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THURSDAY, MARCH 16, 2023

VOLUME 14 EDITION 11

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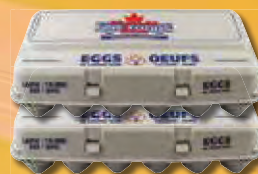
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Ruth Christie honoured at International Women's Day Tea

By Katelyn Boulanger

Residents came streaming into the Selkirk Friendship Centre last weekend to honour Ruth Christie. Christie is the first person to be honoured at the inaugural International Women's Day Tea put on by the Interlake Art Board at the Selkirk Friendship Centre.

Shirley Muir started the event off by explaining that the idea for this event came from a small group of local volunteers that wanted to find a way to honour women in our community. From there the idea expanded and groups came together to apply for a grant and organize the event.

Christie was a natural choice for a woman in our community to be hon-

oured. She volunteers her time widely and is a knowledge keeper who shares the history of our region with our community. She has many accomplishments under her belt such as being 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 just to name a few.

Mayor Larry Johansson was the first to take to the stage to honour Christie. He spoke about how she had influenced his life as well as others in our community.

Continued on page 3



RECORD PHOTO BY KATELYN BOULANGER

Christie with family members at the International Women's Day Tea.

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"It's always a treat for me. Ruth is an elder, and she's the grandmother that everybody would want. She's so nice to talk to. She comes across so sincerely. She's soft spoken. Nobody could be around Ruth Christie for any length of time without feeling good," he said.

He says that one evening with Christie is like getting a four year university degree because of the vast amounts of knowledge that she freely shares with anyone who wants to listen.

"I want to thank you for all you do and what you represent. You're truly one of the grandest citizens that we have," said Johannson.

He was followed up by Leslie Loutit from the Selkirk Friendship Centre.

She spoke about how lucky we are as a community to have Christie in our lives.

"Ruth, I've only known her for a few years, and I've come to love her. I love her stories. I love her smile," said Loutit.

Carolyn Weiss president of the Friends of Lower Fort Garry spoke next having worked with Christie when they both worked at Lower Fort Garry.

"Ever since I've known her she's been very supportive of all the

history of the area. She's always come on to everything we do. When we have an event at Lower Fort Garry, Ruth is always there. Be it a craft sale, a fundraising event, or some sort of celebration on the site. And that's absolutely huge to us. When we see Ruth, we know that we're good. We've got our elder there. And actually, what we like to say is we have our kokum there because all of us called you kokum because you were our kokum. You led us and you protected us and you guided us in everything we did. You taught us the knowledge that wasn't in books yet," said Weiss.

Jacqueline Bercier a teacher at the Lord Selkirk Regional Comprehensive Secondary School said that Christie was an inspiration.

"Elder Ruth has been an integral part of promoting cultural pride and empowerment amongst the Indigenous youth in our surrounding communities. Within Métis and Anishinaabe society, our first teachers are our mothers and our grandmothers. They are the matriarchs in our families, keeping our families and our communities together. They are our role models, and they show us how to be good human beings. Her calm demeanour, her welcoming smile and her relatable stories have helped guide us in being more mindful of being inclusive in our journey



RECORD PHOTO BY KATELYN BOULANGER

Christie speaking at the International Women's Day Tea.

towards Indigenous education and Indigenous educational success and also how to be good human beings," said Bercier.

MP James Bezan was up next. He said that we need more people like Christie in our communities.

"Everyone here counts you as a blessing in their lives. So, on behalf of my colleagues in Parliament, on behalf of the great people of Selkirk-Interlake-East Man. thank you for being a leader. Thank you for being a

mentor. Thank you for teaching all of us how to be better," said Bezan.

Chief Glen Hudson of Peguis First Nation was the last delegate to speak at the event.

"I just give thanks for the work she's done," said Hudson.

Christie also came to the stage. She thanked everyone that came to the event but in true fashion used the opportunity to impart some knowledge from her time as a nurse.

She told the story of how she became the last midwife in Loon Straits, her home community.

"Next thing I know my sister, she was shaking [me awake]. . . She says Margaret's in labour, and she wants you to come down and deliver the baby," said Christie.

The story ends with Christie helping to deliver a healthy baby girl.

She wrapped up her speech by thanking those who support her.

"I want to be on the path to helping young people today. That's my mission. And, I want to thank you again for all the assistance and love and encouragement that you have shown me. Thank you," said Christie.

The event raised \$625 which Christie chose to donate to Youth for Christ.

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Upcoming event shares about Métis history and culture

Genealogy centre preserves local history

By Kaitlin Vitt

Preserving culture can happen only if it's shared, something the Red River Ancestry Genealogy Centre recognizes and is taking a lead on.

The centre is hosting a presentation on Métis culture and history on March 18 from 1:30 p.m. to 4 p.m. at the Selkirk Friendship Centre.

"It's important that people are keeping knowledge and sharing it with others because that's what happens with history," said Karen Still, a volunteer at the centre. "If it's not written down and shared with other people, it's lost."

At the event on March 18, guest speaker Henry Hall, who is an Elder and Knowledge Keeper, will give an overview of Métis culture and history and will have rare Métis artifacts on display.

"Putting information out like this

just tells people how important it is to value your history, value the artifacts," Still said. "Maybe look around, and you might even have artifacts within your family that you want to know more about and may not have actually really realized the significance of them."

The event is a fundraiser for the centre. Tickets are available for \$5 at the door or in advance at standrewsrectory.ca/events.

Opened in 2021 and located on the second floor of the St. Andrews Rectory, the Red River Ancestry Genealogy Centre offers resources for the preservation of genealogical history, records and material, with a focus on families in Manitoba and the Red River area.

The centre has books on various cultures and heritages that people can come by to reference for their family research. The resources at the centre

are available for the public's use for free.

From money raised at the Métis culture presentation, volunteers at the centre are looking into purchasing the Métis genealogical collection by Gail Morin.

Still and Deb Murphy are the only volunteers right now. They have been doing genealogy for more than 40 and 30 years, respectfully.

They are looking for other volunteers, which would allow the centre to be open more and offer more. Various volunteer roles are available, including administrative, research, event and fundraising positions.

"We would like people to come and help us move the centre forward, and you can volunteer as little or as much as you want," Murphy said. "Volun-

teers are pretty crucial to the future of our centre."

Another way people can support the centre is by donating a copy of their family tree to help build up the free resources at the centre. This can be as simple as the family tree chart or as extensive as all the history that goes with the family tree.

Information about the March 18 presentation and other upcoming events at the Red River Ancestry Genealogy Centre can be found at standrewsrectory.ca/events.

The centre is open Wednesdays from 10 a.m. until 3 p.m., though people can get in touch with the centre to schedule a different time to stop in. The centre can be reached at rrgenealogyctr@outlook.com or 204-339-6396.



RECORD PHOTO SUBMITTED

Inside the Red River Ancestry Genealogy Centre there are many free local resources for residents.

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East Selkirk Rec Complex hosts Skate and Movie Night

Fundraising helps to match grant funding for new ice plant

By Katelyn Boulanger

The East Selkirk Recreation Association (ESRA) has been hard at work fundraising for a new ice plant for the East Selkirk Arena after it was determined last year that their ice plant would have to be replaced.

Their latest fundraising endeavour is a Skate and Movie Night that will take place at the arena on March 18 starting at 5:30 p.m. Residents will be able to stop by and choose from stick and puck on one side of the ice and free skating on the other for \$5. Afterwards, the movie *Puss in Boots: The Last Wish* will be shown for free at 6:45 p.m.

"We'll have popcorn and snacks and drinks for purchase and it's all in a

fundraising effort to pay for the repairs," said ESRA board member Pam Brechin.

The ESRA is in a unique position in the region with regards to the East Selkirk Arena upgrades. Since the arena is operated by a volunteer group and the ESRA is a non-profit, most of their income comes from ice rentals. This means that for the future of the arena it's very important that they keep the facility up and running.

Currently, they have replaced their condenser which kept ice in the building this year but the rest of the ice plant equipment also needs to be replaced.

To do this, they are applying for grants but many grants require

matching fundraising amounts to qualify. To meet these requirements, they have increased their fundraising events.

This event is the second Skate and Movie Night they have hosted after their last event was a success.

"Last time, it was a later showing of the movie, and we had anywhere from four-year-olds to parents and grandparents on the ice and a lot of them stayed for the movie. Some kids decide to forgo the movie and keep skating. So, that's okay, as well and then we close everything down once the movie's over," said Brechin.

The movie this time, *Puss in Boots: The Last Wish*, is a sequel to the original *Puss in Boots* movie which itself is a spin-off of the *Shrek* movies.

Brechin says that thought this movie is geared towards children, like the other *Shrek* movies, there will be jokes that are funny for older kids and parents as well.

"I think those types of movies kind of have a little bit of some-

thing in for parents and the kids. I always enjoy watching them with my kids," she said.

The fee to show the movie itself has been sponsored by Donovan Pearase and Blackwater Cats Outfitter and the previous movie's fee was sponsored by Diana and Jason Jackson and Flo-Crest.

Brechin says they were very glad to have so much support from residents for the first movie night and hope they return for this second one.

"It was beyond our expectations. You don't have to buy tickets ahead of time for the skating. It's just come to the door and pay. We didn't really know what to expect and we had a great attendance probably about 50 to 60 people on the ice," she said.

She also wanted to let residents know that children have to be supervised by adults but that adults accompanying kids don't have to also pay. Helmets are also mandatory.

"It's a fun time to get together with your friends and for parents to get together. It's a pretty inexpensive night and we've got a good movie that we're going to show," said Brechin.

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Student launches sensory putty business to help kids focus

Mindful Mini's business started by Ten-year-old Lily J Porhownik

By Kaitlin Vitt

A student in East Selkirk has launched her own product to help other kids focus.

Ten-year-old Lily J Porhownik is selling Mindful Mini's, handmade sensory putty that people can use to keep their hands busy to help them stay focused. At school, on car rides or while waiting for appointments are just a few scenarios people may find Mindful Mini's useful.

Porhownik developed this product for herself and her two younger siblings to focus on schoolwork. Porhownik's mom, Kaitlyn Einarson, is a business owner, currently running Powered by You, a



RECORD PHOTO SUBMITTED

Lily J Porhownik started her own business in order to create a product that could help students like herself focus more in school.

women's strength training and deep health coaching business. She encouraged her daughter to make Mindful Mini's into a sellable product, which became a homeschool project.

"I'm super proud of her," Einarson said. "I didn't know if it was going to be like a one-and-done thing or [if she would] get bored of it quickly, but as she gets more orders, she gets really excited about making them."

Porhownik experimented to find the perfect recipe, one that results in a putty that doesn't stick to clothing, hair or furniture. She also adds essential oils for a light soothing scent. Porhownik weighs the ingredients in each batch to ensure the product stays consistent.

"She's taking so much pride in each batch that she makes because she knows it's going to someone," Einarson said. "When she sees people buy them or when she gets a new order, she gets so excited to see how they react to the product."

The young entrepreneur priced out her expenses to determine the cost and took out a "mom loan," which she already paid back, to launch the product. Porhownik also designed the logo and created the labels.

Her mom notes how this one project encompasses many school topics, from money management to public speaking, like while pitching the product to stores.

"It makes me happy to see her applying herself in a way that makes her so proud," Einarson said.

Mindful Mini's have been available since mid-February. They come in small portable containers, and each putty comes with a shoe charm, something Einarson says sets her daughter's product apart from other similar ones.

The product costs \$3 each or two for \$5. Mindful Mini's are available at Jilly-B's Hair Care and Copper Penny Beauty

Boutique in Selkirk. People interested in Mindful Mini's can also contact Einarson on Instagram (@kait.poweredbyyou).

Porhownik has also sold her product at gymnastics, Girl Guides and her homeschool co-op. Teachers have also purchased the putty from her to give as gifts or prizes in the classroom.

"It makes me really happy that people use my product and enjoy it," Porhownik said. "I love watching customers open them and see their charms. They look so happy, and that makes me happy."

Porhownik plans to continue selling Mindful Mini's for as long as she can or until she has another business idea. When she's older, she sees herself continuing to be a business owner, likely one that has to do with art.

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COVID infections, hospitalizations rising in MB

By Patricia Barrett

COVID infections and hospitalizations are creeping up in Manitoba, according to the provincial government's respiratory surveillance report for Feb. 26 to March 4 (reporting Week 9).

There were 150 new infections detected by PCR testing in Week 9, an increase in cases from the 124 new infections reported the previous week and the 94 new infections reported the week before that.

The government restricts access to PCR testing, and COVID infection data reported in its surveillance reports are an underestimate of the true number of infections. Rapid antigen tests aren't tracked.

The government stopped listing in its surveillance reports the names of personal care homes and hospitals experiencing COVID outbreaks.

There were 75 new COVID hospitalizations, an increase of 10 from the 65 new hospitalizations reported the week before and the 44 reported the week before that. Eight of those 75 people required intervention in the intensive care unit. The numbers are derived from differences in total severe outcomes between the current and the previous week's report.

The COVID vaccination status of hospitalized/ICU patients and people who died is not included in the weekly respiratory report.

"The province no longer reports on the vaccination status of individuals in the surveillance reports," said a provincial spokesperson.

The Week 9 surveillance report says wastewater data for Winnipeg and Brandon up to Feb. 27 indicates sustained COVID activity, as well as "an increase in activity from early February."

There were two deaths from COVID reported in Week 9.

Manitoba's COVID death toll was 2,464 as of Feb. 25, according to the federal government's COVID webpage, and Canada's death toll now stands at 51,447.

There were two cases of influenza A and one case of influenza B reported in Week 9, along with 20 hospitalizations and one death.

The number of new respiratory syncytial virus (RSV) cases did not appear in the Week 9 report. There were 56 new RSV cases reported the week before and 61 the week before that.

Manitobans' uptake of bivalent COVID vaccines, which target different strains of the virus, has been fairly low. Only 20.6 per cent of Manitobans have had a dose of a bivalent COVID vaccine.

Other health news:

The Interlake-Eastern Regional Health Authority declared on March 10 a COVID outbreak at Gimli hospital. The COVID outbreak declared on March 1 at the Rosewood Personal Care Home in Stonewall continues, according to the IERHA's outbreak page (viewed March 11).

-Worldwide, there were almost 4.5 million new COVID infections and 32,000 new deaths reported over the period Feb. 6 to March 5, according to the latest epidemiological update from the World Health Organization. Since the start of the pandemic, there have been more than 759 million confirmed cases of the virus and over 6.8 million deaths.

-Emergency room service at the Ar-

borg hospital and the Eriksdale hospital continues to be limited. The schedule for the period March 16-31 shows Eriksdale's ER open on only two days while Arborg's ER shows two days (24-7) and one half-day of service. The schedule is subject to change.

-Concerns about the sharing of digital health data arose after the federal government and provincial and territorial governments agreed to a new healthcare funding deal. The premiers of Saskatchewan, Alberta and Ontario said they would not be sharing personal health data with the federal government.

Manitoba's government told the *Record* that personalized health information will not be shared.

"As is required by law, individual personal and personal health information cannot and will not be exchanged. Government organizations are required to follow the law and the province takes the legal responsibility to protect personal and personal health information very seriously," said a provincial spokesperson. "As part of health care funding agreements with the federal government, any data sharing will only include deidentified health information. Any data sharing measures will ensure the protection of personal and personal health information."

Table 2. Coverage of COVID-19 Vaccinations, Manitoba, March 4, 2023

Age group (years)	At least 1 dose	At least 2 doses	At least 1 dose within the last 6 months	At least 1 dose of Bivalent
5-04	10.4%	5.7%	8.5%	0.1%
05-11	54.3%	41.8%	7.3%	1.5%
12-17	82.2%	77.2%	8.2%	7.3%
18-29	87.8%	84.7%	7.2%	7.9%
30-39	84.1%	81.6%	11.0%	13.0%
40-49	87.8%	85.9%	15.0%	17.7%
50-59	86.7%	85.3%	22.0%	24.0%
60-69	>=95.0%	93.9%	39.6%	43.0%
70-79	100%	>=95.0%	53.0%	58.4%
80+	>=95.0%	>=95.0%	51.9%	59.3%
ALL	81.2%	77.9%	19.6%	20.6%

MANITOBA GOVERNMENT

COVID vaccination data to March 4, 2023, show 81.2 per cent Manitobans having had one dose of a COVID vaccine and 77.9 per cent having had two doses. Only 20.6 per cent of Manitobans have had a bivalent COVID vaccine, which targets different strains of the virus.



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Local resident warns others to be aware of illness that could affect your dog

Courtney Hermanson wants others to know about blastomycosis

By Katelyn Boulanger

Blastomycosis is an infection caused by a fungus that typically lives in moist soil and decomposing matter such as wood and leaves. This is an infection that can affect humans and it can also affect dogs. Petersfield resident Courtney Hermanson wants other residents to be more aware that it's in the area and that it's something to look out for after her dog, Elska contracted it recently.

Elska is a three-year-old dog and it was in the last week of February that Hermanson noticed that she wasn't feeling well.

"February 28, we noticed her eye. I looked a little irritated. It was a little red and it was weeping a little bit. So, we called our vet [in Selkirk] and just said, 'Hey, there's something going on with her eye,'" said Hermanson.

The veterinarian was able to see Elska the same day and after verifying that there wasn't a scratch causing the irritation gave Hermanson some eye drops and let her know that if it didn't clear up in a week that she should come back.

"That was a Thursday. We made it to Tuesday night and we're like, 'Oh my God, it looks a lot worse. There's a little bit of cloudiness in her eye now. Oh, geez.' So, we called the vet again, and they got us in," she said.

After coming in the second time and realizing the drops were not helping, the veterinarian started asking them some more questions to try to figure out what the cause of the irritation was.

The veterinarian then said that they had to send Hermanson and Elska to a specialist in Winnipeg because there was a possibility that it was blastomycosis.

"I'd heard of blastomycosis before but I didn't think it would be in our area," said Hermanson.

The Winnipeg veterinarian gave Elska a thorough examination and determined that unfortunately her eye was completely blind at this point and needed to be removed.

"They removed the eye and took a sample of her urine to send off for blastomycosis because he was very concerned that it was blastomycosis as well. She did well through the surgery and she basically bounced back to her normal self over the weekend," said Hermanson.

Unfortunately on the Monday after surgery, the veterinarian confirmed that Elska had in fact contracted blas-

tomycosis.

Elska is now on some quite costly medication and will have to be on it until a negative blastomycosis test can be confirmed which could take many months.

Unfortunately, there is nothing that can be done to remove the fungus from the environment nor are there vaccines for the disease. Hermanson suspects that Elska contracted the illness when digging in her backyard which is an activity that she enjoys.

[The Selkirk veterinarian] mentioned that it is common when there are droughts or flooding. And given our last couple of years, we had both of those. I think we just got some bad luck and she dug it up and inhaled it or got it on her eye," said Hermanson.

Symptoms to look out for in your pet according to the VCA Animal Hospitals website include breathing symptoms, fever, depression, weight loss, loss of appetite, skin lesions, eye infection, lameness, testicular inflammation, seizures, coughing, and enlarged lymph nodes. If your pet has any of these symptoms it's a good idea to get them checked out by your veterinarian.

So far it looks like Elska is on the mend.

"She has some weight loss going on right now. We've upped her food and at this point I'd say, basically, behaviorally she's back to normal. The medication is very hard on them. So, I'm kind of bracing myself," said Hermanson.

She wants residents in our area to be aware that this is something that can affect their dog, that it has to be treated and to not wait to get treatment especially since she's heard more stories of dog owners in Gimli, Stonewall and Selkirk who have all gone through similar situations to her own over the past few years.

"I've talked to so many people now and they've all said, 'I thought this was just in Kenora or the Whiteshell.' and it's not," said Hermanson.



RECORD PHOTO SUBMITTED

Elska had to have her eye removed due to an infection of blastomycosis. Below: Elska before her surgery.



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LSSD hosts annual community budget meeting for 2023/24 school year

School division holds online presentation

By Katelyn Boulanger

The 2023-2024 LSSD (Lord Selkirk School Division) Draft Budget was presented virtually to residents on Feb. 23. This meeting not only shows how the school division spends its resources on an annual basis but is a time when the priorities of the division are discussed with the community.

"This is a time where we can really focus on listening to our community and being able to respond to the concerns that really face us on an ongoing basis," said LSSD Superintendent Jerret Long.

Long then spoke about the school division continuing with its strategic plan which includes parents, students, staff and the community in education and prioritizes building positive relationships with students.

"We know that these relationships need to be the foundation on which to build other academic priorities. We have a distinct focus on literacy and numeracy and on mental health and well being and those particular areas will come up in these budget discussions," said Long.

He said one of the other major priorities of the school division is the safety of students. Long is confident in the division's school's being safe and this safety being able to be maintained.

"With that being said, we still must press on and challenge our students. Our schools have kept this focus and we will continue to work together to maintain these priorities. We recognize there as there will always be barriers to learning like COVID, and maybe inclement weather, although this year, we've had zero days. That being said, we won't compromise on our need to provide the highest quality of education," he said.

Ultimately Long says that learning remains the school division's fundamental purpose.

Kelly McDonald LSSD's Secretary Treasurer then took over to discuss the numbers.

"This year in September, we had

3912 students. That's approximately an increase of 150 students for the current school year. We have 513 full time equivalent staff that we call our classroom support. This makes up 70 per cent of our annual budget," said McDonald.

The school division, of course, also includes divisional support staff, 129 staff that support schools daily from custodians to bus drivers to clerical staff and more. There are 15 schools in the division as well as the Selkirk Adult Learning Program and the Lord Selkirk Adult Learning Center.

This year the division added the position of a cultural proficiency and language lead teacher, 3 full time staff and a 0.5 EA assistant to address larger class sizes in some areas that were observed last year, an increase in custodial hours, a decrease of one position on their senior admin team and the reduction of their IT team by one position.

"We were very fortunate this year to receive funding under the Strengthening Student Support Grant. This allowed us to add 11 additional term teachers to our school buildings to help adjust for things such as staff absenteeism, substitute teacher shortages and helping in the general classrooms or the schools where it is needed. This year also, we have qualified for additional support through Jordan's Principle Funding. Currently, we have over 20 additional EAs right now that are funded through the program in order to provide some more one on one support for our students. We also have a brand new partnership with the Southern Chiefs Organization. This has allowed us to hire a Jordan's Principal coordinator that will be able to service First Nation children attending our division, as well as their families and any educators. The last little bit of good news is that we received funding this year under the ventilation grant program through the Province of Manitoba. This allowed for us to do division wide duct cleaning, as well as air flow testing and balancing in our schools," said McDonald.

She said that the challenges that the division is experiencing include high levels of staff absenteeism due to illness which includes all jobs in the



RECORD FILE PHOTO

The Lord Selkirk School Division held its annual budget meeting.

division, increased cost of supplies including school supplies, cleaning supplies, fuel, insurance and maintenance, increased student enrollment which is not recognized immediately in funding, increased need for IT equipment and resources, and aging resources as school buildings and equipment get older.

"Last year, we received approximately \$25 million of revenue. And for next school year, we will receive \$27 million dollars of revenue, the total increase is approximately \$1.3 million or, in this case, it's a five per cent increase on our provincial revenue portion. We're very grateful for this increase in revenue that we're receiving but this comes after multiple years of decreases that we've taken as a division," said McDonald.

She showed a graph of funding for the past decade or so which showed funding decreases starting in 2016 and going to the 2021/22 school year.

"Pre-2020, school divisions were able to raise education property taxes, to offset some of the funding decreases. Starting in 2020, the province has frozen that amount. So, school divisions are no longer able to increase property taxes And they are going to remain at the 2020 levels until informed otherwise," said McDonald.

Because this year was an assessment year this may mean that education property taxes due change based on the newly assessed numbers but the overall percentage remains the same.

McDonald then went over in greater detail the division's expected revenue and expenses for the year.

A brief question and answer section was held in which Long and McDonald answered questions about how mental health was accounted for in the school division's budget and how tax amounts are determined.


The budget will be submitted to the Manitoba government at the end of this month and the final budget announcement will be posted on the LSSD website.

The school division also encourages residents to reach out to them with questions.


"Your voice is important and I'm confident that with our combined effort, we will continue to make a positive difference in the lives of our students," said Long.

View the full presentation and the virtual meeting recording online at <https://www.lssd.ca/governance/budget>. To keep up with the Lord Selkirk School Division visit <https://www.lssd.ca/>.

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Girl Guides decided to give back to community on International Womens Day

By Staff

With International Women's Day on March 8 the local St. Andrews Girl Guides thought of ways that they can take action for a better world.

They wanted to help others and decided to focus on our local community and brainstormed different ideas.

The guides chose to help those experiencing homelessness. They then brainstormed ways that they felt they could help.

They decided the best way to help was with a HUGS project. HUGS in this case stands for H=hats, U=underwear, G=gloves/mitts, and S=socks.

The guides gathered these items and then spent an evening putting approximately 80 packages together tied with hearts sharing sentiments such as 'Keep Warm', 'Have a Good Day', and 'We Care About You'.

Some of the Guides chose to keep a few packages to keep in their parents' vehicles so that should they be in a situation where someone is asking for support that they will be able to give the package to them directly. Other packages were given to Selkirk's Harm Reduction group, Nova House, Salvation Army and Siloam Mission.

In addition to this project the St. Andrews Girl Guides have been busy this year. They have enjoyed trying many new things and building friendships. Some of their highlights so far have included a sleepover at Oak Hammock Marsh, a paint night, a guest speaker who shared about traditions from her birth country, pumpkin carving, seed pictures, mint making, an evening of Zumba, skating at the outdoor rink at Lower Fort Garry, a Girls in Aviation event at the Royal Aviation Museum, a bridg-



RECORD PHOTO SUBMITTED

St. Andrews Girl Guides with their donation packages.

ing event with Sparks and Embers to celebrate the change of name of the former Brownies to Embers, and a Minute to Win It games night. Having an opportunity to explore many facets of the Guiding program gives girls the opportunity to learn about

Guiding around the world, explore nature and the out of doors, building life skills, exploring identities, experimenting and creating, being well, connecting and questioning all while having fun.

Provincial government supports human trafficking awareness

Funds to help the Joy Smith Foundation expand

Submitted by Manitoba government

The Manitoba government provided \$100,000 on International Women's Day to help expand the public education efforts of the Joy Smith Foundation, a Manitoba-based non-profit organization that has become Canada's leading authority on human trafficking prevention, intervention and survivor support, Justice Minister Kelvin Goertzen announced.

"Sex trafficking is a growing concern in communities across Manitoba, particularly putting young girls and women at risk, and the key to stopping continued exploitation is through education, increasing awareness and encouraging people who see the signs of trafficking to speak up," said Goertzen. "This funding will help the Joy Smith Foundation expand its public education efforts and help more people recognize and avoid falling victim to this crime while also

helping survivors recover and move forward in their lives."

"See the Trafficking Signs' is a powerful national awareness and education campaign intended to prevent Canadian youth from being lured into the sex trade that the Joy Smith Foundation launched at the end of February to coincide with National Human Trafficking Awareness Day.

"We are filled with gratitude to the Manitoba government for providing the funding to bring awareness about human trafficking through our 'See the Trafficking Signs' initiative," said Janet Campbell, president and CEO, Joy Smith Foundation. "This valuable information will protect our families from being trafficked. Education is our greatest weapon to suppress this crime."

"The Manitoba government has taken remarkable leadership in recognizing the impact human trafficking has

on our youth and communities," said Joy Smith, founder, Joy Smith Foundation. "It is crucial our youth become aware of how traffickers operate so they are empowered to protect themselves from becoming victimized."

The campaign uses extensive paid and organic digital and social media, out-of-home executions, and in-school posters to educate on what can be done to help someone caught up in trafficking and increase awareness of nine key signs of sex trafficking including:

- new clothing, jewelry or gifts without having money;
- frequent sleepovers at a friend's house;
- sudden interest in a man several years older;
- sudden change in the style of dress or makeup;
- new circle of friends and isolation from old group;
- change in attitude toward school, regular activities, and friends;
- grades dropping;
- unexplained cuts or bruises; and
- using two cell phones.

The Joy Smith Foundation's mandate is to prevent victimization from human trafficking through education. Educating at-risk youth and sharing signs to watch helps Canadians learn who might be vulnerable and how to effectively intervene. Since its inception, the foundation has helped over 6,000 human trafficking survivors and their families restore their lives by reuniting, healing and integrating back into their communities.

To learn more about the 'See the Trafficking Signs' campaign, visit, <https://www.traffickingsigns.ca>.



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204-806-3405 (Dennis)
"Supporting each other towards a new beginning"

Armstrong to review indemnity bylaw; compensation for Interlake councils

By Patricia Barrett

With the October 2022 municipal election behind them, various councils across the Interlake either increased their rate of compensation and/or expenses, changed nothing or are planning to undertake a future review of what they get paid.

Under Manitoba's Municipal Act, councils are allowed to establish bylaws or policies to set their own compensation, reimbursement of expenses and conditions of payment.

Rural Municipality of Armstrong reeve Kate Basford said she and her new council are planning to review their indemnity bylaw, which had been updated and passed by the previous council about a month before the 2022 election.

Basford said council is in the process of changing how the municipality will be run. They hired a public works foreman – public works responsibilities previously fell under the purview of each councillor – and plan to hire a permanent chief administrative officer. The responsibilities attached to those positions could affect the duties performed by council and subsequently the compensation they receive.

"I'm hoping to look at the indemnity bylaw passed by the previous council as soon as we get the staff we need and the office running smoothly. The indemnity bylaw and the procedural and organizational bylaw were built on the fact that the previous council didn't have a public works foreman. This municipality was run on a ward system and there were indemnities allocated to councillors when they were doing public works duties, including getting paid for mileage," said Basford. "We've now hired a public works person and we're transitioning. We're also looking at how the CAO and council positions will be organized."

Basford said she'd like to review the Association of Manitoba Municipalities' municipal salary survey to see how other RMs of similar size and character are paying their council members. And to judge whether indemnities are fair, Basford said they'd also have to look at the RM's population and revenue it generates. She wants to look at the compensation other RMs pay their CAOs based on experience and degree of responsibility.

"A review of the indemnity bylaw has to be relative to how much council is involved in the operation of the municipality," said Basford. "And the reality is we don't have the tax base to raise indemnities to the extent that some other municipalities have. RM indemnities have to be relative to the revenue an RM brings in. When you look at our RM's revenue, I don't think we can support too much more."

Armstrong has a population of 1,967 (census 2021). Its current indemnity bylaw (9-2022) was passed Sept. 13, 2022, giving the reeve an annual indemnity of \$10,342.32 (or \$861.86 monthly) and councillors \$8,963.40 annually (or \$746.95 monthly). Council members are paid a daily indemnity of \$151.60 for meetings and an hourly indemnity of \$18.95.

Meals for conventions "where receipts are not submitted" will be paid flat rates of \$15 for breakfast, \$20 for lunch and \$25 for dinner to a daily maximum not to exceed \$80.

Council members receive \$50 monthly for a cell phone with an answering service and \$25 for a cell phone with no answering service. An additional \$50 per month is provided for personal Internet service in the event meetings are held via Zoom or other online conference system.

By contrast, Armstrong's 2017 indemnity bylaw saw the reeve being paid \$759.75 monthly and councillors paid \$658.45 monthly. The hourly indemnity was \$16.71 for attending external organization's meetings within or outside the municipality and for attending special council or committees of council meetings above those specified in the monthly indemnity. Each council member had also been paid \$16.71 an hour for public works inspections, \$16.71 for inspecting roads for snow plowing and \$16.71 for hauling culverts, road signs and flagging roads. Reimbursement for meals and for cell phones were the same rates as stated in the 2022 bylaw.

Below is compensation information from indemnity bylaws of select municipalities in the Interlake.

For comparative purposes, previous indemnity bylaws (where available) for each municipality are

SCHEDULE "A"		
2022 TOTAL COMPENSATION		
MAYOR		
Annual Indemnity	\$ 10,342.32	
Monthly Indemnity	\$ 861.86	
COUNCILLOR		
Annual Indemnity	\$ 8,963.40	
Monthly Indemnity	\$ 746.95	
MEETING RATES		
Daily Indemnity	\$ 151.60	
Hourly Indemnity	\$ 18.95	
MAXIMUM DAILY INDEMNITY	\$ 151.60	
MONTHLY COMMUNICATION ALLOWANCE	Internet \$ 50.00	Mobile Phone \$ 25.00 w/o VM service \$ 50.00 w/VM service
Note to Communication Allowance	Internet allowance to be paid ONLY when a member of council uses their personal internet for meetings held via an internet conference service during that month	

RM OF ARMSTRONG

The previous council for the RM of Armstrong had updated their compensation and expenses just before the 2022 election, giving both the reeve and councillors a 13.4 per cent indemnity increase. The RM's new council will be reviewing the compensation.

provided.

TOWN OF ARBORG. Council for the Town of Arborg, which has a population of 1,279 (census 2021), passed a new indemnity bylaw (11-2022) on Dec. 14, 2022. The mayor receives a monthly indemnity of \$830. The deputy mayor receives \$650 per month and councillors receive \$650 per month.

Councillors receive zero dollars for performance of duties, work or services within the limits of the Town of Arborg. Beyond the limits of the town, councillors receive \$190 per day to attend meetings and/or business. To attend AMM meetings, Federation of Canadian Municipalities meetings or other organizations' meetings, councillors are paid \$190 per day.

Councillors receive an indemnity of \$21.50 per hour, including travelling time, to attend meetings of fewer than five hours outside town limits. They receive 50 cents per kilometre in the performance of duties, work or services. Meal allowance is set at \$70 a day and a technology allowance of \$135 per month.

Arborg's previous indemnity bylaw (4-2020), passed on Dec. 9, 2020 was as follows: The mayor had received a monthly indemnity of \$742.63, the deputy mayor, \$571.24, and councillors \$571.24. Each council member received zero dollars for the performance of duties, work or services within the limits of the town. Beyond the limits of the town, council members had been paid \$168 a day. They were also paid \$168 a day for attending an AMM meeting, Federation of Canadian Municipalities meeting or attendance at other organizations' meetings. Within the limits of the town, members were paid \$168 a day for a full-day meeting. Meal allowance was set at \$60 a day and a technology allowance of \$100 a month. For meetings fewer than five hours and outside town limits, councillors were paid \$19.10 an hour. Councillors had also received 45 cents a kilometre.

MUNICIPALITY OF BIFROST-RIVERTON. The municipality has a population of 3,320 (census

Continued on page 13

SCHEDULE "A"				
COUNCIL INDEMNITY RATES				
YEARLY CONSUMER PRICE INDEX AS OF OCTOBER 31, 2022 = 8.4 %				
	CURRENT 2022 RATES	ADJUSTED RATES FOR 2023	ROUNDED ADJUSTED RATES FOR 2023	MONTHLY INSTALLMENTS FOR 2023
Mayor's Indemnity	\$ 21,480.00	\$ 23,284.32	\$ 23,290.00	\$ 1,940.83
Deputy Mayor's Indemnity	\$ 19,070.00	\$ 20,671.88	\$ 20,680.00	\$ 1,723.33
Councillor's Indemnity	\$ 15,790.00	\$ 17,116.36	\$ 17,120.00	\$ 1,426.67
Daily Per Diem	\$ 180.00	\$ 195.12	\$ 200.00	
1/2 day Per Diem	\$ 90.00	\$ 97.56	\$ 100.00	
Citizen Member Hourly Rate	\$ 22.25	\$ 24.12	\$ 25.00	

> COUNCIL COMPENSATIONS, FROM PG. 12

2021). Its current indemnity (2-2022) was passed last year, on Feb. 10, 2022.

The reeve receives an indemnity of \$12,670 annually and all other members of council receive \$9,210 annually. These indemnities remain unchanged from 2019.

Councillors act as "road commissioners" and are paid \$24 an hour and 59 cents per kilometre travelled. There was no increase to road commissioner wages, but councillors are receiving a per-kilometre increase of 15 cents (previous kilometre rate was 44 cents).

For attendance at meetings of committees or boards for which they haven't received remuneration, each council member is paid \$24 an hour and 59 cents per kilometre. For attending business outside the municipality, councillors are paid \$24 an hour and 59 cents per kilometre. Each council member receives a communication allowance of \$75 per month, no change from the 2019 bylaw.

Bifrost-Riverton's previous indemnity bylaw (No. 1-2019) was passed on Jan. 9, 2019. As road commissioners, each council member received \$24 an hour and 44 cents per kilometre. For attendance at meetings of committees or boards for which they hadn't received remuneration, each council member was paid \$24 an hour for less than half a day, \$96.50 for a half day, \$207 for a whole day and 44 cents per kilometre. Beyond municipal boundaries, each council member was paid \$24 an hour for less than half a day, \$96.50 for half day plus a \$20 meal allowance for non-local meetings, \$207 for a whole day plus a \$60 allowance for non-local meetings and 44 cents per kilometre.

GIMLI. The *Express Weekly News* reported on Gimli's proposed new indemnity bylaw last month (see Feb. 23 edition online). The RM has a population of 6,569 (2021 census). If council passes the bylaw, the mayor's compensation will increase by 43.4 per cent. The deputy mayor will see an increase of 45.9 per cent and councillors will see an increase of 47.8 per cent.

Several RM of Gimli residents expressed concern about the proposed raise. Silver Harbour residents Fred and Barb Veldink wrote to council, saying a pay increase after fewer than six months in office seems "odd" and normally people have to first prove themselves. They reminded council that the RM has lots of seniors whose fixed incomes may not withstand potential tax increases.

"I want to remind you that in the RM of Gimli we have a high number of retired seniors on a fixed income, in-

cluding myself. In addition, we have a number of people who have difficulty making ends meet. Some rely on food banks to survive," they wrote in an email dated March 7. "Your action to award yourself a 40%+ increase is an insult to all of us as well as [a] probable increase in taxes."

The couple are encouraging council to vote down their proposed bylaw, consult former municipal councillors to determine fair wages then bring a new salary proposal to taxpayers.

TOWN OF STONEWALL. The Town of Stonewall, which has a population of 5,046 (2021 census), set out new indemnity rates for 2023 under Policy No. 20.1.

The mayor receives an indemnity of \$23,290, an increase of \$1,810 or 8.4 per cent from the \$21,480 received in 2022. The monthly installment is \$1,940.83. The deputy mayor receives \$20,680, an increase of \$1,610 or 8.4 per cent from the \$19,070 received in 2022. The monthly installment is 1,723.22. Councillors receive an indemnity of \$17,120, an increase of \$1,330 or 8.4 per cent from the \$15,790 received in 2022. The monthly installment is \$1,426.67.

A daily per diem is set at \$200 and a half day per diem is set at \$100.

"During the four-year term, the indemnities shall be reviewed annually and may be adjusted at the first meeting of December for the next calendar year to reflect cost of living. The Cost of Living allowance will be calculated by the Consumer Price Index for Manitoba and will be determined from the percentage listed from October of the previous year to October of the current year," states the policy.

The indemnity rates for 2024, 2025 and 2026 have not yet been set.

RM OF WEST INTERLAKE. The RM of West Interlake has a population of 2,228 (2021 census). Council passed a new indemnity bylaw (No. 10-2022) on Nov. 15, 2022.

The reeve receives a monthly indemnity of \$650 (\$7,800 a year), which includes a monthly expense allowance to cover regular council meetings and ratepayer inquiries. It excludes mileage. Councillors receive a monthly indemnity of \$500 (\$6,000 a year), which includes a monthly expense allowance to cover regular council meetings and ratepayer inquiries. It excludes mileage.

Each member of council receives an hourly indemnity of \$20 (including travel time) when attending special council meetings, boards or district meetings, conferences, seminars, conventions and training.

Each member of council receives

\$150 when attending a full day meeting (over five hours, including travel time) inside or outside the municipality.

Reimbursement for meals is set at \$10 for breakfast, \$20 for lunch and \$30 for supper. Each member receives a monthly office/communication allowance of \$175 and is enrolled in the Blue Cross benefits program, where the member pays one third and the RM of West Interlake pays two thirds of the premium.

The previous indemnity was not obtained.

SELKIRK. The City of Selkirk has a population of 10,504 (census 2021). Its 2019 indemnity bylaw [No. 5323 of Feb. 11, 2019] is the most current version, said Selkirk CAO Duane Nicol. And council "has not prioritized review or amendment to this bylaw at this time."

The mayor receives compensation of \$28,302. The deputy mayor receives \$18,137. Councillors receive \$14,451.

Each council member is paid an hourly indemnity of \$25 for committee attendance within City of Selkirk limits. Outside the boundaries of the city, each council member is paid \$309 for any combination of meetings.

There are no dollar amounts stated for eligible municipal business ex-

penses incurred, including meals, registration and tuition fees, courses, meeting materials, accommodations outside city boundaries and travel. Mileage is paid in accordance with the rate set out by the Canada Revenue Agency.

If appointed by resolution to travel beyond city limits on business, each council member is paid \$103 for fewer than four hours and \$206 for four hours or more.

Each council member is also paid a monthly communication allowance of \$142.50 to support materials such as mobiles, internet service, papers, printers and ink. The mayor and deputy mayor are provided with a cell phone, or at their discretion with an additional \$65 per month allowance.

The bylaw is reviewed at least once during the term of each elected council.

The *Record* reached out to the Association of Manitoba Municipalities to obtain its municipal salary survey but was unable to obtain it.

Director of policy and communications Nick Krawetz said the survey was shared only with "participating municipalities as per AMM policy."

Paska perfection



RECORD PHOTO SUBMITTED

The English Ukrainian Bilingual Program students at Happy Thought School are at it again. The students learned to make paska. Paska is a traditional Easter bread.

Conservatives loosen purse strings in election-year budget

By Lorne Stelmach

The new provincial budget was touted last week as delivering both historic help for Manitobans and record levels of funding for services.

It delivers \$1.8 billion in affordability and tax measures while bolstering vital programs and services with a record-setting investment of \$2 billion, said Premier Heather Stefanson and Finance Minister Cliff Cullen.

"I think this is a significant and very bold step in the right direction ... in fact, this is historic in our province. We have never before seen the kinds of tax relief that we have in this budget," said Stefanson. "We are getting back to our roots as progressive conservatives—progressive on social issues and conservative on fiscal issues."

"This budget is about doing everything possible for Manitobans at a time when they need it most," said Cullen.

He went on to stress that the spending increases were not coming at the expense of fiscal responsibility.

"I wouldn't say it's out the window at all. I think the focus initially when we came into office was on the bottom line," he said. "We're in a pretty good place economically from our recovery ... that allows us additional money to make additional investments."

"It's really finding a balance. We only have so much money to deal with."

The budget projects a \$363 million deficit, which would be down \$15 million from the current 2022-23 forecast of \$378 million.

It will leave more than \$5,500 in the pockets of the average family by 2024 while delivering across-the-board funding increases in all 19 government departments, officials say.

The budget includes the largest personal income tax reduction in Manitoba history. Changes to the provincial basic personal amount will ensure Manitobans do not pay tax on the first \$15,000 they earn in 2023.

This measure alone will save the average two income family over \$1,000 and will remove 47,400 low-income Manitobans from the tax rolls, the government says.

At the same time, the government says its redoubling efforts to help heal the health care system with an investment of \$7.9 billion. It is an increase of \$668 million to help shorten wait times and rebuild the front lines. The budget also initiates a \$1.2 billion multi-year capital campaign that will add capacity to nine health care facilities.

"Budget 2023 is making significant investments to heal health care in our



SCREENSHOT

Premier Heather Stefanson and Finance Minister Cliff Cullen unveiled the Conservative government's 2023 budget last week in Winnipeg.

province to help people get the care they need, when and where it's needed," Cullen stressed. "We're making foundational investments to reduce diagnostic and surgical backlogs, hire more health professionals and support health infrastructure needs, but we're also expanding coverage for diabetes insulin pumps and glucose monitors and creating a new hearing aid program for Manitobans."

The budget provides funding of more than \$100 million to address the challenges of violent crime and homelessness and \$1.7 billion for public schools.

The Manitoba government says it is also well on its way to creating 23,000 affordable child care spaces and will invest \$76 million this year to introduce affordable child care three years ahead of plans in other provinces.

The budget will also provide more help for Manitobans with disabilities, as funding increases there to \$640 million. Municipal operating funding is also increasing \$47 million to a total

of \$217 million.

The financial plan will also invest \$65 million more into post-secondary institutions and cap university tuition increases at 2.75 per cent, and it assists small business growth and supports the creation of new made-in-Manitoba jobs by increasing investments in loans and guarantees by \$27 million to spur private-sector investment. It also includes \$15 million for the community economic development fund and \$20 million to support economic development.

"Our message to investors is simple: Come grow in Manitoba," Cullen said. "We are investing more than \$2.5 billion in trade-enabling highway infrastructure over the next five years and making investments to spur economic development opportunities and generate well-paying jobs."

"Combined, the opportunities that lie ahead will support vital services, strengthen the government's fiscal position and provide historic help for Manitobans."

Critics slam Tory budget as too little, too late

By Lorne Stelmach

The provincial budget introduced last week delivered a range of measures touted by the government as historic, but the tax relief and investments, though welcomed, also had critics suggesting the government didn't go far enough in providing more relief after years of falling short.

"I recognize where they're coming from; we recognize, sure, there's more to do, but I think that today this is a historic day in giving and providing much needed relief to Manitobans," Premier Heather Stefanson emphasized after unveiling the budget.

The Canadian Taxpayers Federation supported the much touted income tax cut but was calling on the government to speed up its timeline and immediately provide more full relief.

"Today's tax relief is good news and will let Manitobans keep more of their money when it's needed the most," said prairie director Gage Haubrich. "But families are struggling to afford groceries today, so why is the govern-

ment waiting until after the election to provide the full tax cut?"

"The government needs to balance the budget and stop throwing more debt on the backs of future Manitobans."

Dougald Lamont and the Manitoba Liberals observed that the PCs were trying to buy back trust from Manitobans with a big promise budget that will not make up for their seven years of cuts and freezes to health care, education, municipalities, and people in need.

"The PCs seem to think they can foul up as badly as they want, and it doesn't matter because they'll just buy their way out of trouble," Lamont said. "Even where the budget makes big promises, how can you trust the PCs to fix health, education or infrastructure when they just spent seven years trashing these sectors?"

"Manitoba needs a plan to rebuild and recover after a pandemic and decades of neglect by both the PCs and

NDP. This is more of the same that we've heard for decades, and it hasn't worked," he added. "If we're really going to tap into Manitoba's potential, we need to invest in our own people, our own businesses, our own public services and in environmental renewal for the long-term."

An increase in funding for universities is a step in the right direction, but it fails to repair the damage inflicted on the post-secondary education sector since 2016, suggested the Manitoba Organization of Faculty Associations.

"After seven years of cuts, this has left Manitoba's universities struggling to recruit and retain faculty, support student success and invest in the future of our province. One year of good news will not fix seven years of bad choices," said vice-president Allison McCulloch. "Public funding for higher education has been cut by nearly a quarter in real dollars, shifting the burden on to the backs of stu-

dents."

Manitoba's largest union was also not convinced the budget is anything more than an attempt to bury the harm the Conservatives have caused to public services.

"After two terms of active attacks on public services, the Conservatives think that they can buy themselves the next election," said Gina McKay, president of CUPE Manitoba.

"The damage that Stefanson's government has done to our public services isn't going away because of an election-year budget," she emphasized. "People are struggling across Manitoba to make ends meet, and this government has spent its time in office cutting health care, privatizing services and failing to meet the needs of our schools and universities."

"The government tried to freeze workers' wages and push Manitobans further behind. How can anyone trust them to provide real support that keeps up?"

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EDITORIAL > VIEWPOINTS > LETTERS

MPs take pay raise same day they take more from taxpayers

By Franco Terrazzano

In less than a month, members of Parliament will take more money out of your wallet and stuff more into their own.

On April 1, the federal government is increasing carbon and alcohol taxes while MPs take their fourth pay raise since the onset of the COVID-19 pandemic.

This year's pay raise will range from an extra \$5,100 for a backbench MP to an extra \$10,200 for Prime Minister Justin Trudeau, based on contract data published by the government of Canada.

A backbencher currently collects a \$189,500 salary. Ministers take home \$279,900. Trudeau gets \$379,000 from taxpayers. Do they really think they should take thousands more from their constituents, many of whom are struggling to fill the fridge?

But this year's changes alone downplay the pay raises politicians took during the pandemic.

As of April 1, MPs will receive an annual salary \$15,700 higher than they did pre-pandemic, while the prime minister will take home an extra \$31,400.

Politicians don't deserve pay raises when they make life unaffordable with higher taxes.

The federal carbon tax will be cranked up to 14 cents per litre of gas and 12 cents per cubic metre of natural gas on April 1.

The Trudeau government claims "families are going to be better off" with its carbon tax and rebates. The government expects you to believe it can raise taxes, skim some off the top to pay for hundreds of new bureaucrats and still make you better off.

The Parliamentary Budget Officer's math shows Canadians shouldn't swallow that spin.

The carbon tax will cost the average family between \$402 and \$847 this year even after the rebates, according to the PBO. And this will be the fourth time Trudeau has increased his carbon tax since COVID-19 touched down.

While Ottawa sticks Canadians with higher bills, other countries have provided relief. The Canadian Taxpayers Federation identified 51 national governments that cut taxes during the pandemic and as inflation took off. That includes more than half of G7 and G20 countries and two-thirds of the countries in the Organisation for Economic

Co-operation and Development.

Many of our peers were also offering relief at the pumps.

Australia cut its gas tax in half. India cut its gas tax to "keep inflation low, thus helping the poor and middle classes." The United Kingdom announced billions in fuel tax relief. South Korea cut its gas tax by 30 per cent. Germany, the Netherlands, Italy, Israel, Peru, Poland, 25 Indian states and union territories, Alberta, Ontario, Newfoundland and Labrador, New Jersey, and Florida also cut gas taxes.

You could be forgiven if all this drives you to drink. But Trudeau will also be reaching further into your wallet every time you pick up a case of Keith's, a bottle of Pinot or a mickey of rum.

Canadians already pay about half of the price of beer, 65 per cent of the price of wine and three quarters of the price of spirits in taxes. And in April, the federal excise tax will be going up by another 6.3 per cent.

First passed in the 2017 budget, the federal es-

calator tax automatically increases excise taxes on alcohol with the rate of inflation each April. This undemocratic tax hike allows MPs to take more money from your wallet every year without having to vote on the increase.

After April's hike, the federal government's alcohol excise taxes will have increased by about 18 per cent since the automatic annual increase was introduced in 2017.

Politicians shouldn't be raising taxes and giving themselves pay raises when Canadians are choosing between the jug of milk or the package of beef at the grocery store. All MPs should oppose April's tax and pay hikes.

- Franco Terrazzano is the Federal Director of the Canadian Taxpayers Federation

letter to the editor

Don't let food insecurity cost you a pretty penne

With the cost of living continuing to grow, and the average salary staying the same, it's no surprise that Canadians are struggling with finances. More and more communities across the nation are experimenting with new ways to battle the ongoing food insecurity crisis.

According to reports from Second Harvest a national food rescue organization- food banks and other food-related programs across Canada served 5,141,481 people per month last year. They expect that number to climb to 8,208,679 in 2023, a roughly 60 per cent increase. That's compared to 2,196,238 per month before the pandemic.

At the same time, Canada's Food Price Report has stated that grocery prices will continue to rise. The report predicts that food inflation will rise a steep five to seven per cent in 2023.

At an acute level, people struggling with food insecurity, are at higher risk of infectious diseases, injury, chronic conditions (heart disease, chronic pain and hypertension). The inability to access healthy food can trickle down

to a person's mental health as well.

While you may think that your reliable sources of nutrition are out the window, you may find many of your daily vitamins and minerals in your grain products, like pasta!

Pasta is an affordable, versatile, and nutritious meal to provide to your family. The noodle is high in fibre, keeps your blood sugar in check, and contains 25 per cent of your daily folic acid intake.

With over 60 per cent of vulnerable Canadians turning to food banks as a resource to feed their families each month, making pasta a regular part of your diet will be sure to keep your tummy and wallet full.

Hannah Magee, registered dietician, is available to discuss the health benefits of pasta and ways you can incorporate it into your meals during inflation.

- Warmly,
Emma Gostovic

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GrainFox launches game-changing agtech platform

By Raegan Hedley

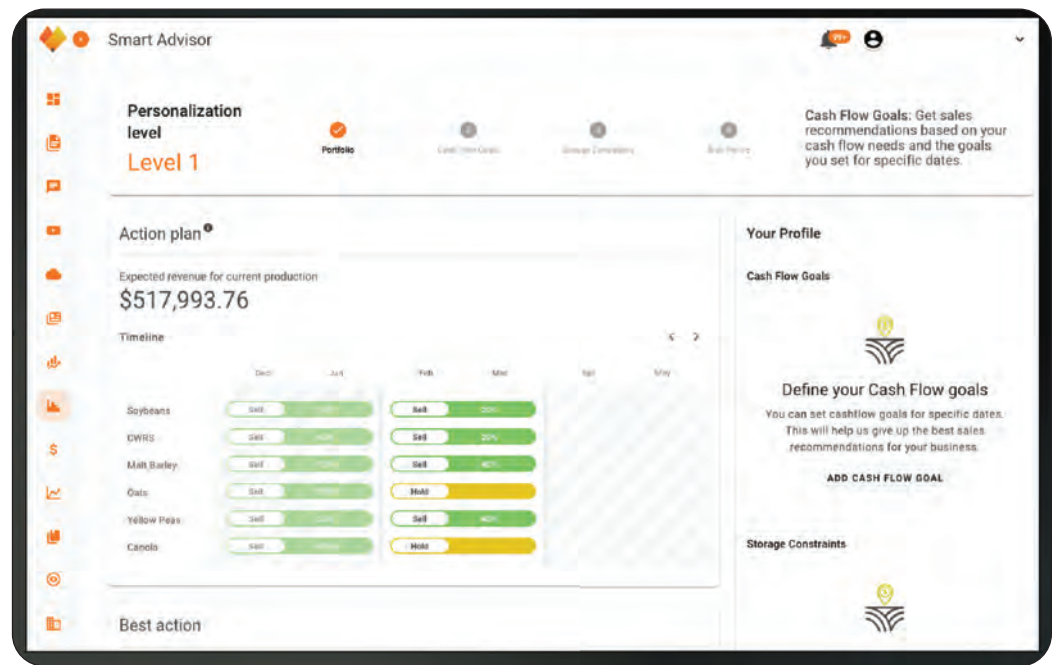
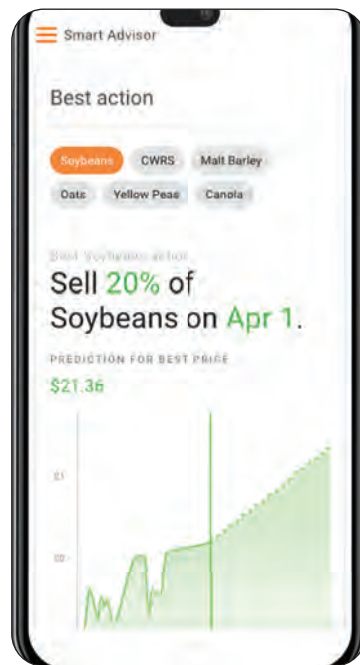
The future of grain and commodity marketing is personalized. On Feb. 21, GrainFox launched a new virtual platform that will help producers keep up with the markets, plan and track their cash flow, tabulate expenses, calculate returns, track sales and inventory, and make sales decisions.

“The process of grain marketing is very complex. There’s a lot on the line and a lot of factors that go into making that selling decision,” said Liz Pham, Chief Growth Officer at GrainFox. “We’re really there to guide them through that complexity, and remove the emotion of that selling decision.”

GrainFox doesn’t sell or broker the sale of grain or commodities. According to the company, the platform uses machine learning and AI, input from analytical teams, and insights from their network of Customer Success Managers to provide recommendations. It all came about because Lepp said they identified a gap in the market: small-to-medium-sized farms were being underserved when it came to marketing support for their operations.

“In these times of heightened volatility and uncertainty in the markets, personalization has never been more important to a producer’s sales strategy,” said Mark Lepp, Founder and CEO of GrainFox.

“We wanted to create a platform that’s cost-effective and has a self-serve option to bring more value and support to help producers make more informed grain selling decisions as they go through their journey on their operation of taking their crop from the bin to the bank.”



The Smart Advisor will help producers keep up with the markets, plan and track their cash flow, tabulate expenses, calculate returns, track sales and inventory, and make sales decisions.

Lepp said the goal with GrainFox is to offer a “single source of truth for all things grain marketing,” where producers can connect all their data that are relevant to the grain marketing decision to help them make the best strategies possible.

“Farmers typically have at least a dozen different apps and different data silos within their operation,” said Lepp. “What we’re working on is bringing all those data silos together so if the producer wants to use that information from their operation to help power their wealth management tools, they can.”

At the core of the GrainFox platform is a tool called Smart Advisor. The first of its kind in North America, it pro-

vides personalized sales recommendations based on how the sale of each crop in a farmer’s portfolio interacts with one another. It synthesizes historical and current market data, along with producers’ cash flow goals, storage constraints and risk tolerance to deliver advice that helps growers get their bins empty by harvest.

“There are literally dozens of key features that producers take into consideration when they make that decision to sell,” said Lepp. “The amount of data that we’re able to synthesize and bring to each individual operation is incredible.”

Richard Surendrakumar, Chief Product Officer of GrainFox, said Smart Advisor pulls from an ever-growing bank of over 20,000 data sets.

“Every day we discover new data sets that could be potentially relevant to the trends, the prices, and some of the decisions that we make in the algorithms. Now, these data sets could be things like your macroeconomic data trends, data events, news articles, financial data and more” said Surendrakumar.

“It’s the algorithm that’s really doing the heavy lifting here. It finds patterns, correlations and causality relationships between all of these types of information and marries them to the farm’s operational constraints.”

Surendrakumar said they are always striving to make their algorithms better.

He said they’re always asking, “what are some some of the ways in which we can understand the user better, understand the user’s farm operations better, and then integrate that into the algorithms and the decision-making?”

Pham said they often get asked about data privacy and security, and clarified that they do not sell or solicit individual client data.

“We know that clients are inputting that data to get the most out of the tools in GrainFox, and we know they’re entrusting us with protecting it,” said Pham.

“GrainFox clients own their data. The farm data information that is inputted is really for the benefit of the client. The more specific the information, the deeper the personalization.”

GrainFox (formerly FarmLink) acquired DePutter Publishing in 2022. Lepp said they were excited to bring together two of the leading brands in Canada that provide farmers grain marketing strategies. GrainFox features analysis from two in-house teams that work together: FarmLink and DePutter Publishing.

“Those two different strategies are fed into GrainFox and pushed out to our clients, making it a really efficient channel for real-time information gathering,” said Lepp.

GrainFox is currently only available to Canadian growers, but they have plans to expand to the U.S. in the near future.

Incredible Creatures: New Species Identified in 2022

By John Gavloski

One of the things I like to write about annually is some of the new species discovered over the past year. Thousands of new species are being discovered every year, from all corners of the earth. It is estimated that there are still many thousands, if not millions, of species yet to be discovered. In this month's Incredible Creatures we will explore some of the new species that have been described in 2022.

Additional Arthropods

More than a dozen scientists with the California Academy of Sciences, along with several dozen international collaborators, recorded many new species of insects and other arthropods in 2022, including 30 species of ants, four beetles, three moths, two scorpions, two spiders and one aphid. In addition to all these new arthropods, they also found 44 new species of lizards. The two species of scorpions were actually discovered by high school students with the help of scientists from the Academy. Both scorpions are small, desert-dwelling scorpions from the dry, salty lake beds of Central and Southern California. While one of the species inhabits federally protected land, the other can only be found on a narrow strip of unprotected land—about a mile long and only a few feet wide in some plac-

es—making the entire species highly vulnerable to human-driven threats. One of the high school students noted "The entire species could be wiped out with the construction of a single solar farm, mine, or housing development. Mapping the biodiversity of a given area can help build the case for why that land should be protected."

In addition to these discoveries of new arthropods, scientists with the Natural History Museum in London described 351 species new to science, including 84 species of beetles, 34 species of moths, seven species of flies, two bumble bees, and 85 species of wasps. Some of these wasps are parasites of other insects and may be of importance to agriculture for the biological control they provide. There were also 19 new species of stick insects from Australia described this year.

New Geckos

Among the 44 species of lizard mentioned above, 28 were species of geckos belonging to a genus called Bavayia, raising the number of known species in this group of geckos from 13 to 41. Bavayia is a group of small forest geckos from the mountains of New Caledonia. Species are often brown with white markings. All the species in this genus look quite simi-

lar, but scientists have found that they are genetically distinct. Nearly every mountain in New Caledonia hosts a unique Bavayia species.

Flamboyant Fish

A colourful fish, called the rose-veiled fairy wrasse (*Cirrhilabrus finifenmaa*), was found in the Maldives' reefs. This fish is a vibrant mix of reds, yellows, purple, and electric blue. It also glows in the dark, where it is dark purple with fluorescent pink around the head and throughout its fins. It can live 160 to 500 feet beneath the ocean's surface in unexplored coral ecosystems dubbed "the twilight zone", darting through the shadowy, twilight reefs off the coast of the Maldives.

Chocolate frogs

A species of small frog, that based on their colour look like they would be made of chocolate, were discovered in the Peruvian Amazon rainforest. The frogs nose is enlarged, resembling a tapir, giving it the common name tapir frog (*Synaptarnus*



PHOTO BY GERMAN CHAVEZ
New species of frog from Peruvian Amazon.

danta). The frogs small size (about the size of a quarter), and tendency to burrow have helped hide it from scientists. Researchers followed the shrill calls and caught several specimens and confirmed their identity as a new species.

So next time someone asks you what's new, you have a great answer.

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Dental implants are making a world of a difference for denture wearers, like Judy

BY ELISHA VANDOR

With tears in her eyes, Judy exclaimed, "I can't believe it, I have teeth! They fit and I don't feel like ripping them out." You see, it's been 5 years for Judy with dentures that she described as 'horrid' because she couldn't eat or talk with them in, much less put the oversized denture in her mouth without gagging. She even put off taking pictures and smiling because she just didn't feel herself, but all of that has changed now thanks to the 4 dental implants holding in her lower denture and a properly sized upper denture.

When we asked Judy about the dental implant procedure she said, "don't be afraid! I have had a single tooth pulled that hurt more than getting the remaining 7 teeth pulled and the 4 posts put in at the same time. It was nothing to have that work done! I was up and mobile the next morning asking my

husband if I really had it done because I did not feel any pain. Yes, I was very nervous beforehand. I have always been afraid of the dentist chair. Now, I would recommend it to anybody. When you put the denture in, it snaps onto the dental implants and it's in there. You can go eat what you want and it doesn't move around...it feels secure. The denture isn't going to pop out when you chew or smile. I go into the fridge and try to find things that I can eat that I haven't had for awhile, like a ham and honey mustard sandwich. It's been a couple of years since I've had one of those! I don't have to worry about picking and choosing the foods I eat because now I can eat everything. For me, it was money well spent. How can you put a price on feeling and looking way better? It is an investment you'll never regret."

The big question that a lot of people ask is how do I go about get-

ting these dental implants to secure my dentures? The first step is booking an appointment at our clinic. There are many dental implant options that come at varying price points for both the upper and lower dentures. For example, the lower can have anywhere from 2 to 6 dental implants. You'll have the option of having the denture secured (yet able to remove yourself) to the dental implants on the same-day or waiting for a healing period of 3-4 months. The upper has a minimal requirement of 4 dental implants with the option of having the denture permanently secured or removable. When you come in for a free consultation, we can go over the options that best suit your needs and book the next appointments. It's actually quite a seamless process once you're ready to start. We look forward to hearing from you and helping you gain confidence when eating and smiling once again, like Judy.



SENIOR PRICING - supplied photo -
Judy's world changed after securing her denture onto dental implants. Her story is featured in this article.

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How to prepare soil for spring planting

Spring is a season of rejuvenation, and perhaps nowhere is that rebirth more noticeable than in the yard. Each spring, grass begins to grow again as inviting landscapes beckon people outdoors.

Extra sunlight and rising temperatures make spring a great time to plant flowers, grasses and trees. To ensure successful planting, homeowners must take steps to prepare the soil. Healthy soil can provide the ideal conditions for roots to take hold, helping plants establish themselves before potentially harsh summer conditions arrive. Preparing soil might seem like an extensive job, but a simple approach may be all that's necessary to create conditions that promote plant growth this spring.

· Clean up the previous months' mess. Whether homeowners live in regions marked by year-round warmth or places where winter typically features heavy snowfall, it's a good idea to clean up an area prior to spring planting.



Fallen leaves, rocks, grass clippings, and other debris can contribute to compacted soil that makes it hard for plants to establish strong, healthy root systems. Clear away any debris prior to planting before taking the next step in your soil preparation routine.

· Loosen the soil. Once debris has been cleared away, loosen the soil. Depending on the size of the area where you'll be planting, you may need to invest in tools like a shovel, spade, spading fork, and/or a lawn edger. If you're planting in a small area, such as a deck planter box that still has soil from last year's planting inside it, you

Continued on page 21

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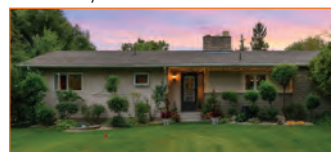
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Spring cleaning tips and tricks

Spring is a time of year when change is in the air. Trees are budding, plants are flowering, and homes laden with dark or heavy fabrics and clutter could use some lightening up.

Spring cleaning projects are popular this time of year as residents take inventory of their living spaces and aim to declutter, clean and increase efficiency. Some people find the prospect of getting organized overwhelming. Here are some tips that can help anyone master spring cleaning.

- Create a plan. Make a checklist and establish a cleaning plan of attack. Focus on areas that are not regularly cleaned, as they probably need a little attention.
- Assemble your cleaning kit. Spring cleaning can be slowed down considerably if you don't have all of your equipment at the ready. Items to have on hand include an all-purpose cleaner, concentrated cleaner, microfiber cloths, paper towels, mop, vacuum, dusters, and a squeegee. Adjust your equipment based on the task at hand.
- Curate your cleaning playlist. Create a playlist with songs that will get you moving and motivated to clean.
- Work from top to bottom. Work ef-

ficiently by cleaning shelves, ceiling fans and other elevated items first, as dust and debris will trickle down and need to be cleaned next.

- Purchase or rent a carpet cleaner. According to the experts at Clean That Up, carpets help filter indoor air by trapping debris and allergens. By deep cleaning carpets, homeowners can improve the indoor air quality of their homes. Use a carpet cleaner on a warm, dry day so that windows can be opened and cross breezes will help dry the damp rug.
 - Clean windows. Wash windows inside and out and utilize their screens to help brighten indoors spaces.
 - Deep clean the kitchen. Clean out and disinfect the refrigerator by wiping it down with warm water and baking soda or a vinegar-and-water solution. While in the kitchen, set the oven to the self-clean function so it becomes cleaner as well.
- Homeowners also can focus on cleaning curtains (including shower curtains), steam-cleaning upholstery, removing clutter from closets, cleaning out the dryer vent and duct tubing, wiping inside kitchen drawers, and vacuuming under beds and other



furniture. Spring cleaning can bring the revitalizing nature of this beloved time of year into your home.

> SOIL, FROM PG. 20

can either clean the box and replace the soil entirely or dig around with a handheld trowel, cultivator and/or weeder. It's important to loosen all of the soil around where you will ultimately plant prior to planting to ensure water can reach the roots and help them establish themselves once planting is completed.

· Test and, if necessary, amend the soil. A simple pH test can help determine the acidity or alkalinity of the soil. This is an important step as soil that is too acidic or alkaline can decrease the availability of nutrients the plants will need to thrive. In addition to conducting a pH test, which can be purchased at little cost at a local home improvement store, homeowners can contact their local Cooperative Extension Service to test their soil quality. These tests will reveal soil pH, but

also can shed light on the texture of the soil and other components. Once the test is conducted, the local Coop Extension Service may recommend amendments to improve the nutritional quality of the soil so new plants can thrive.

Soil conditions go a long way toward determining if new plants will thrive. Preparing the soil prior to spring planting can ensure a successful season.



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Disabled actors shine in basketball comedy 'Champions'

By: Brooke Lefferts, The Associated Press

The new comedy "Champions" stars Woody Harrelson and Kaitlin Olson, but the veteran actors have tough competition for the spotlight with some charismatic newcomers.

Harrelson plays a college basketball coach with a bad temper who's facing jail time or community service for some bad behavior. To avoid punishment, he finds himself coaching a basketball team of young adults with intellectual disabilities, who help him rediscover the joy of the game.

Harrelson's agent and another producer wanted to remake the original film, called "Campeones" — Spain's biggest box-office hit in 2018 — and thought the actor and basketball lover would be a great fit. Harrelson loved the story and signed on as star and executive producer, and tapped his longtime friend Bobby Farrelly to direct.

Casting was challenging as the producers wanted the athletes played by disabled actors, who also needed basketball skills. They auditioned hundreds of people before finding the 10 standout personalities who make up the Friends basketball team.

Harrelson says he wasn't sure what to expect on the first day of shooting. "Once I came in and met everybody and we started at it, I was like, 'Oh, this is going to be so much fun!' And it really was," Harrelson told the Associated Press. "They taught me that they can nail the lines, no problem. But also they just taught me, just the great fluidity of being who they are."

The 10 actors have different intellectual challenges but many found their comedy chops on screen.



SHAUNA TOWNLEY/FOCUS FEATURES VIA AP

This image released by Focus Features shows, from left, Kevin Iannucci, Kaitlin Olson, James Day Keith, Madison Tevlin, Cheech Marin and Woody Harrelson in a scene from "Champions."

"Everybody brought something so unique and different to it," Olson said. "And parts of their actual personalities shone through, which is probably why they ... got the role in the first place. There was a lot... of wonderful acting, but there's also a lot of wonderful just being themselves, and it gave us an opportunity to just play off of that."

The film was a chance for Harrelson to collaborate again with Farrelly

after making the bowling comedy "Kingpin" in 1996. The director said he thinks audiences are more open to disabled actors on screen and seeing their stories. He recalled making the 2005 movie "The Ringer" with his brother, Pete Farrelly, where Johnny Knoxville infiltrated the Special Olympics. Farrelly said they cast non-disabled actors in disabled roles back then.

"We would never do that nowadays so the world has changed in that regard," Farrelly said. "We played that a lot broader. It was... much more of a kind of a goofy comedy. This one here, it's set in reality. These are all very real people. Before, we didn't think anything of it. It was just what people were doing. Dustin Hoffman played 'Rain Man,' you know? But nowadays I think we've come to realize that disabled actors have a hard time getting roles ... so the parts that that they do have in the Hollywood world, it should go to them."

Some of the actors playing the Friends team members attended the film's New York premiere last week and for many it was their first time on a red carpet. James Day Keith, a Special Olympian for basketball, who plays Benny in the film said he likes setting a positive example for other disabled actors. "I do see myself as a role model because seeing what I did will probably make them want to do

it themselves because there's no limit to success," Keith said.

Casey Metcalfe, who plays Marlon, said he hopes disabled actors have a place in Hollywood going forward. "The more people we have in this industry who are diverse, like myself ... not just racially diverse ... but you're neurodiverse. I think that's exactly, you know, what the industry needs," Metcalfe said.

Some of the actors, like Madison Tevlin who plays the only woman on the team, said learning the basketball moves was harder than acting.

"I'm really natural on camera when it comes to acting, but with basketball, I never played before ... so the team helped me a lot."

Olson, who gave big hugs to all the Friends at the premiere, called working with them "really inspiring."

"They showed up every single day, 100%. They're ready to work, ready to do the best that they could, ready to take in all the information. And it was really beautiful," Olson said. "You work with a lot of people sometimes who are just like, 'this is just a job and they're getting it done.' These guys were like, 'We're here. We're ready to milk every single ounce out of it.'"

"Champions" will be showing at the Flicks Cinema in Stonewall from March 24 to 27 and March 29 and 30 at 7:30 p.m.

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Your FARM



Local ranch owner named Novice Cutting Co-Champion

By Raegan Hedley

Cutting? No, not with a knife. It's a sport with horses!

"It's a different sport...a lot of people don't even know what cutting is or understand how you get points," said Brenda McQueen, owner of Rocking Q Ranch in Stonewall.

If you've never heard of cutting, here's how McQueen describes the sport: "In a cutting competition, you have two and a half minutes to show the judge how good you and your horse are at cutting cattle."

According to Wikipedia's page about cutting, during the allotted time, the horse and rider must cut at least two cows from the herd, and one must be a deep cut, meaning the cow must come from deep inside the herd instead of from the edges.

Each contestant has four helpers: two are designated as turnback riders, who help to keep cattle from running off to the back of the arena, and the other two are designated as herd holders to keep the cattle bunched together and prevent potential strays from escaping into the work area.

The hardest part according to McQueen? "When you're riding a cutting horse you can never even lift up your hands off the horse. If you lift them, you get docked points right away. You're controlling them with your legs."

At the beginning of the competition season, McQueen's cutting horse, Time In Montana, came up sore because of a front tendon problem in his front leg. To compete, you need to use a horse that's been trained to cut, and McQueen retired her last cutting horse RJ after a great career and a championship win in 2018.

When it comes to winning, McQueen says you have to get points throughout the season to work up to it. With her horse on the mend, she sat on the sidelines until she turned to her partner, Garry Gerbrandt, and said, "let me just get on Amando and see if he'll cut for me."

Amando Smoothie was a cutting horse but became a turnback horse after a streak of quitting out of nowhere on his riders.

"Luckily, he never quit on me and we kept going," she said. "That was

actually at the Morris Stampede that I tried him out. So thank goodness, he came up for me and got me some points there."

Despite not showing in as many classes as she would've liked, McQueen was able to make a comeback.

"The last class of the year, that's what helped me win the finals."

The Manitoba Cutting Horse Association had its 59th annual awards banquet to celebrate the winners of the 2022 season on Feb. 11, 2023. Despite splitting her season between two horses, McQueen was named co-champion alongside Tanya Harms Watkins — and her horse Popcorn — in the \$5,000 Novice rider class.

"Tanya and I have been competing against each other for a few years now. She is a great rider and has a great horse, so competition is tough," said McQueen. "I am very fortunate to have amazing horses and to be a part of a great club."

This is McQueen's first championship win since she retired RJ, and she says it was very exciting.

"I say it doesn't matter if I win to myself because I'm so nervous, but I'm pretty competitive. I think everybody's out there whether they think



Brenda McQueen riding her main cutting horse, Time In Montana (Monty) at Evergreen Land & Cattle in Steinbach.

Continued on page 24



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> BRENDA MCQUEEN CUTTING CHAMP, FROM PG. 23

it or not."

McQueen was introduced to cutting by Gerbrand in 2015. She switched from competitive trail riding to cutting and says she was hooked.

"There are lots of things that could happen - you can't predict what cow you're going to pick. You might get good cattle and do well. Then you might get really bad cattle that are running end to end and there goes your class. You never know what's going to happen that day...you could be the top rider and still blow it."

"My horse always looks after me out there. It's

definitely an adrenaline rush, I think that's what keeps people coming back."

The Manitoba Cutting Horse Association's 2023 season starts back up in May, and Rocking Q Ranch is hosting a show in August. Visit the club's website for more information about upcoming events and competitions: mbcutting.ca



Brenda McQueen was named Novice Cutting Co-Champion for 2022.



McQueen cutting on Amando Smoothie, a horse she borrowed from her partner to stay in the competition for the 2022 season, at the Morris Stampede.

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Makes: 2 pies (9 inches each)
 3 3/4 cups heavy whipped cream, divided
 8 ounces cream cheese, softened
 1 1/4 cups, plus 2 tablespoons, powdered sugar, divided
 5 drops green food coloring
 1 1/4 teaspoons vanilla extract, divided
 1/4 teaspoon mint extract
 1 bag mint chocolate candies, chopped, divided
 2 chocolate cookie crusts (9 inches each)
 1 bag mint chocolate candies

To make frosting: In bowl of stand mixer, whisk 2 1/2 cups heavy cream until stiff peaks form. Transfer to bowl.

In separate stand mixer bowl, beat cream cheese on high 2 minutes. Gradually add 1 1/4 cups powdered sugar and green food coloring; mix until smooth. Add 1/4 teaspoon vanilla and mint extract; mix well.

Fold prepared whipped cream into cream cheese mixture. Fold 1 cup chopped mint chocolate candies into filling.



Luck o' the Irish Mint Pie

To make frosting: In bowl of stand mixer, whisk remaining heavy cream and remaining powdered sugar. Add remaining vanilla extract and mix until stiff peaks form.

Pour filling into crusts and smooth tops. Fill decorating bag with frosting and pipe thick band around edges of pies. Then pipe circle dollops evenly around edges of pies.

Scatter 1 cup chopped mint chocolate candies in middle of pies. Place whole mint chocolate candies into each dollop of frosting around edges of pies.

Refrigerate until firm, 5-6 hours.

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Dear Money Lady: I can't believe the high price of groceries nowadays. Any advice? Grace.

Dear Grace, you are so right – the cost of groceries has gone up 12.4% according to Stats Canada from January 2022 and with the continued trend that we are to experience a “mild recession” this year, we can expect the costs to rise a little more. Let’s go through five quick tips that will help lower your food expenses.

1. Go back to the old way of shopping – clip those coupons.

There are many coupons on-line that you can print off and use from retailers or product manufacturers. I just went on-line to: “Kellogg’s Coupons Canada” and found many printable coupons for all their products. Why not try this with other items you always buy. It’s like getting free money with a few clicks on your laptop.

2. Use points cards to redeem cash towards your next grocery bill.

A lot of grocery stores these days have incentives to shop with them. Some examples are using your cash back credit cards, Scene cards, Air Miles cards, or even proprietary shopping cards to earn points and redeem as cash towards groceries. Why not make the store help you pay?

3. Try not to shop with those giant silver “wheelbarrow carts” designed to get you to spend more. Instead opt for the much smaller carts – not the two-tiered monsters that make you feel like a chariot driver. Subconsciously when you see very few items in those giant shopping carts, we tend to easily say “yes” to an extra few items not on our shopping list.

4. Stay out of the boutique sections of the grocery store. The outer aisles will always have the produce, dairy and meat sections you need with all the inner aisles favouring more expensive favorites that entice you to spend more. There is a science to grocery store layouts. Popular food brands pay more to be shelved at eye level to get you to easily spot them. Often cheaper options are on the lower shelves



Christine Ibbotson

out of your line of sight. This is the case for everything except food and snacks for kids, especially cereal. Often you will find the more expensive foods catered towards children on the lower shelves at a child’s eye level. Some stores may even put colourful stickers on the floor or on the shelves to capture the attention of your little shopping helpers. Aisle endcaps are another prime location to lure you in with more expensive name brands always on display to entice you to pick up just one more item before you leave.

5. Lastly, I want you to consider starting a DIY plan in your kitchen. Make fresh bread: throw 3-5 ingredients into a bread machine and viola you have bread healthier and cheaper than buying it. Plant a garden of indoor pots with herbs, lettuce, or small vegetables. Make cookies from scratch instead of buying them, (your kids will love it). Buy larger servings (like a whole chicken) or produce and meats in bulk to save more and then divide food up into single or family meal portions.

Remember, paying for convenience and ambiance is the easiest way to overspend. If you spend a little more time and effort in planning your groceries, you most likely will be a lot healthier with less on your waistline and more in your wallet.

*Good Luck & Best Wishes,
Christine Ibbotson*

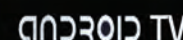
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Test your knowledge at Little Britain Community Club's quiz night

By Autumn Fehr

Put your knowledge to the test at Little Britain Community Club's quiz night!

Like many other recreation facilities, the club had a rough three years due to COVID-19. With the building needing some desperate repairs, the club has decided to run quiz night as a fundraiser to help cover outstanding costs.

The quiz night will be on Saturday, Mar. 25, at 7 p.m. Individual tickets can be purchased for \$20, or individuals can buy a table by registering a team of eight for \$150.

"I know there have been many events like this in the area, but I'm hoping folks can come out and support one more. We are keeping costs low because we want to build up to some more events in the near future. It's a time for rebuilding, not only the repairs to the building but also rebuilding our community base," said

Thea Ostermann, events/secretary of Little Britain Community Club, who said they need to sell 20 tables.

Ostermann has been coordinating events and overseeing rentals for the hall for almost ten years as a volunteer.

Built in 1965, Little Britain Community Club is a small hall managed by volunteers, nestled in the rural municipality of St. Andrews, located west on Little Britain road, just off of Hwy 230 McPhillips road.

The club's current needs are to redo their stucco exterior on three walls and to redo the shingles, which are over 25 years old. The maintenance costs will be off-

"WE WANT TO BUILD UP TO SOME MORE EVENTS IN THE NEAR FUTURE. IT'S A TIME FOR REBUILDING, NOT ONLY THE REPAIRS TO THE BUILDING BUT ALSO REBUILDING OUR COMMUNITY BASE,"

set by grants approved last spring: Building Sustainable Communities, Selkirk & District Community Foundations and Little Britain Community Foundation. However, the grants also won't cover all the costs of their proposal, which included the upgrade of the front canopy (finished last year), reconfiguring the wheelchair ramp to meet code, and adding a chair to lift to the lower level for accessibility. The fundraiser will help cover outstanding costs.

Ostermann said they need to sell 20 tables for the event to be successful and cover the costs required to complete the projects.

Over the years, the community hall has been a crucial community pillar, a popular spot for wed-dings, socials, fundraisers, etc. Many other clubs, such as the Kids Summer Art/Craft Day camp, the Sew N Sew Club, and many other clubs in the community.

At the event, there will be prizes for the winning table and those that don't win, as well as a silent auction. A light luncheon is included, and drinks will be reasonably priced. At the intermission, they will also host some other games.

Contact Thea Ostermann at tmhaut@escape.ca or (204) 485-7270 to purchase your table or a seat. If you can't attend but would still like to help, auction items are gladly accepted. The club is also always looking for new volunteers.

Canadian Agricultural Safety Association launches new mental health hub

Submitted by CASA

The Canadian Agricultural Safety Association (CASA) is pleased to announce the launch of a new online farm safety and mental wellness hub bringing together information and resources in one place to support farmers, farm families, farm workers and farming communities.

Available on the hub will be farm safety and mental wellness resources created by CASA, resource and programming highlights from other organizations, links to national, provincial, and international resources, links to reports and research, as well as section highlighting news and events linked to agriculture safety and men-

tal wellness.

"Healthy farmers, farm workers and farming communities are key to safe and sustainable farms," says Andrea Lear, CASA's CEO. "The Hub acts to bring together information for producers, community members, providers, researchers, journalists and anyone else interested in the link between mental wellness and farm safety."

The intent of the Hub is not to duplicate resources but rather to amplify and promote the already existing programs and resources available to producers across the country.

The new Hub has been generously supported by Farm Credit Canada (FCC), a long-time supporter and

champion of farm wellness and safety.

"The strength and vitality of the agriculture and food industry depends on many things, but especially on the health and wellness of the people who are the backbone of its success," said Carla Warnyca, FCC's Manager, Community Investment. "We see the work of the Canadian Agricultural Safety Association and the new Mental Health Hub as an important part of supporting Canadian farm families with the resources to help them better navigate mental health challenges and understand the importance of overall wellness on the farm."

The Hub is available on CASA's website at casa-acsa.ca/mental-

health. For more information about CASA programs, visit casa-acsa.ca.

The Canadian Agricultural Safety Association is a national, non-profit organization dedicated to improving the health and safety of farmers, their families and agricultural workers. CASA is funded in part through the Canadian Agricultural Partnership, federal, provincial and territorial initiative and receives additional support from the agricultural and corporate sectors. For more information, visit www.casa-acsa.ca, find us on Facebook or LinkedIn or follow us on Twitter @planfarmsafety.

Amendments would ensure wildfire firefighters benefit from firefighter cancer, heart injury presumption

Submitted by Manitoba government

Bill 25, the Workers Compensation Amendment Act (wildfire firefighters), is being introduced to ensure wildfire firefighters benefit from cancer and heart injury presumption that applies to other Manitoba firefighters under the Workers Compensation Act, Labour and Immigration Minister Jon Reyes announced Friday.

"Wildfire firefighters work diligently in extreme, hazardous conditions to protect the environment and public health and safety, and their occupational demands are ever increasing as climate change causes wildfire sea-

sons to become longer and more severe," said Reyes. "This bill recognizes that the hazards of wildfires are on a similar scale to those experienced in urban firefighting and ensures wildfire firefighters benefit from the same presumption as other firefighters."

When firefighters contract certain types of primary cancers or heart injuries, the firefighter presumption makes it easier to establish that their cancer or injury is related to work. Currently, the presumption does not apply to wildfire firefighters.

Under the current act, if firefighters or Office of the Fire Commissioner

personnel are diagnosed with one of 19 designated cancers or suffer a heart injury within 24 hours of responding to an emergency, the act presumes this to be a work-related illness or injury. By adding a definition of 'wildfire firefighter' to the firefighter presumption, it would apply equally to all firefighters.

The minister noted wildfire firefighters, like urban firefighters, are exposed to varying levels of smoke with the potential for exposure to carcinogens. In addition, like other types of firefighters, wildfire firefighters are exposed to similar stresses of heavy

muscular work, extreme temperatures, sympathetic nervous system activation and exposure to smoke, and are therefore at a similar risk for suffering a heart injury. As such, they should receive the same treatment as other firefighters in Manitoba, noted Reyes.

"While these changes will more effectively address the risks posed to wildfire firefighters, prevention and risk mitigation remain a central focus of Manitoba's occupational safety and health framework," said Reyes.

Kraft Hockeyville 2023 announces Top 4 community finalists

By Staff

Kraft Heinz, in partnership with the National Hockey League (NHL) and the National Hockey League Players' Association (NHLPA), has announced the Top 4 finalists competing for the coveted title of Kraft Hockeyville 2023. Those communities are (from West to East):

- Maple Ridge, British Columbia (Maple Ridge Planet Ice)
- Ste. Anne, Manitoba (Maurice Chaput Arena)
- West Lorne, Ontario (West Lorne Arena)
- Saint-Anselme, Quebec (Centre Sportif Bellechasse-Dorchester)

Over the last 17 years, Kraft Hockeyville has awarded \$4.5 million to 93 communities to support Canada's aging sports and recreation infrastructure. The program is dedicated to building stronger, more connected, and inclusive communities across the country through the love of the game of hockey. The Top 4 community finalists are one step closer to cementing their place as part of the program's longstanding legacy, alongside most recent winners Sydney, Nova Scotia (2022); Elsipogtog First Nation, New Brunswick (2021); and Twillingate, Newfoundland and Labrador (2020).

In a very close competition, the Top 4 community finalists were selected based on their nomination stories and their ability to score additional rally points by engaging their community and demonstrating their passion and pride for the game of hockey.

"This year's program has once again reinforced the important role passionate hockey communities play in both growing the game and making

it more inclusive and accessible for all Canadians," said Adam Butler, President, Kraft Heinz Canada. "We received thousands of entries from deserving communities and narrowing it to four finalists was certainly a challenge. This year's Top 4 finalists truly embody the heart and soul of hockey and now it's up to Canada to vote for the winning community."

The 2023 grand prize winner will have an opportunity to host an NHL® preseason game and receive \$250,000 to be used towards arena upgrades, in addition to the coveted title of Kraft Hockeyville 2023. This year's winner, and each of the three runner-up communities, will also receive \$10,000 worth of new hockey equipment for their minor hockey programs, courtesy of the NHLPA Goals & Dreams fund.

All Canadians from coast-to-coast can play a role in determining the winner of Kraft Hockeyville 2023 by voting for one of the Top 4 communities online at krafthockeyville.ca. Voting opens on March 31 at 9 a.m. ET and closes on April 1 at 5 p.m. ET. Votes per person are unlimited but can only be cast on the website during the voting phase. The winner will be announced live on Hockey Night in Canada the evening of April 1 following the conclusion of the voting phase.

For complete contest rules and programs details, and to learn more about the Top 4 finalists, including their stories, photos, and videos, please visit krafthockeyville.ca.

About the Finalist Communities:
Maple Ridge, British Columbia (Ma-

ple Ridge Planet Ice)

The passion for hockey in Maple Ridge is what keeps the community thriving. When players finish their games, they find themselves in the stands cheering on other residents donning the "Rustlers" logo. Since 1998, Planet Ice has been the place where community spirit comes alive, whether it's hockey games, public skates, speed skating, or ringette. Maple Ridge is determined to keep Planet Ice the center of its community, and it's turning to Kraft Hockeyville for help. Winning Kraft Hockeyville would help accommodate a new generation of players and fans with renovated bathrooms and dressing rooms, new seating and more.

Ste. Anne, Manitoba (Maurice Chaput Arena)

Ste. Anne is a small town with a big love for hockey. That love for the game is growing by the day! This year, the community's minor hockey association set a record for registrations, with even more expected next year. Maurice Chaput Arena, known as the community's "winter home", is the gathering place for the growing number of players and fans, young and old. It is in desperate need of a new ice making system, with many in the community worried that without it, there won't be a place for the players to play next year. Winning Kraft Hockeyville would not only help Ste. Anne keep players on the ice, but honour the memory of Coach Neil, a fixture in the community whose recent passing has inspired residents to keep his legacy alive.

West Lorne, Ontario - West Lorne Arena has been a hub for the com-

munities of West Lorne, Rodney, and Dutton since it was rebuilt after a fire in 1968. Since then, the arena has been full every Friday, Saturday and Sunday, with families either on the ice or supporting behind the scenes. That includes current NHL player Bo Horvat, who grew up at the arena. His family still supports first year minor hockey registrants through the "Goody Lets Play" program. As the number of minor hockey registrants grows to record levels, the community is running out of space. Winning Kraft Hockeyville would help with a range of upgrades including a new front entrance with more accessible larger doors, new dressing rooms to accommodate more players and an expanded warm room for families and fans.

Saint-Anselme, Quebec - Centre Sportif Bellechasse-Dorchester

If you are visiting Saint-Anselme and are looking for somewhere to go, Centre Sportif Bellechasse-Dorchester is the place to be. Fundraised by residents and built in 1978, it is the heart of the community and residents are determined to keep it that way. It's the home of community hockey and is also the venue for a variety of events including fundraisers, music shows, and kids day camps. Over the years, the town has come together to support renovations to its arena, but more needs to be done. Winning Kraft Hockeyville would help Saint-Anselme change their rink boards, seal leaks in the roof, upgrade the cooling systems, adjust the ventilation system and more. It's all in an effort to keep Centre Sportif Bellechasse-Dorchester a place where all residents are welcome and comfortable.

Giant Pumpkin Growers seminar coming to Carman

By Ty Dilello

The Manitoba Giant Growers Association (MGGA) invite all pumpkin growers to a seminar about the intricacies of growing giant pumpkins. The seminar will be from 1-3 p.m. on March 25 at the Carman Legion Hall.

The MGGA is pleased to organize a seminar again following the two-year COVID hiatus. The seminar will include a PowerPoint presentation by Milan Lukes, a two-time Roland Pumpkin Fair winner.

"This is an excellent opportunity for new growers to learn the many challenges of growing giant pumpkins," said Art Cameron of the MGGA.

In his presentation, Lukes will cover all aspects of growing a giant pumpkin, from selecting good quality seed to getting the seed started in the house and transplanting it out to your gar-

den. Once established outside, he will touch on pruning the plant, pollinating the flowers, watching for disease or insect damage, providing good wind protection as the plants are quite fragile, and also discuss many ways to encourage good growth.

He will also discuss things to watch out for when the pumpkin grows and how to avoid problems. Finally, Lukes will show how to carefully remove your pumpkin from the vine and take it to a weigh-off.

After Milan's presentation, Laverne Wojciechowski, the western Canadian representative for the Great Pumpkin Commonwealth (GPC), will report on the recent conference held in Boston. The GPC is the governing organization that establishes the rules for over 100 weigh-offs around the world, and

the rules are designed to ensure that all growers are treated fairly.

Finally, a short discussion about the rules will be held to ensure all new growers know their responsibilities. There will be four door prizes of seeds from the 2537 lb. pumpkin grown by Mr. Don Crews of Lloydminster.

"Since the MGGA hasn't charged a membership since 2017, it will be necessary to charge in 2023 to pay for the cost of holding the seminar," said Cameron. "Memberships are \$10 per person, or \$15 per family, and it's cash only."

Good seeds will be available for anyone new to the hobby. Coffee and snacks will also be included. For further information, please contact Art Cameron at 204-343-2314 or artcam@mymts.net.



PHOTO SUBMITTED

The Manitoba Giant Growers Association invite pumpkin growers to a seminar about the intricacies of growing giant pumpkins on March 25.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Royals' season ends with MHSAA wildcard loss

By Brian Bowman

The Selkirk Royals' boys' hockey team had a great season.

But, unfortunately, it came to an abrupt end on March 5 with a 4-2 loss to the Steinbach Regional Sabres in a MHSAA wildcard game.

Steinbach sealed the win with an empty-net goal.

"We came up a little short and the big issue was that we got ourselves in penalty trouble," said Royals' head coach Michael Buffie. "They scored two power-play goals and we scored one ourselves. It was a good back-and-forth game."

Andrew Denoon and Brennan Feschuk scored for Selkirk.

It was the 10th meeting of the season between Selkirk and Steinbach. The two teams have built a pretty good rivalry.

"We played competitively with them all year. Regular season, tournaments, playoffs and that game they just had a better game than us and unfortunately we came up a little bit short."

Selkirk finished the regular season in fifth place in the 13-team Platinum Promotions Division. That division has the highest-calibre of teams in the Winnipeg High School Hockey League.

"I think we had a great year," Buffie said. "We had a decently younger team. We only had seven Grade 12s



RECORD PHOTO SUBMITTED

The Selkirk Royals boys' hockey team's season ended March 5 with a tough 4-2 loss to Steinbach in a MHSAA wildcard game. Andrew Denoon, on the power play, and Brennan Feschuk scored for Selkirk. Pictured, back row Travis Spratt, Mike Rey, Jacob Naherney, Johnny Kruk, Mikey Monchak, Riley Yourchenko, Andrew Carter, Deegan Teixeira, and Michael Buffie. Front row Nathan Ramos-Lam, Ryan Cromie, Tony Pyner, Brennan Feschuk, Ben Desjarlais, Andrew Denoon, Andrew Hladun, Zach Lemire, and Drake Vermeulen. Goalies are Leam Morin and Jonny Enns-Demchuk.

this year which is kind of on the low side. We got better as the season went on and that kind of showed come playoff time when we were able to eliminate one of the best teams in the

league and even gave the No. 1 team, Garden City, a good run for their money.

"I think it was a very successful year. The guys grew lots, we had a ton

of fun, and we were competitive all of the way through. I'm very happy with the year we had."

Selkirk Men's bonspiel Curling winners



RECORD PHOTOS SUBMITTED

The Selkirk Curling Club held its men's bonspiel last weekend. Pictured far left, Team Corey Chambers- Selkirk Curling Club- Wheatfield Insurance A-Event champions. Second from left, Team Brian Buffie- Selkirk Curling Club- Dola Bros Trucking B-Event champions. Second from right, Team Aaron Van Ryssel- Springfield Curling Club - Century 21 C-Event champions. Far right, Team Lawrie Hogg- Stonewall Curling Club- Gilbert Funeral Home D-Event Winners.

Gimli represented well at 2023 Brier final

By Ty Dilello

Manitoba's Matt Dunstone (featuring Gimli's B.J. Neufeld and Colton Lott) reached the final of the 2023 Tim Horton's Brier. However, in Sunday night's final, Dunstone fell to Team Canada's Brad Gushue by a 7-5 scoreline.

Team Dunstone including Dunstone, Neufeld, Lott and Ryan Harnden, who competed as Team Manitoba, was arguably the top team all week at the Brier as they rolled through the round-robin with an impeccable 8-0 record. After defeating Team Wild Card #1's Brendan Bottcher in a playoff qualification game, Dunstone suffered his first loss in the 1v1 page playoff game against Gushue.

Dunstone would rally in the semi-final to defeat Bottcher again to set up a championship final re-match with Team Gushue.

In the final, the two teams traded single points throughout the first seven ends of the game as the score was tied 3-3. It was in the eighth end that Gushue would capitalize on some errors from Team Dunstone and score three points to take a commanding 6-3 lead.

Dunstone wouldn't go down without a fight as they took two points in the ninth end to get it to 6-5. Ultimately, Dunstone forced Gushue to draw a piece of the four-foot against two Manitoba counters for the win.

Unfortunately for Dunstone and his crew, Gushue was perfect on his draw to win 7-5 and earn his record fifth Brier victory as a skip.

"We were down and out after the eighth end, and we made him throw a tough shot to win the Brier," said Dunstone. "It just speaks volumes about this team. We're gritty. We're tenacious. We're never out of it."

With the win, Team Gushue took home \$108,000 in funding, while Dunstone earned \$60,000 for their silver medal. Dunstone and Neufeld also were named First Team All-Stars at the Brier for their strong performance all week.

Team Reid Carruthers of the Morris Curling Club also represented Manitoba the Brier as Team Wild Card #2 but had a disappointing week as they finished out of the playoffs with a record of 4-4. East St. Paul's Kyle Doring was also at the Brier, throwing second stones for Alberta's Karsten



PHOTO SUBMITTED

Manitoba's Matt Dunstone (featuring Gimli's B.J. Neufeld and Colton Lott) reached the final of the 2023 Tim Horton's Brier. In Sunday night's final, Dunstone fell to Team Canada's Brad Gushue by a 7-5 scoreline. Left-to-right: Matt Dunstone, B.J. Neufeld, Colton Lott, Ryan Harnden.

Sturmay, who participated as Team Wild Card #3. Unfortunately, Sturmay would also miss the playoffs with a record of 3-5.

Team Gushue will now go on to represent Canada at the 2023 World Men's Curling Championship on home soil at TD Place Arena in Ottawa from April 1-9.

Selkirk takes commanding 3-0 series lead against Lundar

By Brian Bowman

The Selkirk Fishermen have played outstanding defensive hockey this playoff.

And it has resulted in victories.

Selkirk now leads the Lundar Falcons 3-0 in their best-of-seven CRJHL semifinal series after a 3-0 home victory on Sunday.

Carter Courchene scored a first-period goal and then Matt Brooks tallied in the second. Xander De La Ronde closed out the scoring in the third.

Owen Derewianchuk made 33 saves for the shutout. Selkirk has allowed just two goals in the first three games of the series.

Game 4 of the series was played on

Monday in Lundar but no score was available at press time.

Last Thursday, the Fishermen defeated the Falcons 3-1 in Lundar.

Cohen Smigelsky scored in the first period to give Lundar a 1-0 lead.

But Selkirk's Kyle Folhoffer and Andrew Hladun, on the power play, tallied in the second.

The Fishermen's Kasen Andrushko added an insurance marker in the third.

Brendon Hocaluk made 19 saves for the win.

If necessary, Game 5 of the series would have been played this past Tuesday in Selkirk.

A Game 6, if needed, is slated for

Saturday (8 p.m.) in Lundar and a p.m.) at the Recreation Complex. Game 7 would be played Sunday (3



RECORD PHOTO BY BRETT MITCHELL

The Fishermen's Cale Jonski moves the puck up ice against Lundar on Sunday. Selkirk led the semifinal series 3-0 heading into this past Monday's game.

PLAYOFF GAMES

Fishermen Win Semi-Finals against Lundar!

Come Cheer us on for the CRJHL FINALS!

The Fish will play the winner between Arborg & St. Malo.

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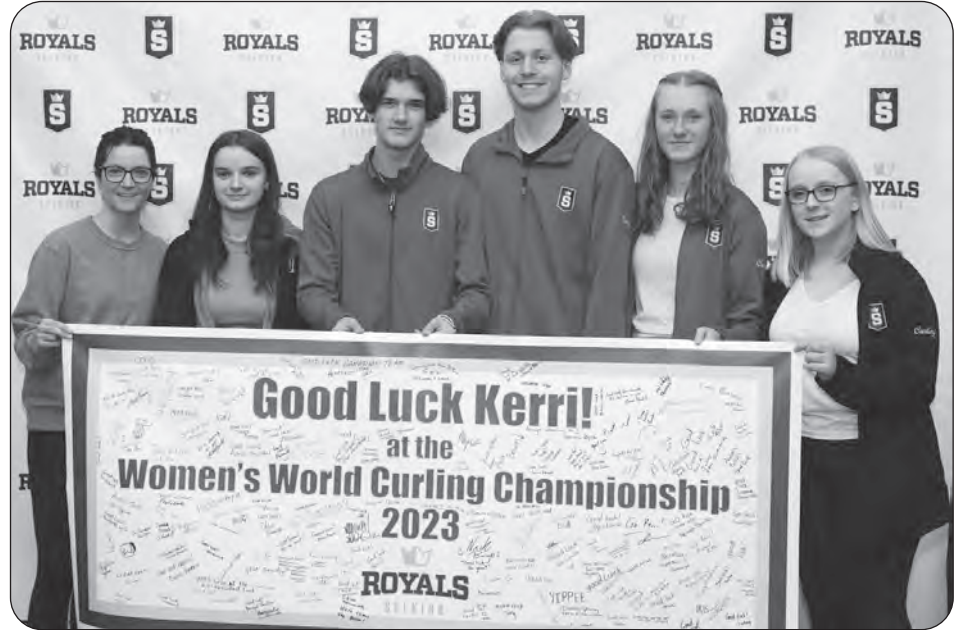
INSIDE > OUTSIDE > UPSIDE DOWN

Suns shine in basketball Good Luck Team Einarson



RECORD PHOTO SUBMITTED

The Ecole Selkirk Junior High Suns beat Lockport 54-38 in the Tier 1 (Grade 7/8) boys' final on March 2. Pictured back row, left to right, Dominik Turnbull, Jonathan Wiebe (coach), Hunter O'Neill, Liam Hurd, and Sean Stevens (coach). Middle row, left to right, Zayden Nascapow, Jaxon Beasley, Sebastian Cychowski, Connor Evans, River McCullough, and Erik Evason. Front row Jackson Campbell and Carson Salmon.



RECORD PHOTO BY DON MACINTOSH

Selkirk Royals' alum and Canadian Women's curling champ Kerri Einarson dropped by the Comp last Thursday before she jets off to the World Championships in Sweden. Some members of the Royals' curling teams presented her with a "Good Luck" banner. Pictured from left to right Kerri Einarson, Jenna Kulchyski, Kaimen Doyle, Logan Strand, Adrea Reykdal, and Lilja Reykdal.

Allen on track again



RECORD PHOTO BY KEN ALLEN

Tristan Allen had another great weekend on the track in Saskatoon at the USports Track and Field Championships. He helped his 4x800m teammates get silver after the lead runner tripped and fell just before baton hand-off. In a thrilling finish, his 4x400 team won gold. The Bisons men won bronze in the team event. Record photo submitted

On ice racing fun



RECORD PHOTO BY BRETT MITCHELL

Petersfield's Kaden Kotowich, left, competed at the 61st annual CPTC Snowmobile Ice Races in Beausejour last weekend.

Steelers eliminated from playoffs

By Brian Bowman

When the Selkirk Steelers needed a win in a huge way last weekend, they couldn't deliver.

The Oil Capitals swept a two-game home-and-home series after a 6-2 win on Sunday evening in Virden.

As a result, Selkirk is now eliminated from the playoffs.

Joel Purdom and Owen Weihs scored for Selkirk.

Nolan Chastko (two), Colten Miller, Layton Veitch, Ethan Guthrie, Dean Gorchynski replied for Virden.

Last Friday, the Steelers lost 2-1 to the Oil Capitals in Selkirk.

Virden's Roux Bazin scored a power-play goal in the first period and then Selkirk's Brandon Ambrozik tallied with the man advantage in the second.

The Oil Capitals' Colten Miller scored the game winner at 10:29 of the third.

On March 7, Selkirk had a great effort in a 6-4 home win over the Steinbach Pistons.

Mathieu Catellier and Weihs each had two goals and an assist for the Steelers.

Tyson Smith and Ambrozik had a goal and an assist for Selkirk.

Steinbach goals came from Ty Paisley (three) and Landon Roberts.

Josh Kirton made 29 saves for the win.

Selkirk will play at Neepawa on Friday and then will host the Titans Saturday to wrap up the regular season.

Puck drop for both games is 7:30 p.m.

In off-ice news, the MJHL announced last week that the Steelers' Lucas Brennan was named a first-team all star while Smith was selected as a second-team all star.

Carter Cormier was named a rookie team all star.



RECORD PHOTO BY BRETT MITCHELL

The Steelers' Joel Purdom skates with puck during Selkirk's 6-4 home win over Steinbach on March 7.



RECORD PHOTO SUBMITTED

Dolphin Swim Club members Cate Liebrecht, Harrison Douglas, Mason Liebrecht, and Alexis Liebrecht competed at Man/Sask in Saskatoon.

Dolphins Swim Club wins medals in Saskatoon

Submitted by Michelle Stamm

Four members of the Dolphins Swim Club of Selkirk attended the four-day Manitoba Saskatchewan championships March 2-5 in Saskatoon.

The Liebrecht trio of Cate, 12, Alexis, 12, and Mason, 15, along with Harrison Douglas, 15, raced heats and finals, earning a combined 216 points.

Cate led the team with 111 points, winning three bronze medals out of seven finals, in 100 butterfly, 50 free and 100 free.

She was just touched out of medals in the other four "A" final events.

"A" finals are the top 10 swims in each age group and gender.

This was a great meet for Alexis, she finished with 72 points, attaining a second swim in "A" finals in five of seven events.

The boys' 14/15-year-old age group is a tough one. Douglas added 31 points to the team total, racing in three "A" finals and one "B" final out of seven events.

This was Mason's first experience as a competitor at ManSask. Of the seven events he was entered in, Mason

made the "B" final in the 50 back on the last day.

To finish the exciting weekend, Cate joined three other 12-year-old girls on the Team Toba Medley Relay, swimming the freestyle leg to win against Team Sask.

The weekend was a huge success and the end to the short course season. It was a smaller meet but much more of a true Manitoba Saskatchewan Championship event with 270 swimmers represented by 21 teams.

2023 Western Canadian Ringette Championships to be held in Winnipeg

Submitted

In just under two weeks, Winnipeg will be hosting the 2023 Western Canadian Ringette Championships.

Taking place from March 29 to April 1, the Western Championships will bring together teams from Manitoba, Saskatchewan, Alberta and British Columbia at the U14AA, U16A, U19A, and 18+ A levels.

The event will feature 500 athletes across 25 teams as they represent their provinces as the "best in the west". The total estimated attendance for the annual championship is anticipated to be around 800 to 900 attendees.

The U16A and U19A teams representing Team Manitoba are the Eastman Heat which include athletes from the Eastman Ringette Associa-

tion (Beausejour, Springfield, Lorette, Steinbach, Niverville/Red River, etc.)

Opening ceremonies will be at 4 p.m. on March 29 at the Selkirk Recreation Complex and will be hosted by LTI (Virgin 103.1) and include opening remarks from The Honourable Obby Khan Minister of Sport, Culture and Heritage.

It will be immediately followed by

the skills competitions for U14AA, U16A and U19A. Attendance to the opening ceremonies is free.

Games begin on March 30 and will be taking place at both Seven Oaks Arena and East End Arena. Attendance at the door is \$35 for the weekend or \$15 for the day.



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SUDOKU

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

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!

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

Sudoku Answer

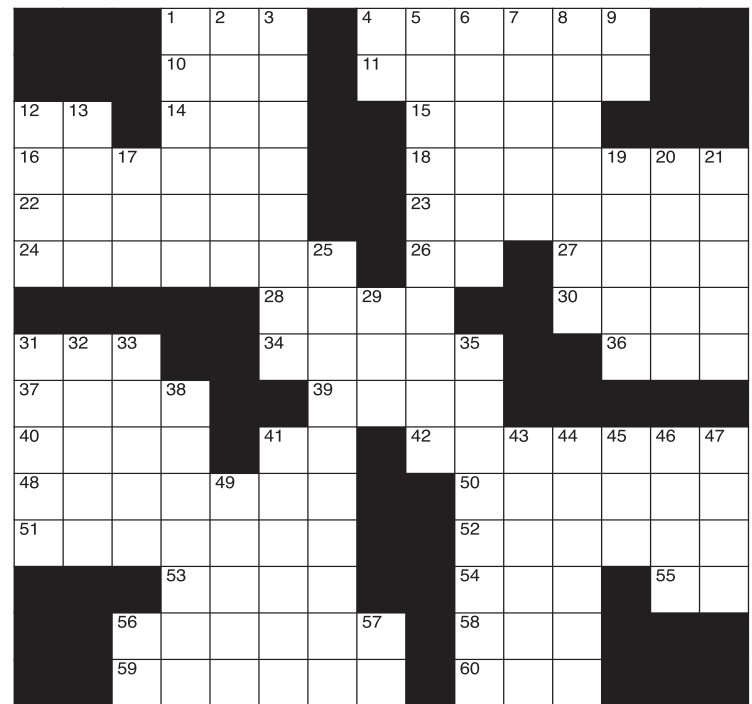
S	R	H	S	S	S	S	S	V
V	E	T	E	I	T	E	R	
G	E	M	I	N	I	K	S	V
V	N	G	I	N	V	L	E	N
N	E	P	E	R	E	K	O	L
S	N	S	D	S	D	R	V	S
C	S	E	A	V	L	U	A	L
I	L	D	A	M	C	O	C	
O	V	E	G	S	I	S	E	M
V	D	E	G	S	I	S	E	M
D	T	T	S	E	N	T	U	H
E	T	T	A	V	C	V	I	O
S	I	K	I	S		B	F	
S	C	P	I	C	O	M	A	C
S	E	E	L	A	P	S	E	I

Crossword Answer

CROSSWORD

CLUES ACROSS

- Belonging to a thing
- Pass or go by
- Partner to cheese
- Subjects
- U.S. State (abbr.)
- Bits per inch
- Forest-dwelling deer
- Illinois city
- A salt or ester of acetic acid
- Wholly unharmed
- Cuddled
- Bane
- Global investment bank (abbr.)
- Oh my gosh!
- Arrive
- Famed Spanish artist
- Home of "Frontline"
- Group of quill feathers
- Keyboard key
- Army training group
- Detail
- Pole with flat blade
- Football play
- Makes unhappy
- Island in Hawaii
- Back in business
- Of an individual
- Painful chest condition
- Tropical American monkey
- Matchstick game
- For instance
- Even again
- Popular beverage
- Evaluate
- Time units (abbr.)



CLUES DOWN

- Stain one's hands
- Nocturnal hoofed animals
- Back condition
- Popular movie alien
- City of Angels
- Peaks
- Infantry weapons
- Left
- Atomic #99
- Told a good yarn
- Vale
- Resistance unit
- Aquatic plant
- Bluish greens
- About some Norse poems
- Reinforces
- Egyptian mythological goddess
- Supportive material
- Subatomic particle
- Expired bread
- Cereal grain
- Goes against
- Walkie ___
- One who does not accept
- Beliefs
- Indicates near
- Brazilian NBA star
- Grab quickly
- Romantic poet
- College dorm worker
- Set of data

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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.

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

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- Ability to do some physical labor.
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The deadline to apply is 12:00 noon on Monday, April 17th, 2023.

Please submit your cover letter, resume and three references, marked "Application for Public Works Employment" to Ken McMahon, Public Works Manager, at:

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fax: 204-467-5958
e-mail: info@rmofrosser.com

If you have any questions, please call the Municipal Office at 204-467-5711.

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



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.

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

UPCOMING EVENTS

Red River Ancestry Genealogy Centre fundraising event. Metis Culture & History Presentation by Henry Hall. Refreshments, door prize & Loonie auction. March 18, 2023 - 1:30 p.m. - 4 p.m. - 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

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EMPLOYMENT OPPORTUNITY

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

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

SEASONAL CLASS 2 - RUBBER TIRE OPERATOR
(Seasonal Class 2 2023 rate \$26.39/hr
6-month probation rate \$25.39/hr)

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

CASUAL TRANSFER STATION/ LANDFILL SCALE EMPLOYEE
(Casual 2023 rate \$23.60/hr
6-month equivalent probation rate \$22.60/hr)

SUMMER "GREEN TEAM" POSITIONS
(Please state earliest start date approx. May 5 - Sept. 1, 2023 at a rate of \$16.15/hr)

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

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

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

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

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Call 204-785-1618 or email
lucy@selkirkrecord.ca

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FRONT STORE CLERK PART TIME POSITION

Responsibilities will include:

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PHARMACY ASSISTANT FULL OR PART TIME

Responsibilities will include:

- Data entry, customer service and all aspects of prescription filling under a pharmacist's supervision.

Previous experience preferred for both positions, but will train suitable candidates. Must be available weekdays and alternating Saturdays - 9am-6pm

Please forward resume in confidence to:
Darwin Chesley
c/o Parker's Super Thrifty Pharmacy
362 Eveline St., Selkirk, MB R1A 1N3
Call: 204-482-4469
email: parkers@superthrifty.com

EMPLOYMENT OPPORTUNITY

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

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

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

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

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

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

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

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

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RURAL MUNICIPALITY OF ST. CLEMENTS PUBLIC NOTICE

PUBLIC NOTICE is hereby given pursuant to Subsection 169(6) of *The Municipal Act* that the Rural Municipality of St. Clements has scheduled a public hearing to present a utility borrowing by-law at the regular meeting of Council in the Council Chambers of the R.M. of St. Clements, 1043 Kittson Road on Tuesday March 28th, 2023 at 2:00 p.m.

Persons wishing to register to attend the public hearing via electronic means or whom wishes to provide a written submission or register an objection to the proposal are asked to contact the Municipal office via phone or email to info@rmofstclements.com.

Following the public hearing Council will consider the propose by-law for first reading. The proposed borrowing by-law will then be forwarded to the Manitoba Municipal Board for approval. Such approval must be obtained under the Municipal Act s.176 prior to third reading and execution of the proposed by-laws.

REGARDING GENERAL BORROWING BY-LAW 4-2023
BEING A BY-LAW OF THE RURAL MUNICIPALITY OF ST. CLEMENTS TO PROVIDE FOR THE EXPENDITURE AND BORROWING OF FUNDS TO COMPLETE SEWER CONSTRUCTION AND TO CONSTRUCT WATER PIPELINES TO THE SOUTH ST CLEMENTS UTILITY CATCHMENT AREA

The total cost of the project is estimated at \$ 6,500,000 and includes works to complete construction of a new lift station, decommission the Lockport Wastewater treatment plant, and establish water utility trunk lines from the municipal boundary at the R.M. of East St. Paul through to the utility facilities at East Selkirk.

The R.M. of St. Clements has obtained a total of \$ 3,250,000.00 in grant funding (50% of the project cost) from the Manitoba Water Services Board. The R.M. will contribute \$ 3,250,000. The R.M. has budgeted to allocate \$1,000,000.00 from Utility Reserve Funds towards this project. The balance of \$ 2,250,000.00 is to be borrowed over 20 years at an interest rate estimated for the time being at 8.00 % per annum. The annual repayment amount is estimated at \$ 229,167.47 and will be paid annually from capital reserves. Subsequent Other Revenues collected as a result of the project completion (i.e. Utility Connection Fees, etc.) shall be applied to refund capital reserve accounts. There is no proposed tax increase as a result of this project.

Council will hear any person who wishes to make a representation, ask questions, or register an objection to the borrowing by-laws provided.

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

Copies of the proposals to borrow are available for review by phone, by email request to info@rmofstclements.com, or through our website at www.rmofstclements.com

Dated this 13TH day of March, 2023.

Deepak Joshi
Chief Administrative Officer

Classifieds



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

PUBLIC NOTICE

Public notice is hereby given that the Mars Sandhills Golf Course property intends to conduct the following Pesticide Control Program during 2023.

1. Weed control in turf and treed areas within the property using: Par III, Super Spreader Adjuvant, Mecoprop, Oracle, Quicksilver, Roundup and Banvel VM.
2. Fungus control in turf and treed areas within the property using: Daconil 2787, Instrata, Instrata II, Heritage Maxx, Banner Maxx, Subdue Maxx, Renovo, Velista, Civitas, Medallion, Honor, Disarm, Segway, Secure and Tourney.
3. Insect control in turf and treed areas within the property. Target pests include mosquitoes, white grubs, ants, etc. using: Acelepryn G, Vectobac 200G, QP Imidacloprid 75 WSP and Deltagard SC.
4. Algae and aquatic vegetation in water bodies within the property using: Reward and Polydex.

The projected dates of application will range from May 1st, 2023 to October 31st, 2023. All applications are part of a comprehensive IPM strategy. The duration of each program will vary within this time period, depending on weather conditions and pest thresholds. All of the pesticides used and procedures followed will be according to federally approved label recommendations and will only be used on Mars Sandhills Golf Course property.

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

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

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

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

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

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

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

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 stonewoodelkbranch@mymts.net

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Over 100 Signs, Coke Machines, Gas Pumps, Toys, Oil Cans
Closes Sat. April 1 @ 10:00AM

Estate & Moving
Featuring Guns & Ammo
Closes Wed. April 5 @ 7:00PM

McSherryAuction.com
204-467-1858
Consignors Welcome!

NOTICE TO CREDITORS

IN THE MATTER of the ESTATE of Madeline Elsie Pruden, late of the City of Selkirk, in Manitoba, deceased.

All claims against the above Estate, duly verified by Statutory Declaration, must be filed with the undersigned at:

374A Main Street, Selkirk, Manitoba R1A 1T8 within 30 days of the date of this publication. DATED at the City of Selkirk, in Manitoba this 10th day of March, 2023.

Hnatiuk Law
Attention: ****Andrew Hnatiuk**
Solicitor for the Administrator

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**Sunday, March 26
10 AM - 4 PM**

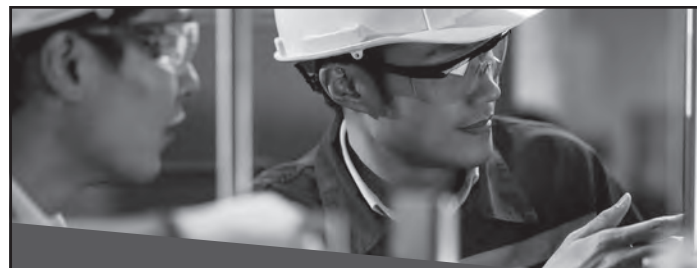
Over 90 tables of records, tapes, cds, posters, books & memorabilia.

The first 350 guests will receive free, courtesy of Streeheart, a copy of their album, 40 Vol 2. Member(s) of Streeheart will be on hand between 12-2 to sign autographs & visit with their fans.

Admission \$5.00

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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.

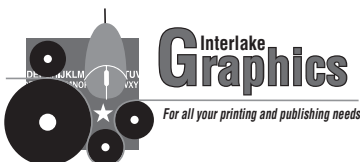
This opportunity involves building relationships and representing our newspapers to new and existing customers.

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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Announcements *Selkirk Record*

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ANNOUNCEMENT

BIRTHDAY



Terry McConnell
March 17, 1930

May your troubles be less
And your Blessings be more
And nothing but happiness
Come through your door.
Happy 93rd Birthday Dad!

ANNOUNCEMENT

IN MEMORIAM



William John Lawrence Gamble
December 18, 1969 - March 15, 2005

"If there ever comes a day
when we can't be together,
keep me in your heart, I'll stay there forever"
-Winnie the Pooh

-Mom, Dad, Tracey,
Bryan, Holly, Clair

OBITUARY

Teri Lea Walker



Teri went home to rejoin her family on March 6th, 2023. She leaves behind her beloved son, Andrew, of whom she was very proud and loved with all her heart.

Predeceased by her mother, Maida in 1976, father Ernie, and brother, Tim, both in 1992, as well as her dear friends Janet Cook in 2010 and Gloria Smith in 2017.

Survived by sister Jill and brother Gil; nieces Val (Norm), Dar (Fed), Alicia (Graham), Tori (Simon), and Sarina (Rhys); nephews Matthew, Braydon, and Brett (Cali); great niece Natalie (Chris); great nephews Brandon (Madeleine), Joshua, Lucas, Brady, Ares, Rain, and Luca; great-great nephew George as well as godson, Ryan (Jodean).

Teri was born in Selkirk in 1950 and was raised in Petersfield. In 1961 the family moved to Selkirk. She worked at the Selkirk Mental Health Centre from 1968 until 1987 when she and Andrew moved to Gimli. Once there, she started an in-home day care which she really enjoyed. She considered the children she looked after as "her kids", always enjoyed hearing about them and catching up with them throughout the years.

In 1999 she moved to Elma to be closer to her sister Jill, and started to work for Home Care. She had discovered another job that brought her great joy and would create lifelong friendships.

In the fall of 2000, in addition to working Home Care, she started work at the local Nursery School in Whitemouth. Being back working with children again made her happy and brought her so much joy. She would later get involved with the Whitemouth Health Auxiliary, for which she served as president for 12 years. Her volunteering would continue with the Whitemouth Library, where she was able to share her lifelong love of reading. In addition to reading books, Teri enjoyed a variety of music, television, and movies. She had a great love for animals, having many beloved pets throughout the years.

Special thanks to the friends, home care providers, doctors, nurses, and health care staff who cared for Teri.

Cremation has taken place and a memorial of Teri's life will be held Friday, March 31st at 11:00 a.m. at Gilbert Funeral Home, 309 Eveline Street, Selkirk.

In lieu of flowers, donations in Teri's memory may be made to the Whitemouth Health Auxiliary, P.O. Box 332, Whitemouth, MB, R0E 2G0.

Teri always tried to do the right things in her life. She wanted only the best for people and for them to be happy. This sometimes got her in trouble!

When Teri lost a family member or friend, she was of the belief that they were always around, watching and guiding, and if you listened hard enough, they would guide you through your life. Now it's her turn! So, listen hard for she has things to tell you!

Remember "God is Watching."

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

Gilbert Funeral Home, Selkirk in care of arrangements.



ANNOUNCEMENT

IN MEMORIAM

Darwin Hnatiuk
March 18, 2020

Three years have passed.
Dear Darwin,
Since you were called away
How well I do remember
That sad and weary day.
Asleep in God's beautiful garden.
Sheltered from sorrow and pain.
Someday when life's journey is over
I shall meet with you again.

-Mother-in-law Clara

ANNOUNCEMENT

IN MEMORIAM



Stanford Morrisseau
April 22, 1953 - March 19, 2021

This month comes back with sad regrets,
It brings back a day we will never forget.
The tears we shed will wipe away,
The ache in our hearts will always stay.
Life goes on, we know that's true,
But not the same since we lost you.
Today, tomorrow and all year through,
we will always love and remember you.

-Forever loved and sadly missed by
Mom and family

ANNOUNCEMENT

IN MEMORIAM

Darwin Hnatiuk
September 17, 1954 - March 18, 2020

Those special memories of you
Will always bring a smile.
If only we could have you back
For just a little while,
Then we could sit and talk
Just like we used to do.
The fact that you're no longer here
Will always cause us pain,
But you're forever in our hearts,
Until we meet again.

-Love and miss you. Toots,
Nick, Holly and Lonnie,
Tyler, Natalia, Trenton, Natasha
Nicholas and great-granddaughter
Violet XO

CELEBRATION OF LIFE

Anthony Kacperski

The Celebration of Life for Anthony Kacperski will be held 2 p.m. on Sunday, March 26, 2023 at the Selkirk Memorial Hall, 376 Jemima St., Selkirk, MB

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Announcements *Selkirk Record*

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OBITUARY



Jean-Pierre (John) Dejonckheere

Peacefully, on Thursday, March 9, 2023 at the Selkirk Regional Health Centre, Jean-Pierre (John) Dejonckheere, aged 78 years of St. Andrews, MB, passed away.

John is survived by his children James, Jo-Anne and their mother Anna; Kelly, Bonnie (Myron), Christi (Halil), and Keri; grandchildren, Zach, Amanda, John, Zane, Megan, Emma (Alex), Alex, and Isobel; sister Mary Lou; and numerous cousins, nieces and nephews.

John was predeceased by his parents Oscar and Valentine, his brother Carl and sister-in-law Lorraine, brother-in-law Joe, and his beloved Linda who he was with for over 35 years.

John was born in Belgium and moved to Canada with his family in 1948. They started their homestead in Starbuck, MB and then later moved to East Selkirk, MB.

John started his career at Mandak in 1969 and helped build its foundation. He met many friends and colleagues there who he still kept in touch with over the years. He retired in 2006 at the age of 61. Around the same time he was diagnosed with Parkinson's Disease, but despite that he did not let that get in the way of living his life on his terms.

John cherished his times with all his hunting and fishing buddies, going on the yearly Thanksgiving Day hunt, and travelling to the Old Dutch Cabin, and Eagle's Nest Lodge for fly in fishing trips.

We will cherish all the gatherings we had as a family during all the holidays, and they just won't be the same without our Dad and Grandpa.

We would like to thank all the paramedics and staff in the emergency department at the Selkirk Regional Health Centre along with the doctors, nurses and health care aides who provided care to him over the last few years.

A service celebrating John's life will be held on Friday, March 17th, 2023, at 11:00 a.m. in the Gilbert Funeral Chapel, Selkirk, MB. The service will be streamed live and can be viewed via the link in his obituary at www.gilbartfuneralhome.com.

In lieu of flowers donations can be made in Johns' memory to Parkinson Canada at <https://www.parkinson.ca>

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

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY



Jean Witko (nee Dudeck)

It is with heavy hearts that we announce the passing of our dear mother, grandmother and great-grandmother, Jean Witko, on March 12, 2023 at the young age of 105 years.

Predeceased by our Dad John who has patiently been waiting to welcome her to their new heavenly home for 21 years.

Mom will be missed dearly and lovingly remembered by her five children: Joe (Paulette), Jim (Cheryl), Irene (Chris), Dianne

(Sam), Bob (Shawna) and her 12 grandchildren and their families: Debbie, Susie, Tammy, Lori, Garwood, David, Jodi, Carri, Leah, Rachelle, Brett and Kandace along with 14 great-grandchildren.

Mom was the youngest of eight children born to Michael and Marie Dudeck on September 23, 1917 in Garson, Manitoba. She met our Dad and they married in 1942. With a lot of hard work and determination they built a life together and raised their family on the farm in East Selkirk where they lived for 35 years.

Mom's greatest love was her family and nothing made her happier than all of us being together. Sunday dinners were a must and missing them was not an option! We will never forget all the wonderful meals she made for us as she truly was the best cook ever.

Mom and Dad retired from farming in 1977 and moved to Selkirk. Mom was a very strong willed, amazing and independent lady living in her condo and being totally self sufficient to care for herself.

We will miss her dearly but happy that she is reunited with our father.

Cremation has taken place and a private celebration of life will take place with her family.

Flowers are gratefully declined. Those who wish to donate in her memory are invited to contribute to the Selkirk Food Bank or the charity of their choice.

Rest in Peace Mom and Gramma You will live on in our hearts forever.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



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IN CANADA BY UNITS 2021, 2022
BY PRODUCTION 2022



#15 TEAM IN CANADA
BY UNITS 2022



IN CANADA
BY UNITS 2021, 2022





TOP 3 TEAMS
MANITOBA

BY PRODUCTION & UNITS 2020
#2 MB TEAM BY UNITS 2021 & 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!



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<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>32.64 ACRES!</p>  <p>\$269,900</p> <p>26080 PTH 44 SSR HWY St Clements</p>	<p>HH TEAM</p> <p>153 ACRES!</p>  <p>\$337,500</p> <p>5694 NO.9 Highway St Andrews</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>7 ACRES! 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>COMMERCIAL PROPERTY!</p>  <p>\$1.5M</p> <p>115 Lily Ave, Selkirk Business & Property!</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>PENDING!</p>  <p>\$264,900</p> <p>42138 Rd 94 N Gull Lake</p>	<p>HH TEAM</p> <p>PENDING!</p>  <p>\$189,900</p> <p>1361 William Ave W Winnipeg</p>	<p>HH TEAM</p> <p>SOLD!</p>  <p>\$189,900</p> <p>26 Hideaway Cres Patricia Beach</p>	<p>HH TEAM</p> <p>SOLD!</p>  <p>\$349,900</p> <p>670 Mulvey Ave Winnipeg</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>





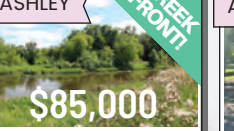

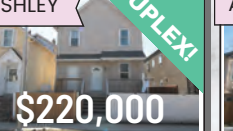

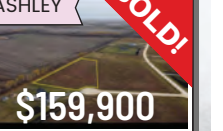
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<p>MASTERS 2020</p> <p>ASHLEY</p> <p>NEW!</p>  <p>\$179,900</p> <p>300 Dufferin Ave Selkirk</p>	<p>MASTERS 2021</p> <p>ASHLEY</p> <p>RIVER VIEW!</p>  <p>\$260,000</p> <p>1035 Breezy Point Rd Selkirk</p>	<p>ASHLEY</p> <p>CREEK FRONT!</p>  <p>\$85,000</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>SOLD!</p>  <p>\$159,900</p> <p>0 Rowley Place St. Clements</p>
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