show appreciation for in-



dividuals who are taking time out of their lives to help improve the life of someone else. Volunteers make our communities better places. Even the smallest tasks can make a big difference in the lives of others."

When you nominate someone, it's a way to thank them for their involvement in the community, she added.

"Rural Manitoba has some incredible communities with incredible volunteers supporting them," she said.

"As a Prairie representative, I love seeing volunteers from rural areas nominated. Just because we are from small communities does not mean our work does not have a great impact."

Martinussen challenges all readers to think of someone in their community who could be nominated.

"Maybe there is someone who is known as the go-to person to get things done in their area. Maybe this is more formally through their support of a seniors' organization, a hall board, 4-H, a community club or their local library. Or maybe it is informally — they are always there to help in an emergency to start a food or clothing drive for a family in need, they lead sandbagging when a flood is threatening, or they deliver groceries to their elderly neighbours on a regular basis," she said.

"Often, you find people who do both. Our volunteers are worthy of being recognized. Nominating someone shows them that their efforts and time are appreciated and that the value in the work they are doing is noted."

Similarly, nominating a business or organization can provide much-appreciated boost.

"At a local level, being nominated can help raise the profile of a not-for-profit, social enterprise or business. Aside from this increased visibility, award recipients will be asked to identify a not-for-profit organization in Canada to receive a grant of \$5,000 for the regional awards and \$10,000 for the national award," Martinussen said.

"Individuals and organizations will be recognized at a national cere-

mony. They receive a certificate signed by the prime minister as well as a label pin. They also take part in a session for sharing best practices in volunteering."

For Martinussen, she knows first-hand the importance of volunteering, which is why she's happy to serve as a Prairie representative for the National Advisory Board.

"I was raised to appreciate the value of giving back to others. I personally try to volunteer in a role that is meaningful to me at each a local, provincial and national level. After my other provincial and national volunteer commitments came to an end, I was looking for another way to make an impact. When this opportunity came up, it seemed like a great fit," she said.

"I have always been a firm believer in volunteering and supporting one's community, and I also believe in recognizing and appreciating the work of others. With this appointment, I was able to be a part of showing appreciation and recognition for people and organizations who are really making an impact in their communities."

NOMINATION CATEGORIES

Nominations will be accepted until April 26 in four regional categories as well as one national category.

The national Thérèse Casgrain Lifelong Achievement Award recognizes dedicated individuals who have volunteered for at least 20 years and have inspired other volunteers, led volunteer groups or made other exceptional achievements through volunteering.

For the regional awards, one award will be given in each region (Atlantic, Quebec, Ontario, Prairies, and British Columbia and the North) for each of the following categories:

- **Community Leader** – recognizes outstanding individual volunteers or groups of volunteers who have taken a lead role in developing solutions to social challenges in communities. This category does not include not-for-profit organizations or registered charities.

- **Emerging Leader** – recognizes volunteers between the ages of 18 and 30 who have demonstrated leadership and helped to build stronger communities.

- **Business Leader** – recognizes businesses that demonstrate social responsibility in their practices, including promoting and facilitating volunteerism locally, regionally and nationally, as well as for-profit or not-for-profit social enterprises dedicated to creating social, cultural or environmental benefits for their communities.

- **Social Innovator** – recognizes the contributions of not-for-profit organizations, including not-for-profit social enterprises, that find and use innovative approaches that address social challenges in their communities.

For more information or to submit a nomination, visit www.canada.ca/en/employment-social-development/programs/volunteer-awards.html.

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Red River Mutual invites communities to spruce up their stories

Red River Mutual's community initiative is offering funds to renew and restore community spaces for fourth year

Submitted by Red River Mutual

Red River Mutual's community sponsorship initiative, Spruce Up Your Story, is back for its fourth year and offering \$150,000 in total to help restore well-worn, but well-loved spaces that are at the heart of communities across Manitoba and Saskatchewan.

"The goal of Spruce Up Your Story is to ensure the places where communities gather continue to thrive for generations to come. It's not about replacing these spaces, but rather breathing new life into them," says Vice President of Strategy and Business Development, Jennifer Ewankiw.

> CINDY SPENCE, FROM PG. 13

deal with it. Band members have to live in a constant state of emergency that sets the community back and requires repeated re-building.

"I'm very concerned with the lack of communication in regards to the future plans for flood mitigation and long-term flood mitigation. Is there a plan? If so, what is the plan? People all across Manitoba have been seeing Peguis flooding yearly. Everyone has seen our misery in the news," said Spence. "The things they may not see is the high cost associated with repeated flooding. They also may not see the personal losses of band members, the [damages to] roads and the amount of money that is constantly being spent on repairing damages from flooding, which has been dragging Peguis down. It has a social impact because you're constantly living in a state of emergency. It's hard to move forward with planning the future if you're constantly re-building."

There are approximately 300 band members still displaced from the 2022 flood. Some are living in homes and hotels in Winnipeg, she said.

Spence said she thinks Manitobans would support the development of flood

mitigation plans for Peguis as they have for other communities.

"We've all seen this flooding in Peguis in the news for over 50 years. When is Canada going to recognize that this is an issue and help protect our First Nation?" said Spence. "It's not fair and it's not right in the context of Truth and Reconciliation; the truth is our community has been suffering. We need flood protection."

Spence is scheduled to visit the Selkirk Friendship Centre next week. For more information, call the centre at (204) 482-7525.

Advance polls for the election will be held in Peguis on March 28 from 9 a.m. to 8 p.m. at the Peguis Community Hall, in Winnipeg on March 30 from 9 a.m. to 8 p.m. at the Hilton Winnipeg Airport Suites and in Selkirk on March 31 from 9 a.m. to 8 p.m. at 240 Main Street.

The general election takes place on April 6 from 9 a.m. to 8 p.m. at the Peguis Community Hall.

For more information about the election or to speak with an election official, contact OneFeather by email: support@onefeather.ca or call toll free 1-855-923-3006. Visit www.onefeather.ca/nations/peguis.

"We're committed to helping make a change in the communities and neighbourhoods we do business in. Red River Mutual is part of the community, a neighbour, and we want to be there for our neighbours."

This year, Red River Mutual will help restore select community spaces where people connect, laugh, learn, and share. Deserving communities across the prairies will receive a share of \$150,000. On top of the monetary gift, the winners will also have access to additional volunteer hours from a crew of Red River Mutual and local brokerage staff members to help complete their projects.

Since 2020, Red River Mutual has awarded more than \$450,000 to support 30 spaces in communities across Manitoba and Saskatchewan. Southquill Foodbank Garden in Erickson, Manitoba was one of the recipients granted funds in 2020 to help set up a community garden adjacent to its foodbank.

Red River Mutual provided \$16,000 to help the Main Street Green Space – Southquill Foodbank Community Garden Spruce Up their Story. The funds are being used to properly landscape the garden to prevent runoff and soil erosion, level and re-gravel the parking pad to accommodate increased visitor traffic, and add elements like picnic tables, signage, a tool shed and more. The space will have room to grow within and with

the community.

"What has made this community garden special is how many people have come together to help support it. Spruce Up Your Story has helped our communities develop and build towards sustainable food security," says Heather Parrott-Howdle, Volunteer Board Member. "Erickson is a special place, because of the variety of cultures here. It will be a gathering place where people can build relationships around healthy food. This community dream could never have happened without the support we received from Red River Mutual and our local insurance agent, Northstar Insurance."

Applications for this year's initiative are now open. The submitted renovation or beautification projects will be evaluated based on community use and significance, commitment to sustainability, aspects of volunteerism, and connections to a local Red River Mutual affiliated insurance brokerage.

For a full list of previous winners and updates on their projects, visit redrivermutual.com/spruce-up-your-story/winners/. Members of the public can submit a project for consideration until May 31, 2023 and learn more about the initiative by visiting SpruceUpYourStory.com.

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AN INITIATIVE BY:

TRAVEL MANITOBA

Manitoba government sets stage for \$10-a-day child care

Prioritizing new spaces, training early learning and child-care professionals, and ensuring access across the province

Submitted by the government of Manitoba

As part of the Manitoba government's ongoing efforts to be a national leader in affordable and accessible child care, Premier Heather Stefanson and Education and Early Childhood Learning Minister Wayne Ewasko announced Manitoba has reached a historic milestone in which Manitoba families will pay a maximum of \$10 a day for children 12 years and under for regular hours of care, beginning April 2.

"Our government recognizes that access to affordable and high-quality child care is essential for Manitobans to participate in the workforce, support their families and play an active role in the growth of their communities and the economy," said Stefanson. "Today, I am proud to share that with the significant initiatives our government has implemented over the past few years to lower parent fees and build capacity in the child-care system, we have gone above and beyond our commitment by reducing all parent fees to \$10 a day for children 12 and under attending licensed, funded early learning and child-care centres and homes. Our government recognizes many Manitoba families are struggling to make ends meet and this partnership and our significant investments will save Manitoba families thousands of dollars a year in child-care fees."

Under the Canada-Manitoba Can-

ada-Wide Early Learning and Child Care Agreement, the Manitoba government committed to decreasing parent fees and reaching an average of \$10 per day by 2026. Today, the Manitoba government announced it has surpassed its commitment and has done so three years ahead of schedule, the premier noted.

"Over the past several years, our government has been working diligently to strengthen and grow the early learning and child-care system to be able to effectively implement this significant fee reduction," said Ewasko. "We have been working collaboratively with the child-care sector, municipalities, Indigenous communities, and the business community to create thousands of new spaces throughout our province. Additionally, we are supporting initiatives to build a strong workforce so Manitoba families can be confident their children are receiving the best care to support their needs."

As part of efforts to strengthen the workforce, the Manitoba government also announced an expression of interest to expand post-secondary training options for early learning and child-care professionals, the minister noted.

"Our government continues making investments to attract, train, and retain child-care professionals," said Ewasko. "The expression of interest will support training expansion, as

well as the development of additional on-site child-care spaces and expansion of existing facilities to create new learning labs and development sites that will allow students to put their in-class learning into practice."

The expression of interest invites post-secondary institutions to apply for funding to develop new programming to train child-care professionals and will help ensure there are an additional 1,000 child-care assistants and 2,000 early childhood educators by 2026, the minister said, adding that post-secondary institutions are also invited to submit proposals for the expansion of child-care services on campus to support students, employees and communities.

"Early childhood educators are the essential foundation of high-quality child-care services. Investing in the early learning and child-care workforce, both now, and planning for the future, is fundamental to successful system building for children, families and all," said Jodie Kehl, executive director, Manitoba Child Care Association Inc.

The expression of interest for training expansion closes today, while the expression of interest for child-care expansion and learning lab development closes March 31. The Manitoba government will proceed with the selection process and the development of training programming in the coming weeks, Ewasko said, adding that funding for expanded training options will be provided through the Canada-Manitoba Canada-Wide Early Learning and Child Care Agreement.

Over the past two years, the Manitoba government has implemented a number of initiatives to support a high-quality, accessible, inclusive early learning child-care system in the province, Stefanson said, particularly in the following areas: spaces, workforce and affordability.

For quality child care to benefit Manitobans, spaces are needed in every community across the province and to achieve this the Manitoba government has:

- provided new, ongoing operating grants to support the creation of over 3,100 affordable child-care spaces;
- partnered with rural municipalities and First Nations communities to build 23 new child-care centres, creating an additional 1,670 spaces; and
- worked with community-based organizations, existing child-care providers, school divisions and other partners to advance the Manitoba government's overall commitment for 23,000 new child-care spaces by 2026.

The Manitoba government is committed to creating a qualified, motivated workforce of early childhood educators and child-care assistants by improving recruitment, retention and remuneration, and to support this goal has:

- allocated nearly \$37 million to implement a wage grid to support wage equity for the early childhood workforce, by providing a 12 per cent increase to revenue per space added to the operating grants;
 - implemented the Early Childhood Educators Tuition Reimbursement, providing up to \$5,000 per student per academic year, which has already supported 380 students; and
 - provided \$60 million in quality enhancement grants to child-care facilities to support infrastructure improvements, curriculum development and workforce retention.
- Affordable child care provides choices for individuals and families. A provincewide early learning and child-care plan means ensuring all families have access to quality, professional and affordable child care in their community and to meet this need the Manitoba government has:
- provided a further \$1 million to almost \$140 million in annual provincial funding to support affordable child care for families, with the additional funding ensuring the \$10-a-day child care covers a regular day of care for school-aged children;
 - expanded net household income thresholds for the Child Care Subsidy Program by 45 per cent in 2022, allowing more families to have child-care fees reduced; and
 - provided a \$72-million parent fee advance to reduce parent fees through child-care centres.

"Our government is working diligently to ensure every Manitoba child and family can access high-quality, affordable, inclusive early learning and child care across the province. We look forward to continuing our work to establish Manitoba's child-care system as one of the most affordable in the country," said Stefanson.

For more information about early learning and child care in Manitoba, visit: www.manitoba.ca/childcare.

For more information about the Canada-Manitoba Canada-Wide Early Learning and Child Care Agreement, visit: www.canada.ca/en/early-learning-child-care-agreement/agreements-provinces-territories/manitoba-canada-wide-2021.html.

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End of the Sargent Family Era



Don Sargent, founder of Steeltown Ford

Three years later in 1979 the Sargent's Family business, Steeltown Ford first began in Selkirk. Don's sons Scott and Jason both started working at Steeltown in the original location at 139 Main Street. Over the years many close family members, distant relatives and friends worked at the dealership. At a young age with their dad, Scott and Jason would never have predicted what the future would hold. The tragic passing of his older brother Scott in 2004 and his father just 6 years later was something no one could have prepared for.

Although Jason had attended Georgian College Automotive Marketing and Management and worked along side his father for many years, it certainly was not how he imagined his future would unfold. Don Sargent's youngest son would be walking in his father's footsteps much sooner than anyone had planned. Devastated and now alone to run the family business Jason did the best he knew how, that proved to be more than enough.



Scott Sargent, died in a tragic snowmobile accident

In his youth Don Sargent grew up along side his dad in the service station business. Ironically enough, Don's first service station was on "Sargent" Avenue in Winnipeg. The location became more than just a service station when Don began buying and selling vehicles. In 1976 the opportunity came up to purchase the Ford dealership in Neepawa. Don couldn't pass up the opportunity to jump full speed into the car industry.



139 Main Street, Steeltown Ford's original Selkirk location

In 2019 Jason was approached to take on a partner. He continued to manage and mentor where he could. On February 3rd, 2023 Steeltown was purchased in totality by a local dealer group which marks the end of the Sargent Family ownership of Steeltown Ford.

Although Jason is no longer involved in Steeltown Ford, he said "I would like to extend a heartfelt appreciation to the staff, who became an extension of my family and to our loyal customers who truly are the root of it's existence. I will cherish the countless memories made over the last 43 years with both. He says it still stands true today as it always did, his door is always open."

Although bitter sweet, anyone who knew Don Sargent knows he would be proud of his son Jason and their loyal staff for stepping up when he was no longer able to and for making Steeltown Ford what it is today. Steeltown Ford is a thriving business employing many people in a community he called home.

When asked "what's next?" Jason says for now he is really enjoying all the visits and catching up with friends, helping business colleges, snowmobiling and spending time with his family. He is looking to summer and more time at the lake.

His words of wisdom- "Treat people with respect, be honest and help others out. Life is all about lessons, allow them to take the course. Keep your head up, work hard, stay humble, and be a good friend."



Jason Sargent with Wayne Gretzky



Many Steeltown staff have been with the company for years.

Over the next decade Steeltown Ford continued to grow. In his father's footsteps, Jason & staff continued to be presented with many Prestigious Awards of recognition from Ford Canada. In 2017 Jason was chosen as Selkirk Biz Business philanthropist of the year. Jason grew a team he considered to be close family. The majority of the staff hired by Don, Scott and Jason are long term employees who are still at Steeltown today.

"We got through some really tough times together. Our team was a well oiled machine, Steeltown was defined by loyal customers and a great staff," said Jason.



Practical advice for preparing important documents

By Jennifer McFee

Do you have your documents in order?

It's better to prepare important documents in advance — such as health care directives and power of attorney — rather than on the spot in stressful situations.

Jennifer Dann, a hospital-based social worker in Interlake-Eastern Regional Health Authority, explained the significance of taking these steps.

"A health care directive is a document that provides direction to your health care team about your health care wishes in the event you are not able to express them yourself," she said.

"It is strongly recommended you speak to your doctor before filling out your directive. On this document, you can inform doctors, nurses and your medical team about what kinds of treatments you may or may not want."

At the same time, the health care directive allows you to designate one or two loved ones to act as your medical decision-makers, or health care proxies, if you're no longer able to make decisions for yourself.

"It's important to speak openly about your health care wishes to your loved ones. The people you choose should understand your medical conditions and your health care goals," Dann said.

"They should also be agreeable to act on your behalf in the event it is required. However, it should be noted that a health care proxy cannot consent on your behalf for medical assistance in dying (MAiD)."

The health care directive form is

free, and can be printed from the provincial government website. Alternatively, you can ask any health care provider to print a copy.

"The directive can be changed at any time. You simply need to destroy the old one and complete a new one, making sure it is signed and dated. You may also write your medical treatment wishes and designate medical proxies on any piece of paper, as long as it is signed and dated," Dann said.

"Once you have completed the document, share the information with your family and your doctor so they know your health care wishes and keep the document in a safe place. Many people keep that document on their refrigerator so that paramedics or their families or friends can find it in an emergency."

Another key consideration is power of attorney, which is a legal document that gives another person the legal authority to act on your behalf and manage some or all of your financial affairs.

"As it relates to financial matters, a lawyer is required to complete the document. There are many different types of power of attorney documents. A lawyer will help you determine which type best suits your needs. It is a relatively inexpensive means to ensure that your financial needs are met if you are no longer able to manage them on your own," Dann said.

"If folks are assessed as no longer able to make decisions on their own, and if they do not have a power of attorney document, the province has a process in place that allows for families or loved ones to hire a law-

yer and present to court to seek private committee. This process is often expensive and may take several months. If families are not in a financial position to seek court-appointed private committee, the Office of the Public Guardian and Trustee will be assigned."

When it comes to health care settings, including personal care homes, it's worth taking the time to ensure you have a power of attorney document in place.

"Often people come to personal care homes because they are no longer able to live independently and require additional supports. This may be as a result of increased physical health needs or someone may no longer be mentally competent and require a more supportive environment to ensure their personal safety. Folks that are assessed as lacking mental capacity require assistance managing their personal finances," Dann explained.

"Having a power of attorney document allows for your designate to act on your behalf, arrange for alternate housing (such as a personal care home) and ensure your financial needs are met. Some personal care homes require a power of attorney document prior to admission to their facility."

At the same time, don't forget to file your tax returns each year. If you file your income taxes annually, you might be able to access benefits and refunds that could enhance your financial situation.

"If you require a more supportive environment, it is important to know that personal care home rates are set by Manitoba Health and are calculated based off of your Canada Revenue Agency notice of assessment. You will be required to submit your notice of assessment to the personal care home on an annual basis and your rates will be recalculated," Dann said.

"Many communities provide free income tax clinics for seniors. Contact your local services to seniors office to find a free tax clinic in your area."

All are welcome to learn about filing a tax return through two free upcoming presentations. A community online presentation is set for Thursday, March 9 from 6:30 to 7:30 p.m. via

Microsoft Teams. Then on Monday, March 13 from 1:30 to 2:30 p.m., a 55-plus presentation will take place at Gimli New Horizons. This session will also be available online via Microsoft Teams. To register, email wellness@ierha.ca or call toll-free at 1-877-979-9355.

More information about free tax clinics in your area is available on the Government of Canada website at www.canada.ca.

Dann suggests making the effort to any eliminate barriers that could stand in the way of accessing supports when you need them. If you don't file your taxes, you might also miss out on tax breaks, income supplements or government subsidies.

"Since personal care home rates are calculated by your income, admission to a personal care home could be delayed until the most recent annual income tax is filed and your notice of assessment received. You will be required to submit your annual notice of assessment to the financial office of your chosen personal care home," she said.

"If you are experiencing housing instability, many housing organizations and supports require current financial information prior to them considering your application."

In her role as a hospital-based social worker, Dann has seen first-hand impacts of not completing these tasks.

"When it comes to health care, I don't think folks realize that there are service accessibility barriers when your financial and legal arrangements are not in place," she said.

"Not having these affairs in order can also result in emotional and financial challenges for the patient's loved ones, if there is a need for them to intervene or support after a medical event or change."

The ripple effect can extend outwards beyond the individuals to create systemic impacts as well.

"Unfortunately, not having the right legal documents in place has resulted in lengthy hospital admissions, which places additional pressures on an already strained health care system. Additionally, I have witnessed people experiencing barriers accessing long-term care or other housing arrangements as a result of not having fulfilled their financial obligations," Dann said.

"We can all work together to ease the strain on our health care system by ensuring that there are no financial or legal barriers that may complicate or delay a discharge from hospital."



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Spring 2023 PROGRAM

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- All classes run subject to enrolment.
- Please register early to avoid cancellation and disappointment!
- All classes held at the High School unless otherwise noted.
- Classrooms may be subject to change.

REFUND POLICY

- Refunds must be requested **one week prior to course start date less \$15 admin fee.**
- For courses cancelled due to insufficient enrollment you will be notified by email and money will be refunded in full.
- Please note start date, time and location of course. You will be contacted by email **only** if the course is cancelled due to insufficient registration.

CONTINUING EDUCATION PROGRAMS REGISTER ONLINE TODAY!

Swim Registration Opens March 14th

Lord Selkirk School Division
Continuing Education Classes
221 Mercy St., Selkirk, Mb. R1A 2C8
Melissa Nietrzeba ~ Program Director

Phone 204-904-7163

<https://coned.lssd.ca/>

PERSONAL INTEREST

CONVERSATIONAL SPANISH \$130

Thursdays, Apr. 6 – Jun. 15

NO CLASS: Apr. 27

6:00 – 8:30 pm

(10 sessions)

Start speaking Spanish as quickly as possible. Learn important phrases for travel, how to express yourself in a variety of practical situations such as how to greet someone, introduce yourself and others, order food, learn numbers, time, days of the week, etc. Each class will have a listening component where students will have the opportunity to practice listening and speaking in Spanish.

Room 147

CONVERSATIONAL FRENCH \$120

Mondays, Apr. 3 – Jun. 5

NO CLASS: May 22

6:00 – 8:30 pm

(9 sessions)

Start speaking French as quickly as possible. Learn important phrases for travel, how to express yourself in a variety of practical situations such as how to greet someone, introduce yourself and others, order food, learn numbers, time, days of the week, etc. Each class will have a listening component where students will have the opportunity to practice listening and speaking in French.

Room 149



BEGINNER GOLF \$85

Age 14 & up

Tuesdays, May 2 – 30

6:30 – 7:30 pm

(5 sessions)

Interested in Intro to the Game of Golf at an affordable price?

Your instructor will guide you through the basics of the game including stance, grip and swing. Students will get an opportunity to practice all the skills of the game including putting, chipping, approach shots and driving. Will be open to all but tailor to beginners.

High School Gym/Surrounding Field



*NEW - ADULT ACTING & THEATRE \$80

Mondays, Apr. 3 – Jun. 5

NO CLASS: May 22

(9 sessions)

7:15 – 8:15 pm

Mature teens and older

welcome! Do you miss your imagination from when you were a child? Are you looking for an outlet to have fun and act silly in a safe place? Adult acting classes are a great way to leave the stress at the door and let loose in a way you may not have in years! Jump into the world of theatre and let your imagination run wild through exercises and games aimed at exploring humanity and getting back to that child-like sense of play. All you need is an open mind and a little creativity!

Theatre



WELDING \$200

Mondays and Thursdays,

Apr. 3 – 27

NO CLASS: Apr. 13

6:30 – 8:30 pm

(7 sessions)

No Experience Necessary! You

will learn how to do basic welding procedures in Arc, Gas + Mig, plasma cutting, & brazing. Shape metals and weld them together to make a project to take home. Please wear clothing that you don't mind getting holes in and dirty, or coveralls. The welding material you will be using can be purchased through the instructor or can be brought from home. Will be discussed at first class.

Please bring safety glasses and gloves.

Metals Shop



WOOD WORKING at E.S.M.S \$150

Tuesdays, Apr. 4 – May 16

6:30 – 8:30 pm

(7 sessions)

Ages 18 to 95, and for all levels of skills. First class covers safety and project plans. Includes instruction on the safe use of the table saw, band saw, drill press, planner, air nailer, jigsaw and all hand tools for woodworking. Projects will either be up to you or can do a group project. Some examples are, canoe paddles, bird houses, squirrel feeders, ornamental half boats, picture frames, and adirondack chairs. Material cost not included. **Please bring safety glasses.**

Wood Working Lab at East Selkirk Middle School



SMALL ENGINE REPAIR \$150

Tuesdays, Apr. 4 – May 9

6:00 – 9:00 pm

(6 sessions)

Get your lawn equipment, chainsaw, log splitter, etc.

working this spring. Hands on maintenance for beginners. Learn in a few easy lessons how you can save on repair and maintenance. Covers basic operating principles and trouble shooting in a relaxed environment. **Must be a take home project each week.** Please bring hearing protection, a ratchet set, oil, gas, a flat screwdriver, rags, flashlight and pencil.

Room 199 Power Mech. Lab



MAKING MAPLE SYRUP \$20

For Fun or Profit!

Tuesday, Apr. 11

6:00 – 7:00 pm

The sap is flowing!

Do you have a maple or birch tree on your property? Learn how to make your own syrup from local Manitoba maple and birch trees. Hands-on demonstration will include tree identification and selection, tapping the tree, boiling off the sap, bottling, storing the syrup and how-to instructions. Enjoy making your own "sweet treat". Manitoba Maple Syrup - A Taste of Manitoba. Taps will be available for sale following the hands-on presentation (\$2.50 each).

Room 141



GROWING MUSHROOMS \$20

Tuesday, Apr. 11

7:00 – 8:00 pm

Learn to grow specialty mushrooms in your backyard.

Do you have access to oak branches? Learn how to "plant" the mushroom spawn and grow your own Shiitake mushrooms on oak logs. Hands-on demonstration will show how to inoculate the logs with mushroom spawn. A biological process you'll love – growing your own mushrooms backyard style. Mushroom Grow Kits will be available for sale following the hands-on presentation (\$65 each).

Room 141

BONUS: Stay for both and Save \$5! (Maple Syrup and Growing Mushrooms)



DOG OBEDIENCE

Tuesdays, Apr. 4 – May 9

(6 sessions each)

Please see website or call the office for full course info.

Dogs must be up to date on shots, please bring proof of vaccinations to the first class. Please come equipped with a well fitted collar, 6 foot leash, and lots of tasty treats. No Flexi-Leashes allowed. Please park and enter through back of school.

Lower Multi-Purpose Room

PUPPY CLASSES \$90

For Puppies up to 1 year old

6:00 – 7:00 pm

BASIC MANNERS \$90

7:15 – 8:15 pm

All ages are accepted. But recommend very young dogs (up to a year) do a puppy class first.



YOUTH CLASSES



YOUTH ACTING & THEATRE \$80

Mondays, Apr. 3 – Jun. 5

NO CLASS: May 22

(9 sessions)

6:00 – 7:00 pm

(Ages 7 – 12) "Have you ever wondered how to play a specific character for a play? Or how to improvise a scene? Or are you simply wanting to just gain confidence? Come join Kimmy on Monday evenings for a glimpse into the theatrical world! This class is for beginners, so do not worry if you have no experience. All you need is an open mind and a little creativity!"

Theatre

BABYSITTING SAFETY

\$60

Saturday, May 13

9:00 am – 5:00 pm

Youth ages 11 - 15 come learn to be a safe, Red Cross Certified Babysitter. Class includes textbook and wallet certificate. **Please bring a doll and a bagged lunch.**

Library

HOME ALONE \$45

Ages 8 & up

Tuesday, Apr. 18

6:00 – 8:30 pm

The Home Alone Program is designed to provide children with the necessary skills and knowledge to be safe and responsible when home alone for short periods of time. It will help them understand how to prevent problems, handle real-life situations, and keep them safe and constructively occupied. Topics covered include, establishing a routine, house key is your responsibility, strangers, telephone, emergencies, basic first aid and internet safety. Kids 8 and up can attend however, the Canadian Gov't recommends kids under the age of 10 should not be left home alone.

Room 142



FOR FULL CLASS DESCRIPTIONS PLEASE VISIT

<https://coned.lssd.ca/>

HEALTH & WELLNESS

HATHA YOGA \$90
Mondays, Apr. 3 – May 29
NO CLASS: May 22
5:30 – 6:30 pm
(8 Sessions)

For all levels and every body. With modifications and variations. Hatha Yoga is the yoga of Asana (poses). Along with Asana we will explore Pranayama (breath work) and Dhyana (meditation). Please bring a mat and small blanket/or towel and any props you may have.

Library

TAI CHI \$50
Tuesdays, Apr. 4 – May 2
6:00 – 7:00 pm
(5 sessions)

Tai Chi arts are a way to develop a body that is strong, yet supple, balanced and energetic, a mind that is calm and clear, yet creative and dynamic, and a spirit that is light and peaceful, yet resilient. Tai Chi arts involve deep stretching with a full range of motion and continuous turning of the spine. They exercise the whole physiology including muscular, skeletal, and circulatory systems, as well as tendons, joints, connective tissue and organs. Rather than depending on tension and the development of hard muscle tissue, these arts develop a body that is relaxed and strong at the deepest levels. The gentle internal movements are balanced throughout the body and have a calming effect on the mind. Tai Chi arts are truly a moving meditation. Beginner level class, working through the first seventeen movements of Tai Chi.



Library

BLOCK THERAPY \$120
Wednesdays, Apr. 26 – Jun. 14
5:30 – 6:45 pm
(8 sessions)

If you suffer with chronic muscle tightness, strain or pain, this program is for you. Poor posture or repetitive movement patterns can lead to ingrained patterns in the fascia. Block Therapy is a method of Myofascial Release that can melt away some of the adhesions, restoring flexibility and reducing pain. The class is done laying on block, on the floor. Please bring a yoga mat, any yoga blocks you may have, and water.



Library

MEDITATION - CALM AND CLEAR \$65

Thursdays, Apr. 13 – May 18
6:00 - 7:00 pm
(6 sessions)

Meditation has been practiced by diverse cultures for thousands of years. It is categorized under alternative therapies as "mind-body medicine" and leads to a way of being which lessens stress and brings a more peaceful calm and good humor into life. We will explore the categories of meditation and its many different forms. Working with your questions and experiences for a beginning practice base, this program serves to help bring calm and clear insight into life and living.

Library

*NEW HEALTH WORKSHOPS

\$35 Each
Mondays, Apr. 17 – May 15
7:00 - 9:00 pm
(1 Session Each)
Library

April 17 - "Your Gut Health" - Is constipation the cause of 90% of disease? When waste matters are held back - there is an unfavourable reaction on the whole body system. It is this poisonous substance that enters our blood known as auto-intoxication that may start to break down our organs. We will learn how to manage our digestion in a holistic approach.



April 24 - "The Science of Healthy Feet" - What should we do with the muscles in our feet? Sometimes foot pain is created much higher in your body than you realize. The way you stand can load tissues in the wrong place - causing it to wear out before it's time. There are a lot of factors that influence the movement of blood to these tissues. We will explore Myofascial techniques to free our feet.



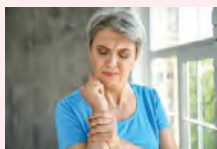
May 1 - "The text (tech) neck Syndrome" - Where are we Heading" - Text neck syndrome refers to a repetitive stress injury to the neck caused by having your head in a forward position for extended periods. The forward bending (flexion) posture affects the curvature of the cervical spine (C1-C7), the neck and shoulder muscles and supporting ligaments. We will visit techniques to help strengthen the back neck muscles.



May 8 - "Soothe the Sciatica Pain" - What is Piriformis Syndrome?" - Sciatica is tenderness and pain anywhere along the sciatic nerve - typically showing up on one side of the body. As this nerve passes between layers of deep buttock muscles, muscles of the thigh and down through the outer edge of your leg to your foot. We will learn what and how to alleviate some of this discomfort.



May 15 - "Osteoporosis- The Silent Thief" - Bones form the foundation of our body. We pay little attention to our skeleton until a problem occurs, such as a broken (fractured) bone. We start to lose bone density around the age of 50'. And yes - MEN get Osteoporosis TOO! This workshop will inform yourself because you may have Osteoporosis or Osteopenia or because someone you know does.



LET'S GET MOVING!

ZUMBA \$85
Mondays, Apr. 3 – Jun. 5
NO CLASS: May 22
6:30 – 7:30 pm
(9 sessions)

Ditch the workout, Join the party! Zumba is a dance-fitness class that incorporates Latin and international music and dance movements, creating a dynamic, exciting, exhilarating and effective fitness system in a party like atmosphere. No dance experience necessary. **\$10 Drop ins Welcome!**



Cafeteria
PILATES \$85
Wednesdays,
Apr. 26 – Jun. 14
7:00 – 8:00 pm
(8 sessions)

A floor-based program to improve strength and flexibility for the whole body. Emphasis on abdominal strength and spinal mobility. Please bring a mat and water.

Library



COMPUTERS & TECHNOLOGY

MS OFFICE SUITE \$140
Tuesdays, Apr. 4 – May 2
6:00 – 9:00 pm
(5 sessions)

Join us for 5 nights of Microsoft Office 365! We will cover Word, Excel, PowerPoint and integration of components. Each night will include formal instruction/modeling as well as time to practice practical scenarios. Bring your flash drive and take the examples home with you.

Room 277



SAFETY FIRST

BOATER SAFETY LICENSE \$70
Saturday, Apr. 15
8:30 am – 4:30 pm
(1 session)

ALL boat operators are now required to possess a Pleasure Craft Operator Card (PCOC) regardless of age of the operator or size of boat operated. Attend our Transport Canada approved course just before the boating season starts. Minimum age to attend – 8 years old. Children under 12 must be accompanied by an adult. Please bring snacks as there is no lunch break. **Course includes your Transport Canada test and competency card (PCOC).** Course manuals will be available during the class at no charge but may also be purchased from instructor day of class for \$13.00.

Room 141

STANDARD FIRST AID \$135

Saturday & Sunday, Apr. 22 & 23
9:00 am – 5:00 pm Saturday
AND 10:00 am – 4:00 pm Sunday
(2 sessions)

Certification is valid for three years and includes CPR C and AED. Canadian Red Cross Certification is recognized by all employers.

Library



FOOD HANDLERS \$120
Includes Workbook
Saturday, Apr. 29
9:30 am – 4:00 pm
(1 session)

Recommended for anyone looking for a job or presently working in the food services industry. Learn the principles of safe food handling and upon successful completion, receive a **Province of Manitoba Level 1 Food Handling Certificate** (valid for 5 years). There is a short lunch break (30 minutes).

Room 141

RE-CERT \$70
Exam only
3:00 - 4:00 pm
Room 141



SELKIRK Community Pool 2023

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MONDAY SWIM CLASSES

April 3 - June 5 Closed May 22

Preschool 1 5:00-5:30
Swimmer 2 5:00-5:45 p
Swimmer 4 5:00-5:40 p
Swimmer 1 5:50-6:35 p
Baby Bubblers 5:40-6:10 p
Swimmer 5 5:45-6:30 p
Swimmer 3 6:20-7:05 p
Preschool 2 6:40-7:10 p
Preschool 3 6:35-7:05p
Swimmer 2 7:15 - 8:00 p
Swimmer 1 7:10 - 7:55 p
AquaFit 7:30-8:30 p

TUESDAY SWIM CLASSES

April 4 - June 27

Lap Swim 4:00 - 5:30 pm
Special Olympics 7:00-8:30 pm
Dolphins 5:30 - 7:00pm

WEDNESDAY SWIM CLASSES

April 5 - May 31

AquaFit 4:00-5:00
Preschool 2 5:00-5:30
Baby Bubblers 5:15-5:45
Preschool 1 5:00-5:30
Adult 1 5:15 - 6:00
Preschool 1 6:05 - 6:35
Swimmer 3 5:50- 6:35
Swimmer 4 5:35 - 6:20
Swimmer 2 6:40 -7:25
Preschool 3 6:40 - 7:10
Swimmer 1 6:25-7:10
Swimmer 3 7:15 - 8:00
Swim Kids 4 7:30-8:15
Swimmer 6 7:50 - 8:25

MORNING ADULT FITNESS PROGRAMS

April 3 - June 28 Closed May 22

Lap Swim Mon - Fri 7:00-8:30 am

THURSDAY SWIM CLASSES

April 6 - June 1

Lap Swim 4:00-5:30
Preschool 2 5:00-5:30
Baby Bubblers 5:15-5:45
Swimmer 3 5:00-5:45
Preschool 1 5:50 - 6:20
Swimmer 1 5:50- 6:35
Swimmer 4 5:35 - 6:20
Preschool 2 6:25 - 6:55
Swimmer 5 6:40-7:25
Preschool 1 7:00 - 7:30
Swimmer 6 7:30 - 8:15
Swimmer 4 7:15-8:00

FRIDAY SWIM CLASSES

April 14 - June 9

Swimmer 5 5:00-5:45
Rookie Ranger 5:00-6:00
Preschool 1 5:00-5:30
Preschool 2 5:35 - 6:05
Swimmer 1 5:50 - 6:35
Swimmer 3 5:50 - 6:35
Bronze Star 6:00-7:00
Swimmer 4 6:10 - 6:55
Swimmer 2 6:40- 7:25
Preschool 1 6:40 - 7:10
Open Swim 7:00-9:00pm

SATURDAY SWIM CLASSES

April 15 - June 10 Closed May 20

Aqua 9:00-10:00
Baby Bubbler 10:00-10:30am
Bronze Med/Cross 10:00-2:00
Lap Swim 10:30-12:00
Open swim Noon - 2:00pm
Pool bookings 2:30-3:30
3:30 - 4:30

Registration On Line
March 14 6:00am
selkirkcommunitypool.weebly.com

Pool Closed

May 20 - 22

Questions or concerns contact
pool manager mstamm@lssd.ca

Lap Swim passes purchase online or at the pool.

10 visits - \$40.00
20 visits - \$75.00
30 visits - \$90.00

Lifeguard must punch your pass for entry to the pool.
Drop in \$10.00 AquaFit
Drop in \$6.00 Lap swim.

AquaFit pass purchase online or at the pool.

no need to commit to one class use your pass for any class.

8 visits - \$60.00
10 visits - \$75.00

Open Swim (Debit machine available)

Adult or Student	\$ 5.00	18+
Preschool child	Free	0 - 4yr
Child	\$ 2.00	5 - 12yr
Teen	\$ 3.00	13 - 17yr
Family	\$15.00	

(For purposes here, we define a "family" as an adult and their immediate children to a maximum of 5).

Public admission entry requirements:

Limited unlocked lockers available. Do not leave valuables in the locker or change room. The facility is not responsible for loss or damage to belongings. Please review policy on Cancellation and refunds on Continuing Education website.

Swim Admission Standards For S.C.P.

<p>Children 5 & under</p> <p>Guardian must remain within arms reach at all times.</p>	<p>Children 6 to 9 years unable to pass swim test</p> <p>Guardian must remain within arms reach. If any children in the group are 5 and under, a ratio of 2:1 for your group is required.</p>	<p>Children 6 & 7 years who pass swim test</p> <p>Guardian must remain in the pool. Child must complete the swim test each time. wrist band is received. Child can use the deep end.</p>
<p>Children 8 & older who pass swim test</p> <p>Child can swim alone and use the deep end and the diving boards wrist band is received</p>	<p>Children 10 & older may swim alone</p> <p>Must pass the swim test in order to use the deep end and use the diving board.</p>	<p>Guardians must be: 14+</p> <ul style="list-style-type: none"> • 14 years and older • Within arms reach at all times • Responsible for direct supervision in and out of the water • In appropriate bathing attire <p>Facility Swim Test</p> <ul style="list-style-type: none"> • Successfully swim continuously on front, four widths of the pool in a comfortable manner • Face and head must submerge • Body must stay near horizontal

SWIM FOR LIFE AQUATIC REGISTRATION GUIDELINES

4 - 5 yr olds
Preschool 1 - Red Cross Sea Otter
Preschool 2 - Red Cross Salamander
6 + yr olds
Swimmer 1 - Swim Kids 1
Swimmer 2 - Swim Kids 2
Swimmer 3 - Swim Kids 3
Swimmer 4 - Swim Kids 4 + 5
Swimmer 5 - Swim Kids 6
Swimmer 6 - Swim Kids 7
Rookie, Ranger, Star - Swim Kids 8 - 10

LEADERSHIP COURSES

Please check the website for Leadership courses.

We are now accepting Debit and Credit Card payments at the Pool Office and on deck.



SCP is a proud host to many programs.

Lifesaving Society Swim for Life and Leadership programs
Special Olympics Swimming
Swimmingly
Dolphins Swim Club
Dolphins Swim Academy
Private lessons -Kiers Swim Academy
AquaFit
Boulding Belugas Masters

Steps for design of Chief Peguis monument announced

Monument to honour Peguis-Selkirk Treaty as first recognition of Indigenous land rights in Western Canada

Submitted by Manitoba government

Work continues toward the design, construction and installation of a historic monument on the Legislative Building grounds commemorating the bicentenary of the Peguis-Selkirk Treaty, Consumer Protection and Government Services Minister James Teitsma and Indigenous Reconciliation and Northern Relations Minister Eileen Clarke, alongside Friends of the Peguis-Selkirk Treaty Inc., announced on Feb. 7.

“The historic Peguis-Selkirk Treaty was the first instance of a formal written agreement recognizing Indigenous land rights in Western Canada,” said Teitsma. “This new monument will serve as an important reminder

of the historic spirit of sharing, co-operation and conciliation between Chief Peguis, the allied chiefs and Lord Selkirk.”

The Manitoba government previously announced a signed agreement with Friends of the Peguis-Selkirk Treaty Inc. and its contribution of \$500,000 toward the monument. The monument will feature a statue of Chief Peguis and inscriptions commemorating all five treaty signatory chiefs, as well as King George III and Lord Selkirk. The monument will be installed on the north lawn of the Legislative Building grounds between the existing Next of Kin monument eastward toward the former location

of the Queen Victoria monument.

“As the first monument on the Legislative Building grounds to recognize the contributions of First Nations people, it is intended to promote reconciliation between First Nations and non-Indigenous Manitobans,” said Clarke. “We would like to thank the Friends of the Peguis-Selkirk Treaty for their work and dedication in advancing this important project.”

“Our sincere thanks to the Manitoba government, the Assembly of Manitoba Chiefs, the Treaty Relations Commission of Manitoba, the Southern Chiefs’ Organization and all the members of our Peguis-Selkirk organization for their support of this historic initiative,” said Bill Shead, co-chair, Friends of the Peguis-Selkirk Treaty Inc. and a member of Peguis First Nation.

The next step for the design of the monument will be through a competitive process initiated by a formal re-

quest for proposals.

“We are hopeful the design and construction phases will lead to the unveiling of the monument on Sept. 28, 2024, – the 160th anniversary of the death of Chief Peguis,” said John Perrin, co-chair, Friends of the Peguis-Selkirk Treaty Inc. and president of the Scottish Heritage Council of Manitoba.

The Peguis-Selkirk Treaty was signed by Chief Peguis, allied chiefs Mache Wheseab, Mechkaddewikonaie, Kayajieskebinoia, Ouckidoat, and Thomas Douglas, the fifth Earl of Selkirk, on July 18, 1817, at Fort Douglas in Winnipeg with the goal of ensuring peace between predominantly Scottish settlers and local First Nations people.

Manitoba government reduces charitable raffle licence fees

Lower fees will help Manitoba charitable sector

Submitted by Manitoba government

The Manitoba government is introducing regulatory changes to the Licensing and Appeals Regulation that will allow the Liquor, Gaming and Cannabis Authority of Manitoba (LGCA) to restructure its licence fee model for charitable raffles, Justice Minister Kelvin Goertzen announced Thursday.

“Manitobans are the most charitable people in all of Canada,” said Goertzen. “Lowering raffle fees will ensure that more of Manitobans generosity will go to the charities and causes they are choosing to support.”

Under the new model, the fee for major raffles – with anticipated gross revenues over \$10,000 – will be reduced to one per cent from 1.5 per cent of the actual gross revenue, calculated and due after the event. The change represents a 33 per cent fee reduction for raffle licensees, noted Goertzen.

“We’re so grateful for community champions who choose to use raffles to help raise funds for sick and injured children,” says Stefano Grande, president and CEO, Children’s Hospital Foundation of Manitoba. “We

welcome the news of a reduction in raffle licence fees because it will help fundraisers be even more successful in supporting families in hospital.”

Charitable raffles with anticipated gross revenues between \$2,000 and \$10,000 will pay a nominal licence fee, while charitable raffles with anticipated gross revenues under \$2,000 – which typically operate for recreational purposes rather than fundraising – will continue to be eligible for a free licence.

“It is important for public agencies like the LGCA to continually review our fee structures to ensure they are appropriate and not an impediment for our regulated industries. This amendment is a positive step in supporting Manitoba charities and their hard work in our communities,” said Kristianne Dechant, executive director and CEO, LGCA.

The minister noted regulatory changes related to charitable raffle fees were introduced alongside Manitoba government measures to modernize liquor service in the province.

Candidate for Chief Peguis First Nation



CINDY SPENCE
FOR
CHIEF 2023
(431) 335-5305
cindydspence@hotmail.com



Cindy Spence will be hosting an Information session for Selkirk membership.

Date: Monday, March 13, 2023.

From 5 to 7 PM.

**At the Selkirk Friendship Centre
425 Eveline St., Selkirk, Manitoba**

Come out and enjoy the evening!

Lunch will be provided.

Election campaign has begun

By Cam Dahl, General Manager, Manitoba Pork Council

Sometime before Oct. 24, Manitobans will go to the polls to elect the next provincial government. While we don't know the election date, the campaign has already begun, or at least, it should have started for farmers if we want to see agriculture's needs reflected in the parties' policies.

The political parties are all getting prepared for the campaign to come. All are drafting their election platforms. All are setting up candidate briefings on key election issues. But, will the aspirations and concerns of the province's farmers matter to the drafters of the party platforms? Will agriculture policies be based on the science that supports modern agriculture or be influenced by some of the misinformation floating about on social media? The answers to these questions largely depend on farmers and farm organizations.

Manitoba's agriculture community must engage with political parties now to ensure we see our needs reflected in every election platform. We also need to provide our input while policies are being drafted because reacting after the election is called or after the policy platforms are published is too late.

What is on the policy wish list for Manitoba's hog farmers? Right at the top is the need for recognition of the pork sector's role in driving the provincial economy and developing communities in every part of Manitoba. Rural communities like Neepawa, Roblin, Killarney, Steinbach, and Notre Dame de Lourdes, are socially thriving and becoming more diverse because of investments in hog farming and pork processing. Our large urban centers like Brandon and Winnipeg are adding jobs and seeing economic growth because of the pork sector. Also, 14,000 Manitobans from across the province depend on the hog sector for a well-paying, high-quality jobs. We want to see the party platforms take pride in these developments and commit to policies supporting this ongoing growth and development.

Economically and environmentally sustainable agriculture growth depends upon science-based policies and regulations. This sounds straightforward and uncomplicated, but often political discourse can be influenced by misinformation on modern agriculture that is spread through social media and even picked up by mainstream broadcasting and print publications. How do we prevent misinfor-

mation from becoming a party's policy and eventually legislation and regulation? The most important way is to have every party commit to effective and meaningful consultations with farmers and their associations before implementing a change in policy direction. Commitment to science-based policies and promises of effective consultation are key elements we all need to see in election platforms.

Every party will have policies related to greenhouse gas reductions and sustainability. Most Manitobans expect this, and candidates will need to address these issues if they expect to be elected. Like all of Manitoba's agricultural producers, hog farmers need to see environmental and animal care policies which acknowledge the fact that modern agriculture provides the roadmap for achieving society's sustainability objectives. Reverting back to the farm practices of Ol' McDonald is not an ecological solution but an unsustainable path that will lead to reduced efficiency, increasing environmental footprint, and the rural poverty of days gone by. Building upon modern agriculture's research and technological advances will ensure the sector is economically and environmentally sustainable for generations to come.

What can individual farmers do to advance these policy objectives? The answer is simple but requires a time commitment to carry out. We need farmer engagement if we are going to see political platforms that reflect the needs of our sector. Most candidates for the upcoming election have been nominated. The agriculture community needs to get out and meet with them. I would like to see every pork producer adopt two candidates, one in rural Manitoba and one in a major urban center. Ask to meet with candidates with differing political perspectives (you don't need to convince someone who agrees with you). Discuss with them the key request from the sector and do this before they are committed to a particular policy platform.

We also need to listen to candidates. Listening is just as critical as delivering a set of requests. Listen to any concerns they may have about agriculture and commit to getting



Cam Dahl, General Manager
Manitoba Pork Council

responses back to them. Provide this feedback to your farm organizations like Manitoba Pork and Keystone Agricultural Producers. Getting answers back to candidates is one way in which farm organizations like Manitoba Pork will help deliver common messages to all parties and candidates.

Political activists often say that "public policy is set by those who show up." What does this mean? It means that if we don't engage politicians, our voices will not be heard, and our needs will not be reflected in party platforms. Now is the best time for individual producers to influence policy. Now is the time for farmers to actively participate in the political process.

Province advises Manitoba Health cards to include alphanumeric characters

Submitted by Manitoba government

Manitoba Health advises the six-digit family registration number used on health cards will be changing to include one letter and five numbers going forward.

The purple Manitoba Health card entitles people to health benefits and services within the province and is presented when receiving care at facilities like medical clinics, hospitals and pharmacies. The card includes the six-digit family number as well as a nine-digit number for each individual.

Previously, the family number would be six numbers (e.g. 123456) but now one letter will be included (e.g. A12345). There will be no changes to nine-digit individual numbers. Using a mix of numbers and letters

for new family registration numbers will ensure enough options are available for Manitoba's growing population.

Manitoba Health has advised health care providers and other sites where health cards are required so necessary system adjustments can be made.

In recent months, Manitoba Health has also worked to reduce processing times for people who need new or replacement health cards. The backlog created by the pandemic is now eliminated and most new application requests are handled within a four-week window.

For more information about health cards and health care coverage in Manitoba, visit www.gov.mb.ca/health/mhsip/mbscard.html.

Josh would like to thank his loyal and growing customer base for the continued support. Ask for Josh Isfjord to see why cars cost less in Selkirk!

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Incredible Creatures: Pileated Woodpeckers: attractive ant-eating architects

By John Gavloski

We were treated to an incredible bird sighting in our front yard recently when the largest species of woodpecker in Canada showed up in our front yard to feed on some crabapples from our crabapple tree, then went off to feed on what it could find on the bark in another tree in our yard. This large woodpecker, that gets to nearly the size of a crow, is called the pileated woodpecker. This article explores the interesting appearance, architecture and appetite of the pileated woodpecker, and why they are of such great value ecologically.

Red Crested Ant Eaters

There are twenty-two species of woodpeckers in North America, excluding the ivory-billed woodpecker, which is largely believed to be extinct, and eight species that can be found in Manitoba. My wife and I have seen seven of the eight, and just have to track down the three-toed woodpecker. The pileated woodpecker is the largest living woodpecker in North America, and third largest in the world after the great slaty woodpecker, found in southern Asia, and the black woodpecker, found in Europe and parts of Asia. Pileated woodpeckers are about 42 cm (a foot and a half) in length, and about two and a half times taller than the petite downy woodpeckers, that are more common visitors to peoples' yards.

Pileated woodpeckers are mostly black, with a triangular red crest and bold white stripes on head and neck. The bill is long and chisel-like, and about the length of the head. The woodpecker in the photo is a male; just the males have the red stripe behind the beak (scarlet mustache), while in the females' this mustache is black. Both males and females have the distinctive red crest, but the male's extends further toward the bill.

Pileated woodpeckers eat mostly ants and other insects, but also fruits and nuts. Carpenter ants may be up to 60% of their diet; although they will also eat other ants (rarely digging into anthills on ground), larvae of wood-boring beetles, and other insects such as flies, spruce budworm, caterpillars and grasshoppers. Compared to other woodpecker species, pileated woodpeckers prefer to forage in dying and decaying dead trees, using their bills to chisel oval or rectangular holes in search of prey. About one-quarter of the diet may be wild fruits, berries, and nuts. They may occasionally visit feeders, and are especially fond of suet.

The Value of Dead Wood

Pileated woodpeckers nest almost exclusively in standing dead trees. They are the bird's home and nursery. Pileated woodpeckers prefer deciduous and coniferous forests with larger, old growth trees that can support their spacious cavities. In spring, the hole made by the male attracts a female for mating and raising their young. The entrance hole is oblong rather than the circular shape of most woodpecker holes. Pileated woodpeckers don't line their nests with any material except for leftover wood chips. Cavity depth can range from about 25 to 60 cm (10-24 inches).

Once the brood is raised, the birds abandon the hole and do not use it the next year. Abandoned holes of pileated and other woodpeckers provide good homes in future years for many forest songbirds and a wide variety of other animals. Owls and tree-nesting ducks, such as wood ducks, may largely rely on holes made by pileated woodpeckers in which to lay their nests. Ecologically, the entire woodpecker family is important to the well being of many other bird species.



PHOTO SUBMITTED

Pileated woodpecker

For those of you that remember the cartoon character Woody Woodpecker, cartoonist Walter Lantz is believed to have based the appearance of this character on the pileated woodpecker. They are a fascinating bird, and one to watch for this winter, as they do spend the winters here and can be found in towns and cities.

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 Mar 2.

"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. "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.

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> MEAL IDEAS


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Vegan Brownies

1 1/2 cups all-purpose flour
 1 tablespoon baking powder
 1/4 cup cocoa powder
 2 teaspoons vanilla extract
 flaky sea salt, for garnish

To make prune puree: In blender, combine prunes and water. Pulse to combine then blend until smooth, pourable consistency forms, scraping sides, if necessary.

Store puree in airtight container in fridge up to 4 weeks.

To make brownies: Preheat oven to 350 F. Line 9-by-9-inch baking pan with parchment paper then lightly grease with nonstick cooking spray.

Using double boiler, melt chocolate and olive oil. Whisk in sugar and prune puree; mix until dissolved.

Into large bowl, sift flour, baking powder and cocoa powder. Gently fold in chocolate and prune mixture then add vanilla.

Spread batter in prepared pan, sprinkle with flaky sea salt and bake 20-25 minutes, or until top starts to look dry and brownies are just beginning to pull away from sides of pan.

Cool in pan. Remove then cut brownies into 3-inch squares.

Prep time: 10 minutes
 Cook time: 25 minutes
 Servings: 9

Prune Puree:

16 ounces pitted California prunes
 1/2 cup hot water

Brownies:

nonstick cooking spray
 6 ounces unsweetened chocolate
 1/2 cup California extra-virgin olive oil
 2 cups light brown sugar
 10 ounces California prune puree



Protein Packed Sausage Breakfast Muffins

1 cup protein pancake mix
 Preheat oven to 350 F. Spray 12-cup muffin pan with nonstick cooking spray. Set aside.

In skillet over medium heat, cook sweet onion until translucent. Add turkey sausage and cook until no longer pink. Remove from heat.

In large mixing bowl, lightly beat eggs. Add shredded cheese, pancake mix and cooked sausage; mix well.

Fill prepared muffin cups about 3/4 full with mixture. Bake 18-20 minutes, or until golden brown on top.

Recipe courtesy of Healthy Family Project

Nonstick cooking spray

1 sweet onion, diced
 1 pound turkey sausage
 4 eggs
 1/2 cup shredded cheddar cheese



Reuben Sandwich

Servings: 2

2 tablespoons butter, softened
 4 slices rye and pumpernickel swirl bread
 4 slices Swiss cheese
 6 ounces corned beef
 2 tablespoons, plus 2 teaspoons, Thousand Island Dressing, divided
 4 tablespoons sauerkraut
 Heat nonstick skillet over medium heat.

Spread 1 tablespoon butter on one side of two bread slices. Place buttered side down in heated skillet. Add two slices cheese to each bread slice. Spread 2 tablespoons dressing over cheese slices. Add 3 ounces corned beef to each bread slice.

Spread 2 teaspoons dressing over corned beef. Spread 2 tablespoons sauerkraut over corned beef.

Spread remaining butter on one side of remaining bread slices. Place buttered side up on top of sauerkraut.

Cook 4-7 minutes each side, flipping once, un-

Expert patient here to help!



Susie Schwartz

By Susie Schwartz

A monkey attacked my face with his claws. (Metaphor. I live nowhere near monkeys.) My lips stuck out like a duck; all tensed up. (Simile. I am not a duck. I just looked like one.) I had a toothache in a cluster of my teeth that was both unbearable and unfamiliar. Sometimes the top teeth, sometimes the bottom. Mostly the right side, but the left was not immune. What to do?

Pay attention.

They'd ask me to describe the pain if I needed a dentist or doctor. Sharp? Dull? Throbbing? Constant? Or ebb and flow? Does anything make it better or worse? Position? Heat? Cold? etc.)

Here are more questions they often ask: Did it come on suddenly,

or was it more gradual? Does it radiate? On a scale of 1 – 10, 10 being the worst pain you've ever felt, how would you rate it? Does a cuddle from your puppy help? (Just kidding. That always helps.)

Make some notes on your phone or even with a pen and paper. (If you can find a pen and paper. Technology is taking over the world. But hey, there's always eyeliner and loo roll, right?) Take your notes with you when you go to your appointment. You might think you'll remember it all, but if your memory is anything like mine, you won't.

Going to the doctor with your answers preprepared saves time (giving the doctor more time to help you solve the mystery) and helps them gain respect for you as a patient. They'll better trust that you have a good sense of your body and the problem. This will help them take you seriously.

So...did you know that fibromyalgia can settle in your face? Also, I need a mouthguard because my overthinking and stressing about life and, well, monkeys, are rubbing my teeth raw.

A published author and musician, Susie currently lives in the UK. Find her on Instagram @medicalmiss_stress, and at www.lesshealthstress.com where you can sign up for Convoos with Carlos – 1 Care, 1 Quote, 1 Question to get weekly support to your inbox.

 **BINGO**
SUNDAY NIGHT BINGO
 Pots are as follows:

4 **\$3,900 JACKPOT**
 In 51 Numbers

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THURSDAY NIGHT
BINGO
 SELKIRK FRIENDSHIP CENTRE

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BONANZA	6,044
POKER FLUSH	3,586

Early Birds at 7:00pm • Regular Bingo at 7:30pm
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FINAL BINGO
MARCH 16
ALL POTS MUST GO!

til golden brown and cheese is melted.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Dunstone representing Manitoba at Tim Horton's Brier

By Ty Dilello

The 2023 Tim Horton's Brier is being held this week in London, Ontario, at the Budweiser Centre, from Mar 3-12. The games will all be shown on TSN throughout the week.

Fort Rouge's Matt Dunstone (featuring Gimli's B.J. Neufeld and Colton Lott) will be playing as Team Manitoba, while Reid Carruthers of the Morris Curling Club will be entered at Team Wild Card #2.

Carruthers is just returning from coaching Gimli's Kerri Einarson to her fourth straight Scotties win, but is prepared for another long grind of a week.

"The Brier is one of those events that you can always get up for," said Carruthers. "We know it's going to be a long week, and hopefully, that's a good thing because it means that we'll be winning some games and are in the hunt."

Skip Brad Gushue and his Newfoundland team won the 2022 edition and will represent Team Canada at the event. This year's Brier will follow the same format as the past two editions that includes Team Canada, the fourteen Canadian curling member associations and three Wild Card teams that will be the top three teams that did not qualify from their provincial playdowns based on CTRS standings.

Other teams in the field are Alberta's Kevin Koe, Newfoundland and Labrador's Nathan Young, Northern Ontario's Darren Moulding, Northwest Territories Jamie Koe, Nova Scotia's Matthew Manuel, Nunavut's Jake

Higgs, Saskatchewan's Kelly Knapp, British Columbia's Jacques Gauthier, New Brunswick's Scott Jones, Ontario's Mike McEwen, Prince Edward Island's Tyler Smith, Quebec's Felix Asselein, Yukon's Thomas Scoffin, Wild Card #1's Brendan Bottcher, and Wild Card #3's Karsten Sturmay.

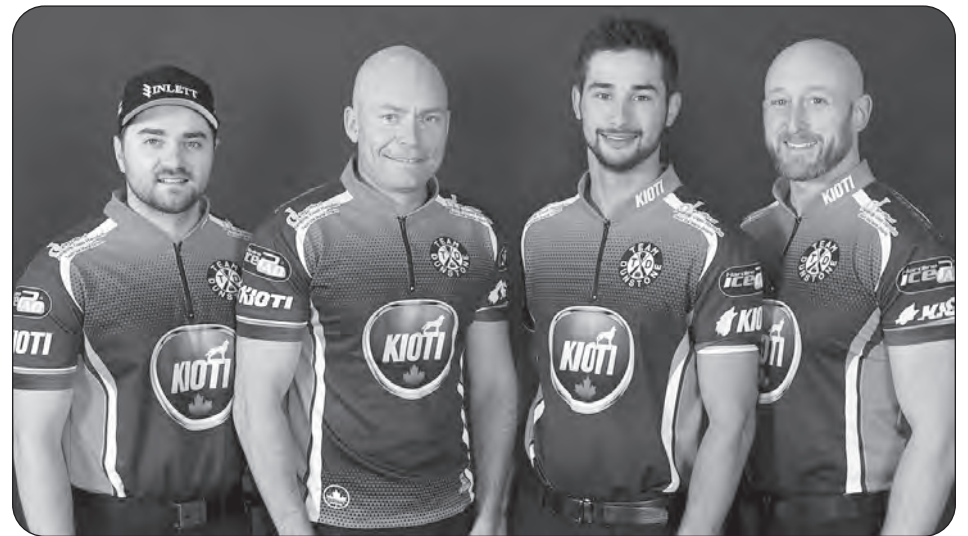
East St. Paul's Kyle Doering throws second stones for Team Wild Card #3's Karsten Sturmay and is looking forward to competing in his first Brier.

"It's something I've always dreamed of playing, so, of course, I'm very excited at being in the Brier," said Kyle Doering. "I would have liked to qualify the traditional way of winning an actual province for my first time, but we'll certainly take the Wild Card. I can't wait for the event to get going."

On a sad note, this will be the final Brier where Tim Hortons will be the primary sponsor of the event. The winning team from the Brier will represent Canada at the 2023 World Men's Curling Championship on home soil at TD Place Arena in Ottawa, Ontario.

As of Monday night, Team Dunstone had defeated Saskatchewan 9-3, Nunavut 14-2 and Northwest Territories 10-4.

Meanwhile, Wildcard #2 (Carruthers) lost their first one to Northern Ontario 4-6, but rebounded with an 11-7 win over Northwest Territories and 7-6 over Newfoundland and Labrador. Unfortunately the lost to Alberta 7-9 Monday morning before facing off against Dunstone Monday night. No score was available as of press time.



PHOTOS BY CURLING MANITOBA

The 2023 Tim Horton's Brier kicked off at the Budweiser Centre in London, Ontario last Friday. Fort Rouge's Matt Dunstone (featuring Gimli's B.J. Neufeld and Colton Lott) are playing as Team Manitoba. Left to right, Matt Dunstone (skip), B.J. Neufeld (third), Colton Lott (second) and Ryan Harnden (lead).



Reid Carruthers of the Morris Curling Club is entered as Team Wild Card #2. Left to right, Rob Gordon (lead), Reid Carruthers (skip), Derek Samagalski (third) and Connor Njegovan (second).

Locals hit the ice at 2023 Canada Winter Games

By Sport Manitoba

Speed skating has been on every Canada Winter Games' program since 1967. Short track joined the program in 1983 and has been featured ever since.

In short track, athletes compete against each other over a series of rounds, and the fastest skaters progress to the later rounds. Usually, four to six athletes compete in each race, with heats followed by quarter-finals,

semifinals, and a final.

Team Manitoba's short track teams are made up of five females and five males who race in the 500m, 1000m, 1500m, 3000m points race, and 3000m relay.

Olivia Krawchuk (15, Selkirk) is one of the team's younger members, and after her experience in PEI, she's already looking forward to qualifying for the next Winter Games in 2027.

"I love being here, PEI is a fantastic

place to do Games. I just want to try my best and hit some new PBs in my next competitions. I'd like to try out for the next Canada Games," Krawchuk said.

She had a blast in PEI.

"Having fun. A thing to remember for everyone, is make sure you're having fun and enjoying what you're doing. That's why I'm here, because I like it."

She's skated for seven years with

the program out of the Interlake Speedskating Club. She transitioned to speed skating from ringette, and hasn't stopped skating since her very first race.

"After my first competition, I didn't win anything, but I enjoyed the experience and being able to meet new people and get new friends. I like the independent aspect of this sport, but

Continued on page 30

Allen amazing on the track this season

Mike Still/Bison sports

Middle-distance specialist Tristan Allen is not your average runner. Ask anyone around and they'll tell you, he's simply built differently.

It's evident in his attitude towards racing. As someone who specializes in 600s and 800s, he needs to balance speed with pace and timing. In the final lap, when the lactic acid seeps into the body, Allen finds another gear, cruising past his competition, eyes ahead.

"It's quite painful some days. I think I'm pretty competitive, so that probably plays a big factor into it. I like the atmosphere, the people and if you're watching a good race it's super fun to watch. I think I might have a decent pain threshold. When I'm in the moment and the pain starts to creep in, I'd like to think that I can keep pushing. I think that's important to have in a race."

Allen has the results to back up this statement. After a three-medal showing between last year's conference championships and nationals, he put U SPORTS on notice in 2022-23 as the fastest 600-metre runner in Canada for the strong bulk of the year.

Allen put his stamp on a dominant indoor season last weekend, winning three gold medals while helping the Herd win back-to-back Canada West male team titles for the first time since 2008-09. He was also honoured as Track Athlete of the Year.

The even-keeled superstar ran the anchor leg in the 4x800 and 4x400, holding off a push from Calgary in the final 100 metres of the latter. But it's his win in the 600, with a time of 1:18.89 that stands out.

Last year, Allen finished second in the event. He did something unheard of, passing two guys on the inside corner with 150 metres to go.

This year, he ran smarter. Training partner Dawson Mann (also a triple medalist) took the lead and set the

pace after the first lap, with Allen cruising in behind. In the final lap, he overtook Mann in a textbook 1-2 finish from the two best 600-metre runners in the conference all year.

"Personally, I had a chip on my shoulder from last year, losing out in the finals. I carried that with me," noted Allen.

"I know a lot of people were surprised with how well Dawson did, but I train with him so I know how fast he is. He's very sneaky. You don't see him until it's too late."

Allen and Mann have been stride for stride all year. The former didn't lose a race, and the duo ran faster than the U SPORTS standard of 1:19.10 a combined nine times.

Mann's performance has been years in the making. Teammates have known for a long time how consistent he is, but sickness derailed last season's campaign. Now healthy, he pushed the pace all season, getting to the front and staying there.

Allen's always been right there, closing the distance and winning in the final stretch. He's led races as well, something he and head coach Claude Berube have talked about, specifically after last season.

"The 600, I think [Allen] has now discovered that the way to run it is to go to the front," said Berube.

"That's where Dawson has been fearless this year. He's just gone to the front and taken races with no fear whatsoever and the big difference is he's hung on. I think Tristan has seen that and is now starting to say he's my training partner, I should be going out with him."

"I've known I needed to stop pulling off those last-minute moves for a long time now, as fun as they probably are to watch," added Allen. "This year, I definitely knew I needed to start racing properly and utilizing my potential. If I sit and kick and I wait too long, I probably could've ran faster,



RECORD PHOTO BISON SPORTS

St. Andrews' track star Tristan Allen has enjoyed a sensational season with the University of Manitoba Bisons.

chances are."

Allen and Mann feed off each other in training, under the guidance of acclaimed middle-distance coach Andy Tough. They're similar in the sense that they're "quiet but also very competitive."

Neither needs to talk the talk. They simply go out on the track and prove it. In Allen's case, a perfect example was the Jim Daly Bison Classic in early February, where he ran 1:18.54.

Rocking aviator shades and with his headphones plugged in, Allen blocked out the noise, literally. He didn't scream and shout, he simply locked in and got the job done.

"I've never done that inside," he admits. "I was in a bad mood actually. That's what I do when I'm upset. I don't want to talk to anybody. I

stacked the deck against myself, so I had to follow through."

It's the same at practice, where Allen and Mann push each other during four times weekly interval training. They tend to run a lot of 100s to 300s, and not too much further than 400s unless [Tough] is "in a bad mood."

"We don't really talk to each other about competing very often. In practice we kind of just do it and the same thing applies for racing," says Allen. "In practice we take turns leading reps, and towards the end of the workout when everyone is tired, the competitiveness kicks in and that kind of helps us maintain the pace. If I could sum it all up, we feed off each other for sure."

The duo will take on nationals soon, where they're ranked second and fourth in the 600. The team is also ranked first in the 4x800, and fourth in the 4x400, setting up what should be a thrilling weekend back in Saskatchewan.

"We have a lot of personalities on our team, and a lot of strong-willed individuals that I think are similar to me in that regard, where when you're in the race, something kicks in," Allen says. "I can think of a few names, whether it's field events or track, there's a lot of strong personalities on our team, both men and women."

To see more photos
of your favourite
Interlake Athletes

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sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Manitoba wins 19 medals at 2023 Canada Winter Games

Sport Manitoba

After two weeks of intense competition against the best this nation has to offer, Team Manitoba finished off the 2023 Canada Winter Games with 19 medals - six gold, six silver, and seven bronze.

With major successes in long track speed skating and archery, it was figure skating that came out on top, with a gold medal in pairs, and a score that became a new Canadian record. Our archers hit the podium in every single matchup in Prince Edward Island, earning six medals. With such a strong showing, our gold medalists Chyler Sanders (18, Winnipeg) and Ryder Wilson (16, Selkirk) earned their nominations and selection as co-flag bearers for the closing ceremony of the 2023 Canada Winter Games.

"Chyler, Ryder, and our entire archery squad were emblematic of a successful week two for all of Team Manitoba at the Games. Four medals, including two gold, made it an easy choice to have Chyler and Ryder lead us into the athlete parade at the closing ceremony. One of the best parts of my position is getting to announce our flag bearer selections, and it was evident both athletes were excited and honoured to take up the mantle for our province," said Chef de Mis-

sion Drew Todd.

Sanders is bringing home two medals from the Games, having hit the podium in both her events - a gold in compound individual female, and a bronze in compound team mix.

She started shooting competitively in 2017. Sanders medalled at the 2018 Manitoba Winter Games, 2018 nationals, and Youth and Masters Pan Am Championships, and has represented Canada at two youth world championships.

Wilson is also bringing home two medals from the Games - a gold in recurve individual male and a silver in recurve team mix.

He has been competing for four years, and one of his original goals was to make the Canada Games team. Wilson is a member of the national development squad, and his big goals are to travel the world and shoot at international competitions.

"I was surprised I got picked as the flagbearer. I didn't think they'd pick an archer, so that felt really good. And I'm happy to represent my province at the closing ceremony," said Wilson.

"It was an amazing surprise, and it's a great opportunity that I never thought I would have. It's very exciting to be able to do this," added Sanders.



RECORD PHOTOS LINA DAAS

Selkirk's Ryder Wilson won a gold medal in archery (recurve individual male) at the 2023 Canada Winter Games.



Selkirk's Daniel Ekosky, right, earned his first medal of the 2023 Canada Winter Games, a bronze in judo's -81kg event last Thursday at the PEI Convention Centre.



Selkirk's Ryder Wilson won a gold medal in archery (recurve individual male) at the 2023 Canada Winter Games. He later teamed up with Emily Love to win silver in archery's recurve mix team event.

Interlake Special Olympians outstanding at Manitoba Winter Games

Submitted

Special Olympic athletes from across Manitoba and a team from Saskatchewan converged in Winnipeg for the first in-person Winter Games since the nationals that took place in Thunder Bay a mere few weeks before the pandemic shut things down in 2020.

More than 300 athletes competed in curling, floor hockey, Nordic skiing, snowshoeing, 5-pin bowling, and speed skating at four venues across the city.

Twelve of these athletes, representing Interlake Athletics, Selkirk Strikes Again and Sargent Park Races, participated in the two-day event and brought home a load of hardware.

Here are the results:

Interlake Athletics - Justin Hebert - two silver (50m, 100m), Nolan Penner - gold (200m), silver (100m), and Alec Baldwin - two gold (800m, 1500m).

Selkirk Strikes Again - Bradley Croy - gold, Erik Andersen - gold, Lisa Chambers - gold, Jessica Croy - bronze, and Shirley Lavallee - bronze in 5-pin bowling

Sargent Park Racers Speed Skating - Savannah Thompson - four gold,



Sargent Park Racers speed skaters Savannah Thompson (four gold), Freya Thompson (four bronze), and Olivia Thompson (two gold, one bronze) were great at the Special Olympics Winter Games.

Freya Thompson - four bronze, and Olivia Thompson - two gold, and a bronze. (Selkirk does not have a speed skating club, so the Thompson sisters



RECORD PHOTOS SUBMITTED
Bradley Croy (gold), Erik Andersen (gold), Lisa Chambers (gold), Jessica Croy (bronze), Shirley Lavallee (bronze) and Alysia Roy were excellent in 5-pin bowling.

have been skating with Sargent Park Racers for four years, and are representing the Interlake very well).

In addition, an invitational School Special Olympics basketball tournament held earlier in the week saw the Royals' Janel Lafreniere come out on

top, winning the tournament.

Congratulations Special Olympians from Selkirk and the surrounding area.

> LOCALS, FROM PG. 27

you also get to be a part of a team. And I love being able to skate with my teammates I've known for so long."

Jakob Dainard (17, Selkirk) raves about the Canada Games to all who'll ask. He's grateful to be here, and says there are a couple things that set this event apart from the rest.

"It's the prestige, and the fun, welcoming community. There are so many things to do here. And you

can really push yourself to the limit and see how well you can do."

He's enjoying his Canada Games' experience so much, he's already thinking about how to get on the Summer Games team in 2025.

"I am a multi-sport athlete and I love doing rugby, track and field, and canoe kayak in the summer, so for the Games, maybe I could make it in track and field. I run the 400m," Dai-

nard said.

"I like to think of speed skating as track on ice - there's a middle, short, and long distance, and they're the same for both sports."

Dainard's been skating for eight years. He came up through the Can-Skate program, and after he watched speed skating competitions at the

Olympics, he knew he wanted to give it a try.

"I was like, mom, dad, sign me up for that. I want to do that."

Manitoba's speed skating team had a strong local presence, with Garson's Aaron Riehl and West St. Paul coach Anne Mushumanski also part of the team.



RECORD PHOTOS SUBMITTED
Olivia Krawchuk, left, and Jakob Dainard really enjoyed the experience of competing for Team Manitoba at the 2023 Canada Winter Games.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Interlake Thunder female football returns

Staff

The Interlake Thunder female football program will be hitting the gridiron once again.

Right now, they're hitting the gym. The Thunder held their third indoor practice last Sunday. There is no charge for indoor practices, which will take place at Stonewall Collegiate. The upcoming practice dates are March 19 and 26 from 4 p.m. to 6 p.m. On March 12, the girls will practice with the Manitoba Fearless (WW-CFL) from 1 p.m. to 3 p.m. at the Gateway Community Centre.

The team's regular-season schedule begins in May and continues through June.

Depending on weather, training camp is scheduled to begin in April.

Cost to play is \$250 per player. All equipment is provided with the exception of cleats and mouthguards (gloves are optional).

Age groups are junior (2009 to 2012) and varsity (2005 to 2008). No experi-



ence is necessary.

For more information or to register for practices please contact Joel McDonald at 204-918-0779 or email joelmcdonald24@gmail.com.



RECORD PHOTOS SUBMITTED

The Interlake Thunder female football program has been hard at work in the gym preparing for the upcoming season.

East St. Paul's Posthumus signs with Sea Bears

Basketball Manitoba

The Winnipeg Sea Bears of the Canadian Elite Basketball League (CEBL) announced last Thursday their first signing in franchise history, welcoming Canadian forward Chad Posthumus to the team.

A six-foot-11 forward from East St. Paul, Posthumus spent the past two seasons with the Ottawa BlackJacks where he became the first player in CEBL history to post a "20-20" when he recorded 23 points and 20 rebounds, leading Ottawa to a crucial CEBL quarter-final victory.

Playing professionally in Canada, Japan, and Argentina, Posthumus has averaged 10.9 points, 7.5 rebounds and 20.3 minutes in 186 games over a seven-year pro career. In 2022, Posthumus represented the CEBL and Canada at the Basketball Champions League Americas (BCLA) as part of the Edmonton Stingers, where he averaged 12.0 points, 11.5 rebounds and 25.5 minutes. He was recalled to the BCLA roster for 2022 CEBL champion Brampton Honey Badgers in 2023 where he averaged 15.3 minutes, 6 points, and 4.5 rebounds in

four games played. Posthumus was also recently selected to be a part of the Canadian Senior Men's National Team for the recent FIBA World Cup Qualifiers window held in late February alongside 10 other players with prior CEBL experience.

Posthumus began his career in the CEBL in 2019, the league's inaugural year, where he was a member of the first-ever CEBL championship title team, the Saskatchewan Rattlers.

His journey in pro basketball dates back to Oct. 11, 2014, when he put up 16 points and 12 rebounds for the Levanga Hokkaido of the Japan Basketball League. In January of 2015, he signed with the Atletico Argentino de Junin in Argentina where he averaged 9.7 points and 4.9 rebounds in 11 games. He also played four games for the Chicago Bulls in the NBA Summer League in 2014.

Collegiately, Posthumus played a pair of seasons with Morehead State in the NCAA Division I, and a season each with the University of British Columbia and Howard College.

He attended River East Collegiate



RECORD PHOTO BY GREG MASON/OTTAWA BLACKJACKS

The Winnipeg Sea Bears have signed forward Chad Posthumus.

where he was considered one of the top high school basketball players in the country, averaging 39 points, 25 rebounds and seven blocks as a senior.

His roots in the game and Winnipeg run deep. Posthumus' mother, Diana,

played basketball at the University of Winnipeg and was part of the Canadian National Team program.

The Sea Bears 2023 regular season schedule begins on May 27 with a home game versus the Vancouver Bandits.

Steelers lose ground on Nighthawks

By Brian Bowman

The Selkirk Steelers don't have much time to catch the Niverville Nighthawks for the fourth and final playoff spot in the MJHL's East Division.

Selkirk trailed Niverville by six points with just five games remaining in the regular season heading into this week's action.

Selkirk had a tough four-day stretch last week, gaining just one point in three games.

The Steelers ended the week with a 4-0 home loss to the Swan Valley Stampeders on Saturday.

Trey Sauder, on the power play, scored a first-period goal and then Alex Walicki, Noah Wilson, and Landen Gulutzan (shorthanded) tallied in the second.

On Friday, Selkirk was doubled 4-2 by the Winkler Flyers at the Recreation Complex.

Aidan Anderson and Lucas Brennan

scored for Selkirk. It was Brennan's league-leading 40th goal of the season.

On Sunday, the league announced that Brennan was named the MJHL's most valuable player.

Brody Beauchemin (two), Zachary Brault, and Jayce Legaarden replied for Winkler.

Last Wednesday, Selkirk lost 2-1 in overtime to the Flyers in Winkler.

Steelers' forward Carter Cormier scored a second-period goal and then the Flyers' Trent Penner tallied at 19:41 of the third.

Cormier was named the Chevrolet Rookie of the Month for February and was later selected as the Kim Davis Rookie of the Year.

He scored eight goals and collected 13 points in nine games last month.

Winkler's Dalton Penner netted the game winner on the power play in OT.

Selkirk hosted the Steinbach Pistons



RECORD PHOTO BY RICK HIEBERT

Selkirk Steelers' forward Carter Cormier was named the Chevrolet Rookie of the Month for February, this past Tuesday but no score was available. Capitals on Friday (7:30 p.m.) and then visit Virden Sunday (7 p.m.). The Steelers will host the Virden Oil

Selkirk stops Lundar in Game 1

Staff

The Selkirk Fishermen got off to a great start against the Lundar Falcons in their best-of-seven CRJHL semifinal series.

Selkirk skated to a solid 4-1 home win on Sunday afternoon.

Cale Jonski, Kasen Andrushko, Carter Courchene, and Jordan Donald scored for Selkirk.

Bryce Allary answered with a sec-

ond-period goal for Lundar.

Owen Derewianchuk stopped 29 shots for the win.

Lundar will host Selkirk this Thursday at 8 p.m. and then Game 3 is back in Selkirk on Sunday at 3 p.m.

Game 4 is set for next Monday at 8 p.m. in Lundar.

If necessary, Game 5 will be hosted by Selkirk on Tuesday (7:30 p.m.).



RECORD PHOTO BY BRETT MITCHELL

Fishermen captain Jordan Donald scored a goal and had an assist in Selkirk's 4-1 home win over Lundar on Sunday.

Playoff Games - Round 1
vs Lundar Falcons

Game 2: March 9, 8pm Lundar
Game 3: **MARCH 12, 3PM SELKIRK**
Game 4: March 13 8pm Lundar
Game 5: **MARCH 14, 7:30PM SELKIRK**
Game 6: March 18, 8pm Lundar
Game 7: **MARCH 19, 3PM SELKIRK**

Games 5 to 7 are all if necessary
Come cheer us on!

Check league website for Playoff Game dates and times. www.crjhl.com

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Defence

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Fri, Mar 10th 7:30 pm
- **VS Neepawa Titans**
Sat, Mar 18th 7:30 pm

NEXT AWAY GAMES

- VS Virden Sun, Mar 12 7pm
- VS Neepawa Fri, Mar 17 7:30pm

www.selkirksteelers.com

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SUDOKU

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

Fun By The Numbers

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

Level: Intermediate

Here's How It Works:

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

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

Sudoku Answer

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

Crossword Answer

X CROSSWORD

CLUES ACROSS

- 1. Half-conscious states
- 8. Unnatural
- 13. Deep regret
- 14. Rogue
- 15. Taken without permission
- 19. An alternative
- 20. After B
- 21. Partner to flowed
- 22. Weekday
- 23. Body part
- 24. World's longest river
- 25. One of the Greats
- 26. Make clean
- 30. C. Canada indigenous peoples
- 31. Japanese seaport
- 32. Most unclothed
- 33. Small grouper fish
- 34. Soluble ribonucleic acid
- 35. Distinguishing sound
- 38. French realist painter
- 39. Popular beer brand
- 40. Views
- 44. God depicted as a bull
- 45. Relieve
- 46. Residue after burning
- 47. Habitation
- 48. Poe's middle name
- 49. Japanese title
- 50. TV series installation (abbr.)
- 51. Beloved country singer
- 55. Single unit
- 57. Genuine
- 58. Develop
- 59. Traveled through the snow

CLUES DOWN

- 1. Clues
- 2. Do again
- 3. Current unit
- 4. Neither
- 5. Corporate exec (abbr.)
- 6. Second sight
- 7. The absence of mental stress
- 8. Supplemented with difficulty
- 9. Stop for good
- 10. College dorm worker
- 11. Bones
- 12. Most supernatural
- 16. Spanish island
- 17. Unlimited
- 18. Where golfers begin
- 22. No charge
- 25. Print errors
- 27. Professional drivers
- 28. Kiss box set
- 29. Short, fine fibers
- 30. Administers punishment
- 32. Czech city
- 34. Normal or sound powers of mind
- 35. The academic world
- 36. Crustacean
- 37. Currency
- 38. Pastoral people of Tanzania or Kenya
- 40. Cloth spread over a coffin
- 41. Grouped together
- 42. On land
- 43. Glistened
- 45. A type of extension
- 48. One who assists
- 51. College sports conference
- 52. Zero
- 53. Midway between northeast and east
- 54. Type of screen
- 56. The 13th letter of the Greek alphabet

1	2	3	4	5	6	7			8	9	10	11	12
13									14				
15							16	17	18				19
20						21						22	
23						24					25		
26			27	28	29				30				
			31						32				
			33					34					
35	36	37					38						
39						40					41	42	43
44					45						46		
47					48						49		
50			51						52	53	54		
55		56							57				
58									59				

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HIRING OFFICE ADMINISTRATOR



Community Futures East Interlake (CFEI) is a business and community economic development non-profit organization serving the East Interlake Region.

We are seeking a talented Office Administrator. The position is 37.5 hours per week and requires the position to be working from the office located at 62-2nd Avenue, Gimli, Manitoba. Reporting to the General Manager, the Office Administrator will provide the bookkeeping duties, loan administration management (including file maintenance, initial collection and recording of payments), website updates and act as the secretary recording and distributing information with and for a volunteer board. The successful candidate will be required to provide a satisfactory criminal record check and vulnerable persons and child abuse registry check prior to employment.

Your skills include –

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- Understanding of Financial Statements & Budgets
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- Ability to set priorities, demonstrated initiative, sound judgment and a very strong work ethic are essential.
- Demonstrated experience dealing with confidential and sensitive information
- Valid class 5 driver's license and own vehicle will be necessary, as travel within the East-Interlake region is occasionally required.

If you want to contribute to the East Interlake region, make a difference in the lives of entrepreneurs and business owners, work in a team atmosphere, and effect positive change, then our Office Administrator position could be perfect for you.

Salary Range (Depending on Experience): \$45,400 to \$50,572 per annum, including comprehensive benefits package.

Interested candidates have until **4:30 PM, March 15, 2023** to submit their resume and cover letter to:

Community Futures East Interlake Inc.
Box 1620, Gimli, MB R0C 1B0
Attention: Tammy Dziadek
Email: tdziadek@eastinterlake.com
Detailed Job Description located on our website at: www.eastinterlake.com

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Only selected individuals will be contacted for interviews. We thank you for your interest and application.

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PUBLIC NOTICE Proposed Municipal Pesticide Use Program

Public notice is hereby given that the Rural Municipality of West St. Paul intends to conduct the following Pesticide Control Programs during 2023, as necessary:

1. To control Noxious Weeds on both private and public property using Par 111, Fiesta and / or Mungers Horticultural Vinegar.
2. To control all vegetation on gravel boulevards, fence lines, parking lots, storage areas and lift station compounds using Roundup.
3. To control adult mosquitoes and canker worms along streets and lanes, in Municipal Parks using DeltaGard.

The projected dates of application will be from May 1, 2023 to September 30, 2023. The duration of each program will vary within this period, depending on weather conditions and pest population levels.

All of the pesticides used and procedures followed will be according to federally approved label recommendations and Manitoba Department of Agriculture pest control recommendations.

The public may send written submissions within 15 days of publication of this notice to:

**Environmental Approvals Branch
Manitoba Environment and Climate
Box 35, 14 Fultz Boulevard
Winnipeg, MB R3Y 0L6**

Any individual opposed to the use of any or all of the above mentioned pesticides, on or adjacent to their property, may so register, in writing to the Rural Municipality of West St. Paul, specifying which program is opposed.

Dated this 9th day of March, 2023.

Lainie Shaw, ACAO
RM of West St. Paul
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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.

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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.

NOTICES

BOOK YOUR SPRING HIRING / RECRUITING CLASSIFIEDS NOW! Be seen in the 32 Weekly Manitoba Community Newspapers to get your messaging all over the province 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

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

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EMPLOYMENT OPPORTUNITY PUBLIC WORKS OPERATOR

Under the direction of the Public Works Manager and the Public Works Foreman, the Public Works Operator will support the daily operation of the Municipality, ensure quality services to residents, perform general and preventive maintenance on equipment and adhere to established municipal policies, procedures, safe work practices as well as Workplace Safety & Health Standards.

This position falls within the Collective Bargaining Unit of Local 987 and is subject to all terms and conditions of the collective agreement or subsequent amending Agreements.

For a full list of Duties and Qualifications please visit www.weststpaul.com.

Position will remain open until a suitable candidate is found.

Submit applications marked "Application for Public Works Operator" to:

Lainie Shaw, CMMA
Acting Chief Administrative Officer
RM of West St. Paul
3550 Main Street
West St. Paul, MB R4A 5A3
Fax: 204-334-9362
Email: admin@weststpaul.com

The RM of West St. Paul wishes to thank all candidates for their interest in this position, however, only those individuals considered for an interview will be contacted.



RURAL MUNICIPALITY OF ROSSER EMPLOYMENT OPPORTUNITY

The Rural Municipality of Rosser is seeking applications for the following positions for the spring/summer of 2023:

Green Team Worker

- > Must be between the ages of 16 - 29
- > Have a valid driver's license.
- > Physically fit & motivated

Duties to include but are not limited to the following:

- > Mowing grass at various locations
- > General maintenance on municipal buildings
- > Clean - beautify throughout the municipality.

Wage: \$14.15 - \$18.50 depending on experience & qualifications

Competition will remain open until the positions are filled.

Please submit your cover letter, resume and date available to start to: Public Works Manager, Ken McMahon.

Rural Municipality of Rosser
Box 131
Rosser, Manitoba, R0H 1E0
fax: (204) 467-5958
e-mail: info@rmofrosser.com

The Rural Municipality of Rosser supports inclusivity and accessibility in the workplace. Reasonable accommodation is available to applicants with disabilities.

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



Classifieds

The Selkirk Record

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

Please support our advertisers **SHOP LOCAL**

CORRECTION

The following is a correction to the Access Credit Union legal notice which was published on February 27, 2023:

NOTICE OF ANNUAL GENERAL MEETING MEMBERS OF ACCESS CREDIT UNION LIMITED

(the "Credit Union")

TO: ALL MEMBERS OF THE CREDIT UNION ANNUAL GENERAL MEETING

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 Annual 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 Annual General Meeting can be found at www.accesscu.ca.

DATED this 9th day of March 2023
ACCESS CREDIT UNION LIMITED
By Order of the Board of Directors



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.

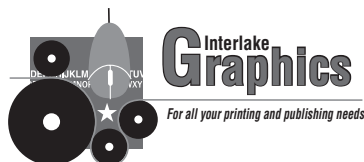
This opportunity involves building relationships and representing our newspapers to new and existing customers.

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



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EMPLOYMENT OPPORTUNITY



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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 stonewood@mymts.net

UPCOMING EVENTS

Red River Ancestry Genealogy Centre fundraising event
Metis Culture & History Presentation by Henry Hall
Refreshments, door prize & Loonie auction
March 18, 2023 - 1:30 pm - 4:00 pm - Selkirk Friendship Centre, 425 Eveline Street
Entrance & parking at rear of building
Tickets \$5.00 - available at the door or through www.standrewsrectory.ca/ events



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 jackie@efmoon.ca

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

McSherry Auctions

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@ iCollector.com

Estate & Moving

Closes Wed. Mar. 15 @ 7:00PM

Estate & Moving

Closes Wed. Mar. 22 @ 7:00PM

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McSherryAuction.com

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Announcements *The Selkirk Record*

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ANNOUNCEMENT

CARD OF THANKS

The family of Kevin Palmer would like to thank you for the cards and well wishes.

ANNOUNCEMENT

IN MEMORIAM



Kim Meger
July 4, 1960 - March 12, 2022

When someone you love becomes a memory,
The memory becomes a treasure.
-Wife Brenda and daughter Cassidy
and family

ANNOUNCEMENT

IN MEMORIAM



Thomas (Tom) Joseph Watson
March 9, 2022

I was supposed to spend the rest
Of my life with you
And then I realized... you spent the
Rest of your life with me.
I smile because I know you loved me
Till the day you went away
And will keep loving me...
Till the day we're together again.
There's isn't a day that goes by, that I don't
think of you.
What should be, would be and could be.
Your smile, your laughter, your sense of hu-
mor, your kindness, your love...
-Missing you with all my heart,
Darcie

ANNOUNCEMENT

IN MEMORIAM



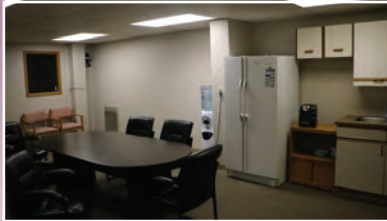
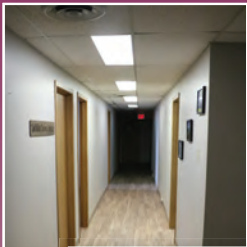
Joseph Smolinski
In loving memory of our
beloved husband and father
who passed away March 6, 2021

Our lives go on without you,
What we would give if we
Could say Hi Love, Hi Dad,
Hear your voice and see you smile,
Sit with you and chat a while.
You did do many things for us,
Your heart was kind and true,
And when we needed someone,
We could always count on you.
The special years will not return,
When we were all together,
But the love we hold within our hearts,
Will be with us forever.

-Love Pat, Bill and Desiree,
Richard and Linda

OFFICE SPACE FOR LEASE

CLANDEBOYE AVE
in
Selkirk



Property Features

Total square Footage 1700, includes eight
offices of various sizes, a board room and
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For information please contact: BIG
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email: bigandcolourful@mts.net

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WITH AN ANNOUNCEMENT IN THE



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Remember your loved ones
passed with a message in
the Record

Selkirk United Church



DRIVE BY ROAST BEEF DINNER

Sunday, March 19, 2023

Pick up at the front door
at 202 McLean Avenue
3:00pm - 5:00pm
Advanced tickets only.
Call 204 482 6057

Email: gihamm@mymts.net
\$20.00 per person

Enjoy roast beef & gravy, baked potato,
Yorkshire pudding, vegetables, coleslaw,
and all the fixings.
Your choice of homemade apple, lemon
or pumpkin pie!

Gordon Howard Centre Perogy Bee Fundraiser



Perogies are \$7.00 per dozen.
Perogy filling is potato, cheese and onion

Pre-order by calling the Centre
204-785-2092

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Affirming P.I.E. Day 2023!

The
congregation
of
Selkirk
United
Church
invites
you to ...



A National Celebration of
LGBTQ2SIA+ Inclusion
www.pieday.ca



Tuesday, March 14th 202 McLean Avenue, Selkirk
Dinner at 5:30. Discussion to follow.

We value activism, affirmation and advocacy.
Donations to Affirm United welcome but not necessary.

Announcements

Book Your Classified Ad
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OBITUARY



Richard (Rick) Kenneth Colles

It is with great sadness we announce the passing of Rick with family by his side.

Rick was born June 25, 1964 in Deloraine, Manitoba and gained his wings on February 28, 2023.

Rick is survived by his wife Lise Colles; son Blair Colles; daughter Brooke Colles (Troy Byzuk); his chosen daughters Kristy Donald (Richard Warren), and Ashley Donald; life friend Shelly (Tim Wright); papa Rick to Cody Donald, Sequoia Mayo, Zyrah Mayo, and chosen grandson Colbie Byzuk; sisters Anne (Ken Jacobson), Jean (Rick Stadnyk), Dora (Kerry Fedorchuk), Debbie (Gary McRae), and Rosie (Terry Kashuba); brother Ed (Cheryl); numerous nieces, nephews, great nieces, great nephews, and friends.

Predeceased by his parents Henry and Wilma Colles; brothers Nick Colles and Bill Colles; nephews Wesley McRae and Cody Colles.

Rick was the 9th and youngest sibling in the family. He grew up in the Petersfield and Clandeboye area. In Rick's younger days he played football, enjoyed curling and riding dirt bikes. After finishing high school in Selkirk, Rick followed his big brothers and worked as a sheeter and decker through local 511. Rick became a sub-contractor and operated as Colles Cable.

Rick battled health issues for most of his adult life. At an early age Rick chose a quality of life over quantity. Rick was one of the first Manitobans to have a hemo dialysis machine in his home. This allowed more time with his kids rather than in a hospital. Rick enjoyed time with his family and friends. He had a love of sports and could often be heard cheering on the Winnipeg Jets and the Winnipeg Blue Bombers. Rick had a love for all types of music. Rick enjoyed his vacations to Disney World, Las Vegas, different parts of Mexico, but best of all he loved the Rocky Mountains.

In keeping with Rick's wishes, cremation has taken place and a celebration of life will be held at Gilbert Funeral Home in Selkirk, Manitoba on Tuesday, March 14, 2023 at 1:00 p.m. The service will be live streamed for those wishing to join via the link in his obituary at www.gilbartfuneralhome.com.

The family wishes to thank the following: Transplant team at HSC, Dr. Ade, Dr. Prematilake, Gimli Hospital staff, homecare, and neighbors Tasha and Derrik for their helping and kindness shown to Rick and the family.

Rick, you are at peace and no longer suffering. Spread your wings and fly. You will always be remembered and missed! XO

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

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY



Catherine Waytiuk (nee Peterson)

She was born in Narol on July 1, 1919, one of 12 siblings, to parents Margaret and Andrew Peterson.

It is with great sorrow and profound sadness that we announce her passing on February 27, 2023 at Kin Place Personal Care Home in Oak Bank, Manitoba, where her life was enriched by their caring and concern.

She was predeceased by her husband Harry in 1980 and her granddaughter Shelley Lovatt in February 2023.

Catherine and Harry lived a rich life of farming and community service.

She leaves to mourn her sister Irene McMechan and sisters-in-law Maryann Peterson and Mary Peterson, and her brother-in-law George Mulder, as well as her son Cliff (Liz) and daughters Carole

(Wayne) and Audrey, and step-children Kevin (Kristin) and Jeff (Becky).

And also grieving, the great-grandchildren children Bill (Carrie), Bob (Cathie), Kim (Graham), David (Amy), Chris (Bob), Susan and Ron. Also their children Liam (Payton), Kieran, Keeghan, Caitlin, Jayden, Justin (Jenna), Ainsley, Kennedy, Olivia, Ryleigh and Quinn, and step-great-grandchildren Maxwell, Riley and Jackson.

A memorial service is planned for a future date.

If friends and family so desire, donations may be made in her memory to: Kin Place Personal Care Home, Box 28, 680 Pine Drive, Oak Bank, Manitoba R5N 0P8.

"We cried endlessly when you died, but promise we won't let tears mar the smiles that you've given us when you were alive"

OBITUARY

Kirk Gillespie

Peacefully, on Thursday, March 2, 2023, at the Selkirk Regional Health Centre, Kirk Gillespie, aged 83 years, beloved husband of Fay, passed away.

In keeping with his wishes, cremation has taken place and memorial service will be held in the summer of 2023.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



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BY PRODUCTION 2022




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FEATURE OF THE WEEK!
727 EDITH AVE, PETERSFIELD | \$439,000

STUNNING, Brand New 1,621 SF Bungalow on 2.27 acres! Fantastic layout, high quality materials & workmanship thru-out. Lrg entryway w/closets, bright, open & inviting main living spaces. Gorgeous white kitchen features a fabulous wood island fit w/wine racks & tons of functional storage & seating, under-mount sink, quartz countertops, under-cabinet lighting & pot-filler. Dining area w/sliding glass doors to back covered deck. Living space feat big windows & vault ceiling. Primary BR w/WIC & 5pc ensuite, 2 great sized BRs & 4pc bath. Built on piles, 4' ICF C/S. Close to beaches & amenities. Great community!

SHOW HOME OPEN!
EVERY WEDNESDAY & SUNDAY FROM 1 - 4 PM!
801 VAUGHAN AVE, SELKIRK, MB | \$499,900



<p>HH TEAM</p> <p>NEW!</p>  <p>\$264,900</p> <p>42138 Rd 94 N Gull Lake</p>	<p>HH TEAM</p> <p>NEW!</p>  <p>\$349,900</p> <p>670 Mulvey Ave Winnipeg</p>	<p>HH TEAM</p> <p>NEW PRICE!</p>  <p>\$439,000</p> <p>727 Edith Avenue Petersfield</p>	<p>HH TEAM</p> <p>NEW PRICE!</p>  <p>\$42,000</p> <p>15 Wedgewood Pl Gimli</p>	<p>HH TEAM</p> <p>5.7AC CREEKFRONT!</p>  <p>\$468,800</p> <p>756 Schmid Road Petersfield</p>	<p>HH TEAM</p> <p>NEW! BRAND DBL GRG</p>  <p>\$479,900</p> <p>508 Corinne Ave Petersfield</p>	<p>HH TEAM</p> <p>1 ACRE! UPDATED!</p>  <p>\$539,900</p> <p>885 Colville Road East Selkirk</p>
<p>HH TEAM</p> <p>TO BE BUILT!</p>  <p>\$375,000</p> <p>928 Belanger Trail Selkirk</p>	<p>HH TEAM</p> <p>TO BE BUILT!</p>  <p>\$329,000</p> <p>932 Belanger Trail Selkirk</p>	<p>HH TEAM</p> <p>1,776 SQ FT!</p>  <p>\$249,900</p> <p>300 David Street Arborg</p>	<p>HH TEAM</p> <p>VACANT LAND!</p>  <p>\$42,000</p> <p>17 Brunel Lane Gimli</p>	<p>HH TEAM</p> <p>32.64 ACRES!</p>  <p>\$269,900</p> <p>26080 PTH 44 SSR HWY St Clements</p>	<p>HH TEAM</p> <p>2.19 ACRES!</p>  <p>\$109,900</p> <p>2 Fuller Road East Selkirk</p>	<p>HH TEAM</p> <p>2.20 ACRES!</p>  <p>\$109,900</p> <p>10 Fuller Road East Selkirk</p>
<p>HH TEAM</p> <p>COMMERCIAL PROPERTY!</p>  <p>\$1.5M</p> <p>115 Lily Ave, Selkirk Business & Property!</p>	<p>HH TEAM</p> <p>.53 ACRES!</p>  <p>\$337,500</p> <p>5694 NO.9 Highway St Andrews</p>	<p>HH TEAM</p> <p>DVLPMT OPPORTUNITY</p>  <p>\$189,900</p> <p>1361 William Ave W Winnipeg</p>	<p>HH TEAM</p> <p>PENDING!</p>  <p>\$189,900</p> <p>26 Hideaway Cres Patricia Beach</p>	<p>HH TEAM</p> <p>SOLD!</p>  <p>\$377,900</p> <p>551 McPhillips Rd St Andrews</p>	<p>HH TEAM</p> <p>SOLD!</p>  <p>\$150,000</p> <p>221 Britannia Ave Selkirk</p>	<p>HH TEAM</p> <p>SOLD!</p>  <p>\$198,900</p> <p>1398 Lincoln Ave Winnipeg</p>










ASHLEY DOUGLAS
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Contact me for all of your Real Estate needs!

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<p>ASHLEY</p> <p>NEW!</p>  <p>\$179,900</p> <p>300 Dufferin Ave Selkirk</p>	<p>ASHLEY</p> <p>RIVER VIEW!</p>  <p>LOCATION! LOCATION!</p> <p>1035 Breezy Point Rd Selkirk</p>	<p>ASHLEY</p> <p>CREEK FRONT!</p>  <p>\$85,000</p> <p>Kimberly Rd East Selkirk</p>	<p>ASHLEY</p> <p>OVER 2600 SQ FT!</p>  <p>\$80,000</p> <p>Building to be moved, Lorette, MB</p>	<p>ASHLEY</p> <p>DUPLEX!</p>  <p>\$220,000</p> <p>132 Lorne Avenue Winnipeg</p>	<p>ASHLEY</p> <p>REVENUE PROPERTY!</p>  <p>\$160,000</p> <p>667 Boyd Ave Winnipeg</p>	<p>ASHLEY</p> <p>PENDING!</p>  <p>\$159,900</p> <p>0 Rowley Place St. Clements</p>
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